

# Cooking Competition

## Culinary Skills Challenge April 8th, 2010

**Individual or Team:** Team (2- 4 persons per team, 1 alternate allowable)

### Activity to be completed:

- This is a hot food competition designed to evaluate the cooking skills, ability to follow a recipe and plate presentation skills of the competitors.
- Each team will receive recipes in advance. Teams will provide their own recipe ingredients and bring them to the event.
- All teams will be making the same recipes, TWO portions of each.
- Each team will have 15 minutes for Mise En Place and a total of 1 hour (includes planning, meal prep, preparation) to complete the recipes and plate them for the judges to evaluate. Judging will begin immediately after time limit is up. Teams will have 15 minutes to clean up after/in addition to their (1 hour) cooking time.
- The Cooking Competition will be located in an open auditorium, with each team's work space clearly marked. Ample space will be available for spectators.

### Procedure:

1. A **knife skills** competition will take place just prior to the Cooking Competition at the same location. All food products used in knife skills should be brought by the students and finished cuts must then be used in the team's menu preparation. All four (4) cuts will be required. Each team member will be required to do one cut. If a team consists of less than four members, then a specific team member would be allowed to do more than one cut. Students should bring their own knives. The individual scores for each team member in Knife Skills will be averaged and entered into the total final culinary score for the team.

**Julienne** Carrots (1/8" x 1/8 " x 2 1/2"): 3 oz.

**Batonnet** Zucchini (1/4"x 1/4" x 2 1/2") 3 oz.

**Dice** onions (1/4"x 1/4" ) 1 oz.

**Mince** garlic cloves 5 ea.

2. The only heat sources provided will consist of **two butane burners**, which will be provided. A butane torch may be used at the team's discretion, but no other heat sources will be allowed. This includes any heat source used for the purpose of warming plates or any other use. Use of butane burners during the competition is at the discretion of the team.

3. Each participating team will prepare **two (2) identical meals**, using the recipes provided, garnished and served appropriately. Suggested serving sizes for the entrée are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables. One meal will be delivered to judges, one meal used for display. The meal delivered to the judges will receive the most critical judging.
4. After a team completes their two (2) identical meals, the team will determine which meal is brought to the judges for tasting. Two team members will transport the food to the judges' table and leave immediately. This table will be set up in a separate but adjoining area.
5. Participating **teams must bring all ingredients** necessary to prepare the food they have selected. Teams may bring pre-measured dry goods (flour, sugar, salt, etc.) as well as butter and oil.
6. All materials and ingredients must be checked in with event personnel when you arrive in the morning. Each team's food will be placed in an appropriate and secure location at the site until the team is ready to compete.
7. The team **must present a uniformed appearance** and will be expected to wear appropriate apparel consisting of white chef coats, checkered or black pants (NO EXCEPTIONS) and closed toe, hard sole shoes. Event organizers will provide chef hats. If you do NOT have chef coats, you may wish to contact area food service industry personnel to possibly borrow coats. The team **MUST** wear their uniforms to the awards ceremony, no exceptions.
8. Participating **teams must bring all necessary supplies** to prepare the food they have selected, such as small utensils, small hand tools, scale and cookware.
9. No electric or battery operated equipment can be used. A butane torch may be used at the team's discretion. No other heat sources will be allowed.
10. Event organizers will supply serving dishes. Teams may only use dishes provided by event organizers, no exceptions. The starch, protein and vegetable need to be on one plate.
11. Event organizers will supply the sanitizer product, two (2) butane burners and four (4) waist aprons for each team. Teams will be responsible for signing out all equipment provided by the event organizers as well as returning it in good condition to event personnel. If a team fails to return equipment, the school will be held financially responsible for replacing the item(s).
12. Prior preparation of stock necessary for the completion of final product is permissible. Stock is a flavorful liquid made by gently simmering bones or vegetables to extract their flavor, aroma, color, body, and nutrients.
13. No other pre-chopped, pre-sliced, pre-prepared food will be allowed.
14. During the competition, final preparation must be completed in a 60-minute time period. Teams will be given their official start time from the Culinary Coordinator prior to their arrival at the event. Event personnel will announce the time at 15-minute intervals. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced. Timers will not be provided. Teams may bring a manual or battery operated timer. Event personnel will keep official time.

15. Teams will leave the food preparation area only when their preparation and clean-up are completed. Teams have 15 minutes to clean their work area.
16. Participating teams must complete the task without coaching from anyone. Any team receiving coaching, verbal or non-verbal, from anyone during the event will be disqualified. See disqualification criteria on page five of this booklet.
17. The workspace will consist of two eight-foot tables provided for each team. The tables will be set up in an "L" formation within a 10' x 10' foot space. All food preparation must be done within the workspace on the tables provided. Ice will be provided for each team during competition. Running water will be available prior to, and after the competition only.
18. Mentors/Advisors can assist teams in preparing for the competition, providing technique advice and answering questions from students.
19. Gloves will be worn when handling cooked or ready to eat food. Teams are responsible for **providing their own gloves**. If tongs are used gloves are not necessary.

**Items Judges Will Review:**

1. Work area should be left in the same condition as when team arrived.
2. Team should arrive on time and begin at their assigned start time.
3. Team completes food preparation of finished product within allotted time.
4. Team does not use pre-prepared ingredients unless listed in recipe, such as stock.
5. Team must produce two (2) identical meals with minimal variance between the two meals.
6. Team must use dishes provided by event organizers.

## **Policies:**

Team **must not receive coaching or any form of communication from anyone while they are competing.** There will be no verbal or non-verbal communication allowed between any spectators, teachers, mentors or coaches and competing teams.

Misconduct, **which includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws,** at the event, during competition or in activities or locations related to the event, may disqualify a participant or the participant's team from awards or further participation. Any decision and sanction as to appropriate action due to misconduct is at the sole discretion of the Lead Culinary Judge, and is final. By entering into the contest, the student and the team he/she represents accept this requirement as well as all other conditions of the program.

**The Judging Area will be off limits to spectators, team members and advisors.** Only judges and event staff working in that area will be allowed in the judging area where tasting and assessment of menu items takes place. Area will be marked.

**Feedback from Judges** – A location and schedule will be announced and posted soon after the Cooking Competition has concluded and PRIOR to the awards ceremony where advisors and team members can attend to receive feedback and have discussions with the judges. NO RESULTS will be shared at this feedback session.

## **Event Personnel:**

1. Event Organizers.
2. Judges will be from post-secondary institutions and the restaurant and foodservice industry. There will also be one lead culinary judge.
3. All judges will be consistent from team to team (i.e. judges scoring team presentation/work skills will be responsible for that category across all competitors).

## **Attendees:**

Mentors, teachers, chaperones, parents, etc. are encouraged to attend the competition.

## **In case of a tie:**

1. ALL teams, regardless of their standing by the end of the competition, will receive oral feedback from judges. Part of the feedback will consist of a series of standard questions asked by the judges, to be answered by the team verbally with regard to the methods, preparation and presentation of their meal.
2. If teams are tied, judges will re-group to discuss those teams who have tied scores, and make a group determination as to the ranking of final winner(s) based on the answers to the questions given by team members.

# QUICK SUMMARY

## Event Organizers Will Supply:

- Recipes
- Two butane burners per team
- Serving dishes
- Sanitizer product (students will be required to mix it themselves in the bucket they are required to bring)
- One Chef hat and waist apron for each team member
- Two 8-foot tables per team, in assigned work space
- Ice
- Storage space for coolers, running water – PRIOR to competition, not available within the competition area.

## Teams/High Schools Will Supply:

- All food and ingredients needed to prepare recipes, as well as ingredients used in knife skills.
- All utensils, small hand tools, measuring cups/spoons, scale, cookware etc. needed to prepare recipes, including knives and scale for knife skills.
- Kitchen towels, sanitizer bucket, bus tubs, two cutting boards.
- White chef coats and other required apparel (black or checkered pants, closed-toe, leather, non-slip shoes).
- Timers or any other devices needed to monitor their cooking time.
- Gloves and/or tongs to handle food safely.

# Culinary Competition REGISTRATION

Culinary Skills Challenge  
April 8<sup>th</sup>, 2010

School: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Zip \_\_\_\_\_

Instructor Name: \_\_\_\_\_

Instructor's Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**I am registering the following students for the Culinary (cooking) Competition:**

**Team Competition Maximum of 4 students per team. One team per school may register. (Grades 9 - 12):**

Student Names/Grades:

Student #1 \_\_\_\_\_ Student#3: \_\_\_\_\_

Student#2: \_\_\_\_\_ Student #4: \_\_\_\_\_

Alternate (if desired): \_\_\_\_\_ (Alternate may participate ONLY if one of the team members cannot compete. No award will be given to non-competing alternates).

Only one 4-person team may be registered from each school for this competition.

**Check here  if interested in bringing a 2<sup>nd</sup> team to compete, if space allows.**

Questions? contact LeaAnne Bot at 507-872-6175 or 507-537-2289 or  
email: [leanne.bot@swsc.org](mailto:leanne.bot@swsc.org) or [leanne.bot@minneotashcools.org](mailto:leanne.bot@minneotashcools.org)

**EARLY BIRD Registration Fee: \$10 per Student if Postmarked by March 5.**

After March 5th, registration cost: \$20 per student. (NO registrations accepted after March 19).

Check Enclosed       Please Bill My School (Purchase Order#: \_\_\_\_\_)

Checks payable to: SW/WC Service Cooperatives, Culinary Skills Challenge

Refunds are not available. Substitutions are acceptable. If possible, please call before the event with student name(s) for any substitutions.

**Mail or FAX this completed registration to:**

SW/WC Service Cooperatives  
1420 East College Drive  
Marshall, MN 56258  
Attn: Laurie Van Watermeulen  
Fax#: 507-537-7327



# ***Culinary Skills Challenge Cooking Competition Menu***

*Classic Caesar Salad*

*Pork Loin Chop Provençal*

*Mashed Potatoes*

*Sautéed Carrot Julienne and  
Zucchini Batonnet*

**Chef/Lead Judge for Cooking Competition:**

Kurt Struwe *CEC CCE*

Assistant Professor Culinary & Hotel/Restaurant Management

Southwest Minnesota State University

507-537-7670

[Struweku@southwestmsu.edu](mailto:Struweku@southwestmsu.edu)

## Caesar Salad

*Caesar Cardini conceived this salad in 1924 at his restaurant in Tijuana, Mexico, just across the border from California.*

Number of Servings: 2

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
For the Croutons:		
¼ cup	(2 ounces)	Olive oil
1 each		Garlic clove, crushed
1 cups	(3 ounces)	Sourdough bread, crusts removed, cut into ½” cubes

### Procedure for the Croutons:

1. Heat oil over medium heat and add garlic. Sauté 1 minute and discard garlic.
2. Increase heat to high and add bread cubes, turning frequently so that they brown evenly on all sides and are crisp and golden. Add more oil if necessary to keep from burning. Drain on paper towels. Reserve.

### For the Dressing:

1 each	Garlic clove, minced
2 tablespoons (1 ounce)	Lemon juice, fresh
2 teaspoons	Anchovy paste
¼ teaspoon	Black pepper
1 each	Egg (see step 2 below)
½ cup (4 ounces)	Olive oil

### Procedure for the Dressing:

1. Combine minced garlic, lemon juice, anchovy paste, salt, and pepper. Whisk to blend.
2. **To pasteurize egg:** immerse egg in a small pan of boiling water and cook for exactly 1 minute, then cool.
3. Remove the egg and crack it into the bowl with other ingredients. Whisk to combine.
4. Add oil in steady stream and whisk until smooth.

### For the Salad:

1 head (8 ounces)	Romaine lettuce, dark outer leaves removed, torn into bite size pieces
¼ cup (¾ ounce by weight)	Parmesan cheese, freshly grated

### Procedure for the Salad:

1. Combine lettuce, parmesan cheese, croutons, and dressing.
2. Toss and taste for seasoning.
3. Place on individual plates.
4. Serve immediately.

## PORK LOIN PROVENÇAL

*Yield: 2 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork loin chop, boneless (6 ounce each)	2 ea.
Salt	to season
Ground black pepper	to season
Flour, all-purpose	3 oz.
Oil, vegetable	2 oz.
Butter	2 oz.
Garlic, minced	1 ½ tsp.
Apple juice	3 oz.
Tomato concassé	6 oz.
Olives, black, sliced or julienne	2 oz.
Anchovy paste	1 tsp.
Basil, fresh, chiffonade	1 Tbsp.

### **Method**

1. Season the pork with salt and pepper. Dredge lightly with flour, shaking off excess.
2. Heat the vegetable oil in a sauté pan and sauté the pork until golden brown and **almost** cooked through. Remove the pork from the pan and keep warm.
3. Pour off excess fat from the sauté pan; add the butter. Return the pan to the heat. Add the garlic to the melted butter and sauté it briefly.
4. Deglaze the pan with the apple juice, stirring well to release all of the drippings. Add the tomato concassé, olives and anchovy paste. Bring this mixture to a simmer and cook it for a few minutes or until the flavor is developed.
5. Return the pork along with any released juices to the sauté pan and toss to coat the pork with the sauce.
6. Serve the pork with the sauce on a heated plate. Garnish with the basil.

## MASHED POTATOES

*Yield: 2 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Potatoes, baking	8 oz.
Butter, room temperature	1 ½ oz.
Milk, hot	2 ½ fl. oz.
Heavy cream, hot	2 ½ fl. oz.
Salt	to taste
Ground white pepper	to taste
Parsley, minced	1 tsp.

### **Method**

1. Scrub, peel and cut the potatoes into large pieces. Boil or steam until tender enough to mash easily. Drain and dry them over low heat. While the potatoes are still hot, purée them through a food mill or potato ricer, or by hand into a heated bowl.
2. Combine butter, milk and cream and heat. Mix enough into the potatoes until just incorporated. Add parsley, salt and pepper to taste.
3. Potatoes should not be runny and should stand-up on the plate.

## SAUTÉED ZUCCHINI

*Yield: 2 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	1 oz.
Onions, minced	1 oz
Zucchini, bâtonnet	3 oz.
Garlic clove, minced	½ ea.
Salt	to taste
Ground black pepper	to taste
Basil, fresh, chiffonade	1 tsp.

### **Method**

1. Sauté onions in butter until translucent.
2. Add zucchini and sauté until  $\frac{3}{4}$  done.
3. Add garlic, salt and pepper.
4. Sauté until zucchini are done.
5. Stir in basil. Serve.

## SAUTÉED CARROTS

*Yield: 2 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	1 oz.
Carrot, julienne	3 oz.
Honey	½ tsp.
Thyme, fresh, minced (no stem)	½ tsp.

### **Method**

6. Blanch and shock carrots.
7. Add butter to warm pan. Reheat carrots in hot water, and add to pan.
8. Add honey and thyme.
9. Stir and serve.

<b>Culinary Skills Challenge – Evaluation Criteria</b>		<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>
<b>Knife Skills</b>					
Team Average for:					
consistency	5				
accuracy	5				
safety	5				
waste	5				
	<b>20</b>	0	0	0	0
<b>Professionalism</b>					
Chef pants (black or checkered)	2				
White chef coats	2				
Hair contained properly	2				
Uniform clean and presentable	2				
Chef hats	2				
Non-slip shoes with leather uppers, no open toe	2				
	<b>12</b>	0	0	0	0
<b>Safety &amp; Sanitation</b>					
Personal hygiene	5				
Proper knife safety and handling	5				
Proper use and handling of food contact surfaces	5				
Proper storage of food in containers and in workstation	5				
Proper use of time and temperature controls	5				
Work area cleaned up in appropriate time	5				
Floor, stove and tabletop cleaned in work area	5				
	<b>35</b>	0	0	0	0
<b>Teamwork</b>					
Mastery of skills required for individual tasks	10				
Workload evenly distributed	10				
Team cohesiveness and communication	10				
Proper mise en place	10				
Proper time management	10				
Proper amount of product used for recipe requirements	10				
Professionalism	10				
Proper use of equipment and tools	10				
	<b>80</b>	0	0	0	0

<b>Culinary Skills Challenge – Evaluation Criteria</b>		<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>
<b>Starter</b>					
Serving method	<b>5</b>				
Appearance (including color/shape/presentation)	<b>5</b>				
Taste	<b>5</b>				
Texture	<b>5</b>				
Doneness	<b>5</b>				
Flavor	<b>5</b>				
Portion size	<b>5</b>				
Technique and degree of difficulty	<b>5</b>				
Creativity	<b>5</b>				
	<b>45</b>	0	0	0	0
<b>Entrée</b>					
Serving method	<b>10</b>				
Appearance (including color/shape/presentation)	<b>10</b>				
Taste	<b>10</b>				
Texture	<b>10</b>				
Doneness	<b>10</b>				
Flavor	<b>10</b>				
Portion size	<b>10</b>				
Technique and degree of difficulty	<b>10</b>				
Creativity	<b>10</b>				
	<b>90</b>	0	0	0	0
	<b>282</b>	0	0	0	0