

NC State

Culinary Arts Contest Post-Secondary March 21st 2025

# The Post-Secondary Culinary Arts Competition is a Market Basket format.

1. Competitors will receive a market basket with various ingredients. The contents of the basket will be revealed three days before the competition.
2. Competitors must use a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community pantry.
4. The competitors will present four copies of a menu that includes an appetizer, a soup, one entree and a dessert following the competition guidelines. The menus must be turned in at the beginning of the competition and must include which market basket items will appear on each course. Competitor number must be listed on each menu, no names.

**COMPETITION GUIDELINES**

* Equipment check-in will occur at check-in. All equipment must be checked in at this time. Any equipment not on the approved list must be removed. Equipment will be stored safely until your competition time. Please remove all school or personal information from your toolbox. Mark with your contestant number.
* The competitors will present four copies of a menu that includes an appetizer, a soup, one entree and the dessert following the competition guidelines. **Menus must include where the market basket items will appear on the plates**. This will be scored as part of the creativity score by the tasting judges. The menus must be turned in at the beginning of your competition day. Include your competitor number on the menu, no names.
* Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
* Contact a judge to look at your waste before removing anything from your station.
* You may work on any component of your menu at any time. i.e.: You can begin working on your stock and/or soup during your knife cut time.
* You will present one (1) plate to the tasting judges for evaluation and one (1) plate for display.
* Raise your hand and ask for assistance if there is anything that you do not understand. There will be a period just before the start of the first session when all questions will be answered for all contestants to hear. Once the competition starts, any questions about technique or definitions, etc. will not be answered. Questions about where to find ingredients or equipment will be answered.
* Remember two things – This is about LEARNING, and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the technical committee. We are here for you!

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| **SANITATION** | **190 POINTS** |
| Hygiene and Safety |  |
| Food Handling |  |
| Cleanliness |  |
| **TECHNICAL SKILLS** | **190 POINTS** |
| Mis en place |  |
| Time management and planning |  |
| Cooking methods and techniques |  |
| **KNIFE SKILLS** | **50 POINTS** |
| Vegetable Cuts |  |
| **BUTCHERY** | **50 POINTS** |
| Chicken breakdown |  |
| **FINISHED PRODUCT** | **620 POINTS** |
| Stock | 20 points |
| Appetizer (total possible points) | 150 points |
| Presentation | 50 points |
| Creativity | 50 points |
| Taste/techniques | 50 points |
|  |  |
| Soup (total possible points) | 150 points |
| Presentation | 50 points |
| Creativity | 50 points |
| Taste/techniques | 50 points |
| Entrée (Total possible points) | 150 points |
| Presentation | 25 points |
| Protein Taste/Technique | 25 points |
| Sauce Taste/Technique | 25 points |
| Starch taste/technique | 25 points |
| Vegetable Taste/Technique | 25 points |
| Creativity | 25 points |
| Dessert (Total possible points) | 150 points |
| Presentation | 50 points |
| Creativity | 50 points |
| Taste/techniques | 50 points |
| **WRITTEN MENU** | **50 POINTS** |
| Complete and professional menu that matches dishes served |  |
| **DEDUCTIONS** |  |
| Poor/no clean-up and reset of station/area | 10-50 POINTS |
| Uniform infraction | 10 POINTS |
| No Resume | 10 POINTS |
| No Approved Safety Card | 10 POINTS |
| Late Service | 10-300 POINTS |

## Postsecondary Judging Categories – 1150 points

**Culinary Arts Addendum 2025**

**Clothing Requirement**

* Black work pants or black-and-white checkered chef’s pants
* White chef’s jacket (if it has a school logo or sponsor logo, the logo must be covered completely)
* Black non-slip, non-porous shoes
* White apron
* Hair Restraint as needed
* White Chef’s hat (toque) or skull cap
* White neckerchief (optional)
* Side-towels

*Clothing items do not have to have the SkillsUSA logo but must otherwise match the descriptions above.*

No facial jewelry is allowed. Earrings are not permitted even if covered by a bandage. A single watch or wedding ring is the only jewelry that will be allowed to be worn during the orientation periods. All hair must be restrained and off the collar – this may require a hat and hairnet. Beards must be covered by a snood during all periods of food handling.

**Equipment & Materials**

Supplied by the Technical Committee

* Sautee Pans
* Sauce Pots
* Stock Pots
* Sheet Pans
* Hotel Pans
* Cutting Boards
* Tongs
* Spatulas
* Large Spoons
* Strainers/Chinois
* Plastic Wrap
* Tin Foil
* Cheesecloth
* Twine
* Disposable Gloves
* Tape (for labeling)
* Cleaning Towels/Buckets
* Mixing Bowls

Supplied by the Contestant

* Resume
* Knife Kit
	+ Chef’s Knife
	+ Paring Knife
	+ Boning Knife
	+ Slicing Knife
	+ Knife Steel
	+ Vegetable Peeler
* Thermometer
* Pen/Marker
* Side Towels
* Measuring Cups/Spoons

***OPTIONAL ITEMS:***

* Any approved equipment from the national technical standards tool list that you need to prepare from your menu
* Oven Mitt or Pan Handlers
* Maximum of 2 pots or 2 pans additional

**Equipment Notes:**

* No additional equipment beyond what is listed in the national technical standards is allowed to be used in the contest. Contestants will not be allowed to share tools or equipment.
* No knife cut measuring devices can be used.

Cell phones or other electronic devices are ***NOT*** allowed in the competition area.

**Scope of Contest**

* **Food Safety Certification**

All competitors must submit a copy of a current ANSI approved food safety manager or food handler certification at orientation. Failure to do so will result in a 10-point penalty. This is required for ALL national contestants at both High School & Postsecondary level.

\*HS exemption for NC competition – NC will allow for advisor/instructor verification that student-contestant is qualified for food safety IF food handling test has not been taken by state competition date.

* **Resume**All competitors must submit a resume at check in.
* **Create a Menu**

All competitors must create a menu of what they will produce and submit four copies at the beginning of their competition day. Menu must have competitor number.

* **Time Limit**
* **Postsecondary Contest** - Students will have 3 hours to make 3 knife cuts, fabricate a chicken, prepare an appetizer, a soup, an entrée’ and dessert.
* **Perform Knife Cuts**
	+ These 3 knife cuts must be utilized in the finished product
		- Minced onions, julienne carrots, medium diced potato
* **Fabricate a Chicken**
* ***Postsecondary Only*** – Whole Chicken – Two breasts – The breast should be skin on and boneless, except for the first bone of the wing which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after evaluation for use in the menu as desired. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in carcass meat, trim and bones are to be used for stock and soup.

**\*\* Post Secondary Only: You will see 2 mystery baskets on the contest outline. You will know which basket your student will work from 3 days before the contest. Please take care and create menus for both baskets**.

**Common Kitchen Items for Postsecondary**

*(You are not limited to items this list.)*

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| **Dry Goods** • AP Flour • Sugar • Corn Meal • Couscous • Corn starch • Brown rice • Orzo pasta • Lentils • Quinoa • Bread • Honey • Vegetable oil • Extra virgin olive oil • Soy sauce • Tabasco • Anchovy filets • Dijon mustard • Whole grain mustard• Almonds • Walnuts • Tomato puree • White wine vinegar • Red wine vinegar • Assorted dry spices • Chicken base • Beef base • Red wine (cooking wine)• White wine (cooking wine) | **Produce** • Apples • Lemons• Garlic • Onions • Scallions • Shallots • Leeks • Carrots • Celery • Red Peppers • Mushrooms • Green Leaf Lettuce • Spinach • Assorted fresh herbs • Parsley • Potatoes • Tomatoes  | **Dairy** • Butter • Cream • Milk • Eggs • Cheddar Cheese • Parmesan Cheese • Blue Cheese**Other** * 1 each, 3 lb. Chicken
* 2 slices Bacon
* ½ lb. Haricot vert
* ½ lb. White mushrooms
* ½ lb. Parsnips
* 1 lb. Red potatoes
* 3 oz. Couscous
* 3 ea. Plum tomatoes
* 3 oz. Lentils
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## SKILL COMPONENT:

### Butchery

Each contestant will have a protein in their market basket to fabricate. Protein is to be butchered to fit the menu provided.

## SKILL COMPONENT:

**VEGETABLE CUTS**

Prepare 3 different cuts that will be used in your menu- minced onions, julienne carrots, and medium diced potatoes.

## STOCK

### Skill component: Stock

Prepare stock to be used throughout the competition.

## APPETIZER/FIRST COURSE

### Skill Components: Hot/Cold Appetizer, Salad, Flatbread

Prepare two identical plates of appetizer of choice. This could be a plated appetizer or a salad. Required components:

1. Must contain a protein component.
2. Must contain a scratch-made crisp flour based cracker component produced from a non- yeasted dough.
3. Minimum of two distinct knife cuts.

## CLEAR SOUP

### Skill component: Stock/Clear Soup

Prepare two identical plates of consommé using a minimum of two distinct knife cuts as garnish.

## ENTRÉE

**Skill Components: Sauté, Sear, Poach, Braise, Roast, Sauce, Grains, Vegetable** Prepare two identical plates of one entree of choice following the guidelines below: Vegetables and starches should demonstrate different cooking methods and a minimum of 4 different cooking methods must be used in the entree.

## DESSERT

See recipe on following page

## DESSERT

### Skill Components: Baking, Custard, Fruit

Prepare two identical plates of basic custard following guidelines below. May be served hot or cold. Serve in soup cups and garnish with fruit.

2 cups Milk

2 eggs

¼ cup sugar

½ tsp vanilla

Heat milk until just bubbling at the edge of the pan. Whisk together eggs, sugar and vanilla. Pour a small amount of hot milk into egg mixture to temper. Whisk continuously while slowly adding remaining milk. Pour mixture into cups. Cook in a water bath at 325°F (163° C) for 45 minutes or until set.

Alternate method:

Start a double boiler on the stove top, bring the water to a boil then reduce to a simmer. Pour the milk into a bowl and place bowl of milk on top of a double boiler over simmering water. Stir occasionally until milk is heated through.

Beat eggs in a large bowl until light. Add sugar and mix well. Temper the egg mixture with a small portion of hot milk into egg mixture, whisking constantly, until warmed and thinned. Pour mixture slowly back into hot milk, whisking constantly.

Cook and stir until custard is thick enough to coat the back of a spoon. An instant read thermometer inserted into custard should read 180° F (82° C). Remove from heat and stir in vanilla.

Transfer custard to cups and serve warm or chilled with appropriate garnish.

**SkillsUSA Culinary Arts**

**Post-Secondary Competition 2025 Market Baskets**

Mystery Basket 1 1 ea. 3 lb. Chicken OR

1 whole Catfish1½ lb. 8 oz Sugar snap Peas

½ head Cauliflower 4 oz. Pearl onions 1 lb. Parsnip

3 ea. Plum tomatoes

3 oz Lentils

4 oz Crimini mushrooms 4 oz Land O’Lakes Clarified Butter

4 oz Land O’Lakes

Extra Melt Shreds 2 oz Blueberries

Mystery Basket 2

1 ea. 3 lb. Chicken

OR

2 lb. Pork Tenderloin

6 oz. Haricot vert 4 oz. Corn Meal [4 oz Shiitake](https://www.landolakesfoodservice.com/?icid=FSN_home)

Mushroom 1 head Romaine lettuce 8 oz. Parsnips

1 lb. Red (b) potatoes

3 ea. Plum tomatoes

4 oz Land O’Lakes

Extra Melt Shreds

4 oz Anchor Chef’s

Heavy Cream 2 oz Blueberries