



April 18, 2020  
Culinary Arts  
State Championships

Stratford University  
210 South Central Ave  
Baltimore, MD 21202

### **Schedule Subject to Change**

8:00 am-8:30 am PDP Tie Break Test/Orientation  
8:30 am-9:00 am Set-Up Stations, In kitchen Orientation  
9:00 am-11:00 am Morning Mise en Place - See further instruction below  
11:00 am-11:30 am Lunch, Mandatory  
11:30 am-1:00 pm Afternoon Skills Performance - See further instruction below  
1:00 pm - 1:30 pm Clean kitchen and return to buses

### **Morning Mise en Place**

You will have two hours to complete all of the following:

- Vegetable Cuts
- Disjointing and Portioning one chicken (wrap, label and reserve for use)
- Preparation of chicken broth
- Any other prep for afternoon session

### **Afternoon Skills Performance**

You will have two hours to complete and present the following in order:

- 2 Caesar Salads
- 2 Chicken Broth (2 - 2oz portions)
- 2 Entree

Please present one show plate and one tasting plate.

No students will be dismissed until the kitchen is completely clean.

### **Clothing Requirement**

Clean and pressed white or checkered work pants, white chef's coat or baker's shirt, black or white non-slip work shoes (closed leather upper), white apron, and hat. Students will be **disqualified for improper shoes** in accordance with OSHA safety standards. Hairnets are not required if all hair is tucked completely into hats.

### **Vegetable Cuts**

Please present the following by 11:00 am:

Oblique one medium size carrot

Mince three cloves of garlic

Chop one bunch of parsley

“Chiffonade” one head of romaine - 1/2” thickness

Julienne one carrot

Small Dice one onion

### **Chicken Portioning**

For chicken portioning, you will need to dismember one chicken. Please present at the end of the AM session:

Two Airline/Suprême Breasts - Frenched, remove tenderloin

Two Tenderloins

One Leg

One Drumstick

One Boneless Thigh

Two Wings

One Carcass

As soon as you complete portioning, present to judges. They will score your cuts and return them for wrapping, labeling and starting your fortified broth

Please present disjointed chicken in vessel provided by Stratford University.

Refrigerator space will be provided for chicken cuts after judging.

Please mark vessel with contestant number in permanent marker and tape.

### **Chicken Broth**

You will not be provided with a recipe for your broth. Standard mirepoix and sachet ingredients will be provided.

You will need approximately one to two quarts of broth.

### **Caesar Dressing**

Egg Yolk	1
Dijon Mustard	1/8 tsp.
Lemon Juice	1 tbsp.
Garlic, minced	1 tsp.
Anchovy fillet, minced	½ tsp.
Blended oil	5 tbsp.
Parmesan, grated	1 oz
Pepper	to taste

1. Put the egg yolk, mustard, lemon juice, anchovy, and minced garlic in a small mixing bowl; blend with a whisk until very smooth.
2. Slowly whisk in the oil until emulsified.
3. Add the grated Parmesan, and if needed whisk in 2 tbsp. water to give a slightly looser consistency.
4. Season with dressing with pepper to taste.

Salad will consist of chiffonade romaine tossed in dressing finished with parmesan and provided croutons.

## **Sautéed Chicken Breast with Mushroom Pan Sauce**

**Skills Component: Sauté with Pan Sauce**

**Yield: 2 Plates**

Properly sauté chicken breasts with skin on. Prepare mushroom pan sauce from fond.

You are responsible for your pan sauce recipe as this component is part of your overall creativity and knowledge of culinary skills.

## **Classic Rice Pilaf**

**Skills Component: Starch Cookery**

**Yield : 2 portions**

¼	ounce	Butter
¼	ounce	Olive oil
¾	ounces	Onion -- fine dice
½		Bay leaf
½	cup	Long-grain rice
½	pint	Chicken stock -- boiling
		Salt -- to taste

Heat the butter and olive oil in a small sautoir or saucepot.

Add the onion and bay leaf and sauté until tender, but not brown.

Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.

Pour in the boiling chicken stock and season with salt.

Cover the pot tightly and place it in a 350°F (175°C) oven. Bake for 18-20 minutes, until the liquid is absorbed and the rice is fluffy and tender.

Fluff the rice with a fork. Remove the bay leaf and keep the rice hot for service.

## **Vegetable Accompaniments for Sautéed Entree**

**Skill Component: Green Vegetable Cookery**

**Yield: 2 Servings**

### **Ingredients:**

Green Vegetable of Choice (cut as desired and/or practical)

Seasonings - your selection from contest supplies

Fresh Herbs - your selection from contest supplies

### **Instructions:**

Using proper cooking technique for vegetables, prepare a sufficient amount for two portions

## **Presentation Menu**

Please present the following in sequence for judging

Two Cesar Salads

Chiffonade romaine, Cesar dressing, Parmesan, Crouton

Two Ramekins of Prepared Broth

At least two oz each

Two Entrees

Pan-Roasted Airline Chicken, Rice Pilaf, Haricots Vert

## **Suggested Tool List**

French Knife  
Paring Knife  
Boning Knife  
Slicing Knife  
Knife Steel  
Vegetable Peeler  
Utility Knife  
Offset Spatula  
Tongs  
Meat Thermometer  
Molds or Timbals  
Timer or Clock  
Small Mesh Strainer  
Oven Thermometer  
Whisk  
Kitchen Spoons  
Sauce Spoon  
Chinois  
Pencil  
Marker  
Masking Tape

Note: No electrical devices, pasta machines, pots, pans, baking trays or large equipment will be allowed.