**Culinary Arts Addendum 2023 Postsec**

**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, Chef’s hats (toques) or skull caps (no baseball caps).

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.

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

***NEW THIS YEAR, Aligning with the National contest standards:***

* + 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 HS & PS level.

*HS exemption for NC state competition only – NC will allow for advisor/instructor verification that student-contestant is qualified for food safety.*

* + All competitors must create a menu of what they will produce and submit four copies at the beginning of their competition day.

**Tool List Note**

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.

**Scope of Contest**

* **Time** - Students will have 2 hours to make 3 knife cuts, fabricate a chicken, prepare a soup and an entrée’.
* **Knife Cuts**
  + These 3 knife cuts must be utilized in the finished product
    - Minced onions, julienne carrots, medium diced potato
* **Fabricate a Chicken**
* ***High School:*** 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.
* ***PS 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.
* **Prepare a Soup –**

*PostSecondary - ANY TYPE OF SOUP (PS)*

*High School - CREAM SOUP*

* + Chicken Stock will be provided
* Skill component: Stock/Cream Soup Yield: 2 servings
* Ingredients:
* Vegetables
* Veloute
* Stock
* Cream
* Seasoning
* Garnish
* **Entrée** 
  + ***High School*** – Students will prepare a sautéed chicken with sauce entrée, starch and vegetable. ***High school students have access to the common kitchen items.***
  + ***Postsecondary*** – Students will prepare a sautéed chicken with sauce given for entrée, starch and vegetable. ***Postsecondary students can use the common kitchen items AND items from the mystery basket listed below.***

*See national technical standards for more details on contest scope. SkillsUSA NC reserves the right to make adaptations or changes based on time, materials, and facility requirements.*

*Please NOTE that these Equipment Lists may change. Changes will be posted to our Website AND sent to Advisors with Registered Contestants.*

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| SkillsUSA  Culinary Arts |

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| **Site-Provided Equipment** | **Student-Provided Equipment** |
| * **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** | **MANDATORY EQUIPMENT**  Students will not be allowed to compete without this minimum level of equipment.   * **Knife Kit**   + **Chef’s Knife**   + **Paring Knife**   + **Boning Knife**   + **Slicing Knife**   + **Knife Steel**   + **Vegetable Peeler** * **Thermometer** * **Pen/Marker** * **Side Towels** * **Measuring Cups/Spoons**   **OPTIONAL**   * **Any approved equipment from the national technical standards tool list** * **Oven Mitt or Pan Handlers** * **Maximum of 2 pots or 2 pans additional** |

**Common Kitchen Items for High School and Postsecondary**

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| **Dry Goods**  • AP Flour  • Sugar  • Corn Meal  • Cous cous  • 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 |

***Market Basket (Postsecondary only)***

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. Cous cous 3 ea. Plum tomatoes

3 oz. Lentils