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.