

37th Annual Skills USA Maryland

State Championships

Culinary Arts

March 27, 2010

Hosted by



Baltimore International College
School of Culinary Arts
210 South Central Avenue at Pratt Street
Baltimore, Maryland 21201

General Contest Guidelines

At the start of the contest, a member of the Technical Committee will review the contest packet with you.

Carefully study the contest packet. It contains all of your recipes and the specific instructions for plate presentations.

Ask for assistance if there is anything you do not understand!

Clean as you go! Sanitation is an important judging criterion. Keep your work area, tools and equipment clean and sanitary.

Each contestant is expected to assist in the overall clean up of the kitchen. Failure to do so will result in a deduction from your overall sanitation score.

All of your recipe ingredients will be supplied to you at the beginning of the contest. You may not substitute or use ingredients that are not listed in the recipe packet.

Contestants must provide their own equipment and supplies as outlined in updated competition notes. The site will provide the necessary plates, soup bowls and flatware for presentation. Contestants do not have to bring their own unless they choose to do so.

Judging Criteria

Sanitation and Safety

Mise en place

Technical Skills

Quality of each prepared item

Creativity of presentation

A.M. Session

8:00am to 8:45am

Contestants arrive and set up stations

8:45am to 9:00am

Contestants meet with Technical Committee for final instructions

9:00am to 10:30am

The following tasks will be completed during the A.M. session:

1. Vegetable Cuts (prepare and present as instructed)
2. Disjointing and portioning two whole chickens (wrap, label and reserve for P.M. session)
3. Preparation of chicken broth (for use in P.M. session)
4. Prepare mise en place for P.M. session

10:30am to 11:00am

Present Vegetable Cuts for judging

11:00am to 11:30am

Lunch break/intermission

P.M. Session

11:30am to 2:00pm

Prepare and present all dinner menu items in the following sequence:

1:00pm to 1:30pm

Present 2 servings of Chicken Broth Brunoise (1 show plate, 1 tasting plate)

Present 2 servings of Entree (1 show plate, 1 tasting plate)

Present 2 servings of Dessert (1 show plate, 1 tasting plate)

ALL PLATE PRESENTATIONS MUST BE COMPLETED BY 1:30PM!

1:30 to 2:00 pm

Clean stations and return to bus

At the conclusion of the contest, please gather all of your personal belongings and begin the final clean up of your work area. A member of the Technical Committee will inspect your work area and dismiss you when all is in order. No one is to leave until the kitchen is clean and back in order.

Skills' Tasks (AM)

Prepare and Present Vegetable Cuts

Portion Chicken for recipe use

Fortify Chicken Broth

Dinner Menu(PM)

Chicken Broth Brunoise

Breast of Chicken with Ricotta and Spinach Stuffing

Classic Rice Pilaf

Broccoli Amandine

Bread Pudding with Crème Anglaise

SKILLS COMPONENT

VEGETABLE CUTS

Prepare the following vegetable cuts and present for judging as directed:

Brunoise (1/8 inch cubes)

Demonstrate the Brunoise cut using 1 medium size carrot

Demonstrate the Brunoise cut using 1 medium size onion

Julienne (1/8" x 1/8" x 1 ½ to 2")

Demonstrate the Julienne cut using 1 medium size carrot

Small Dice (1/4 inch cubes)

Demonstrate the Small Dice cut using 1 medium size carrot)

Tourner (2 inch long, 3/4 inch diameter, 7 sided football shape)

Demonstrate the Toumer cut. Prepare 2 Tournes using 1 russet potato)

Chiffonade (ribbon cut)

Demonstrate the Chiffonade cut using 1 leaf of Romaine lettuce

**Vegetable cuts must be presented to the judges
between 10:30am and 11:00am.**

SKILLS COMPONENT (CONT'D)

Remove the four breasts from the two chickens. Remember, the recipe calls for airline breasts (boneless, with the first wing attached and cleaned).

Prepare the chicken broth from the remaining carcass and meat. You will need approximately 2 quarts of broth. 1 quart for the Chicken Broth Brunoise, $\frac{1}{2}$ quart for the Rice Pilaf and $\frac{1}{2}$ quart for the Veloute.

Prepare mise en place for afternoon session.

NOTE: A recipe for the Chicken Broth Brunoise is not included in your recipe packet. You are required to bring your own recipe for this one menu item. Standard mirepoix and sachet ingredients will be provided.

Also, BIC will provide a high quality chicken stock.

Chicken Stuffed with Spinach and Ricotta Cheese

½ lb	Spinach -- stemmed
2 oz	Ricotta
1	Egg white -- lightly beaten
	Salt and pepper -- to taste
2	Airline chicken breasts -- skin on
1 T	Clarified butter
½ pt	White wine
1 pinch	Saffron
4 oz	Chicken velouté
1 oz	Heavy cream -- hot

1. Blanch, refresh and drain the spinach. Squeeze it tightly to remove as much moisture as possible, then chop it finely.
2. To make the stuffing, combine the cheese, egg whites and spinach in a mixing bowl; season to taste.
3. Place the chicken breasts on a cutting board, skin side down. Using a boning knife, carefully make a pocket that runs the length of each breast.
4. Put the stuffing in a pastry bag and pipe the stuffing into each pocket. Do not overfill the chicken breasts because the stuffing expands as it cooks.
5. Saute the chicken in the clarified butter until well browned. Transfer the chicken to a sheet pan and finish in a 350°F (180°C) oven, approximately 10-12 minutes.
6. Deglaze the sauté pan with the white wine.
7. Add the saffron, bring to a boil and reduce by half.
8. Add the velouté and the cream. Adjust the seasonings and consistency; strain.
9. Ladle the sauce onto 4 warm plates. Slice and then arrange the chicken in the sauce; garnish as desired.

Yield: 2 servings

Veloute Sauce

1	ounces	Clarified butter
1	ounces	Flour
1 1/4	pints	Chicken stock
		Salt and white pepper -- to taste

1. Melt the butter in a small saucepan. Add the flour and cook to make a blond raux.
2. Gradually add the stock to the raux, stirring constantly with a whisk to prevent lumps. Bring to a boil and reduce to a simmer. (Seasonings are optional; their use depends upon the seasonings in the stock and the sauce's intended use.)
3. Simmer and reduce to 1 pint, approximately 15 to 20 minutes.
4. Strain through a chinois.
5. Melted butter may be carefully ladled over the surface of the sauce to prevent a skin from forming. Hold for service or cool in a water bath.

Yield: 1 pint

Classic Rice Pilaf

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

1. Heat the butter and olive oil in a small sautoir or saucepot.
2. Add the onion and bay leaf and sauté until tender, but not brown.
3. Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.
4. Pour in the boiling chicken stock and season with salt.
5. 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.
6. Transfer the cooked rice to a small pan and fluff the rice with a fork. Remove the bay leaf and keep the rice hot for service.

Yield: 12 oz.

Broccoli Amandine

¾	pounds	Broccoli -- fresh
1	ounces	Whole butter
½	ounce	Almonds -- sliced
1		Garlic clove -- minced
½	ounce	Lemon juice

1. Cut the broccoli into uniform spears. Rinse and sprinkle lightly with salt and pepper.
2. Place the broccoli in a single layer in a perforated hotel pan and cook in a convection steamer until tender but slightly crisp, approximately 3 minutes.
3. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the nuts are lightly browned.
4. Arrange the broccoli on plates for service and sprinkle with the lemon juice. Drizzle the almonds and butter over the broccoli and serve immediately.

Yield: 4 servings

Bread Pudding with Crème Anglaise

1 ½	ounces	Raisins
1	Ounce	Butter
5	ounces	White bread -- day-old bread
1 ½	cups	Heavy cream
1		Egg
5	ounces	Granulated sugar
1	teaspoon	Vanilla Extract
		Mint Sprigs (for garnish)
		Heavy Cream (whipped for garnish)

1. Combine the raisins and butter in a small saucepan. Heat just to warm, strain off butter cover and set aside both.
2. Use pan spray to thoroughly coat foil ramekins.
3. Tear the bread into chunks and place in a large bowl. Pour the cream over the bread and set aside until soft.
4. Beat the eggs and sugar until smooth and thick. Add the vanilla, melted butter and raisins.
5. Toss the egg mixture with the bread gently to blend. Pour into foil ramekins and bake at 350°F (180°C) until browned and almost set, approximately 15 to 20 minutes.
6. Slice and serve warm with 2-3 tablespoons of the Crème Anglaise. Garnish with whipped cream and fresh mint.

Yield: 4 servings