

**Notes from SkillsUSA 2010 Culinary Arts Contest Orientation Meeting
Baltimore International College, January 21, 2010, 9am-1 pm
(state competitors should review and follow this important contest information)**

- All contestants must submit a one-page resume to contest chair – won't be displayed as they were last year – are suppose to be kept confidential.
- Clean as you go – sanitation is most important in competition.
- No substitutions of ingredients.
- Contestants must supply knife kit and scale only - all other equipment – pots, pans, hand tools, dishes will be supplied by BIC – each station will have a designated set.
- Mise en place was stressed.
- Organization of station was stressed.
- Safety was stressed.
- Vegetable cuts were demonstrated.
- What is a broth – meat and vegetable – students are making a broth using a fortified stock supplied by BIC so that everyone's broth is consistent – no water is to be used only the stock supplied by BIC.
- How contestants should manage their stations during knife cuts – useable trim, scraps and cuts – a suggestion was made that contestants should peel into a piece of parchment paper to keep their cutting board area clean.
- Sanitation buckets will be supplied by BIC – a suggestion was made to have contestants wash hand first then clean and sanitize their stations before starting any work.
- Ice down chicken during fabrication.
- Knives should be sharp not dull.
- Chicken fabrication – demonstration was conducted showing how to remove the wish bone, removing breast, making pocket with boning knife and removing tenderloin for airline breast. It was suggested that contestants wrap the airline bone with foil during the cooking process and remove when serving.
- A comment was made - When making a sauce using an aluminum pan be careful not to stir making sauce grey from the aluminum.
- Bread Pudding – Bourbon sauce will not be made – a vanilla sauce will be made in its place recipe to come – all contestants will be given a 4" aluminum foil cup to bake their bread pudding – it was recommended that the cup could be lined with parchment or sprayed so the pudding releases after baking – both will be supplied by BIC.
- Glove use was discussed – follow state guidelines. If food item isn't going to be cooked gloves are required with the exception of knife skills - gloves are not required during knife skills.
- Comment made about the proper way to fluff rice with a fork and not to stir rice pilaf with a spoon – also rice pilaf pot will not have a lid so students should understand how to make a parchment paper circle to cover the rice during baking.
- Steamed Broccoli will be done individually using ½ pans - one with wholes one without - on the stove top.
- Uniforms – follow the national standards – hats and gloves will be supplied by BIC – black pants were discussed and approved for use along with white and or checkered.
- Side towels are not required by the contestant – BIC will supply pink disposable towels .
- No spectators will be allowed in the contest rooms, however, refreshments will be provided in the waiting areas.