



**Culinary Arts Competition
Greenville, South Carolina**

March 27, 2024

Greenville Convention Center

**Menu, Contest Information, Recipes and
Equipment List**



Menu

Sauteed French Chicken Breast with Mushroom Pan
Sauce

Classic Rice Pilaf

Green Beans

Honey Glazed Carrots

General Instructions/ Tips

- Your uniform should consist of black or checked work pants, white or black chef jacket, chef hat, apron and non-slip, close-toed kitchen shoes. During orientation for the contest the lead state judge will review the contest packet with you.
- Before the contest carefully study the contest packet: Review the list of recipes/ingredients. Write a preparation/cooking schedule to assist you during your competition period.
- Please make sure you bring all the food items that you need. There will be NO food on hand.
- Please make sure you bring all equipment you will need.
- Contact a judge to look at your garbage/waste before removing anything from your station.
- You may work on any component of your menu at any time. - Hot food should be served HOT and cold food served COLD!
- Please wear gloves when handling ready to eat food.
- You will present one {1} tasting plate to the Tasting Judges and one {1} presentation plate for the public to view.
- During orientation, raise your hand and ask questions if there is anything you don't understand. There will be a brief question and answer period immediately before the competition begins when any questions will be answered for all competitors to hear. Once the competition begins any questions about technique or definitions, etc will NOT be answered. Questions about where to find ingredients will be answered .
- Remember two things- this competition is about LEARNING and it should be FUN! If at any time you are overwhelmed and feel that you cannot continue please speak to a judge. We are here for you!

Competition Schedule

7:30-8:00	Contestant meeting with Judges / Orientation
8:00-8:15	Cooler and equipment check
8:15-8:30	Set up and organize assigned work stations
8:30-12:30	Contest begins at 8:30 and window time is 12:30
12:30	Window Time
12:30-1:00	Clean-up
1:00-1:30	Critique/Feedback

Please Note:

Chicken fabrication and knife cuts will be judged at your station. For the entree, the contestant will present one plate to the judges and one plate will on the presentation table for the public to view.

Please be aware of the time frame for presentation of all items. The official time will be kept by a designated official timekeeper.

- Any items presented between 1-5 minutes late will result in a 25%point loss for that item.
- Any items presented between 6-10 minutes late will result in a 50% point loss for that item.
- Any items presented between 11-15 minutes late will result in a 75% point loss for that item.
- Any items presented more than 15 minutes late will not be scored.

Equipment Needs

Each contestant must bring all small ware equipment necessary to execute the entire menu, including full knife roll.

No electric or battery powered equipment may be used except for thermometers and timers.

Each contestant must bring the following to display your work:

- 2 dinner plates

Please bring two butane burners to use with backup butane.

You will have two tables to use as your workspace.

We will have ice on site, please keep in mind proper safety procedures. Make sure you bring containers(hotel pans, bowls, etc) to store/hold food properly.

Please bring sanitizer buckets and sanitizer.

Make sure you have adequate supplies. (side towels, paper towels, plastic wrap if needed) Please bring whatever supplies you may need.

Chicken Fabrication and Knife Cuts

Each contestant will have one chicken to break down according to the following requirements:

- 2 – airline breasts (skin-on, first wing bone attached and frenched)
- 2 – tenders
- 2 – legs (bone in, skin on)
- 2 – thighs (bone in, skin on)
- 2 – two bone wing piece (fabricated as desired)
- Carcass and trim to be used for stock and soup
- Please follow this link for a video example of chicken fabrication techniques. Please refer to the above listed specs as they are slightly different from the video.
https://www.youtube.com/watch?v=7cc99t_wyhs

Each contestant will produce the following knife cuts:

- Onion (½ each medium dice, ½ each small dice)
- Carrot (1 each ½ inch rondelle)
- Celery (1 rib ½ inch bias cut)
- Carrot (3 ounces julienne, 1/8 x 1/8 x 2")
- Mushrooms (2 ounces sliced)

Recipes

Stock (yield 2 quarts)

Ingredients:

Carcass and trim from fabricated chicken
Water
Mirepoix from knife skills
Sachet

Sautéed Chicken Breast with Mushroom Pan Sauce

Ingredients:

Airline chicken breast from chicken fabrication
Salt and pepper
Olive oil
Sliced mushrooms from knife skills
Shallots, minced
Flour as needed for singer
Chicken stock
Cream or butter to finish
Salt and pepper to taste

Rice Pilaf

Ingredients:

Fat (butter or oil)
Onion, small dice, ¼ each, from knife skills
Rice, long grain, converted
Chicken stock as needed
Salt and pepper
Butter

Sautéed Green Beans

Ingredients:

Greens beans
Olive oil and/or butter
Salt and pepper to taste

Glazed Carrots

Ingredients:

Carrots, julienne, 3 ounces, from knife skills

Butter

Sugar or honey

Chicken stock

Salt and pepper to taste