

Contest Update: Culinary Arts – (Date: March 15, 2017)

Wednesday, April 5th:

Culinary Arts Orientation & Pre-contest meeting: **Mandatory**

7:00am – 8:30am in Mandalay Ballroom B

At this meeting roll call and attendance will be checked, resumes will be handed in, questions answered for contest, contest times will be assigned and you will find out if you are competing in the morning or afternoon session, written test will be taken at the end of the meeting. Contestants will be given their menu packets, station assignments, and a further explanation of the rules at this time.

7:30 to 8:30, written test

Thursday, April 6th:

Competition

All contestants must report to room 223 in the Red Mountain Building at the Truckee Meadows Community College (Dandini Campus) at **your assigned times**.

Please note:

Contestants will be broken into two groups and the competition will be done in two sessions and they maybe staggered start times within the morning and afternoon session. Please plan on attending at the assigned times and stay only for the competition and judges critique afterwards, plan ahead, advisors may want to make sure everyone has a small allowance to spend on food. TMCC has an on campus food service cafeteria you can purchase sandwiches and snacks during the waiting periods or if students have to additional time on the campus.

There will be a room set up as a waiting room for contestants; this waiting area is for contestants only. At the judge's critique the advisors will be allowed to listen. We will try to have all students from the same schools in the same session. Advisors may wait in a designated area in the Red Mountain Main building; we will have a section set aside in the Student Services area for Advisors to pass the time when you are not viewing the students during competition. Advisors reframe from visiting with the contestants.

Advisors, Parents, & Guests: We are making viewing stations available to you, near, but not inside the competition area. Please feel free to view for a **few minutes** and then move along, as the space is limited, and allow others to have some time to view. If anyone is found coaching contestants during the competition, they will be asked to leave the viewing areas and the contestants risk disqualification

Practical test will be broken up into two areas:

Part #1 - Cold Food: (1.5 hours)

1) **Salad & dressing of choice**; make up two plates, one for presentation, and one for judging. Make sure to include a sample of the dressing on the side for judges. (No recipes provided or may be brought in, contestants will use individualized creativity)

2) **Fabricate a whole chicken into 8 pieces and present to the floor judge.**

Part #2 - Hot Food & Dessert: (2 hours) make up two plates, one for presentation, one for judging for each course. (No recipes provided or may be brought in, contestants will use individualized creativity)

Soup: Chicken and vegetable soup utilizing dark meat from the chicken fabrication, please only make approximately 3 cups of soup (approximately 2 servings)

Entrée: Protein is your fabricated chicken, make a sauce, vegetable, and starch. (For this competition it will be a potato: cooked any method, choice of Red, Yukon Gold, or Russet)

(No recipes are provided or may be brought in, contestants will use individualized creativity and skills)

Dessert: Bread pudding flavor is up to candidates' creativity. (Suggested recipe is included in the packet)

Clean up; There will be a half hour for cleanup after each session. Remember, cleanup and sanitation are an integral part of the judging process and contestants will be judged accordingly.

This culinary competition is a mix of recipes and individualized creativity. Contestants will follow recipes and have creative license to complete hot and cold components which will test basic techniques as well as individual creativity. Contestants will have an hour and a half to present their cold food and then two hours for the hot food presentation. Early presentation of the cold food will be allowed, however the cold course must be presented within one and half hours. The total time for completion is 3.5 hours.

The only recipes that may be used are those provided the morning of the competition. And the only ingredients that may be used are those provided by the testing site.

The common kitchen ingredients will include, but may not be limited to the following:

All items needed for the bread pudding recipe, and stock for the soup.

Oranges Lemons Limes Cucumbers Tomato Green Onions Lettuce, Spring Mix, romaine Variety of vegetables Cheeses: Swiss, Cheddar, Mozzarella, Parmesan	Cream Cheese Sundried tomato Artichoke hearts Capers Smoked Salmon Salami Olives – kalamata, black, green Won ton wrappers Phyllo Puff Pastry Bread, French	Canola Oil White Wine Vinegar Red Wine Vinegar Balsamic Vinegar Cider Vinegar Soy Sauce	And you may feel free to us anything else in our well stocked dry seasoning shelf.	
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Some space limitations may occur, which will test the contestant’s ability to adapt and adjust to real-world work situations.

Contestants will be tested in the following areas:

- Knowledge of proper sanitation techniques
- Mise-en-place and organizational skills
- Knowledge of basic cutting techniques
- Equipment selection and usage
- Knife skills
- Knowledge of standard weights and measures
- Food product identification and artistic arrangement
- Creative portioning and presentation of prepared foods
- Overall quality (taste, texture, doneness, etc.) of prepared food items

Timeline –Morning Session

7:45- 8:00 a.m. – All a.m. session contestants check in.

8:00- 8:15 a.m. – Contestants are given a tour of the facility.

8:15 to 8:30 a.m. – First group will be given 15 minutes to Mise en place.

8:30 to 10:00 a.m. Group #1: Will start the competition. They have 1.5 hours to fabricate chicken, demonstrate knife cuts and present appetizer or salad, as first course.

10:00 to 12:00 a.m. Group #1: Entrée, starch, vegetable, and a dessert. At this time there will be no one other than the chosen judges and the chairpersons allowed in the competition area. Viewers will be welcome and asked to stay within a given area at the edge of the competition area.

12:00 – 12:30 p.m. Group #1: Finished plates presented and a half an hour to clean up stations. Tables will display finished products in the hallway outside the kitchen for viewing.
Afternoon session students are not allowed to view the plates and will be sequestered until they are called into the facility.

12:30 – 1:00 p.m. Session: Judges critique

Afternoon Session:

12:00 pm. – All PM session contestants check in.

1:00- 1:15 pm. – Contestants are given a tour of the facility.

1:15 to 1:30 p.m. – Second group will be given 15 minutes to Mise en place.

1:30 to 3:00 p.m. Group #2: Will start the competition. They have 1.5 hours to fabricate chicken, demonstrate knife cuts and present appetizer or salad first course.

3:00 to 5:00 p.m. Group #2: Entrée, starch, vegetable, and a dessert. At this time there will be no one other than the chosen judges and the chairpersons allowed in the competition area. Viewers will be welcome and asked to stay within a given area at the edge of the competition area.

5:00 – 5:30 p.m. Group #2: Finishes and has a half an hour to clean up stations. Tables will display finished products in the hallway outside the kitchen for viewing.

5:45 – 6:00 p.m. Group #2: Judges critique

- **Dress code:** Each contestant must have a black permanent marker.
 - White Chef's coat (no logo, no name)
 - Contestant number must be displayed, pinned to coat
 - Solid white hat (floppy cloth, paper disposable, or baker's skull cap)
 - Solid black leather, closed toed shoes or boots, suitable for kitchen use
 - (no canvas/cloth tennis shoe/sneaker)
 - White side towels, 2 qty.
 - Black & white-checked cook's pants or white baker's pants
(Black & white checked pants only, contestants with black pants will receive a uniform penalty)
 - Solid white bib or 4-way short waist apron or white bistro apron

- **Not allowed:**
 - Grey, off-colored, stained, or wrinkled uniforms
 - Open-toe shoes, sandals, unsafe soles and/or uppers
 - Lab coats, butcher coats, etc...
 - Shorts or skirts, baseball caps, anything with a logo

There will be points deducted for any uniform dress code that is not followed.

SANITATION IN THE KITCHEN

Poor personal hygiene is one of the three leading causes of food-borne illness. The following policies, based on Washoe County requirements and the current FDA Food Code, are in place to help us run a safe kitchen.

HAIR: must be worn back and above the collar.

NAILS: well-trimmed, short, clear or no polish or decals.

COSMETIC: no perfumes or colognes, no glitter make-up.

ACRYLIC, SILK, OR FAKE NAILS: gloves must be worn at all times in the kitchen.

JEWELRY: only a wedding band, nothing else, including earrings, watches, studs or other facial jewelry

FACIAL HAIR: Must be clean-shaven or wear a beard net.

WATCHES: Remove from your wrist. Watches may be attached to your chef's coat.

SIDE TOWELS: Not for hand wiping, use for hot holding. Please use paper towels after hand washing.

CLEANING TOWELS: Only for cleaning of TMCC equipment and work stations, blue towels will be provided.

Required and suggested tools:

REQUIRED	RECOMMENDED ADDITIONAL
10" or 8" French (chef's) knife	12" serrated slicer
6" narrow, semi-flexible boning knife	12" sharpening steel
4" pointed paring knife	Knife roll, carrying case
2-1/2" curved paring knife	Vegetable peeler
0-220°F thermometer (digital recommended)	Hand-held Calculator
Set of measuring spoons	
Black felt marking pen (permanent)	
Vegetable Peeler	

While we have a very well equipped kitchen; however we do require you bring your own knives. You may want to bring some small utensils, such as measuring spoons, wooden spoons, tongs or rubber spatulas. Please do not bring any electrical equipment such as food processors, blenders, or immersions blenders. We do have a supply of processors you will have access to the day of competition. We will not have a fryer turned on, but we will have a few pans with oil available for those who need to do a minimal frying of one or two small items. You will only be allowed into the kitchen with a knife kit and a few small wares, nothing else.

The culinary department at TMCC has fully stocked cooking stations. Due to the number of contestants competing, contestants will share work stations during the competition. This will require contestants to communicate with one another as oven space and timing become an issue.

Measuring cups and measuring spoons, are the only items that are in short supply. Contestants should bring these items to avoid having to share. Contestants will bring their own personal knife sets (knife kits may also include small utensils such as micro plane, potato peeler, spatula, and tongs), no additional equipment will be allowed. Contestants should also bring two white side towels. **Please make sure any personal items are clearly marked with colored permanent pen or tape. We will not be responsible for keeping track of each contestant's items.**

All contestants must bring a one-page, typed résumé to the orientation meeting; no resumes will be accepted on competition day.