PURPOSE
To evaluate each contestant’s preparation for employment and to recognize outstanding students for excellence and professionalism to demonstrate basic skills in the field of food preparation.

CLOTHING REQUIREMENT
Culinary
- White or black work pants or black-and-white checkered chef’s pants*
- White chef’s jacket
- White or black leather work shoes (non-slip)
- White bib apron
- White neckerchief
- Side-towels – if needed
- Hairnet – or hair pinned up (if collar length)
- Chef’s hat paper or cloth
- Food handlers’ gloves
- No visible jewelry

All identifying markings or names must be covered on chef’s uniform.

Watches should be kept on your worktable or in your pocket.

Note: Contestants must wear their contest clothing to the contest orientation meeting. Also bring their basic form, resume, #2 pencil and safety assurance form.

ELIGIBILITY
Open to active SkillsUSA members enrolled in a program and teaching basic level food service skills on the secondary level. Must provide the Basic Participator form stating that the contestant is classified under the provisions of Public Law 105-17, Individuals with Disabilities Education Act, 1997, is required for participation. The eligibility form is to be presented to the contest chair at the contest orientation meeting.

No written Contest Knowledge Test and no SkillsUSA Knowledge (PDT) test is required.

Equipment and Materials
1. Supplied by the contest chairperson:
   a. Food supplies for the contest.
   b. All information necessary for the contestant and judges.
2. Supplied by the contestant:
   a. Competitors must bring a single burner electric hot plate set up to cook on. No Butane or Gas, no induction burners, no 220v burners, No one gets two electric connections.
   b. 15 ft extension cord
   c. No electric hand tools or other electric equipment will be allowed.
   d. Please be sure to check the NYS website for updates and projects: http://www.nysskillsusa.org.
3. Supplied by the contestant:
   a. French knife
   b. Vegetable peeler
   c. Paring knife
   d. Cutting board
   e. Kitchen spoon slotted
   f. Wire whisk
   g. 2 Stainless steel bowls
   h. 1 set measuring spoons
   i. 1 set measuring cups
   j. single burner cook top, electric ONLY
   k. 1 white entrée size plate for product presentation
   l. 2 rubber spatulas
   m. Small handheld strainer
   n. 2 disposable aluminum ½ size hotel pan
   o. 2 Side towels
   p. Food handler gloves, vinyl or latex
   q. 2-2 qt. saucepan
r. 1 - unbreakable liquid measuring cup 8oz
s. Pen or pencil
t. Timer or watch
u 6 disposable 16 oz. containers for mise en place
v. 1 - Instant read chef’s thermometer.

4. Contestants must bring a 3x5-index card with name of contest, contestant’s name, and home address, name of attending center, advisor/chaperone and their cell phone.

5. Contestants will not be allowed to bring or use any pieces of equipment or food not listed on these guidelines

All competitors must create a one-page résumé and submit a hard copy at orientation. Failure to do so will result in a 10-point penalty.

“Note: Your resume may be judged as part of your contest” Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: http://www.nysskillsusa.org

Scope of the Contest:
1. Contestants shall be given recipes or directions explaining the tasks to be performed. Verbal instructions will also be given when needed. Students should bring an assistant to read to them if necessary, following the rules set by SkillsUSA NY.

The Contest projects will be listed on the website. So please be sure to check the NYS website: http://www.nysskillsusa.org

2. The contestant will be given a predetermined selection of all food items. Ingredients burned or damaged by the contestant will not be replaced.

3. The contest will be the actual preparation of food and arrangement of food on plates and in dishes for serving.

4. The finished projects will be arranged, garnished and displayed on a single platter (provided by the chairperson). Judges may elect to taste the finished projects depending on the time available.

5. Contestants should be familiar with common kitchen terminology.

6. Safety and sanitation are our most important concerns.

7. The chairperson(s) will determine which activities will be performed each year.

Here are some of the possible projects/topics:
- Demonstrate common knife cuts
- Identify common herbs and spices
- Identify common commercial tools and equipment
- Produce a basic soup with garniture
- Prepare a basic bound salad with garniture
- Demonstrate knowledge of safe food handling techniques
- Work in an organized and professional manner (mise en place)
- Demonstrate good kitchen safety practices
NYS SkillsUSA

Food Preparation Basic Contest

April 23, 2020

Competition Chair

TBA

Cluster Chair

Chef Shannon Speranza

Monroe One BOCES

shannon_speranza@boces.monroe.edu
Turkey Wrap

Yield: 1 serving

Ingredients:

4 oz. turkey, sliced
2 oz. Swiss cheese, sliced
1 oz. mayonnaise
Lettuce, shredded
2 slices tomato
1 each flour tortilla

Method:

Prepare turkey sandwich wrap using all ingredients listed and present on plate with macaroni salad.
Macaroni Salad

1 cup elbow macaroni
¼ cup celery, dice
¼ cup carrot, dice
½ t onion, dice
¾ t black pepper
¾ t salt
½ cup mayonnaise

Method:

1. Prepare macaroni salad and present with sandwich wrap