PURPOSE
To evaluate each contestant’s preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

ELIGIBILITY
Open to active SkillsUSA members enrolled in programs with culinary arts or commercial food trades as the occupational objective.

CLOTHING REQUIREMENT
NYS Kitchen Area Attire:
All identifying markings or names must be covered on chef’s uniform.
- 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) (oil resistant)
- White apron
- White neckerchief
- Side-towels
- Hairnet
- Chef’s hat
- Food handlers’ gloves
- No facial jewelry is allowed. Earrings are not permitted even if covered by a bandage.

A single watch is the only jewelry that will be allowed during the orientation and contest period. Watches should be kept on your worktable or in your pocket.
All hair must be restrained by either a hat, hairnet or pinned up (if hair is collar length). Beards must be covered by a snood during all periods of food handling.

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

EQUIPMENT AND MATERIALS
1. Supplied by the NY chair/committee:
   a. Contest menus, recipes, instructions. Some necessary food items, seasonings, etc.
   b. Contest site organized (work stations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant
2. Supplied by the contestant:
   a. Competitors must bring a twin burner electric hot plate set up to cook on.
      1. No Butane or Gas, no induction burners, no 220v burners, no single burners (unless you only want to work with one burner) 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: http://www.nysskillsusa.org.
      For current year’s competition menu (yr you are competing) and ingredients as per change form. Plan and bring necessary equipment to cook the menu. You are only making two complete plates of each dish. Please do not bring large size pots and pans.
   e. No. 2 pencil (2 each)
   f. Knife kit and cook’s tools as desired from the following:
      1. French cook’s knife
      2. Paring knife
      3. Vegetable peeler
      4. Knife steel
      5. Boning knife
      6. Cook’s fork
      7. Slicing knife (meat)
      8. Serrated slicing knife
      9. Fillet knife
      10. Utility knife
      11. Offset spatula
      12. Cook’s tongs (8–12 in.)
      13. Instant read thermometer. (pocket type)
      18. Timer or clock

2022 SkillsUSA NY Standard 1
19. Small mesh strainer
21. Food Handler gloves
22. Hair nets
23. Cheese cloth
24. Whisk
25. Kitchen spoons
26. Stainless steel mixing bowls
27. Professional Cook’s tool kit:
   a. Citrus zester
   b. Channel knife
   c. Parisienne scoop
   d. Apple corer
   e. Tourner knife
   f. Canapé or biscuit cutters
   g. Plastic squeeze bottles
28. Any other small tools must be approved at the competition by the technical committee chair and must be made available for all other contestants to use.

All competitors must create a one-page résumé, on white plain paper and submit a hard copy to the technical committee chair at Wednesday night orientation. Failure to do so will result in a 10-point penalty. Resumes will not be accepted after Wed. night.

**Note:** Your contest will also require a hard copy of your résumé as part of the actual contest. Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: [http://www.nysskillsusa.org](http://www.nysskillsusa.org)

**Note:** No electrical hand tools or equipment will be allowed in competition.

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**SCOPE OF THE CONTEST**

The competition will include two primary areas: Knowledge Performance and Skills Performance

**Knowledge Performance**

The contest will include a written knowledge test that will require the use of culinary math. The test will include topics such as knowledge of standard weights and measures; the ability to convert recipes, yields, portion sizes, a.p.s. accurately; science; nutrition basics; environment health standards and practices; bacteria, viruses and food-borne illnesses; food science and technology; information technology; language and communications; English (SOL) reading; manuals/SOP; recipes; menus; résumé writing; speaking efficiently and listening carefully; and elementary culinary language-menu terminology.

**Skill Performance**

The contest will include a series of testing stations for the actual preparation of food and arrangement of food on plates or platters and in dishes to serve to the customer.

Explained in detail further in the change form to be posted on the website.

- Basic Skills round
- Composed Salad round from “market basket” of ingredients
- Entrée round featuring chicken.

**Contest Guidelines**

The skill performance portion of the contest will ask contestants to:

1. Demonstrate and apply food safety principles, procedures, HACCP and key practices for ensuring food safety
2. Coordinate mise en place (setting everything in place in preparation) and apply organizational skills
3. Demonstrate and apply knowledge of proper cooking methods and techniques as required
4. Demonstrate knife skills and proper cutting techniques
5. Demonstrate and apply the proper use of equipment
6. Demonstrate and apply creative preparation, portioning and presentation of food items
7. Apply methodology and evaluation of job-related observable skills, competencies, skill proficiencies and scoring sheets/tests.

**Standards and Competencies**

**CA 1.0** — Follow Hazard Analysis Critical Control Points (HACCP) in a food preparation setting

1.1 Wash hands according to proper procedures
1.2 Use properly calibrated thermometers
1.3 Use labels properly

**CA 2.0** — Maintain knowledge of safety, sanitation and HAZMAT policies, procedures and codes in a food preparation setting

2.1 Ensure that proper containers are used for storage of food, chemicals and other supplies
2.2 Check that personal attire meets safety standards (e.g., covered hair)
2.3 Ensure that proper cleaning solutions are maintained and used
2.4 Ensure that spills and other safety problems are addressed immediately

**CA 3.0** — Maintain personal hygiene and compliance with dress code in a food preparation setting

3.1 Demonstrate that uniforms are clean and fit properly
3.2 Demonstrate that hair restraints are used
3.3 Ensure that perfume and cologne use is minimal
3.4 Demonstrate that hands and nails are clean and groomed
3.5 Ensure that use of jewelry meets standards (e.g., only wedding rings)

CA 4.0 — Maintain safe and sanitary work area(s)
4.1 Show that location of first aid kit is clearly marked
4.3 Show that sanitizers are located at every station
4.4 Show that work area, tools and equipment are cleaned and sanitized after each activity
4.5 Ensure that chemicals are stored properly
4.6 Ensure that sharp objects are stored properly

CA 5.0 — Hold and store food at proper temperature
5.1 Show that food products are labeled and dated
5.2 Ensure that food is rotated in a timely manner
5.3 Ensure that temperature of food and storage containers is within guidelines
5.4 Show that the thermometer is calibrated
5.5 Demonstrate that temperatures are checked and logged regularly
5.6 Ensure that storage guidelines are followed
5.7 Prepare food according to specifications

CA 6.0 — Review menu, recipes and instructions
6.1 Demonstrate that clarification is sought when questions arise
6.2 Ensure that recipe reviewed is up-to-date
6.3 Ensure that quantity of food is verified
6.4 Ensure that menu items are consistent with recipes
6.5 Demonstrate that recipes are available and referenced when needed

CA 7.0 — Identify and select the necessary ingredients
7.1 Identify and use appropriate substitutions if necessary
7.2 Verify ingredient list
7.3 Verify that preparation ingredients are consistent with recipe
7.4 Ensure that requisition forms are used when appropriate for special items
7.5 Verify that stock levels are checked
7.6 Verify that freshness and proper rotation are checked

CA 8.0 — Follow recipes
8.1 Demonstrate that proper weights and measurements are used
8.2 Verify that recipe is followed consistently
8.3 Identify that cooking and serving times are consistent with recipes
8.4 Ensure that order is checked for special instructions

CA 9.0 — Prepare food to proper temperature and taste
9.1 Verify proper temperature requirements
9.2 Use thermometer correctly
9.3 Set food warmers to proper temperature
9.4 Calibrate thermometers correctly
9.5 Verify that potentially hazardous foods have reached safe temperatures

CA 10.0 — Communicate necessary information to coworkers in a food preparation setting
10.1 Follow chain of command
10.2 Ensure that products are labeled

CA 11.0 — Review standards for finished product
11.1 Identify necessary garnishes
11.2 Identify appropriate portions
11.3 Identify appropriate container (e.g., plate, banquet container)

CA 12.0 — Assemble product for delivery
12.1 Use appropriate serving containers
12.2 Ensure that serving containers (e.g., plates, flatware) are clean
12.3 Use proper hygiene when assembling the final product (e.g., hair covering)
12.4 Verify that all menu items are present
12.5 Use proper serving tools
12.6 Verify that product is visually inspected
12.7 Notify food servers of the availability of order

CA 13.0 — Assess final product for quality assurance
13.1 Verify that the presentation of product is consistent
13.2 Ensure that the final product is prepared at the correct temperature
13.3 Ensure that the final product is seasoned at correct level

CA 14.0 — Gather the necessary equipment in the food preparation setting
14.1 Use the right tool or piece of equipment for task
14.2 Ensure that tools and equipment are transported to work area safely
14.3 Use checklists to verify equipment

CA 15.0 — Verify that equipment and tools are in working order
15.1 Inspect equipment and tools visually

2022 SkillsUSA NY Standard 3
15.2 Identify equipment and tools with missing parts
15.3 Ensure that equipment is tested before use (e.g., oven temperature)
15.4 Ensure that defective tools and equipment are reported to supervisors

CA 16.0 — Communicate deficiencies and other necessary information to the supervisor
16.1 Identify unsafe tools and equipment clearly

CA 17.0 — Use tools and equipment in a safe and sanitary manner
17.1 Verify that tools and equipment are cleaned and sanitized before and after use
17.2 Use proper colored cutting board (e.g., blue/fish; red/raw meat; green/vegetables)
17.3 Use proper food handler gloves
17.4 Verify that knives are sharpened on a regular basis.
17.5 Use equipment safety devices (e.g., guards on electronic cutters)
17.6 Follow manufacturer’s operating instructions for equipment

CA 18.0 — Clean and sanitize equipment and tools after every use
18.1 Use proper chemical mixture to clean and sanitize equipment and tools
18.2 Ensure that cutting boards are properly bleached
18.3 When cleaning tools and equipment, utilize hot water
18.4 Ensure that policies and procedures for using chemicals and sanitizers are followed

CA 19.0 — Store tools and equipment in proper area after use
19.1 Verify that equipment and tools are cleaned, sanitized and covered before storage
19.2 Ensure that cleaning supplies are stored in the proper area
19.3 Return tools and equipment to proper storage place
19.4 Ensure that equipment sanitization storage rules are followed

CA 20.0 — Maintain awareness of surroundings in the food preparation setting
20.1 Report security or safety problems promptly to appropriate personnel
20.2 Ensure that hazardous situations are dealt with promptly
20.3 Verify that work area is visually scanned on a regular basis for safety and security problems
20.4 Monitor location of co-workers
20.5 Identify emergency exits and procedures
20.6 Check emergency equipment regularly

CA 21.0 — Advise management of safety and security concerns
21.1 Notify supervisory personnel promptly about safety and security concerns
21.2 Document safety concerns in a timely manner
21.3 Forward concerns to appropriate personnel
21.4 Document concerns containing all relevant information
21.5 Ensure that follow-up activities occur after concerns have been forwarded

CA 22.0 — Resolve problem or offer alternative solutions.
22.1 Identify that the solution is consistent with company policies and procedures
22.2 Document the resolution to the problem as company policy requires
22.3 Ensure that proper attitude is maintained at all times
22.4 Verify that problems are referred to proper personnel when appropriate
22.5 Perform the resolution of a problem in a timely manner
22.6 After a problem has been identified, verify that follow-up activities occur
NYS SkillsUSA
Culinary Competition
April 27-28, 2022

Competition Chair
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Purpose

The purpose of the NYS SkillsUSA competition is to evaluate each contestant’s level of preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

Scope of the contest

The competition will include two primary areas:

- Knowledge Performance
- Skills Performance

1. Knowledge Performance (100 POINTS)
   a. Students will take a written knowledge test on the evening before the skills competition. This written test will encompass several areas:
      ■ Culinary math
      ■ Standard weights and measures
      ■ Recipe conversion
      ■ Yields and portion sizes
      ■ Basic cooking science
      ■ Basic nutrition
      ■ Food safety and sanitation
   b. Students will be required to submit a proper Résumé at Orientation Wednesday night.
   c. Students are required to submit a plate pan for the composed salad and dressing based on the guidelines listed in the practical portion of competition.

2. Skills Performance-explained in detail further in the document
   a. Basic Skills round and Composed Salad round from “market basket” of ingredients
   b. Entrée round featuring chicken.

All Students will be required to demonstrate the following skills and prepare the following menu using the ingredients provided by the technical committee along with ingredients of their choosing based on those listed in the official “common basket.” Two portions of each item must be prepared, one for judging and one for display in the designated area.

Please refer to the general guidelines for NYS Culinary Arts for details on clothing requirements, required equipment and materials and to determine eligibility to compete in the SkillsUSA NYS competition.
ROUND ONE: Basic Skills

Knife Skills: 45 minutes

1/4 cup Italian flat leaf parsley, finely minced
1 yellow onion, ¼ “small dice
1 rib celery, ¼” small dice
1 potato ½” medium dice
1 carrot, ⅛” rondelles, sliced
4 ea mushroom caps, ⅛” slice
2 cloves garlic, finely minced

Composed Salad: 30 minutes

Competitors will prepare and present 2 plated salads using some of the ingredients supplied (LIST TO FOLLOW) with dressing and garnish of choice that represent a salad found in an upscale restaurant.

* Students are required to submit and display a recipe for their salad that contains their competitor number written in the upper right-hand corner of the page.

Recipe to follow below format.

1 cup extra virgin olive oil
1/3 cup balsamic vinegar
Salt and pepper to taste

1. Whisk the olive oil and balsamic vinegar.
2. Add salt and pepper to taste.

*This round is cold food preparation. NO COOKING is allowed.

Competitors will be scored as follows:

Sanitation 100 points
Safety 100 points
Time Management 100 points
Knife Cuts 200 points
Composed Salad w/dressing 200 points (taste 100, Appearance 50, Use of items 50)

Deductions:
Clothing -50, resume -50 (due Wednesday night)
ROUND 2: Entree

Approximately 16 competitors will move on to ROUND TWO
Second round competitors will be announced after lunch.

1. Set up: 15 minutes

2. Chicken fabrication: 15 minutes
Fabrication of one 2 ½ - 3-pound whole chicken:
- 2 ea French Cut Chicken Breasts, skin on, only wing bone attached and “frenched” meaning the bone is exposed.
- 2 ea thighs, skin on, oyster attached
- 2 ea drumsticks, “frenched”, meaning knuckle removed and bone is exposed
- 2 ea winglets (the two-boned joint of the wing removed when the chicken breast is “frenched”)
- Carcass prepared for stock: body fat and residual skin removed and carcass separated

3. Menu preparation: 60 minutes
Competitors will demonstrate their skills and creativity completing the following using their recipes:

Menu

Sautéed French Cut Chicken Breast with Mushroom Sauce
Rissole Potatoes, Glazed Carrots
& Green Beans Amandine

Safety 100 points
Sanitation 100 points
Time management 50 points
Chicken Fabrication 100 points
Menu 100 points (Appearance 50, Taste 50)
**ROUND ONE ingredients - Salad Basket:**

- Mixed Greens (basic Mesclun mix) pre-washed
- Romaine Lettuce (pre-washed)
- Extra virgin olive oil
- Canola oil
- Balsamic vinegar
- Rice wine vinegar
- Red wine vinegar
- White Wine vinegar
- Honey
- Red onions
- Scallions
- Red, yellow and green peppers
- 3 varieties of fresh herbs
- Parmesan cheese
- Goat cheese
- Granny smith Apples
- Oranges
- Lemons
- 3 types of nuts, (pecan, almond, walnut)
- Golden raisins
- White mushrooms
- Basic pantry of dried herbs, spices, salt and pepper including sugar

*Competitors are NOT required to use ALL of these ingredients, but select those they wish to include in their presentation. Competitors are requested to only take product amounts they will be using and are requested to return unneeded products to mise en place area asap to be available to others.*
SUGGESTED EQUIPMENT LIST for ROUND TWO

Please remember you are producing two finished plates in all categories so choose equipment with that in mind

- Pen and Pencil
- Calculator
- **110 ELECTRIC BURNER TWIN SET PREFERED**
- **NO SINGLE ELECTRIC, INDUCTION, BUTANE OR GAS BURNERS ALLOWED**
- 1—full size sheet pan
- 2 cutting boards that fit inside a full-size sheet pan—approximately 14”X20” (one for chicken and one for the other mise en place)
- 1—⅝ sheet pan
- 2 – 3 sauté pans, NON-STICK ALLOWED; your choice of size and type
- 2—3 sauce pots; size and type your choice
- 1—4 qt Stainless steel bowls
- 1—2 qt Stainless steel bowls
- 1 set measuring cups and spoons
- 2 ea. 8–12-inch whisk
- 1—1 oz ladle
- 1—4 oz ladle
- 1 box grater
- 1 rubber spatula
- 1 spatula or entrée fork for sauté work
- 1 each: chef knife, serrated knife, boning knife, paring knife
- 1 set tongs—8—12 inches
- Spoons: 1 slotted, 1 regular, two wooden
- Strainers, chi noise
- Side towels or hot pads
- Disposable gloves
- Apron
- Hat
- Salad spinner for drying greens
- Anything else you deem necessary to complete your planned menu

*No electric small wares or electric hand tools will be allowed.*

For Service and Display:

- Two plates, 8-10 inch FOR SALAD COURSE
- Two ROUND dinner plates 10 inch or 12 inches FOR ENTRÉE COURSE