



Culinary Arts

Location: COS, Visalia

Chairperson:

Chef Kyran Wiley

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College of the Sequoias

CHECK IN: 8:30 am

CONTEST BEGINS: 9:00 am

ELIGIBILITY: Eligibility is limited to individuals. No team entries will be allowed.

EXPECTATIONS:

- Competitors will be given:
 - 15 minutes before start time to collect mise en place and set up station. NO KNIFE CUTS OR FOOD PREP MAY BE DONE BEFORE START TIME
 - 30 minutes to fabricate the chicken
 - 45 minutes to cook the provided recipe
- All menu components must be presented on one white plate
- Written test will NOT be given at the Orientation
- Competitors will be judged on kitchen communication and safety
- If contestant leaves before clean-up is complete and final roll call is taken, contestant will be disqualified from the competition

SCOPE OF CONTEST:

1. Contestants will prepare 2017 Recipe: *Sautéed Airline Chicken Breast with Mushroom Pan Sauce and Sautéed Carrots according to recipe attached.*
2. **Knife Cuts** - **Competitor will present the following knife cuts:
 - a. Fabricate ½ whole chicken to create:
 - i. Airline chicken breast
 - ii. Wing
 - iii. Thigh
 - iv. Drumstick
 - b. 2 cloves garlic, minced
 - c. ½ shallot, brunoise
 - d. ¼ bunch parsley, minced
 - e. 1 carrot, julienned
 - f. 3 white button mushrooms, sliced
3. **Judging Criteria**
 - a. Chicken
 - i. Amount of meat left on carcass
 - ii. Skin in tact
 - iii. Cleanliness of cuts (through cartilage not bone)
 - iv. Correct number of cuts displayed
 - b. Vegetables
 - i. Consistency in size
 - ii. Accuracy of cut



- iii. Amount of waste
- c. Sanitation
 - i. Station is organized to avoid cross contamination
 - ii. Knife and cutting board are cleaned after chicken is cut

IMPORTANT INFORMATION: No cell phones will be allowed.

EQUIPMENT AND MATERIALS:

- 1. To be supplied by participant:
 - a. All tools and equipment necessary to prepare the dish
 - b. Utensils and plating necessities to serve the dish.
- 2. To be supplied by EXPO:
 - a. Chicken
 - b. Shallots
 - c. Mushrooms
 - d. Garlic
 - e. Carrots
 - f. Heavy cream
 - g. Milk
 - h. Thyme
 - i. Rosemary
 - j. Flour
 - k. Breadcrumbs
 - l. Eggs
 - m. Garlic powder
 - n. Onion powder
 - o. White and black pepper

TIME: Roll will be taken at 9 a.m.

TIE BREAKER: In case of a tie, the tiebreaker will be on the taste of the prepared food item.



2017 Recipe

1. Entrée: Sautéed Airline Chicken Breast with Mushroom Pan Sauce

Airline chicken breast

Shallots

Garlic

Mushrooms

2 Tbsp oil

2 Tbsp butter

1. Season chicken
2. Place oil in sauté pan, allow to heat
3. Sear chicken, turn once
4. Cook to desired doneness and color
5. Remove chicken from pan, assess fat
6. Sauté shallots, mushrooms and garlic in fat
7. Deglaze with stock
8. Simmer to reduce to desired consistency
9. Finish with butter
10. Return chicken to rewarm
11. Serve on provided white plate with sautéed carrots
12. Garnish as desired

Judging Criteria

1. Chicken
 - a. External color, internal doneness, flavor, moisture of meat, crispiness of skin
2. Pan Sauce
 - a. Flavor, consistency
3. Sanitation

2. Side Dish: Sautéed Carrot

Carrot, julienne

Oil or butter

TT seasoning

1. Sauté carrot in fat, season to taste
2. Serve on white plate provided with chicken breast and pan sauce

Judging Criteria

1. Carrot
 - a. Color
 - b. Texture
 - c. Flavor
2. Sanitation