



# 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**
  - 20 minutes to present knife cuts
  - 45 minutes to cook the Competition Entree
- All menu components of dish must be presented on one white plate/ All knife cuts must be present on provided sheet of paper.
- 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
- **HAVE FUN AND TRY YOUR BEST!**

**SCOPE OF CONTEST:**

**Example Knife Cuts:** <https://www.thekitchn.com/how-to-cut-carrots-194735>

1. **Knife Cuts-** \*\*\* Competitor will present the following knife cuts:
  - a. Competitors will collect 3 large carrots and Italian Parsley bunch
    - i. Peel carrots and provide the following cuts
      1. Julienne Carrots
      2. Brunoise Carrots
      3. Batonnet Carrots
      4. Small dice Carrots
      5. Minced parsley leaves
2. **Judging Criteria-**
  - a. Carrot Knife Cuts
    - i. Accuracy of Cut
    - ii. Consistency in size
    - iii. Safety

**3. Competition Entrée: Eggs Benedict with Hollandaise Sauce**

**Example Recipe:** <https://www.allrecipes.com/recipe/17205/eggs-benedict/>

\*\*\*\*\*Note: This is just an example recipe; creativity is encouraged.

- a. Competitors will provide 2 Eggs Benedict



- i. English Muffin
- ii. Canadian Bacon
- iii. 2 Soft Poached Eggs
- iv. Hollandaise Sauce
- v. Minced Parsley

#### 4. Judging Criteria-

- a. Eggs Benedict
  - i. English Muffins
    - 1. Toasted
  - ii. Canadian Bacon
    - 1. Browned
  - iii. Soft Poached Eggs
    - 1. Uniform, loose yolks, firm whites,
  - iv. Hollandaise Sauce
    - 1. Flavor, consistency
  - v. Garnish
    - 1. Creativity

**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 playing necessities to serve the dish
- 2. To be supplied by EXPO:
  - a. Carrots
  - b. English Muffin
  - c. Canadian Bacon
  - d. Eggs
  - e. Butter
  - f. Lemon Juice
  - g. Kosher Salt
  - h. White and Black Pepper
  - i. Shallots
  - j. White Wine Vinegar
  - k. Distilled White Vinegar
  - l. Fresh Italian Parsley
  - m. Fresh Tarragon
  - n. Paprika
  - o. Olive Oil
  - p. Tabasco Sauce



- q. Worcestershire Sauce
- r. Lemons

\*\*\*\*Recipe provided is a guideline; competitors are encouraged to be creative with supplies offered.