



Culinary Arts

Location: COS, Visalia

Chairperson:

Chef Kyran Wiley

kyranw@cos.edu

College of the Sequoias

CONTEST BEGINS: ALL VIRTUAL DEMONSTRATIONS MUST BE TURNED IN BY APRIL 15TH. YouTube submissions will be the easiest and most compatible platform to submit your demonstration. EMAIL Link TO CHEF WILEY KYRANW@COS.EDU

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

EXPECTATIONS: Competitors are asked to submit a video recording of the presentation of Eggs Benedict. Consider this your “YouTube Cooking Show”. You will be asked to teach and demonstrate the competition entree in a video recording. Competitors should exhibit proper technique making the dish, knowledge of the ingredients being used, step by step directions in making the competition entree, and presentation of the competition entree.

Competitors will be given:

- 20 minutes Maximum to Present a Virtual Demonstration of Competition Entree
- Demonstration video or recording must be submitted by due date.
- Competitors will be judged on technique, knowledge, and overall presentation of demonstration.
- **HAVE FUN AND TRY YOUR BEST**

SCOPE OF CONTEST:

1. 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. garnish

2. 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, technique
- iv. Hollandaise Sauce
 1. Flavor, consistency, technique
- v. Garnish
 1. Creativity

EQUIPMENT AND MATERIALS: EXPO will not provide any of the following to contestants. Food items below are a guideline of what is needed to produce the competition entree.

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
 - c. English Muffin
 - d. Canadian Bacon
 - e. Eggs
 - f. Butter
 - g. Lemon Juice
 - h. Kosher Salt
 - i. White and Black Pepper
 - j. Shallots
 - k. White Wine Vinegar
 - l. Distilled White Vinegar
 - m. Fresh Italian Parsley
 - n. Fresh Tarragon
 - o. Paprika
 - p. Olive Oil
 - q. Tabasco Sauce
 - r. Worcestershire Sauce
 - s. Lemons

****Recipe provided is a guideline; competitors are encouraged to be creative.