

**Occupational Proficiency**

**Culinary and Related Food Technology**

**“MS State Conference Only Events”**

**Occupational Proficiency - Culinary and Related Food Technology**

**Short Order Preparation Event**

**Entries Per Chapter: 1**

**Specific Rules**

1. This event will be geared toward the demonstration of standards, for the commercial restaurant.
2. Participants will prepare specific breakfast foods. They will be assigned the task of preparing and plating the following short order menu items:
	* Sausage (precooked)
	* Eggs (scrambled, over light, or oven medium cooked on griddle according to the judge’s order)
	* Side order of buttered toast (served on a separate plate)

Individual jelly packs, melted butter and a brush and toaster will be provided. There will also be a selection of garnishes (oranges, parsley and carrots to prepare carrot curls) available to complete the plate.

1. The performance phase of this event will be the demonstration of the following skills:
* Sanitation and safety techniques
* Food preparation skills
* Following directions
* Proper equipment selection and use
* Presentation of the finished product to include eye appeal, pale appeal, selection of garnishes, etc.

 Participants will be judged on the criteria listed above.

1. 3-5 minutes will be allowed for assembling materials and 12 minutes for preparation.
2. The participants will dress in an efficient manner to include.
* A white shirt/blouse, with a dark colored skirt or slacks, or
* An approved chef’s uniform
* Closed toe work shoes
* A neat, clean and well-groomed appearance
* An apron or lab coat
* Hair pulled away from the face and covered
* Beard cover if necessary
1. Several participants may participate at the same time. This will be determined by the facilities available.
2. No more than two penalty points will be assessed per minute for overtime during this event. The participant will not be allowed to go more than 5 minutes into overtime during the event.

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**Short Order Preparation Event**

**Equipment and Materials**

1. Supplied by the technical committee:
	1. All necessary equipment for the project
	2. All Food items
	3. Serving and side plates
	4. Participants instructions sheet
	5. Student and judges packet
	6. Individual jelly packs
	7. Melted butter and brush
	8. Toaster
2. Supplied by the participant
	1. 1 French knife
	2. 1 paring knife
	3. 1 egg turner
	4. Hairnet or appropriate head cover
	5. Apron and lab coat
	6. Fork or whisk
	7. Small bowl
	8. Vegetable peeler
	9. Gloves

**Occupational Proficiency – Culinary and Related Food Technology**

**Short Order Preparation Event**

**Score Sheet**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judges Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Categories** | **Maximum****Points** | **Judges Scores** |
| Personal appearance and grooming: Proper uniform Neat and clean Hair covered | 10 |  |
| Sanitation and safety techniques | 25 |  |
| Follows judges directions | 15 |  |
| Food Preparation skills | 15 |  |
| Proper equipment selections and use | 10 |  |
| Acceptable food quality and serve ability | 10 |  |
| Plate presentation | 15 |  |
|  |  |  |
| **TOTAL** | 100 |  |

10- minute time limit (2 point penalty)

No Tie

**Occupational Proficiency - Culinary and Related Food Technology**

**Cake Decorating Event**

**Entries Per Chapter: 2**

**Specific Rules**

1. Participants will furnish a 2-layer round cake no larger than 9” with thin crumb coating-stacked prior to contest, prepared icing, and equipment necessary to decorate the cake. Participants will be disqualified if this rule isn’t followed.
2. Participants must demonstrate the following techniques: roses, shell border, leaves, and writing. Other techniques are optional.
3. A maximum of 10 minutes will be allowed for assembling materials and a total of 30 minutes for decorating the cake.
4. Colored icing used for decorating should be prepared prior to the event. Cake decorations that must be made in advance for hardening, such as roses, may be brought to the event already prepared. The participants must demonstrate how to make these decorations for the judges during the demonstration.
5. The participant will exhibit knowledge of sanitation and management principles in decorating the cake.
6. The participant will dress in an efficient manner to include:
* A white shirt/blouse, with a dark colored skirt or slacks, or
* An approved chef’s uniform
* Closed toe work shoes
* A neat, clean and well-groomed appearance
* An apron or lab coat
* Hair pulled away from the face and covered
* Beard cover if necessary
1. No more than two penalty points will be assessed per minute for overtime during this event. The participant will not be allowed to go more than 5 minutes into overtime during this event.
2. Evidence of any preparation other than as indicated in the rules listed above will result in disqualification.

Participants Responsible

1. 2-layer round crumb no larger than 9 inches, stacked prior to the contest on an appropriate plate.
2. Any equipment, supplies, such as, but not limited to trays, cutting boards, knives, aprons, towels, decorating tubes and tips, etc.

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**Cake Decorating Event**

**Score Sheet**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judges Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Categories** | **Maximum****Points** | **Judges Scores** |
| Personal appearance and grooming: Proper uniform Neat and clean Hair covered | 10 |  |
| Sanitation and safety techniques | 20 |  |
| Neatness, efficiency and organization; use of time, space and equipment | 15 |  |
| Creativity | 20 |  |
| Uniformity | 15 |  |
| Demonstration techniques of roses, borders, leaves and writing | 20 |  |
|  |  |  |
| **TOTAL** | 100 |  |

10 minute time limit (2 point penalty)

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**Salad Preparation Event**

**Entries Per Chapter: 2**

**Specific Rules**

1. Each student will prepare an individual salad and served with an appropriate dressing. The participants will furnish the food, ingredients, and equipment necessary to prepare a salad suitable for individual service. Several participants may prepare salad at the same time according to the facilities available.
2. Time will be allowed for assembling materials and a total of 10 minutes for preparation.
3. Vegetables may be pre-washed or washed during assembling time. Ingredients cannot be cut, shredded, or diced ahead of time. There will be a sink and water available.
4. The participants will exhibit knowledge of safety, sanitation, and management principles in preparing the salad.
5. The participants will dress in an efficient manner to include:
* A white shirt/blouse
* An approved chef’s uniform
* Closed tow works shoes
* A neat, clean and well-groomed appearance
* An apron or lab coat
* Hair pulled away from the face and
* Beard cover if necessary
1. You may bring your garnish already prepared. Any garnish used in the salad must be demonstrated to the judge during the contest time.
2. In additional to garnishes used in salad, be ready to demonstrate any of the following as directed by the judges:
* Radish rose
* Celery fan
* Tomato flour
* Carrot curl

This demonstration is not included with in the 10 minute time allocation.

1. No more than two penalty points will be assured per minute for overtime during this event. The participants will not be allowed to go more than 5 minutes into overtime during this event.
2. Evidence of any preparation other than as indicated in the rules listed above will result in disqualification.

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**Salad Preparation Event**

**Participant’s Responsibilities**

1. Provide all ingredients for individual salad. The only ingredients that can be used in the salad, events are:
* Lettuce of any variety
* Carrots
* Cucumbers
* Tomatoes
* Radishes
* Celery
* Onions
* Bell peppers of any variety

The participants may choose any of the ingredients listed above. This may not include the garnish, requested by the judges(s).

1. All equipment and supplies needed to make an individual salad. Utensils such as trays, cutting board, knives, garnishing tools, mixing bowls, individual serving plate or bowl and under liner.
2. Other material such as aprons, towels, hair covers, gloves, etc.
3. Other materials for serving and displaying the salad will be allowed.
4. You may bring the approximate amount of salad ingredients that will be needed for your salad (half or fourth head of lettuce, 1 or 2 carrots, 6 to 8 radishes).

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**Salad Preparation Event**

**Score Sheet**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judges Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Categories** | **Maximum****Points** | **Judges Scores** |
| Personal appearance and grooming: Proper uniform Neat and clean Hair covered | 10 |  |
| Sanitation and safety techniques | 20 |  |
| Neatness, organization; use of time, space, materials and equipment | 10 |  |
| Creativity | 10 |  |
| Selection of ingredients; combination of flavors, textures, and appropriate dressing. | 10 |  |
| Eye appeal; color , arrangement on plate and display | 15 |  |
| Demonstration of skills: cutting slicing, shredding, dicing, etc. | 25 |  |
| Overtime Penalty points (subtract maximum 10 points) |  |  |
| **TOTAL** | 100 |  |

10 minute time limit (2 point penalty)

**Occupational Proficiency - Culinary and Related Food Technology**

**Quick Bread Preparation Event**

**Entries Per Chapter: 1**

**Specific Rules**

1. The performance phase of this event will be the actual preparations, and baking of regular basic biscuits. No tea biscuits, yeast biscuits, or party type biscuits can be use. These participants will demonstrate making a basic regular biscuit using the required receipts. No jelly will be served. Biscuits may be brushed with butter. Three or more participants may perform at the same time depending on the facilities available.
2. The participants will furnish all food and equipment necessary for preparing and displaying the recipe below. The host school will provide an oven and worktable. One refrigerator will be available in the area for use by all participants.
3. Biscuits should be displayed appropriately for serving.
4. Time will be allowed for the participants to set up work area. A total of 30 minutes will be allowed for the performance phase of the event.
5. The participant will dress in an efficient manner to include to include:

A white shirt/blouse, with a dark colored skirts or slacks, or

* An approved chef’s uniform
* Closed toe work shoes
* A neat, clean and well-groomed appearance
* An apron or lab coast
* Hair pulled away from the face and covered
* Beard cover if necessary
1. All participants will use the following biscuit recipe:
* See next page

**Quick Bread**

2 to 2 ¼ cups Self-rising flour

1 tsp baking powder

½ cup Shortening

¾ cup Buttermilk

Sift flour. Combine and baking power. Cut in shortening until mixture resembles coarse meal. Add buttermilk and mix well with wooden spoon until mix makes soft dough. Turn dough out onto lightly floured surface. Knead lightly 10-12 times. Roll dough to ½ inch thickness. Cut with cutter approximately 2 ½ inches in diameter and place on lightly greased pan. Let biscuits touch. Bake 10-12 minutes or until lightly brown at 450 ̊F. Reference can be made to “Food for Today”, page 439.

All finished products will be served to the judges for final ruling.

No more than two penalty points will be assessed per minute for overtime during this even. The participant will not be allowed to go more than 5 minutes into overtime during this event.

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**Quick Bread Event**

**Score Sheet**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judges Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Categories** | **Maximum****Points** | **Judges Scores** |
| Personal appearance and grooming: Proper uniform Neat and clean Hair covered | 10 |  |
| Sanitation and safety techniques | 20 |  |
| Food preparation and following recipe | 25 |  |
| Measuring techniques | 10 |  |
| Proper equipment | 10 |  |
| Appearance of finished product and display | 25 |  |
| Overtime Penalty points (subtract maximum 10 points) |  |  |
| **TOTAL** | 100 |  |

10 minute time limit (2 point penalty)

**Restaurant Service Event**

**Entries Per Chapter: 2**

1. All restaurant setting will be semi-formal.
2. A total of 10 minutes will be allowed for the performance phase of this event.

Time will be allowed prior to the event for participant to pre-set table for the event.

1. No food will be necessary for this event. All food and beverage will be imaginary.
2. A standard menu will be mailed to each participant upon receipt of registrations. Menus will be provided for the participant to use during the event.
3. Participants will wear a white shirt/blouse and dark colored skirt or slacks and must be neat, clean and well groomed in appearance. This includes wearing an apron or serving apron and having hair pulled away from the face.
4. The Technical committee will provide dishes, flatware, and glassware.
5. Students may bring breadbasket, tablecloth or place mats, napkins, centerpiece, calculator, pen or pencil and serving tray.
6. The performance phase of this event will consist of:
* Presetting table before judges are greeted and seated. (preset includes salad for dinner fork, knife, iced tea spoon if available, teaspoon and napkin)
* Greet and seat judges
* Present menu
* Bring water and take order. Take dessert order at this time.
* Serve foods ordered. Salad and beverage, main dish and bread in basket or on plate. Serve all foods from the left and beverages from the right.
* Remove dishes from the right side.
* Bring deserts and silverware.
* Calculate total check balance including 7% sales tax.
* Present the check and make closing remarks
* Do not clear the table.

Equipment and Materials Needed

* Supplied by the technical committee:
* Table for serving with 3 chairs
* Side table
* Order and check pads
* Menus
* Dishes, flatware and glassware

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**Restaurant Service**

**Score Sheet**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Judges Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Categories** | **Maximum****Points** | **Judges Scores** |
| Personal appearance and grooming: Proper uniform Neat and clean Hair covered | 10 |  |
| Appearance of Setting | 10 |  |
| Personality | 10 |  |
| Greeting and Closing Remarks | 15 |  |
| Order taking, check writing, and calculations | 15 |  |
| Menu knowledge | 10 |  |
| Salesmanship | 10 |  |
| Serving techniques | 20 |  |
| Overtime Penalty points (subtract maximum 10 points) |  |  |
| **TOTAL** | 100 |  |

10 minute time limit (2 point penalty)