



Culinary Arts – Nebraska Virtual Competition



Culinary Arts, an *individual event*, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment.

Preliminary Round: Participants will complete three knife skills from the list provided and prepare one food product, with one of the knife skills included in the final product, and submit the following to be evaluated: video showing knife skills and food product production, recipe (using provided template), tools and equipment list, and written description of the food product, including the techniques used during preparation. Chapters may submit up to 10 entries in the preliminary round. Ties will be broken by looking at the scores from the following categories in the order listed: 1) Cooking Methods & Techniques, 2) Average of Safety & Sanitation, 3) Average of all three Knife Cuts scores.

Final Round: The highest scoring entry from each chapter will be invited to participate in the final round, if their score is 70 or above. In this round, participants will prepare a meal (protein, starch, vegetable) using the guidelines provided and submit the following to be evaluated: a video showing meal production, time management plan, recipes (using provided template), tools and equipment list, and written description of the products. The top three individuals from the final round will qualify to compete at the National Leadership Conference, if their score is 70 or above. Guidelines & further details for the Final Round will be available in January 2021.

EVENT LEVEL

Level 3: grades 11–12

See page 72 for more information on event levels.

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 73 prior to event planning and preparation.
2. Eligible participants are members who are currently or have been enrolled in a Family and Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled in general food and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.
3. Each participant must complete the online project summary form located on the “Surveys” tab of the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.
4. Food production must be done individually, at one time, and be recorded on video.

GENERAL INFORMATION			
Number of Participants per Entry	Prepare Ahead of Time	Competition Dress Code	Maximum Video Presentation Time
1	Video Submission, Recipe, Tools and Equipment List, Written Description	Chef’s uniform as described	15 minutes

PRESENTATION ELEMENTS ALLOWED									
Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire Required		■						

CULINARY ARTS

PROCEDURES AND SPECIFICATIONS: Preliminary Round – Due February 1 Video Procedures and Time Requirements

Each entry will post the required documents (as specified below) by February 1 to the Nebraska FCCLA Online Competitive Events System.	
File Folder	Upload one (1) PDF file, designed so that viewers are able to scroll through the digital document. This must be an online file and not require the viewer to download it. The file should include one page for each of the file folder contents as described below.
Video	The video file can be an embedded video, video link to YouTube, Vimeo, or Google Drive, but must not require the viewer to download it. Follow the video guidelines provided below.

Specifications

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). Facial jewelry is concealed with bandages. No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neckline. Minimal makeup, no nail polish.
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Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Work station is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards.
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Knife Skills

Participants should be proficient in three knife skills. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will apply appropriate techniques that result in an end-product that meets industry standards for appearance.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed during production.
Food Product	All items must be uncut, whole, and unpeeled. No pre-processed items are allowed.
Knife Cuts	A total of six (6) uniform and appropriate pieces are cut from the food product of choice to demonstrate any three (3) the following knife cuts: Brunoise Batonnet Chiffonade Small, Medium, or Large Dice (can only choose one) Julienne Paysanne Rondelle Dimensions are based on the basic classical knife cuts described in American Culinary Federation (ACF) published guidelines. Knife cuts will be displayed on one (1) 1/2 sheet pan, and all cuts will be identified using a pen and parchment paper. One (1) picture of the displayed knife cuts will be included in the file folder contents for evaluation.
Scraps and Wasting of Supplies	All scraps will be presented for evaluation of product waste.

Overall Product Appearance and Presentation	Prepare knife cuts consistently, with appropriate proportions. Demonstrate high quality workmanship.
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Food Production

Participants will execute the preparation of one (1) food product using the end-product of one (1) of the knife cuts demonstrated. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare a food product that meets industry standards for appearance.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Use of Knife Cut	Incorporates the end-product of one (1) of the knife cuts previously demonstrated.
Work Organization	Works effectively and workstation is organized to complete tasks within a reasonable amount of time.
Use of Products	Follow directions of recipe in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Displays organizational skills; mise en place is well executed.

Food Presentation

The individual will prepare two (2) identical plates that have been attractively garnished. The team will present both plates at the end of the video and include a picture of the final plates in the written description.

Plating and Presentation	Prepare two plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Cooking Methods and Techniques	Preparation of product utilizing proper cooking methods and techniques. All food is served with appropriate consistency. Maillard reaction is properly executed, as required by recipe.

Video

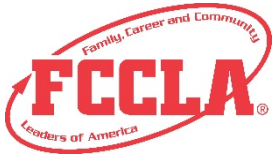
Individuals will submit a 10-15 minute video recording of them completing the knife cuts chosen and preparing the selected food. The video must be recorded in one setting. However, the video should be edited to include captions and commentary about the knife cuts and food production process.

Introduction	Each participant must verbally introduce themselves by name, school, and the product being prepared. Stations may be already set up with equipment and product to be used.
Knife Skills	All steps of the knife skills demonstration should be shown. Items to include in the video are sanitation, technical skills, and close ups of student work as desired. Only participants may be included in the video.
Mise en Place	A view of the completed mise en place is included.
Food Production	All steps of the food production process should be shown. All ingredients must be clearly labeled during the video. Items to include in the video are sanitation, technical skills, and close ups of student work as desired. Only participants may be included in the video.
Captions	The recipe should be included in captions throughout the video, including ingredient amounts as well as recipe steps.
Commentary	Throughout the video, the participant needs to include commentary about the knife cuts and food preparation process. Discuss the skills and techniques being utilized to prepare the product. The participant's commentary should demonstrate detailed knowledge about the product being prepared and the methods required to prepare an end-product that meets industry standards. Appropriate content vocabulary should be included throughout the commentary.
Conditions	The work on this video must be accomplished by the participant. The participant may receive instruction in filming and editing from an outside source, however, the actual production must be that of the participant. Credits must include sources, if applicable, and may include the participant name and school. Participant is responsible for acquiring all releases to use any music or trademarked products in the video. In submitting the video, participant gives Nebraska FCCLA the right to publish the video in part or whole in any medium without additional compensation.

File Folder

Participants will submit one (1) PDF file with the following components.

1-8½" x 11" page	Project Identification Page	Use plain paper, with no graphics or decorations; must include participant(s) name, chapter name, school, city, state, event name, knife cuts, and food product.
1	Evidence of Online Project Summary Submission	Complete the online project summary form located on the "Surveys" tab of the FCCLA Student Portal and include signed proof of submission in the <i>file folder</i> .
1-8½" x 11" page	Recipe	Using the Recipe Template provided, participants must submit the recipe for the food product that is being prepared.
1-8½" x 11" page	Tools and Equipment List	All tools and equipment used in the demonstration of the knife cuts and preparation of the food product will be included alphabetically on the list. For measuring cups and/or measuring spoons, the exact cup or spoon does not need to be identified (e.g. teaspoons not ½ teaspoon, ¼ teaspoon). Please differentiate between liquid measuring cups and dry measuring cups.
1-8½" x 11" page	Knife Cuts Picture	Include one (1) picture of the displayed knife cuts (on the sheet pan with appropriate identification).
1-8½" x 11" page	Product Description	Describe the product appearance and consistency (color, size, shape, visual appeal, etc.) of the food product using appropriate content vocabulary. Identify the method and techniques used to complete the preparation of this product. Include one (1) picture of the two (2) identical plates for presentation.



Culinary Arts

STAR Events Point Summary Form – Preliminary Round

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

1. Make sure all information at top is correct. If a student named is not participating, cross their name(s) off. If a team does not show, write "No Show" across the top and return with other forms. Do **NOT** change team or station numbers.
2. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the presentation together.
3. At the end of competition, double check all scores, names, and team numbers to ensure accuracy. Sort results by team order and turn in to the Lead or Assistant Lead Consultant.
4. Check with the Lead or Assistant Lead Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK				Points
File Folder 0-4 points	0 No file folder presented	1 2 3 File Folder presented with incomplete content	4 File Folder is presented with sufficient evaluators material • Project ID page • Project Summary Submission Proof • Recipe • Tools and Equipment List • Knife Cuts Picture • Product Description	
Uniform and Appearance 1-4 points	1 Unprofessional uniform/attire	2 3 Unprofessional appearance or attire as marked below: __hair/beard restraints missing __kitchen shoes not worn __Jewelry uncovered __personal grooming does not meet guidelines	4 Professional attire worn: __hair/beard restraints __kitchen shoes __no visible jewelry and facial jewelry covered with bandage __personal grooming meets guidelines	
Participant Introduction 0-2 points	0 Verbal introduction not included	1 Verbal introduction but lacking one of: name, school, or product being prepared	2 Verbal introduction with name, school, and product being prepared included	

EVALUATORS' SCORES

Evaluator 1 _____ Initials _____
 Evaluator 2 _____ Initials _____
 Evaluator 3 _____ Initials _____
 Total Score _____ divided by number of evaluators
 _____ = **AVERAGE EVALUATOR SCORE**
Rounded only to the nearest hundredth (i.e. 79.99 not 80.00)

ROOM CONSULTANT TOTAL
(10 points possible)

AVERAGE EVALUATOR SCORE
(90 points possible)

FINAL SCORE
(Average Evaluator Score plus Room Consultant Total)

RATING ACHIEVED (circle one) **Gold:** 90-100 **Silver:** 70-89.99 **Bronze:** 1-69.99

VERIFICATION OF FINAL SCORE AND RATING (please initial)

Evaluator 1 _____ Evaluator 2 _____ Evaluator 3 _____ Adult Room Consultant _____ Event Lead Consultant _____



Culinary Arts

Rubric – Preliminary Round

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

FILE FOLDER					Points
Recipe 0-3 points	0 Recipe is not included	1-2 Recipe template is used and complete, ingredients are listed in order of use, procedure follow logical sequence based on ingredient listing, plating instructions are included		3 Recipe template is used and complete, ingredients are listed in order of use, procedure follow logical sequence based on ingredient listing, plating instructions are included	
Tools & Equipment List 0-3 points	0 Tools and equipment list is not included	1-2 List is lacking detail or does not include all the tools and equipment required to prepare the food product		3 List is detailed and complete, includes all the tools and equipment used to prepare the food product	
Knife Cuts Picture 0-2 points	0 Picture of the knife cuts is not included	1 A picture of the knife cuts is included, but there are not 6 pieces for each of the 3 selected cuts and/or the cuts are not appropriately labeled	2 A picture of the knife cuts is included and there are 6 pieces for each of the 3 selected cuts and the cuts are appropriately labeled		
Product Description – Written Description 0-3 points	0 Written description is not included	1 Description of product appearance and consistency is inaccurate and/or lacking detail, preparation techniques are not included or inaccurate, appropriate vocabulary is used occasionally	2 Description of product appearance and consistency is accurate and detailed, preparation techniques are identified, appropriate vocabulary is incorporated throughout	3 Product appearance and consistency is detailed extensively and precisely, preparation techniques are described, appropriate vocabulary is used effectively throughout the description	
Product Description – Picture 0-2 points	0 Picture of the final plates for presentation is not included	1 A picture of the final plates for presentation is included, but there are more or less than 2 plates pictured	2 A picture of the 2 final plates for presentation is included		
VIDEO					
Food Product Production 0-3 points	0 Participant is not the only person seen or heard in the video	1 Few production steps are included, transitions lack fluency, ingredients are not clearly labeled, participant is the only person seen or heard in the video	2 Most production steps are included, transitions are logical, ingredients are clearly labeled, participant is the only person seen or heard in the video	3 All production steps are included in the video, transitions are seamless, ingredients are clearly labeled, participant is the only person seen or heard in the video	
Captions 0-3 points	0 Ingredient amounts or recipe steps are not visible or included in the captions during segments of the video	1-2 Ingredient amounts and recipe steps are visible and included in the captions during segments of the video		3 Ingredient amounts and recipe steps are clearly visible and included in the captions throughout the entirety of the video	
Commentary 0-8 points	0 There is no commentary included in the video	1-2 Some skills & techniques being utilized in the preparation process are noted, limited content vocabulary is used and is not consistent with industry standards, participant shows minimal knowledge about the production process	3-4 Some skills & techniques being utilized in the preparation process are noted, some appropriate content vocabulary is used and but is not consistent with industry standards, participant shows limited knowledge about the production process	5-6 Skills & techniques being utilized in each step of the preparation process are described, appropriate content vocabulary is used and is somewhat consistent with industry standards, participant shows detailed knowledge about the production process	7-8 Skills & techniques being utilized in each step of the preparation process are distinctly explained, appropriate content vocabulary is used and is consistent with industry standards, participant shows detailed & extensive knowledge about the production process
SAFETY AND SANITATION					
Safety 0-5 points	0 Station is disorganized, safety is disregarded	1-2 Station is lacking neatness and organization, questionable knife and small equipment safety	3-4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly.	
Sanitation 0-5 points	0 Disregards safety and created unsafe and unsanitary conditions	1-2 Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	3-4 Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, some hand washing	5 Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	

KNIFE SKILLS				
Equipment, Tools & Techniques 0-3 points	0-1 Selection and usage of tools/equipment lacks understanding and demonstration of skills	2 Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	3 Selects and uses all tools and equipment correctly	
Mise en place, Scraps and Waste 0-3 points	0 Did not utilize mise en place to complete each task, excessive waste	1-2 Used mise en place complete most tasks, some waste	3 Utilized mise en place to complete each task effectively, minimum waste	
Knife Cut #1 0-5 points	0 Incorrect cut or not uniform in size or shape	1-2 Correct but pieces inconsistent in size and shape	3-4 Correct cut, nearly all consistent in size and shape	5 Correct cut, identical in size and shape
Knife Cut #2 0-5 points	0 Incorrect cut or not uniform in size or shape	1-2 Correct but pieces inconsistent in size and shape	3-4 Correct cut, nearly all consistent in size and shape	5 Correct cut, identical in size and shape
Knife Cut #3 0-5 points	0 Incorrect cut or not uniform in size or shape	1-2 Correct but pieces inconsistent in size and shape	3-4 Correct cut, nearly all consistent in size and shape	5 Correct cut, identical in size and shape
FOOD PRODUCTION				
Equipment, Tools & Techniques 0-7 points	0 Selection and usage of tools/equipment lacks understanding and demonstration of skills	1-2 Selection and usage of tools/equipment demonstrate some industry techniques	3-4-5 Selection and usage of tools/equipment demonstrates most industry techniques	6-7 Selects and uses all tools/equipment correctly and safely following industry techniques
Efficiency 0-5 points	0 Individual does not complete tasks efficiently	1-2 Individual is challenged to complete tasks efficiently	3-4 Individual is skilled at completing some tasks efficiently, but struggles with others	5 Individual is highly skilled at completing tasks efficiently demonstrating effective use of time
Mise en Place 0-5 points	0 Mise en place is poorly executed and team displays unacceptable organizational skills	1-2 Mise en place is fairly organized and team displays marginal organizational skills	3-4 Mise en place is organized and team displays sufficient organizational skills	5 Mise en place is well executed and team displays excellent organizational skills
Use of Products 0-5 points	0 Excess amount of products are prepared and used in each preparation. Useable by-products are not incorporated in the recipes or returned to safe storage	1-2 Uncalculated amounts of product are prepared and used in each preparation. Usable by-products are not incorporated properly into the recipes or returned to safe storage	3-4 Proper amount of product is prepared and used in most preparations. Some usable by-products are incorporated properly into the recipes or returned to safe storage	5 Proper amount of product is prepared and used in each preparation. Usable by-products are incorporated properly into the recipes or returned to safe storage
FOOD ITEM				
Plating and Presentation 0-5 points	0 Items are visually unappealing. Use of non-functional garnish	1-2 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	3-4 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	5 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing
Cooking Methods & Technique 0-5 points	0 Improper cooking methods and techniques used. Food served at unsafe temperatures. Maillard reaction is poorly executed, if required	1-2 Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Maillard reaction is improperly executed, if required	3-4 Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Maillard reaction is mostly properly executed, if required	5 Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. Maillard reaction is properly executed, if required.

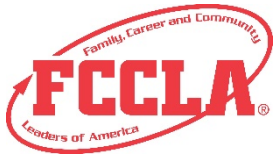
Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____



CULINARY ARTS

Recipe Template – Preliminary Round

Food Product			
Number of Portions		Portion Size	
Cooking Method			
Recipe Source			

Ingredients	
<i>Item</i>	<i>Amount</i>

Procedure