

2026 Culinary Arts Contest Skills Packet

Monday April 19, 2026

Competition Description:

The competition will encompass both hot and cold food preparation and presentation. Competitors will demonstrate their knowledge and skills through the production of menu items meeting industry standards. The competitors are evaluated on organization, knife skills, cooking techniques, creative presentation, sanitation and food safety, and the quality and flavor of their prepared items. High school competitors will create menus to demonstrate required fundamental cooking techniques using items from a common pantry. College/postsecondary students will work from a market basket format and create their own menus using required fundamental cooking techniques.

Competition Length:

4 hours

At the state competition, competitors will prepare a multi-course menu selected to showcase their skills in the following areas:

- Classical Knife Cuts/Skills
- Chicken Fabrication
- Starch Cookery
- Vegetable Cookery
- Sauce Production
- Salad Preparation & Dressings and/or Stock/Soup Preparation Skills

Related skills such as proper temperature, seasoning/flavor profiles, plating, as well as station organization, sanitation, clean up, and written exam/s, etc. are also scored.

Each student will receive an ingredient basket containing the following items to use at their discretion in the preparation of their menu items.

Chicken, whole	1 whole each
Prepared Chicken Stock or base	10 oz.
Butter	4 oz. each
Clarified Butter	4 oz. each
Heavy Cream	1/2 cup each
Vegetable/Canola Oil	8 oz. each
Romaine Lettuce	1/2 head per student
Mushrooms, button	4 oz. each
AP Flour	4 oz.
Potatoes, Red	3/4 lb. each
Green Beans	8 oz. each
Shallot	1/2 each
Parsley, flat fresh	1/4 bunch each
Red bell peppers	1 each
Veg Oil/Olive Oil	4 oz. each
Clarified Butter	6 oz. each
Mushrooms, Button or other	4 oz. each
Chicken Stock	8 oz.

Anticipated amounts to have on available per student for ingredients below:

White wine vinegar	2 oz. each
Balsamic vinegar	2 oz. each
Mustard, Dijon	3 oz. each
Lemon	1 each
Tomatoes (Plum)	1 each
Red Onions	1/2 each
Radish	1 each
Cucumbers	1/3 each
Garlic	3 cloves each

Common/Commissary Table items to have available, but not limited to:

Kosher Salt
 Ground Black Pepper
 Parmesan Cheese
 Cheddar Cheese
 Butter
 Panko Bread Crumbs
 Baguettes or bread
 Honey
 Orange Juice
 Pecans
 Pasteurized Egg Yolks
 Carrots
 Broccoli
 Onions
 Dill, fresh
 Basil, fresh
 Cilantro, fresh
 Tabasco/hot sauce
 Dried Oregano and various selection of dried herbs and spices

Competition Project

Please use the culinary arts competition provided or past national competitions, removing any segment needed to best fit any anticipated space, time or equipment constraints. You may also be able to compress the proposed competition time table based on the layout of your competition area. The culinary tech committee recommends at minimum the competition includes: knife skills, appetizer (salad and/or soup) and one entrée.

Categories:

- Knife Cuts
- Chicken Fabrication
- Food Preparation

MENU

Composed Salad with Emulsified Dressing

Clear Soup

Sautéed Chicken with Mushroom Sauce

Green Beans with Red Pepper

Competitors Choice: Potato Side Dish

CULINARY COMPETITION: PART 1 - KNIFE SKILLS & BUTCHERY**SKILLS COMPONENT: CHICKEN BUTCHERY**

Each competitor will have 1 chicken to butcher. They should execute the following to be scored:

1. Two breasts – The breast should be skin on and boneless, except for the first bone of the wing, which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after evaluation for use in the menu as desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in.
3. Carcass meat, trim and bones may be used for stock and/or soup, if your competition requires.
4. Show judges all trim, and once scoring is complete, you may wrap and label your unused portion or add to collection receptacles provided for unused chicken parts, as directed by the lead judge.

Note: Further fabrication and butchery is allowed after scoring for your entree preparations. For example, flattening of the breast for cooking is optional and would be done following the fabrication scoring portion of the competition.

SKILLS COMPONENT (SECONDARY):VEGETABLE CUTS

Prepare the following vegetable cuts and/or tasks and present them for judging. These items will be used in other menu items:

1. **Chopped Parsley** – ¼ Bunch
2. **Mince** – ½ shallot
3. **Small Dice** 3 oz Potatoes
4. **Batonnet** – Red Pepper-4 oz finished

Please show trim/waste and you may use vegetables in your dishes.

CULINARY COMPETITION PART 2 - FOOD PREPARATION**SKILLS COMPONENT: STOCK**

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water
Mirepoix
Sachet

Use as needed throughout the competition.

Ingredients:

Chicken bones and trim from fabricated chicken

Water
Mirepoix
Sachet

SKILL COMPONENT: STOCK/CLEAR SOUP

CLEAR SOUP:

Yield: 2 servings

Ingredients:

Vegetables
Stock
Seasoning
Garnish

CHICKEN VEGETABLE SOUP:

Yield- 1 1/2 quarts / 2 presentation bowls

Ingredients:

Trim from chicken	as needed
Vegetable oil	as needed
Cut vegetables for garnish	Approximately 1 1/2 cups
Seasoning	TT

SKILLS COMPONENT: HANDLING OF GREENS/PERMANENT EMULSION**COMPOSED SALAD WITH EMULSION DRESSING:**

Competitors' choice

Yield: 2 servings

Required components:

An emulsified dressing is required & salad must be presented dressed. (No dressing on side)

- Three raw or cooked vegetables are required for the salad.
- Properly cleaned lettuce or greens are required.
- A prepared crisp component is required. Examples may include a crouton, crostini, potato crisp, candied nuts, or cheese crisp, etc.

SKILLS COMPONENTS: SAUTÉ, SAUCE, STARCH, VEGETABLE**ENTRÉE 1:**

Yield: 2 Plates

Protein:	Sautéed Chicken Breast
Vegetable:	Green beans with Red Pepper
Starch:	Potatoes - competitor choice for cooking method
Sauce:	Mushroom Pan sauce

SKILLS COMPONENT: KNIFE CUTS, EMULSIONS, PLATING, SERVING SIZE**SALAD WITH EMULSIFIED DRESSING:**

Yield: 2 servings

Instructions:

- Each competitor will be provided greens for this salad.
- Prepare emulsion dressing of choice using ingredients available, oils, vinegars, juices, herbs and spices.
- Prepare appropriate garnish using ingredients available and crunch component.
- Assemble and plate 2 plates of salads. (Show both plates to judges, one for tasting, one for public display table)

SAUTÉED CHICKEN BREAST WITH MUSHROOM PAN SAUCE:

Yield 2 portions

Ingredients:

- Clarified butter
- Airline chicken breast
- Salt and pepper to taste
- Flour for dredging
- Shallot, minced
- White button mushrooms, thinly sliced
- Chicken stock
- Heavy cream
- Parsley—Minced 1T

Instructions:

1. Sauté chicken breast
2. Create mushroom pan sauce
3. Ladle sauce as desired on a plate to serve with reserved chicken and sides. Serve hot.

Instructions:

- Adhere to all sanitation for chicken preparation and storage.
- Use chicken breasts fabricated earlier.
- Execute proper cooking method
- Prepare pan sauce
- Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment

SKILLS COMPONENT: VEGETABLE COOKERY

ACCOMPANIMENTS FOR ENTRÉE

Yield: 2 servings

SAUTÉED GREEN BEANS WITH RED BELL PEPPER

Yield: 2 portions

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Ingredients:

1. Green beans, trimmed
2. Red bell pepper, Battonet
3. oil – enough to lightly coat beans in pan
4. Salt and pepper to taste
5. Butter

Instructions:

- Using proper knife skills and cooking technique for vegetables, prepare a sufficient amount for two (2) equal portions to be served with entrée and starch.
- *For creative variation, you may utilize additional herbs and seasonings from your competition supplies at your discretion, if available.*

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SKILL COMPONENT: STARCH COOKERY

STARCH ACCOMPANIMENTS FOR SAUTEED ENTRÉE

Yield: 2 servings

Potato Side Dish – Competitors Choice

- Please prepare a potato side dish of your choice to be plated as an accompaniment to your entrée and veg side.

Judging Categories

Sanitation, Mise en Place, and Work Skills

There will be floor judges that will evaluate:

- Sanitation procedures
- Basic organization/ cleanliness/ attitude
- Safety
- Cooking techniques and procedures

Skills Components

- Vegetable cuts -may include any of the following:
 - Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonnade, oblique, tourne. These cuts must be used in your production
- Butchery
 - Including but not limited to: Chicken, pork, beef, fish
- Chicken stock
- Handling/cleaning of salad greens
- Emulsion dressing
- Soup– may include any of the following: Cream, puree, clear
- Main entrees - 2 different cooking techniques from the following:
 - Sauté, roast, braise, stew, poach (shallow or deep), panfry
- Sauces – 2 different types from the following:
 - Derivative from mother sauce, pan sauce, au jus, butter sauce, reduction
- Vegetable cookery – may include any of the following:
 - Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
- Starch Cookery – may include any of the following:
 - Rice- pilaf, risotto, steaming
 - Potatoes- roasted, pureed, pan fry, boiled, steamed
 - Legumes