



SERIES: SERVICE OCCUPATIONS A
CONTEST: BAKING & PASTRY ARTS



Series Director: HEATHER K. McCALL • 978-686-0194 Ext. 1038 • hmccall@gits.net
 Competition: Blackstone - Baking Kitchen Rooms 143 & 139 with Event Manager: Kathleen Henry

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10. Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

- | | | |
|--|---------------------|------------------------------------|
| Baker/Chef uniform without school name | Apron (white) | Hair net |
| White chef's scarf (Optional) | 4 side towels, | 2 cleaning rags |
| Pen, Pencil, Black Sharpie | Pocket Notebook | NO nail polish/No artificial nails |
| Non-Slip Black Work shoes | NO Sneakers allowed | White chef's hat, (paper or cloth) |
| NO cell phones or SmartWatches allowed | | |

**CONTESTANTS WILL NOT BE ALLOWED IN THE CONTEST AREA WITHOUT CORRECT SHOES.
 EACH CONTESTANT WILL BE GRADED ON DRESS AND SANITARY WORK HABITS.**

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

- | | | |
|--|--|--|
| 1 - Hand rolling pin or | 1 - Grease brush | 1 - Regular rolling pin |
| 2 - Oven mitts | 1 - Pastry wheel (straight or fluted) | 1 - Egg wash brush |
| 3 - 9" Pie tins (no deep dish) | 1 - Bench brush | 1 - Metal bench scraper |
| 1 - Hand whip | 1 - Plastic scraper | 1 - #10, #12, #16, #40 & #70 Scoop |
| 1 - Rubber spatula | 1 - Dough thermometer | 3 - Pastry bags at least 3 |
| 1 - Glaze brush | 1 - Bench canvas (approximately 3' x 5') | 3 - Spatulas (2 straight, 1 off-set) |
| 1 - Wooden spoon | 1 - Dough knife | 1 - Asst. Cake decorating tips with food coloring |
| 1 - Pair of scissors | 1 - Cake turn table | 1 - Lg. kitchen spoon |
| 1 - Timer | 1 - Paring knife | 1 - Serrated knife |
| 2 - 8" cake cardboard | 2 - 10" gold cake board for cake display | 1 - Saute pan |
| 1 - Cutting board | 1 - set measuring spoons | 1 - Baker's Scale, spring scale, or digital scale) |
| 1 - Ruler | Timers | 5 Hour comp. |
| 4 - S/S side bowls (1 - 8 qt. capacity, 3 - 3/4 to 1 qt. capacity) | | Graduated Measures (cup, pint, quart, gallon) |

Optional Tools:

- Cream Horn Irons
- Round or fluted cookie cutters only

No other food items allowed (e.g., sprinkles, decorates, etc.) DECORATING ICING WILL BE PROVIDED BY THE HOST SCHOOL.

ALL FORMULAS WILL BE PROVIDED. Serve Safe/HACCP sanitation procedures will need to be followed.

National Skills:

The commercial baking contest covers a variety of production techniques and knowledge of the modern baking industry. The contestants are given a written test covering basic baking science. The performance phase is the actual preparation of goods and presentation of finished products ready for sale to customers. Contestants are given a predetermined selection of all necessary food items.

State Skills:

Each contestant will be supplied with the raw ingredients and/or ready-to-use dough(s) to produce bakery items. Formula and mix/bake procedures for each item, with the exception of cake icing, white, will be provided to each contestant. Most take lunch for 20 minutes.

Contestants will also be graded on the following: Scaling, Mixing, Dough Make-up Skills, Batter Mixing Methods, General Baking and Finishing, Presentation

CONTEST: COMMERCIAL BAKING CONTINUED

Each student receives:

2 lbs. Danish Pastry Dough
Recipe for White Bread Dough
Recipe for Pie Dough
Recipe for Chocolate Chip Cookies
2 cake layers (or one cake to be split)
Frosting
Fillings

Each student will prepare:

From the Bread Dough:
(raw dough weights)

- 1 12 oz. pan loaf
- 1 12 oz. round loaf
- 1 sheet pan 2 oz. single knot dinner rolls
- 1 three strand braided loaf

From the Danish Dough: Prepare two varieties of Danish (present 3 of each)

Prepare Pie Dough:

- Prepare one 9" two crust pie
- Prepare one 9" lattice top pie
- Using 1 #12 ounces of fruit filling

Students will cut and fill and decorate two (2) cake layers with the inscription of "Happy Birthday"

- Two (2) different styles of borders
- Three (3) to five (5) roses, leaves, appropriately colored and decorated for size of cake.
- Cake will be professionally presented.

Pie Dough Recipe:

20 ounces Pastry flour
14 ounces Shortening, all-purpose
6 ounces Cold water
2 teaspoons Salt
1 ounce Sugar

1. Gather ingredients and equipment.
2. Rub or cut shortening into flour to form nuggets the size of peas.
3. Dissolve salt and sugar in water.
4. Add water mixture to flour mixture.
5. Refrigerate. Use as needed

CONTEST: COMMERCIAL BAKING CONTINUED

Each student will prepare a minimum of 12, or 1 dozen, of their best cookies to show.

Chocolate Chip Cookie Recipe:

8.7	ounces	Butter, unsalted
5.52	ounces	Brown sugar
5.84	ounces	Granulated sugar
.25	ounces	Salt
3.45	ounces	Eggs
.16	ounces	Vanilla extract
.16	ounces	Baking soda
12.17	ounces	Bread flour
12.24	ounces	Chocolate Chips

1. Gather ingredients and equipment.
2. Preheat oven. Soften butter to 70°, put butter, sugars and salt into 6 quart mixing bowl.
3. Cream with paddle on medium speed until light in color.
4. Gradually add eggs and vanilla in 3 steps, scraping bowl in between each.
5. Sift flour and baking soda together and add all at once to mixer bowl.
6. Mix on first speed just until flour is combined.
7. Scoop onto parchment lined sheet pan using #16 scoop.
8. Bake at 325°F in a convection or 350°F deck oven until golden brown around edges and pale in center (12-14 minutes).

White Pan Bread Recipe:

2½	pounds	Bread flour
4	ounces	Sugar
4	ounces	Shortening
2	ounces	Dry milk
1	ounce	Dry active yeast
1	ounce	Salt
4	ounces	Eggs
1¼	pounds	Water

1. Gather ingredients and equipment.
2. Dough temperature: 80°F
3. Allow dough to rise (approximately 90 minutes) punch and allow to rise again. (Approximately 45 minutes)
4. Make up bread products as indicated.
5. Wrap excess dough and leave on rolling rack.
6. Finish fermentation and bake 400°F.

Notes: Students should come to competition with a work schedule and notes.



SERIES: SERVICE OCCUPATIONS A
CONTEST: CULINARY ARTS



Series Director: HEATHER K. McCALL • 978-686-0194 Ext. 1038 • hmccall@gls.net

Competition: Blackstone - Culinary Kitchen Rooms 140 & 111 with Event Manager: Richard McKinney

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10.

Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

Baker/Chef uniform without school name	Apron (white)	Hair net
White chef's scarf (Optional)	4 side towels	2 cleaning rags
Pen, Pencil, Black Sharpie	Pocket Notebook	No nail polish/No artificial nails
Non-Slip Black Work shoes	No Sneakers allowed	NO jewelry
White chef's hat, (paper or cloth)	NO cell phones or SmartWatches allowed	Gloves

No school I.D. may be worn on any part of the uniform.

A 10% point total will be deducted for infractions or unprofessional looking contestants.

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Equipment:	1 ea. - Food Mill, small	1 ea. - Wire bowl sieve
2 ea. - S/S Bowls small and medium	1 ea. - Portion scale	1 ea. - Instant Read Thermometer
1 ea. - Graduated Measuring Containers – Cup, Quart, Half Gal.		Timers
Pots and Pans:	2 ea. - Sauce pan 1 qt.	2 ea. - Sauce pan 2 qt. with cover
2 ea. - Sauté pan 10" -12"	1 ea. – Cast Iron Skillet 10" -12"	
Knives:	1 ea. - Paring knife	1 ea. - French knife
1 ea. – Serrated knife	1 ea. – Boning knife	1 ea. – Butcher's steel
Hand tools:	1 ea. – Solid and slotted spoon	1 pr. – Tongs
1 ea. – Wooden Spoon	1 ea. – Potato peeler	1 ea. – Zester
1 ea. – Ladle, 8oz	1 ea. – Parisienne scoop	2 ea. – Rubber spatula
1 set - Graduated measuring spoons	1 ea. – Wire Wisk, med.	

Specific listed tools are not required, but you will not be given tools at the site Tools that are not listed above will not be allowed

Judges will check that each contestant has only the exact tools and equipment stated.

NO OTHER TOOLS AND EQUIPMENT ARE ALLOWED, INCLUDING UNIFORMS.

PLEASE MARK EACH PIECE OF EQUIPMENT with your initials only (attach a piece of masking tape and mark with a marker).

Note: Familiarize yourself with the following:

- CIA Chart of Vegetable Cuts
- Avocado
- Shallots

State Skills:

The contest for culinary arts is a competition, encompassing both hot and cold food preparation and presentation. Contestants are rated on their technical culinary skills, sanitation and food safety techniques, and above all, the quality of their prepared items, particularly their creative presentation.

NOTE: EACH CONTESTANT WILL PREPARE A MEAL FOR FOUR PEOPLE. THE CONTESTANT WILL PLATE TWO PORTIONS OF HIS/HER CHOICE, ONE FOR TASTING. RECIPES ARE PROVIDED VARIATIONS OF RECIPES ARE ALLOWED.

CONTEST: CULINARY ARTS CONTINUED

Meat Fabrication:

Contestants will breakdown and fabricate one (1) whole chicken into 8 pieces and be presented to the judging panel before proceeding.

Knife Work:

Contestants will demonstrate and identify 5 different knife cuts and display them to the judging panel before utilizing in the recipes or cooking process.

Hot/Cold Food Preparation and Presentation:

Utilizing the fabricated chicken along with other available food items, the contestant will produce two plates/portions the following food items to the judging panel. There are recipes included in this packet; you are NOT required to adhere to them and variation is allowed but you may only use the available food items.

Sautéed Chicken Breast Entrée– Served with appropriate Sauce, Starch and Garnish

Braised Chicken Leg/Thigh Entrée– Served with appropriate Sauce, Starch and Garnish

Appetizer - Generally utilizing the Wing Portions of the Chicken served with appropriate Sauce

Chicken Broth - Prepare Chicken Broth/Stock utilizing the carcass and scraps of the fabricated Chicken

Minestrone Soup– 2 portions of soups , variation of recipe allowed

Rice Pilaf

Broccoli with Hollandaise Sauce

Glazed Carrots

Salad with an Emulsion Dressing

Variations of recipes are allowed

Note to Contestants:

1. Read each recipe carefully prior to beginning. **All recipes have been included on the following pages.**
2. Underline items which must be cooked and cooled, or which must sit prior to cooking.
3. Check all your ingredients prior to cooking. Notify a judge immediately if you are missing an item.
4. Prepare your items according to the time each item requires for cooking, holding, maintaining, chilling, etc. Note well any items, which require special handling, such as “keep warm” or “chill.” However, remember that you will present your menu in the following order as soon as they are ready.
 - A. Appetizer
 - B. Soup
 - C. Salad
 - D. Entree/Vegetable/Starch (must be presented as a unit)

The contest manager will keep you informed of the remaining time.

CONTEST: CULINARY ARTS CONTINUED

STEWED CHICKEN ENTREE - Skill Component: Braise

Yield: 2 Servings

Legs, thighs - Large dice,	Chicken
to taste	Salt
to taste	Pepper
as needed	Flour for dredging
1 oz	Clarified Butter or Oil
1 clove	Garlic, crushed
From knife cuts	Onions
From knife cuts	Carrot
From knife cuts	Celery
From knife cuts	Tomato concassee
2 t	Tomato Paste
$\frac{1}{4}$ C White Wine	
$\frac{3}{4}$ C Chicken Stock	
As desired	Aromatics - Seasonings and/or herbs
From knife cuts	Toume Potatoes

1. Season chicken
2. Dredge lightly m. flour - brown m hot oil on all sides - remove from pan
3. In same pan saute onions and carrots to a hght brown. Add and saute celery to aroma
4. Add tomato concasse and paste and cook out 3 minutes
5. Deglaze with wine - add chicken stock and reduce by $\frac{1}{2}$
6. Add demi glace, turnips, and aromatics - bring to a simmer
7. Add chicken back to sauce - cover and cook on stove top or in a 325 degree oven until done, 35-40 minutes
8. During the cooking process, add the potatoes at an appropriate tune to assure proper doneness
9. Degrease Sauce and adjust seasoning and consistency as necessary
10. Plate two portions and garnish as desired.

For creative variation you may utilize additional herbs and seasonings from the contest supplies at your discretion.

VEGETABLE ACCOMPANIMENT FOR SAUTEED ENTREE - Skill Component: Green Vegetable Cookery Broccoli

Yield: 2 servings

2 each	Egg Yolks
1 oz	Water
1 oz	Fresh Lemon Juice
to taste	Hot Sauce
6 oz	Clarified Butter

1. Cut broccoli into uniform cuts, enough for two orders, blanch and hold for service.
2. Several minutes before service, cook broccoli so that they are tender.
Toss with melted butter, salt and pepper. Place on plate and top with Hollandaise Sauce,
3. To make Hollandaise: egg yolks in SS bowl. Add lemon juice and water.
4. Place the bowl over double boiler, whipping the mixture continually with whip.
As the yolks cook, the mixture will thicken. When the mixture is thick enough Remove from the heat. Do not overcook the egg yolks.
5. Adjust consistency of the yolk mixture with a touch of water.
6. Begin to add the warmed clarified butter to the egg yolk mixture, Whisking constantly to form an emulsion.
7. Adjust the seasonings with salt and pepper and Tabasco sauce to taste.
Hold for service in/over warm brain marie.

For creative variation you may utilize additional herbs and seasonings from the contest supplies at your discretion.

CONTEST: CULINARY ARTS CONTINUED

STARCH ACCOMPANIMENTS FOR SAUTEED ENTREE - Skill Component: Pilaf

Yield: 2 servings

1/2 cup	Butter	1 cup	Rice
1/4 cup	Diced Onion	2 cups	Water
1/4 cup	Diced Carrot	1	Bay Leaf
1/2 cup	Orzo	to taste	Salt
1 tablespoon	Chicken Base	to taste	Black Pepper

1. Melt butter in 2 quart sauce pot
2. Brown orzo in butter, be careful not to burn
3. Add vegetables, rice and stir to coat.
4. Add stock and season to taste.
5. Bring to boil, cover and reduce to simmer
6. Cook until all liquid is absorbed and rice is tender.
7. Reserve for service.

Plate two (2) plates of entree with appropriate starch and vegetable accompaniment.

SALAD WITH EMULSION DRESSING, Contestants Choice - Skill Component: Emulsion

Yield: 2 Servings

Instructions:

Each contestants will have a selection of greens for this salad.

Prepare emulsion dressing of choice using ingredients available.

Prepare appropriate garnish (Croutons, nuts, etc.).

Immediately prior to the designated plating time for the salad course, assemble and plate your salad.

Deliver one plate to Tasting Judges and plate to Presentation area.

MIINESTRONE SOUP

Yield: 2 Servings

1/2 cup	Oil	2 cups	Fresh Spinach, cleaned, rough chop
1/4 cup	Onion	4 cup each	Chicken and Beef Stock
1/4 cup	Carrots	1 cup	Rich Tomato Sauce
1/4 cup	Celery	1 cup each	Kidney White Beans
1/4 cup	Zucchini	1 cup	Cooked Pasta, Dittalini
1/4 cup	Summer Squash	to taste each	Fresh Basil, Oregano, Thyme, Salt, Pepper

1. Wash and clean all vegetables.
2. Dice vegetables paysanne and saute in olive oil.
3. Then add all stock, tomato sauce, and the beans, season to taste.
4. Simmer until the vegetables are al dente, adjust seasonings.
5. Add the cooked pasta

CONTEST: CULINARY ARTS CONTINUED

SAUTEED CHICKEN BREAST WITH TARRAGON CREAM SAUCE - Skill Component: Saute with pan sauce

Yield: 2 servings

2 each	Chicken breasts from morning to session	1 oz	Clarified Butter or Oil
As needed	Salt	$\frac{1}{4}$ cup	White Wine
As needed	Pepper	$\frac{1}{4}$ cup	Chicken stock
As needed	Flour for dredging	2 t	Shallot, chopped
6 oz.	Heavy Cream	1 t	Tarragon, chopped

1. Season chicken and dredge lightly in flour
2. Saute to correct color and doneness - remove and keep hot
3. Quickly saute shallot in hot pan
4. Deglaze pan with wine and reduce almost dry
5. Add stock and reduce almost dry
6. Add tarragon and cream and reduce to desired consistency. Season to taste
7. Serve chicken with sauce

Instructions:

- Use chicken breasts fabricated during Morning Session
- Execute saute cooking method
- Prepare pan sauce

CHICKEN STOCK - Skill component: Stock

Yield: 2 Qts

Chicken bones and trim	From your fabricated chicken
$2\frac{1}{4}$ Quarts	Water
$\frac{1}{2}$ Pound	MirePoix
1	Sachet

1. Add cold water to chicken bones and meat. Bring to a boil-reduce to a simmer.
2. Simmer 30 minutes skimming fat and scum
3. Add mirepoix and Sachet
4. Simmer until desired flavor is reached, Strain- use as needed

GLAZED CARROTS - Skill Component: Glazed Vegetables

Yield: 2 portions

From knife cuts	Batonnet Carrots
1 oz	Butter
2 T	Sugar or honey
2 oz	Stock
to taste	Salt
to taste	Pepper

1. Place carrots in pan with butter, sugar, and stock
2. Cover with a parchment paper and bring to a simmer
3. Simmer until vegetables are tender and they are glazed. You may utilize seasonings from the contest supplies at your discretion.

GARLIC BREAD CROUTONS FOR SOUP:

French bread	Butter
Chopped Garlic	Paprika
Chopped Parsley	Parmesan Cheese

1. Slice bread cross ways, $\frac{1}{4}$ inch slices.
2. Sprinkle with garlic butter.
3. Sprinkle with paprika, Parmesan cheese, and chopped parsley.
4. Bake 400°F oven until golden brown and hot. Reserve for service.



SERIES: SERVICE OCCUPATIONS A
CONTEST: RESTAURANT SERVICE



Series Director: HEATHER K. McCALL • 978-686-0194 Ext. 1038 • hmccall@glts.net
 Competition: Blackstone - 3 Seasons Restaurant Rooms 142 & 119 with Event Manager: Rachel McCarthy

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10. Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

- | | | |
|-----------------------------------|-----------------------------|---|
| Black work pants | Black leather shoes | Black tie |
| White oxford shirt | Black socks or neutral hose | ³ / ₄ length bistro style apron |
| Hairnet for below the collar hair | NO sneakers allowed | NO cell phones or SmartWatches allowed |

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

- Supplied by the Technical Committee:
 - All necessary equipment and food items
 - All necessary information and furnishings for judges and technical committee
- Supplied by the Contestant:

Black pen	Pencil	Guest check book	Timers
Guest check presenter (black)	Table crumber	Manual calculator	

State Skills:

- The practical contest will be geared toward American Style Table service cover as seen in the SkillsUSA Leadership Handbook (Formal Service) in a commercial restaurant.
- The performance phase will be actual customer service of customers (judges) in a restaurant setting.
- Contestants will be given a written test covering different styles of table service, proper table set up, side work, taking a customer's order, personal hygiene, sanitation and general table service techniques. This test will be accessible through the LMS beginning at 10:00am on contest day, ending at 5:00pm the same day.
- Contestants will demonstrate their ability to perform jobs and skills selected from the following lists of competencies:
 - Table set up as seen in the SkillsUSA Leadership Handbook
 - Flatware
 - Dishware
 - Glasses
 - Linen/napkin folding (8 different folds)
 - Condiments
 - Professional Presentation
 - Greeting
 - Attitude
 - Taking an order
 - Sequence of service
 - Carrying a service tray
 - Meeting customers' needs/handling problems
 - Computation and presentation of guest check
 - Breakdown of table
 - Sanitation/personal hygiene



SkillsUSA's Leadership Handbook to be used for reference for table setting

CONTEST: RESTAURANT SERVICE CONTINUED

Skill Performance:

The contest will focus on guest service and guest relations in the dining room and “front of the house” skills of guest hospitality and food and beverage services. Contest Guidelines:

1. Contestants should be prepared to perform the duties of a dining room server as well as seating host/hostess.
2. Actual food from a kitchen may or may not be used, depending on the facility. Mock plates will be used. Mock beverages will be served.
3. Contestants will be judged on personal appearance, tableside manner, professionalism, ease with guests, courtesy, general knowledge and technical and verbal skills.
4. Presentations will be made to actual “guests” who will not rate contestants
5. A minimum of one table-side service will be demonstrated, which could include any of the following (Demos will be done in front of customers and/or judges):
 - a. Caesar Salad
 - b. Guacamole
 - c. Wine presentation (college/post secondary only)
6. Judging will be in separate increments:

Grooming/uniform, table setup and service, host and greeting.

One tableside presentation will be mandatory during the service time. For college/postsecondary, a basic wine knowledge to include proper glass and wine service will be judged. Menu knowledge and chef’s special will also be judged.

Standards and Competencies:

- 1.0 Set up various table arrangements per standards outlined by the technical committee
- 2.0 Perform the role of host to guests per standards outlined by the technical committee
- 3.0 Perform the role of dining room server/waiter/waitress per standards outlined by the technical committee. Each contestant will have 90 minutes in total (10 minutes to review menu, 10 minutes for pre-meal meeting with judge to ask relevant questions about the menu identified in the first viewing of the menu, 10 minutes for napkin folding (8 different folds), 15 minutes for table set-up and 45 minutes from introducing themselves to guest check presentation. During the service experience as a server, you will be required only ONE (1) guest requested tableside menu preparation item.
- 4.0 Display appropriate grooming and uniform per guidelines of the contest technical committee