

New Jersey SkillsUSA Championships

NJ State Only Contest

MRE CULINARY CHALLENGE

(A Mystery Basket Competition for a Team of 3 Competitors)

EDITED JAN. 30, 2023

This event is a "NJ only" state sponsored contest.
There is no national level competition in this area

MREs are the main operational food ration for the United States Armed Forces. It originated from the c-rations and k-rations from World War II and is still the U.S. Army's primary ration.

CLOTHING REQUIREMENTS

Culinary uniform. Refer to the SkillsUSA Technical Standards for official dress requirements.

EQUIPMENT AND MATERIALS

A. Supplied by the technical committee:

- 1 each 6 foot table per team.
- Sanitizing spray and presentation plates
- All information and supplies for judges.
- 6 different MRE complete packs randomly selected from cases A & B

B. Supplied by the contestant:

This is a suggested list of equipment it is the competitors' choice of equipment (NO electric equipment or heat sources can be used.) All heat must be generated with the enclosed MRE heaters)

(Students who do not bring equipment will not be able to compete)

Two #2 pencils	2 ladles – 1 oz. /2 oz.
1 cutting boards	2 half-sheet pans
Steel	1 pastry brush
Chef's knife	1 Pastry bag (12-16 in.)
Paring knife	Assorted pastry tips
1 set of stainless steel bowls	1 offset spatula
1 set of measuring spoons	1 instant read thermometer
2 rubber spatulas	1 cheese grater
2 whisks	4 side towels
Ounce scale	Small China cap
2 slotted spoons	Meat mallet
2 solid spoons	Canapé cutters, plastic squeeze bottles etc.)

(Any other equipment must be approved in advance with coordinator)

GENERAL INSTRUCTIONS/ TIPS

- Please review the contest carefully, study the contest packet in advance. Have a plan and bring any notes you may need to execute your menu.
- During Orientation for the Contest, a member of the Technical Committee will review the contest packet with you.
- Contact a judge to look at your garbage before removing anything from your station
- You will present one plate to your assigned section for the public to see and 1 plate for judges to taste.

- Raise your hand and ask for assistance if there is anything that you do not understand. There will be a period just before the start of the contest when all questions will be answered for all contestants to hear. Once the competition starts, any questions about technique or definitions, etc. will not be answered – Questions about where to find ingredients and the like will be answered.
- Remember two things – This is about LEARNING and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the Technical committee. We are here for you!
- Clean as you go. Sanitation is an evaluative criteria used throughout the competition. Keep your work area and all tools, utensils, and equipment clean and sanitary. Each contestant is also expected to assist with the overall clean up and breakdown of the competition area at its conclusion. Failure to do so will result in a deduction from your sanitation score.

SCOPE OF THE CONTEST

- A. Contestants will demonstrate using their culinary knowledge and sanitation as well their ability to utilize and be creative with Military issue MREs . Contestants will produce 2 servings of the following:
- One appetizer
 - One entrée
 - One dessert
 - One 12 oz. beverage (hot or cold)
- (1 of each plate will be displayed and 1 of each plate will be submitted to the judges for scoring.)
- Use of standard commercial tools, utensils, and equipment.
 - Sanitation, safety, hygiene practices.
 - Mise En Place skills.
 - Proper portioning, plating, garnishing of finished products.
 - Quality of food items.
 - Taste, texture, flavor creation
- B. Contestants will be given a randomly selected 6 MRE pack to work with.
- C. Contestants will be given a total of 30 minutes to plan, 75 minutes to execute the food and 5 minutes to present to judges and with a Q & A. There will be a 5 minute stagger between contestants. (Starting times will be drawn from a hat the day of).

PHASE I (30 minutes) SKILLS COMPONENT: Menu planning

Each Contestant will create a menu and an organizational support document to work from.

PHASE II (75 minutes) SKILLS COMPONENT: Execute MRE menu

Prepare the following menu items:

- 2 plates each appetizer
- 2 plates each entrée
- 2 plates each dessert
- 2 glasses each 12 oz. hot or cold beverage
- Accompanying items may be served with or on the menu plates

PHASE III (5 minutes) PRESENTATION OF ITEMS

Presentation to the judges of your items and question and answer with the judges.

Culinary Competition Score Sheet

Poor: 10-19 Fair: 20-29 Good: 30-39 Very Good: 40-49 Excellent: 50+2 points for
Exceptional

	<u>Team: 1</u>	<u>Team: 2</u>	<u>Team: 3</u>	<u>Team: 4</u>	<u>Team: 5</u>
Appearance: 10-50 PTS					
Work Organization: 10-50 PTS					
Mis en place: 10-50 PTS					
Teamwork: 10-50 PTS					
Safety & Sanitation: 10-50 PTS					
Degree of Difficulty: 10-50 PTS					
Starter Appetizer Presentation: 10-50 PTS					
Appetizer Taste: 10-100 PTS					
Entrée Presentation: 10-50					
Entrée Taste: 10-100					
Dessert Presentation: 10-50					
Dessert Taste: 10-100					
<u>Score:</u>					