

## 2022-23 New Jersey SkillsUSA Championships

### **NJ State Only Contest**

#### FOOD SERVICE

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

#### **PURPOSE**

To evaluate each contestant's preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in Culinary Arts.

#### **ELIGIBILITY**

Open to all active members whose name appears on a current membership roster of a New Jersey SkillsUSA Chapter. Students must also be enrolled in vocational programs with entry-level job skills as the occupational objective. Verification that each student is classified under the provisions of NJ Administrative Code is required.

#### **UNIFORM REQUIREMENT**

**Chef Hat-** Paper white

**Gloves**

**Pants** – White or black work pants or black and white checked chef pants- no prints.

**Chef's Coat** –Plain white double-breasted - white. (No school logos or colored piping)

**T-shirt** – Must be plain white.

**Shoes** – Black non-slip, leather upper – no sneakers .

**Apron** – White full cooks apron (Plain or SkillsUSA issue) – no prints.

**Neckerchief-** White

#### **NOTE:**

- Uniforms must be clean.
- No school names or personal names on uniforms. Cover with masking tape, etc.
- Hair needs to be restrained properly (students must supply own hairnets). Hat needs to be worn properly.
- Good hygiene should be practiced. Students must be properly groomed. Male students must be clean-shaven mustaches neatly trimmed, NO beards
- Fingernails should be short and clean. Nail polish is not permitted.
- No jewelry is permitted (rings, bracelets, earrings, necklaces). Only 1 wedding ring and 1 watch will be allowed.

#### **EQUIPMENT & MATERIAL SUPPLIED BY THE CONTESTANT:**

Number 2 Pencils	Mixing Bowls (3 to 6)
Measuring Cups (dry)	Cutting Board
1 pint measuring Cups (liquid)	Can Opener (hand held)
Measuring Spoons	Side Towels (at least three)
Mixing Spoons (3 to 4)	Pastry bag
Scale	Assorted Tips
Paring Knife	Rubber scraper
Chef's Knife	Garnishing tools (ex. Zester, channel knife, apple corer, canapé cutters, and plastic squeeze bottles etc.)
Bread Knife (serrated)	
Vegetable Peeler	
Whip or Wisk	

**Contestants also need to supply the food items necessary to prepare the indicated recipes.**

#### **CONTEST SCOPE**

- This contest is based on actual working period within a food service pantry operation in a country club, deli, hospital, hotel, restaurant, and/or supermarket.

- Students will have a total of 2 ½ hours to complete the job assignment
- Contestants will be supplying their own food items. Spoiled or burned supplies will not be replaced. Use only as much of each ingredient as is necessary. Product utilization is an evaluative criterion used throughout the competition.

<b>DRY GOOD</b>	<b>PRODUCE</b>	<b>DAIRY</b>
Dry Mustard	Apples	Heavy Cream
Salt	Lemons	Eggs
Pepper	Red Onion	
Granulated Sugar	Cabbage	
Brown sugar	Carrot	
Vanilla	Celery	
Vinegar	Cucumber	
Oil	Tomato	
Nuts	<b><u>Garnishing</u></b>	
Mayonnaise	Fruit (If needed )	
Yogurt	Herb (If needed)	
Heavy cream		
Tuna 6 oz can		
Unflavored gelatin		
Cocoa powder		

- Items must be put up in the following order:
  - Knife Skills
  - Mayonnaise
  - Waldorf Salad
  - Coleslaw
  - Mediterranean Tuna Wrap
  - Chocolate Mousse or Fruit Mousse
- Contestants shall demonstrate their ability to perform skills selected by the NJ SkillsUSA Hospitality Committee. They shall be observed and judged on the following:
  - Sanitary techniques throughout the contest period, including clean-up at the end of the contest period.
  - Following directions (Putting food up in the correct order)
  - Measuring and Weighing Skills
  - Overall Presentation

#### **PART I**

Knife Skills - contestant shall prepare the following vegetables and present them on a plate given by judges and placed in the designated area for judging.

- Onion (*Brunoise*) **1/4 cup**
- Cabbage (*Chiffonade*) **12 oz**
- Carrot (*Julienne*) **4 oz**

\*All competitors will have to make mayonnaise from scratch for all items requiring mayonnaise in the recipes. Below is a list of ingredients needed to prepare the mayonnaise.

#### **Mayonnaise**

##### ***Ingredients***

3 egg yolks  
 ½ tsp. Fresh lemon juice  
 1 ½ tsp. white vinegar  
 ¼ tsp. Coleman's dry mustard  
 Salt To Taste  
 White pepper To Taste  
 Sugar To Taste  
 12oz. salad oil

## PART II

Prepare Waldorf Salad Place a serving for one person on a plate with fresh greens and grapes. (Recipe provided)

### Waldorf Salad

#### **Ingredients**

Apples	6 to 8 oz
Lemon Juice	1 ½ tsp.
Celery	3 oz
Nuts	2 oz

#### **Procedure:**

*Wash and core apples.  
Cut as desired for your presentation.  
Add lemon juice to apples  
Cut celery and nuts as desired for presentation*

### Chantilly Dressing

#### **Ingredients**

Mayonnaise	2 Tbls.
Yogurt	2 Tbls.
Heavy cream	1 Tbls.
Granulated sugar	1 tsp.
Brown sugar	1 tsp.
Vanilla	¼ tsp.

#### **Procedure:**

*Mix all ingredients for dressing together adjust seasoning as needed.  
Add to Waldorf mix.  
Place a serving for one person on a plate with fresh greens and grapes*

## PART III

Prepare Coleslaw. (Recipe provided)

### Coleslaw

#### **Dressing ingredients**

Vinegar	2 ½ oz
Granulated sugar	1 Tbls.
Mayonaise	As needed
Salt/Pepper	To taste

#### **Procedure:**

*Dissolve sugar in vinegar.  
Add mayonnaise salt & pepper mix till smooth.*

#### **Ingredients**

Cabbage (Chiffonade)	12 oz
Carrot (Julienne)	4 oz
Onion (Brunoise)	1 Tbls.

#### **Procedure:**

*Place all ingredients in bowl mix together with dressing adjust seasoning as needed.  
Feel free to put your own twist on the coleslaw.*

## PART IV

Prepare Mediterranean Tuna Wrap (Recipe provided)

Display wrap on plate as desired with appropriate amount of coleslaw and appropriate garnish

### Mediterranean Tuna Wrap

#### **Ingredients**

Tuna Fish	6 oz	Tomato	2 oz
Mayonnaise	as needed	Red onion	1 oz
Cucumber	2 oz	Lemon juice	2 tsp

Olive oil	2 tsp	Salt/pepper	as needed
Fresh oregano	as needed		

**Procedure:**

*Open and drain the canned tuna fish.*

*Flake or slice the tuna fish and place in a mixing bowl.*

*Add mayonnaise to moisten and mix with a spoon until evenly combine.*

*Cut cucumber, tomato, and onion. Add lemon juice olive oil and seasonings as desired.*

*Place tuna on wrap add cucumber mixture.*

*Fold and roll wrap.*

***\*Display wrap on plate as desire with appropriate amount of coleslaw and appropriate garnish.***

**PART V**

Prepare Chocolate Mousse (Recipe provided.)

Present dessert as desired

**Chocolate Mousse**

**Ingredients**

Unflavored gelatin		1 Tbls
Cold water		2 Tbls
Boiling water		¼ cup
Unsweetened cocoa powder	½ cup	
Granulated sugar		1 cup
Vanilla		2 tsp
Heavy cream		2 cups

**Procedure:**

*Soften the gelatin in the 2 Tablespoons cold water.*

*Whisk in the ¼ cup boiling water. Set aside till luke warm.*

*Combine the cocoa powder and granulated sugar and set aside.*

*Add gelatin to the heavy cream.*

*Whip the heavy cream until just thickened.*

*Fold in the cocoa/sugar mixture.*

*Stir in the vanilla.*

*Whip the cocoa/sugar/cream mixture until stiff peaks form.*

*Refrigerate until ready to use.*

*Present in an appropriate container and garnish.*

**Contestant responsible for all ingredients to complete the competition.**

**No Additional Food Will Be Allowed into Contest)**