

Vermont Culinary Classic Cooking Competition

Wednesday, November 18, 2009

AGENDA

10:00 am – 10:30 am	Set-up Alumni Hall, Montpelier, Vermont
10:30 am – 10:45 am	Orientation and Welcome
11:00 am – 12:30 pm	Competition It is important that all participants clean their competition area completely and get checked out by the floor judge.
12:30 pm – 1:15 pm	Lunch
1:30 pm – 2:00 pm	Awards Ceremony

This Year's Vermont Culinary Classic Competition Tasting Judges Include:

- Chef David Miles, Director of Operations
- Chef Paul Sorgule, Provost
- Chef Lyndon Virkler, Faculty Development Instructional Liaison

Family / friends / instructors are requested to give space for the competitors and not crowd the tables.

We appreciate your participation this year and we hope everyone finds the experience challenging, fun, and a learning experience.

Good Luck!

Vermont Culinary Classic Equipment List

For competition on Wednesday, November 18, 2009

Each student contestant is responsible for the following:

- Uniform, to be clean and pressed:
There will be a line-up prior to entering the kitchen to check for sanitation issues
- Chef coat
- Chef hat
- Chef pants
- Kitchen safe shoes
- Apron
- Kitchen towels
- Food service gloves for sanitation
- Band-aids for minor cuts

Recommended small wares:

- Any kitchen tool that is not motorized
- Standard knife kit with tongs
- 2 sauté pans
- 2 4-quart sauce pan
- 2 2" ½ hotel pans
- 6–12 small containers (deli or 1/9th pans) for holding mise en place
- Serving spoons
- Tasting spoons
- 2 small cutting boards
- 2 cassette burners with extra gas

*No mandolins or other cutting tools of this type will be allowed

- Each student is responsible for his or her own plates for presentation. They will be completing three courses: soup, entrée and dessert. Students will need two presentations of each course, one for the show table and one for the Tasting Judge.

Vermont Culinary Classic Skills Triathlon

STATION #1: Knife Skills

(Two each: cutting boards/ chef knives, 10 onions, 10 zucchini, compost, waste, sani)

- Small dice 1/2 onion
- Batonette 1/2 zucchini
- Name all parts of a chef knife

STATION #2: Cooking Skills

(Two each: cassette burners/ sauté pans, spoons, extra gas, kitchen towels, sani)

- Explain and make a basic vinaigrette
- Explain and sweat small dice onion
- Explain and sauté batonette zucchini

STATION #3: Culinary Knowledge

(Pencils, quiz)

- What is the oil to vinegar ratio for a basic vinaigrette?
- What temperature is boiling water?
- What is the temperature danger zone?
- What is the minimum internal temperature for serving chicken?
- Describe the basic steps to making stock.
- What is FIFO?
- What is the difference between cleaning and sanitizing?
- When should a cook wash his/her hands?
- How often should a cook change gloves?
- What is the difference between sweat and sauté?

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MENU

MINISTRONE SOUP



SAUTÉED STATLER CHICKEN BREAST
rice pilaf, green beans, lemon beurre blanc



PLATED SEASONAL CRÊPES
choice of filling and garnish



Minestrone Soup

Recipe Yield: 1/2 gallon • Serving Size: 6 ounces

INGREDIENTS

1/2 pound cooked cannellini beans
1/2 each onion pique
1/4 each carrots, peeled
1 bouquet garni
Salt to taste
1 tablespoon olive oil
1/2 pound onions (diced 1/4")
1/4 pound carrots (diced 1/4")
1/4 pound celery (diced 1/4")
1/4 pound green pepper (diced 1/4")
1/4 pound red pepper (diced 1/4")
2 basil sprigs
Stock to cover

INSTRUCTIONS

- 1) In a rondeau sweat accordingly onions, carrots, celery, red and green peppers. Add salt when sweating; when vegetables are tender add stock, tomato fillet.
- 2) Simmer 20 minutes; add the cooked beans to the soup.
- 3) Bowl up and garnish with basil sprigs.



Rice Pilaf

Recipe Yield: 1 pint • Serving Size: 1 cup

INGREDIENTS

1/2 ounce vegetable oil
1/4 onion (small dice)
1/2 cup converted or parboiled rice
3/4 cup stock (may need 2 cups)
1 bay leaf
Salt and pepper to taste

INSTRUCTIONS

- 1) Sweat onions in oil until clear. Add rice, stir to coat evenly, cook 2–3 minutes to nacre (hot to touch). Add stock, bring to a simmer, add bay leaf and cover.
- 2) Reduce heat to low, cook for 15–20 minutes until liquid is absorbed. Try not to lift the lid!
- 3) Remove from heat, let stand ten minutes, season and shock if necessary.



NECI Beurre Blanc

Recipe Yield: 1 cup • Serving Size: 2 tablespoons

INGREDIENTS

1 cup white wine
1/4 cup white wine vinegar
1 shallot, minced
1/2 cup heavy cream
1/2 pound unsalted butter, cold, and cut into 1 ounce cubes
Salt and pepper to taste
Lemon zest and juice to taste

INSTRUCTIONS

- 1) In a non reactive pot, combine white wine, vinegar and shallots. Reduce until you obtain 2 tablespoons of liquid.
- 2) Add heavy cream and slowly reduce until sauce consistency.
- 3) Whisk in cold butter. Whisk until all butter is incorporated.
- 4) Season to taste, strain through chinois, place into thermos and hold at 100–130 degrees.

Vermont Culinary Classic Quiz

Answer the following questions completely. Name/Team: _____

1. What is the oil to vinegar ratio for a basic vinaigrette?
2. What is the temperature of boiling water?
3. What is the temperature danger zone?
4. What is the minimum internal cooking temperature for serving chicken?
5. Describe the basic steps of stock making:
6. What does F.I.F.O stand for and why do we use it?
7. What is the main difference between cleaning and sanitizing?
8. When should a cook wash his/her hands?
9. What is the difference between sweat and sauté?
10. How often should a cook change gloves?

Vermont Culinary Classic Judging Sheet

Rating Scale: 1 (Poor) to 10 (Excellent)

Candidate/Team # _____

General Skills:

SAFETY

Factors: appropriate lifting, keeps work area well-organized and free of hazards, safe operating of equipment, works with regard to safety of others (no running)

SANITATION

Factors: proper glove usage, proper sanitation with tools and equipment, clean side towel (replaced as needed), avoids contaminating of food

PRODUCTION EFFICIENCY

Factors: accurate measuring, little or no waste, properly cooks product (maximum salable product is produced), well organized, manages time well, works quickly, proper mise en place and sequencing

USE OF EQUIPMENT

Factors: uses appropriate tools and equipment, correctly uses small wares and tools

PERSONAL HYGIENE AND GROOMING

Factors: dresses professionally, clean uniform, proper head covering, clean hands

GENERAL SKILLS TOTAL POINTS: (max. 50) _____

Product Scoring:

Product:	Soup	Entrée	Dessert
DEGREE OF DIFFICULTY/CREATIVITY	_____	_____	_____
COOKING TECHNIQUE	_____	_____	_____
PROPER DONENESS	_____	_____	_____
TEXTURE	_____	_____	_____
FLAVOR	_____	_____	_____
SALABILITY	_____	_____	_____
Product Points:	_____	_____	_____

DEGREE OF DIFFICULTY/CREATIVITY

Factors: choice of product, originality

COOKING TECHNIQUE

Factors: proper cooking method, knife skills

PROPER DONENESS

Factors: internal temperature, external appearance, timing

TEXTURE

Factors: internal texture, volume, grain, density

FLAVOR

Factors: seasoning, aroma, mouth feel, after-taste, moistness

SALABILITY

Factors: consistency, uniformity, presentation

Product Points: _____

PRODUCT SCORE TOTAL POINTS: (max. 180) _____

TOTAL SCORE: General Skills + Product Score = TOTAL SCORE/230
