



Culinary Arts

Location: COS, Visalia

Chairperson:

Chef Kyran Wiley

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College of the Sequoias

CHECK IN: 8:30 am

CONTEST BEGINS: 9:00 am

ELIGIBILITY: Eligibility is limited to individuals. No team entries will be allowed. Please note, if more than 10 individuals register for the competition, the knife cuts portion will be eliminated to allow time for two waves of entrée preparation. You will be notified via email which wave your students will attend by Friday, April 5th if this is the case.

EXPECTATIONS:

- Competitors will be given:
 - 15 minutes before start time to collect mise en place and set up station. **NO KNIFE CUTS OR FOOD PREP MAY BE DONE BEFORE START TIME**
 - 20 minutes to present knife cuts
 - 45 minutes to cook the Competition Entree
- All menu components of dish must be presented on one white plate/ All knife cuts must be present on provided sheet of paper.
- Competitors will be judged on kitchen communication and safety
- If contestant leaves before clean-up is complete and final roll call is taken, contestant will be disqualified from the competition
- **HAVE FUN AND TRY YOUR BEST!**

SCOPE OF CONTEST:

1. Knife Cuts

Example Knife Cuts: <https://www.thekitchn.com/how-to-cut-carrots-194735>

- a. Competitors will collect 3 large carrots , peel them, and provide the following cuts:
 - i. Julienne Carrots
 - ii. Brunoise Carrots
 - iii. Batonnet Carrots
 - iv. Small dice Carrots
- b. Judging Criteria:
 - i. Accuracy of Cut
 - ii. Consistency in size
 - iii. Safety

2. Competition Entrée: Eggs Benedict with Hollandaise Sauce

Example Recipe: <https://www.allrecipes.com/recipe/17205/eggs-benedict/>



*****Note: This is just an example recipe; creativity is encouraged.

- a. Competitors will provide 2 Eggs Benedict
 - i. English Muffin
 - ii. Canadian Bacon
 - iii. 2 Soft Poached Eggs
 - iv. Hollandaise Sauce
 - v. Minced Parsley

- b. Judging Criteria:
 - i. Eggs Benedict
 1. English Muffins
 - a. Toasted
 2. Canadian Bacon
 - a. Browned
 3. Soft Poached Eggs
 - a. Uniform, loose yolks, firm whites,
 - ii. Hollandaise Sauce
 1. Flavor, consistency
 - iii. Garnish
 1. Creativity

IMPORTANT INFORMATION: No cell phones will be allowed.

EQUIPMENT AND MATERIALS:

1. To be supplied by participant:
 - a. All tools and equipment necessary to prepare the dish
 - b. Utensils and plating necessities to serve the dish
2. To be supplied by EXPO:
 - a. Carrots
 - b. English Muffin
 - c. Canadian Bacon
 - d. Eggs (Participants are allowed 6 whole eggs maximum for the competition.)
 - e. Butter
 - f. Lemon Juice
 - g. Kosher Salt
 - h. White and Black Pepper
 - i. Shallots
 - j. White Wine Vinegar
 - k. Distilled White Vinegar
 - l. Fresh Italian Parsley
 - m. Fresh Tarragon
 - n. Paprika
 - o. Olive Oil
 - p. Tabasco Sauce
 - q. Worcestershire Sauce
 - r. Lemons

****Recipe provided is a guideline; competitors are encouraged to be creative with supplies offered.