



**Culinary Arts**  
*State Championships 2021*

### **Review Technical Standards**

This contest will follow the “Standards and Competencies” outlined within the SkillsUSA Technical Standards (virtual). Review the contest’s technical standards prior to competing.

### **Complete the Contest Submission**

#### **Online Test:**

Students will complete the online Culinary Arts Test by the contest deadline.

#### **Skill Demonstration**

This contest will require a video to be submitted. You will be completing the culinary (cooking) component of the event. You will ONLY be submitting a video of the final plating and presentation of your product – not the actual preparation and cooking. The video length will be 10 minutes.

This scenario is designed so that it can be accomplished in a school kitchen, a commercial kitchen, or a home kitchen. It is critical that students be prepared with ample amounts of supplies as they will only have four hours from the posting of the topic to submit their video and complete their test.

The actual recipe and test will go live at 3 p.m. on Friday of the State Leadership & Skills Conference. Students should have all standard cooking utensils as outlined in the technical standards.

The ingredient list is as follows (this is for one serving, if students need to make corrections, they will need additional supplies).

- Large chicken breasts, boneless and skinless (2)
- Dried Apricots (12)
- Vegetable Oil
- Salt
- Pepper
- Flour
- Chick Broth (2 cups)
- Yukon Gold Fingerling Potatoes (3)
- Rosemary Springs (2)
- Butter
- Chicken Stock (1 cup)
- Parsley (chopped)

### **Submit Contest Submission**

Submit the following:

1. A one-page resume
2. A video up to 10 minutes in length of the final preparation and plating of the prepared meal
3. Complete the online test
4. SkillsUSA Knowledge Test