

Culinary Arts

Level: HS
2025

Clothing Classification

Participants should follow the national clothing classifications for this event.

Spectators

The competition is not open to spectators.

Procedures and Time Requirements

This event will span 1 hours & 45 minutes total. Participants will be notified of their competition heat times prior to the event.

Students will sign in and receive a participant number and will be assigned a workstation.

Participants will be given the following time for this event: 20 minutes to set up their station and organize mise en place, 1 hour for food production, 10 minutes for presentation, and 15 minutes for cleanup.

Products To Be Made

Participants will produce the following items in the time allotted.

***Two portions - Sautéed Chicken Breast with Sauce Chasseur
Mushroom Risotto
Garlic Green Beans***

Equipment and Materials

All participants must bring their own equipment that will be appropriate for basic food production. **No equipment will be provided except for ovens in the host kitchen.** An equipment list is included below.

Supplied by the technical committee:

- Competition problem (formulas, recipes, instructions)
- All necessary ingredients to produce the required elements for competition and sufficient equipment for presenting their final products.
- All ovens and burners necessary for food preparation
- 2 dinner plates, 10" or 12"

Supplied by the competitor (at least one of each, but more per item than specified is acceptable). Please note you do not need to bring everything on this list, please modify to fit your needs and competition menus:

- Aluminum foil
- Assorted prep/deli containers
- Battery-powered timer or clock
- Bench scrapers
- Calculator
- Cheesecloth
- Colander/strainer
- Cook's fork
- Cook's tongs (8–12 in.)
- Cutting boards
- Food mill or ricer
- Garnish kit:
 - Apple corer
 - Canapé or biscuit cutters
 - Channel knife
 - Citrus zester
 - Parisienne scoop
 - Tourner knife
- Gloves, Food Service
- Hairnet(s)
- Hotel pans, ½, throw away aluminum
- Kitchen spoons
- Knife, Boning
- Knife, Chef (8-10")
- Knife, Fillet
- Knife, French cook's
- Knife, Paring
- Knife, Serrated (10")
- Knife, Slicing (meat)
- Knife, Utility
- Ladles
- Measuring utensils (liquid / dry / spoons)
- Meat mallet or similar
- Micro plane
- Mise en place containers
- Molds or timbals
- No. 2 pencil (two each, small note pad if desired)
- Offset spatula
- Pan, Saucepans, medium with lid
- Pan, Saucepans, medium/large
- Pan, Sauté (10-12")
- Parchment paper
- Piping bags and tips
- Plastic squeeze bottles
- Plastic wrap
- Rolling pin
- Salad spinner
- Sanitation bucket/spray bottle
- Serrated slicing knife
- Sheet pans, ½ or 1/4
- Sheet pans, full
- Sil-pats
- Small mesh strainer
- Souffle cups, 4 oz
- Spatula, Assorted
- Spatula, Offset
- Spatula, Rubber
- Spatula, Rubber Heat Proof
- Spoon, kitchen/chefs/serving
- Spoon, tasting
- Stainless steel mixing bowls
- Thermometer (digital preferred)
- Thermometer, oven
- Timer(s)
- Towels, Cleaning
- Towels, Side
- Under counter equipment rack (must fit under table)
- Vegetable peeler
- Wire Whip/Whisk

Sauted Chicken Breast with Chasseur Sauce

Chicken

2 Boneless, skin chicken breasts
Canola oil
Salt
Pepper

Sauce

1 small shallot, finely minced
1 clove garlic, finely minced
1 tsp. chopped fresh thyme
2 oz chopped tomato
2 tsp. chopped parsley
2 tsp. fresh lemon juice
6 oz. double strength chicken stock, plus extra as needed
4 tbs. (or 2 oz.) glace de volaille (chicken glace)
2 tablespoons unsalted butter, chilled and cut into small cubes
Salt and black pepper to taste

Chicken

Season both sides of both breasts with salt and pepper. Preheat sauté pan, add oil, and sear both breasts until golden brown on bottom, finish and allow chicken to rest while the sauce is prepared.

Sauce

In the sauté pan used for the chicken sweat the shallot and garlic until aromatic. Deglaze the pan with lemon juice and and 3 oz of the double stock then reduce to au sec. Add the remaining 3 oz of stock, any accumulated juices from the resting chicken as well as the glace, and tomatoes. Reduce by half and season with salt and pepper. Finish with fresh herbs and butter.

Mushroom Rissito

1 Tbs. olive oil
¼ cup onion, small dice
4 oz arborio rice
12oz mushroom stock
2 oz butter 1 ½ - 2 cups chicken stock
2oz parmesan cheese
salt & pepper to taste

In sauce pot over medium heat, saute olive oil, add onion, and stir occasionally, until onion is softened and translucent. Add rice and cook, stirring occasionally, until translucent around the edges.

Add 1 stage of mushroom stock, stir to incorporate, and bring to a simmer over medium-high heat. Reduce heat to medium-low simmer until stock has reduced to sec.

Add 2nd stage of broth. Return to a simmer over medium heat and continue to cook, stirring, until broth is absorbed

Add 3rd stage of stock, simmer over medium heat and continue to cook, stirring, until broth is absorbed. Taste, if rice is still slightly al dente, add extra stock and continue to simmer, stirring, until absorbed and rice is tender.

Remove from heat. Stir in Parmesan, pepper, and remaining 1 tablespoon butter until cheese and butter are melted; season with remaining 2 teaspoons salt, if needed. Serve immediately.

Garlic Green Beans

½ pound green beans, trimmed
2 small garlic cloves
2 Tbs. unsalted butter
salt
pepper

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes. Drain in a colander, then shock in an ice bath. Drain beans and pat dry. While beans cook, mince and mash garlic to a paste with a pinch of salt. Just before plating, melt butter in a sauté pan, add garlic paste and green beans, sauté until warm. Season with salt and pepper.