

Culinary Event Specifications for 2024 FCCLA SLC

In order to facilitate the Culinary STAR Event Competition in a way where the needs of competitors, advisers, evaluators, and the facility are all considered, modifications have been made to the format, time frame, evaluation style, and requirements of the event for this year's state competition. These changes have been made in earnest and in the hopes that it will create a more equal, harmonious, and gratifying experience for all involved in the process. Any changes in the facilitation of this year's Culinary Arts competition are detailed below.

The official FCCLA STAR Event Rubric for Baking and Pastry and Culinary Arts found in the FCCLA portal is still an integral part of preparing to compete in this event. In cases where the event details/rubric and the information in this document are in conflict, the information in this document should be considered the most accurate. It is highly recommended that both competitors and their advisers be familiar with the official FCCLA rubric for Baking and Pastry or Culinary Arts, this document, and any other information sent out by the FCCLA state adviser in order to be successful on the day of competition.

Check In, Competitor Holding, Communication with Advisers

To ensure that the competition schedule runs smoothly and to avoid as many delays as possible, students need to arrive by their scheduled time to be prepared to compete. Competitors should check in with an event volunteer on the first floor of NICHE by their posted report time and remain in the open seating area in the food hall. Competitors will be ushered up to the third floor by event volunteers and will be oriented to the kitchen and given reminders of the rules and specifications of the event. Any competitor arriving after the posted report time forfeits their initial orientation period to the competition space. Any competitor arriving after the posted start time may be disqualified from participation in the event. No additional time will be given to competitors for late arrivals.

Competitors and advisers are welcome to utilize the seating in the food hall on the first floor throughout the day of the competition. Competitors will only be allowed to travel to the third floor where the competition space is held during their scheduled competition times. An event volunteer will escort students up to the third floor when their scheduled time begins. There is minimal secure storage on the third floor for competitors' belongings. **Competitors should plan to bring only the equipment they will need for competition and plan to store it in the space underneath or close to their station.** There is a small holding area on the third floor where competitors will be able to relax once they have finished cleaning up prior to their evaluation/release from the competition.

Competition Schedule

Due to facility constraints, Culinary Arts competitors will be competing in groups of six. Competitors are to report at their assigned time and will be escorted to the competition space by event volunteers. Competitors will have one hour and fifteen minutes for their mise en place (15 minutes) and food production (60 minutes).

A digital communication option will be available for advisers and students to sign up for prior to SLC. This communication channel will be used to communicate event updates and any delays in the competition schedule on competition day.

Production Schedules/Time Management Plans

- Competitors should prepare and bring a completed production schedule/time management plan with them to the competition space.
 - Competitor generated time management plans should include information from competition recipes
- Copies of product formulas will be available for competitors to use during their baking period.
- While time management plans are not scored, they are highly recommended for competitors to take advantage of.

Equipment and Supplies

In the interest of creating a fair and level playing field, competitors will be responsible for bringing most of their own equipment for this event. Participants should bring at least 2 tubs/containers for their equipment - one to hold clean equipment and one to hold dirty equipment. The equipment list below is comprehensive and written in regard to the recipes for this year's competition (Italian Style Chicken Breast, Risotto, Lemon Curd and Fruit Compote). *Please note the change in the chicken.* Competitors should bring only the items listed below - any items in the competitors possession on competition day not included on the list may be confiscated and returned to them at the conclusion of the competition. Quantities of specific equipment are up to the competitor and their time management/production plan. Each student will have a rectangular work area of approximately 48" long by 24" wide. Equipment sharing between competitors is not allowed, except where noted below. While the competition facility has some equipment, competitors will only be allowed to use the facility equipment listed below.

Equipment and Supplies to be Brought by Competitor (only items on this list are allowed)		Equipment Provided at W SU Tech NICHE
Measuring spoons (2 sets recommended)	Cheese Grater	Stove
Liquid Measuring cup (2-3 recommended)	Digital scale	Prep Table
Dry measuring Cups	Strainer/Colander	
Prep Bowls	Thermometer	
Mixing bowls	Rubber scraper	
Straight edged spatula	Kitchen Spoon(s)	
W hisk(s)	Lab towels	
Clean/Dirty Dish Tub	W ooden spoon(s)	
¼ Sheet Pan (for chicken) or plate	Offset spatula	
Parchment paper	Hot pads/oven mitts	
1 Knife Set (contents should be standard based on school's requirements, but must include at least 1 paring, 1 boning, 1 chef, and serrated knife)	Food Service Gloves	
	Shallow dish	
	Saute Pan	
Hot Pad/potholders	Sauce Pot (3)	
Cutting Board and Mat	Tongs	
Egg beater or non-electric mixer (outlets are not available)		

Ingredients

Competitors will each receive their own identical set of ingredients. Ingredients will be prepackaged for each competitor but are not premeasured. Competitors are expected to complete any and all measuring operations as indicated by the recipes. Only the ingredients mentioned in the provided Culinary recipes will be provided to students. No other additional ingredients, decorations, or garnishes are allowed to be brought by competitors. Competition recipes should be followed as closely as possible.

Heating and Cooling

For heating, the facility is equipped with gas burners. Each competitor will have access to at least 2 full sized burners at all times during the competition period.

For cooling, the competition facility will have ice available.

Cleaning and Sanitizing Equipment

The competition facility is equipped with one high temperature, single-rack dishwasher that completes a cycle in approximately 2 minutes, as well as a standard three compartment sink. Competitors are asked to only wash and sanitize items that will be used multiple times during product preparation, and place single-use equipment in their dirty dish tub to be washed at the conclusion of their competition and evaluation period or at a later time after they have left the competition facility. **Competitors are also asked to be familiar with industry standard sanitation practices in regards to scraping equipment down prior to using dishwashing equipment (especially in regard to equipment used to produce fat/oil based products).**

Event volunteers may be available to assist with washing and sanitizing equipment. The competitor is responsible for managing their equipment while it is being washed and sanitized. Event volunteers, the competition facility, and Kansas FCCLA are not responsible for any lost or damaged equipment brought by event participants.

Evaluation

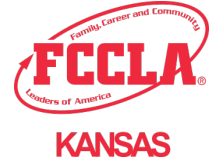
3 evaluators will be assessing and scoring competitors using the official FCCLA Culinary Arts STAR Event rubric for the full preparation period. All three evaluators will also taste and score competitors' final products.

Evaluators will collaborate with each other when calculating the students final composite score for the event.



2024 CULINARY ARTS STAR EVENT

Kansas FCCLA



Kansas FCCLA has adopted its own menu that will be used to qualify for the Culinary Arts STAR Event, at the National Leadership Conference (NLC). This menu will be used for the 2024 State Leadership Conference. The rubric found in the 2023-2024 National Competitive Events Guide for the Culinary Arts STAR Event will be used for evaluation

The Culinary Arts STAR Event is an **individual event** and not a team event. Chapters will be able to submit **up to three (3) individuals** to compete in this event during the 2024 State Leadership Conference. As a reminder, members **must be Level 3** – see the National Competitive Events Guide for a full list of qualifications for this event.

NATIONAL QUALIFIERS

The top three (3) participants at the 2024 State Leadership Conference will qualify for the National Leadership Conference if they receive a score of 85 or higher.

DATES AND DEADLINES

All competitors must be registered by **February 22, 2024, on the Kansas registration system.**

Culinary Arts Competition will occur on **April 8.**

REQUIRED CULINARY ARTS FORMS

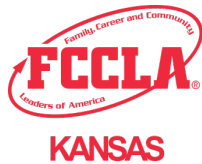
NEW -- Parental consent form due via email to sdandres@ksu.edu Shandi Andres, State Adviser, by **March 1.**

2024 CULINARY ARTS MENU

Italian Style Chicken Breast (**edit – butterflied chicken breast will be used)

Risotto

Lemon Curd and Fruit Compote



2024 CULINARY ARTS STAR EVENT

Kansas FCCLA



PARENTAL CONSENT FORM

Kansas Family, Career and Community Leaders of America
1324 Lovers Lane, Manhattan, KS 66506

All Culinary Arts STAR participants must email this completed parental consent form to the State Adviser (sdandres@ksu.edu) by March 1. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Culinary Arts STAR event with Kansas FCCLA. The following information may be helpful if such a situation arises:

Family Physician: _____ Phone: _____

Physician's Address: _____

Known Allergies: _____

Special medical medications or conditions that should be noted: _____

Contact in case of an emergency:

Parent Name: _____ Cell Phone: _____

Adviser Name: _____ Cell Phone: _____

Comments: _____

Insurance Company: _____

ID #: _____ Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent (Date)

Signature of Participant (Date)



2024 CULINARY ARTS STAR EVENT

Kansas FCCLA



Italian Style Chicken Breast	
2 Servings	
Amount	Ingredient
2 each	Butterflied Chicken Breast
3 Tablespoons	Olive oil
1 Tablespoon	Onion, julienne
3 Tablespoons	Mushrooms, sliced
1 Tablespoon	Green olives, sliced
1 Tablespoon	Tomato Concasse (use small dice)
2 teaspoons	Lemon juice
2 Tablespoons	All-purpose flour
10 ounces	Chicken stock
.5 ounce	Cold whole butter
1 teaspoon	Fresh parsley, chopped
1/2 teaspoon	Fresh garlic, chopped
1/2 teaspoon	Fresh oregano, chopped
1/4 teaspoon	Lemon zest, finely minced
To Taste	Salt and white pepper

Procedure:

- Season chicken with salt and white pepper, dredge with flour.
- Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken browns too quickly.
- Once skin side is golden brown turn the breasts over and brown bone side.
- Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
- Add onions, olives and mushrooms, sauté until the vegetables just begin to soften (1-2 minutes).
- Add garlic and cook briefly without browning, deglaze with Lemon Juice and cook until Lemon Juice is completely reduced.
- Ensure that there is 1 tablespoon of oil left in pan (add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a white roux.
- Whisk in chicken stock to make the pan gravy, turn heat down and simmer gently.
- Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 165 degrees.
- Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 165 degrees internal temp for at least 3 minutes for food safety.
- Carefully push the breasts to one side of the pan and stir in the parsley and oregano without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter and lemon zest.
- Spoon 2 Tablespoons of sauce on plate, arrange chicken breast on sauce and spoon 1 Tablespoon of sauce on lower third of breast.



2024 CULINARY ARTS STAR EVENT

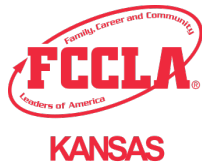
Kansas FCCLA



Risotto	
2 Servings	
Amount	Ingredient
4 Tablespoons	Arborio rice
2 Tablespoons	Onion, brunoise
14 ounces	Chicken stock seasoned
2 Tablespoons	Parmesan or Romano cheese, grated
1 teaspoon	Fresh parsley, chopped
2 Tablespoons	Whole butter, cold
1 ½ Tablespoons	Olive oil
2 teaspoons	White wine vinegar
To Taste	Salt and pepper

Procedure:

1. Heat olive oil in pan and add onions to sweat until translucent.
2. Add rice and stir to coat with fat, cook for two minutes while stirring rice.
3. Add white wine vinegar and cook until vinegar is completely reduced.
4. Add 6 ounces of chicken stock and simmer gently while stirring rice.
5. Simmer until rice has absorbed 70%-80% of stock, stir frequently while cooking.
6. Add 2 more ounces of stock and continue to stir frequently while cooking, being careful not to let the rice scorch or stick to bottom of pan.
7. Remove pan from heat and allow to rest until 8-10 minutes prior to service.
8. Return pan to heat and stir in remaining stock and stir until rice is al dente and hot.
9. Remove heat and stir in cheese, then parsley, then cold whole butter.
10. Taste and adjust seasoning.



2024 CULINARY ARTS STAR EVENT

Kansas FCCLA



Lemon Curd and Fruit Compote

2 Servings

Amount	Ingredient
2 each	Egg yolks
1 each	Egg
¼ cup	Lemon juice
¼ cup	Sugar
3 Tablespoons	Butter, chilled
1 cup	Mixed berries, fresh or frozen
¼ cup	Sugar
1 teaspoon	Lemon juice
½ cup	Heavy whipping cream
1 Tablespoon	Sugar
¼ teaspoon	Vanilla extract

Procedure:

1. In a small pot mix together egg yolks, egg, lemon juice, and sugar. Cook over medium heat whisking constantly, until thick and starts to bubble. Cook for several minutes.
2. Remove from heat then whisk in butter until completely incorporated.
3. Strain and chill.
4. In another small pot heat mixed berries, sugar, and lemon juice until syrupy. Chill.
5. Whip heavy cream, sugar, and vanilla extract until medium peaks. ** Divide in half.
6. Fold ¼ of the whipped cream into the lemon curd until completely incorporated. Fold another ¼ of whipped cream in.
7. In a clear glass, layer lemon cured, berries (watch for excess syrup), lemon curd, berries, and top with remaining whipped cream. Garnish.
**may use egg beater or non-electric mixer to whip cream

Culinary Arts
Time Management Plan

Name of Member _____ State _____

Time	Activity	Food Item/Equipment Needed