# CULINARY KNIFE SKILLS

*Missouri Competitive Event*
*Fall Leadership Conference*

**CULINARY KNIFE SKILLS**, *an individual event*, showcases the best of the participants' knife skills. Participants will produce a minimum of six uniform pieces for each knife cut, meeting industry standards and demonstrating proper safety and sanitation procedures.

**ELIGIBILITY INFORMATION**

1. Each chapter may submit three (3) entries in each level of this event. Entries will be available on a first-come, first-served basis. The conference facility and schedule will determine the number of entries.
2. Eligible participants are members who are currently or have been enrolled in a Family Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled in general food and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.
3. Participants must be registered for the Missouri Fall Leadership Conference.

**GENERAL INFORMATION**

1. Table space and ice will be provided. Each participant will have approximately 6' of workspace.
2. Entries will be scored by industry standards, and participants must follow proper sanitation procedures.
3. Spectators are allowed to observe this event, as space allows. Participants may only observe after they have already presented.
4. Participants are not allowed to discuss this event with other participants or receive coaching from any spectators. Doing so will result in disqualification.
5. Presentations may not be recorded or photographed during competition except by official Missouri FCCLA photographers.

| CAREER PATHWAYS ALIGNMENT | | | | | |
|---|---|---|---|---|---|
| **Visual Arts & Design** | **Hospitality & Tourism** | **Financial Services** | **Education & Training** | **Human Services** | **Public Service** |
| | ✓ | | | | |

| EVENT LEVELS | | | |
|---|---|---|---|
| **Level 1: Through Grade 8** | **Level 2: Grades 9-10** | **Level 3: Grades 11-12** | **Level 4: Postsecondary** |
| | ✓ | ✓ | ✓ |

| GENERAL INFORMATION | | | |
|---|---|---|---|
| **Number of Participants per Entry** | **Prepare Ahead of Time** | **Equipment Provided for Competition** | **Competition Dress Code** |
| 1 | Equipment & Ingredients | 6' of Table Space – Yes<br>Ice – Yes<br>Wall Space – No<br>Supplies – No | Chef's Attire<br>(as described in event specifications) |

| PRESENTATION ELEMENTS ALLOWED | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Audio** | **Easel(s)** | **File Folder** | **Flip Chart** | **Portfolio** | **Props/Pointers** | **Skits** | **Presentation Equipment** | **Visuals** |
| | | | | | | | | |

## CULINARY KNIFE SKILLS

COMPETITION PROCEDURES & TIME REQUIREMENTS

| TIME | ALL LEVELS |
|---|---|
| Participants must check in to the event holding room, where they will be given a brief overview of the event and present tools and equipment for an equipment check, including the properly stored (washed, unpeeled, & uncut) food items.<br>Participants will bring all necessary tools and equipment for this event, as listed in the event specifications. Additional items are not allowed. Participants may not bring reference materials for use in the holding room.<br>Participants will remain in the holding room until their assigned presentation time, and following the presentation, may not return to the holding room. | |
| **5 minutes** | Participants will have 5 minutes to set up their workstation, mise en place. Other persons may not assist. |
| **15 minutes** | Participants will have 15 minutes to produce and arrange each of the knife cuts. |
| **5 minutes** | Participants will have 5 minutes to clean their workstation. |
| Evaluators will score participants as they work and must have scoring complete within the 5-minute clean-up period. | |
| **Total Time: 25 minutes** | |

## CULINARY KNIFE SKILLS

SPECIFICATIONS

| EVENT FORMAT | |
|---|---|
| **Safety and Appearance** | Clean and appropriate uniform including professional chef attire (chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers – canvas shoes are not appropriate). Facial jewelry is concealed with bandages. No additional jewelry, with the exception of a watch, is allowed. Facial hair permitted if appropriate covering is used. Hair is properly restrained with a hairnet if hair extends past the neckline. Minimal makeup, no cologne or nail polish. Acceptable graphics on the uniform include the FCCLA logo, ProStart logo, school, chapter, or state name or logo, and individual name. |
| **SPECIFICATIONS** | **ALL LEVELS** |
| **Clothing and Appearance** | Wear appropriate clothing and head covering, and present a well-groomed appearance |
| **Safety and Sanitation** | Keep work area clean and organized, demonstrate appropriate safety and sanitation procedures according to industry standards. Participants have 5 minutes to set up their work area and 5 minutes to clean the work area upon completion of the knife cuts. |

| EVENT FORMAT | |
|---|---|
| **Food Production** | Participants may only bring the items listed below to the event. No other equipment will be allowed in the competition site. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in use of equipment, tools, and techniques. |
| **SPECIFICATIONS** | **ALL LEVELS** |
| **Equipment, Tools, and Techniques** | Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed. Only the following tools are allowed:<br>● Vegetable peeler<br>● Paring knife<br>● 8” or 10” French knife<br>● Cutting board and mat<br>● Parchment paper and pen<br>● Prepared sanitizer<br>● Towels<br>● Gloves<br>● ½ sheet pan<br>● Small compost/waste bucket or bowl |
| **Food Product** | Participants must bring one each of each of the following vegetables: Carrot, potato, onion. No substitutions are allowed. All items must be uncut, whole, and unpeeled. No pre-processed items are allowed. |
| **Time Management/Scraps and Wasting of Supplies** | Demonstrate careful planning for competing tasks efficiently. All scraps will be presented for evaluation of product waste. |

## CULINARY KNIFE SKILLS

SPECIFICATIONS (CONTINUED)

| EVENT FORMAT | |
|---|---|
| **Knife Skills and Food Presentation** | The participant will present all food items for evaluation of appearance and waste at the end of the competition. There will be no extra time allowed to complete preparation or presentation. All work must stop at the time limit. Evaluation will be based on industry standards. |
| **SPECIFICATIONS** | **ALL LEVELS** |
| **Knife Cuts** | A total of six (6) uniform and appropriate pieces are cut from the vegetables provided to demonstrate three (3) of the following cuts that will be chosen by the judges on competition day: Julienne; fine Julienne; brunoise; fine brunoise; small, medium, large dice; paysanne; batonnet; rondelle. Event evaluators will determine which three (3) cuts from specific vegetables all participants will demonstrate during the competition. Dimensions are based on the basic classical knife cuts described in the American Culinary Federation (ACF) published guidelines. Knife cuts will be displayed on one (1) half (1/2) sheet pan, and all cuts will be identified using the pen and parchment paper.<br><br>Each participant will have a total of 3 cuts. 1 style cut per vegetable type.<br>Participants should have at least 6 of each style of cut so judges can evaluate their skill per knife cut style. |
| **Overall Product Appearance & Presentation** | Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship. |

**CULINARY KNIFE SKILLS**

EQUIPMENT CHECK-IN FORM

Participant Name: _____ Level: _____

Chapter: _____ Team #: _____ Station #: _____ Presentation Time: _____

1. Only the following items are allowed in Culinary Knife Skills. Any additional items will not be allowed for competition and must be removed from the participant's supplies.
2. Each student must have their own set of equipment and may not share items during the competition.
3. Participants bringing all items as required will earn 5 points on the Point Summary Form.

| REQUIRED EQUIPMENT, TOOLS, AND SUPPLIES | | | |
|---|---|---|---|
| **Vegetable Peeler** | **Paring Knife** | **8" or 10" French Knife** | **Cutting Board and Mat** |
| | | | |
| **Parchment Paper** | **Pen** | **Prepared Sanitizer** | **Towels** |
| | | | |
| **Gloves** | **½ Sheet Pan** | **Small Compost/Waste Bucket or Bowl** | **One Each: Carrot, Onion, Potato** |
| | | | |

**CULINARY KNIFE SKILLS**

POINT SUMMARY FORM

Participant Name: _____ Level: _____

Chapter: _____ Team #: _____ Station #: _____ Presentation Time: _____

1. Make sure all information at the top is correct. If the participant does not show, write "No Show" across the top and return with other forms.
2. At the conclusion of scoring, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the participant together.
3. At the end of competition, double check all scores and participant information to ensure accuracy.
4. Check with the Event Consultant or Missouri FCCLA Staff if there are any questions regarding the evaluation process.

| | ROOM CONSULTANT CHECK | | | POINTS |
|---|---|---|---|---|
| **Check-In**<br>0 or 5 points | **0**<br>Did not arrive on time for participant check-in | **5**<br>Arrived on time for participant check-in | | |
| **Required Equipment**<br>0-5 points | **0**<br>Did not bring any required equipment | **1 2 3 4**<br>Missing multiple pieces of required equipment | **5**<br>Brought all required equipment per participant | |
| | | | **ROOM CONSULTANT TOTAL**<br>(10 points possible) | |
| | | | **AVERAGE EVALUATOR SCORE**<br>(90 points possible) | |
| | | | **FINAL SCORE**<br>(Average Evaluator Score + Room Consultant Score) | |
| | | | **FINAL SCORE** | |

**EVALUATORS' SCORES**

Evaluator 1: _____ Initials: _____

Evaluator 2: _____ Initials: _____

**Total Score:** _____

*Divide by number of evaluators*

**_____**

**= Average Evaluator Score**

**VERIFICATION OF FINAL SCORE & RATING** (all evaluators and room consultant initial in the space below)

**EVENT CONSULTANT INITIALS: _____**

## CULINARY KNIFE SKILLS

EVENT RUBRIC

Participant Name: _____ Level: _____

Chapter: _____ Team #: _____ Station #: _____ Presentation Time: _____

| SAFETY AND APPEARANCE | | | | | | POINTS |
|---|---|---|---|---|---|---|
| **Clothing & Appearance** 0-10 points | **0 1 2 3 4** Non-professional appearance, attire and/or grooming | **5 6 7 8** Neat appearance, attire, and grooming, but lacks professionalism | **9 10** Professional appearance, attire, and grooming | | | |
| **Safety & Sanitation** 0-10 points | **0 1 2 3 4** Disregard of safety and sanitation practices, creating unsafe situation during presentation | **5 6 7 8** Shows minimal safety and sanitation concerns during preparation | **9 10** Follows all safety and sanitation practices | | | |
| **Clean Up** 0 or 5 points | **0** Work area not cleaned upon completion of event | **5** Work area completely cleaned upon completion of event | | | | |

| FOOD PRODUCTION | | | | | | POINTS |
|---|---|---|---|---|---|---|
| **Equipment, Tools, & Techniques** 0-10 points | **0 1 2 3 4** Selection and usage of tools/equipment lacks understanding and demonstration of skills | **5 6 7 8** Selection and usage of tools/equipment occasionally lacks appropriate industry techniques | **9 10** Selects and uses all tools and equipment correctly | | | |
| **Mise en Place, Time Management, Scraps & Waste** 0-10 points | **0 1 2 3 4** Did not manage time or utilize Mise en Place to complete each task; excessive waste | **5 6 7 8** Managed time and Mise en Place to complete most tasks on time; some waste | **9 10** Utilized time and Mise en Place to complete each task on time, minimum waste | | | |

| KNIFE SKILLS/FOOD PRESENTATION | | | | | | POINTS |
|---|---|---|---|---|---|---|
| **Overall Product Appearance, Proportions** 0-15 points | **0 1 2 3** Lacks workmanship, some of the display unacceptable proportions | **4 5 6 7** Ordinary quality of workmanship, improvement needed in proportions | **8 9 10 11** Competent workmanship, acceptable proportions | **12 13 14 15** Extremely high-quality workmanship, accurate proportions | | |
| **Knife Cut #1** 0-10 points | **0 1** Incorrect cut or not uniform in size or shape | **2 3 4** Correct cut; pieces inconsistent in size and shape | **5 6 7** Correct cut; nearly all consistent in size and shape | **8 9 10** Correct cut, identical in size and shape | | |
| **Knife Cut #2** 0-10 points | **0 1** Incorrect cut or not uniform in size or shape | **2 3 4** Correct cut; pieces inconsistent in size and shape | **5 6 7** Correct cut; nearly all consistent in size and shape | **8 9 10** Correct cut, identical in size and shape | | |
| **Knife Cut #3** 0-10 points | **0 1** Incorrect cut or not uniform in size or shape | **2 3 4** Correct cut; pieces inconsistent in size and shape | **5 6 7** Correct cut; nearly all consistent in size and shape | **8 9 10** Correct cut, identical in size and shape | | |

| **Evaluator Comments – Include two things done well and two opportunities for improvement:** | **TOTAL** (90 points possible) | |
|---|---|---|
| | **Evaluator #: _____** | |
| | **Eval. Initials: _____** | |
| | **RC Initials: _____** | |