



## Culinary Skill Demonstration: Knife Skills & Food Garnish State Only Event

**Culinary Knife Skills & Food Garnish Presentation**, an *individual event*, recognizes participants who will showcase their knife skills, while making three classical knife cuts with six samples of each and two garnish techniques.

### EVENT CATEGORY

Level 2: grades 9 and 10

Level 3: grades 11 and 12

### CAREER CLUSTERS

- Hospitality & Tourism

### ELIGIBILITY & GENERAL INFORMATION

1. Due to the combination of Knife Skills and Food Garnish events, three participants per chapter, per level will be allowed to participate.
2. Spectators are not allowed to observe this event.
3. Each participant will have approximately 6' of work space.
4. Participation is open to any nationally affiliated FCCLA member.
5. Entries will be scored using industry standards.
6. Dimensions are based on the classical knife cuts described in the American Culinary Federation (ACF) published guidelines.

### PROCEDURES & TIME REQUIREMENTS

1. Participants will bring all necessary tools and equipment, as listed in the event specifications. Participants may not bring any reference materials. No electrical tools are allowed.
2. Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards (see specifications).
3. At the designated time, participants will have 5 minutes to set up the work station, followed by 15 minutes to produce six samples for each of the three knife cuts and 15 minutes to demonstrate two garnishing techniques.
4. Evaluators will score participants as they work and will complete the scoring within the 5-minute clean-up time period.
5. Evaluators will have 5 minutes for questions on techniques, procedures, and knowledge.
6. The total event time is 45 minutes.

Classical Knife Cuts	Dimensions
Julienne	1/8 in × 1/8 in × 2 1/2 in
Fine Julienne	1/16 in × 1/16 in × 2 in
Brunoise	1/8 in × 1/8 in × 1/8 in
Fine Brunoise	1/16 in × 1/16 in × 1/16 in
Small Dice	1/4 in × 1/4 in × 1/4 in
Medium Dice	½ in × ½ in × ½ in
Large Dice	¾ in × ¾ in × ¾ in
Paysanne	½ in × ½ in × ⅛ in
Batonnet	1/4 in × 1/4 in × (2 1/2 or 2 in)

Garnish Techniques
Citrus Twist Citrus Peel Spiral Radish Rose Strawberry Fan Tomato Rose Cucumber Fan

# Culinary Skill Demonstration: Knife Skills & Food Garnish

## State Only Event

### SAFETY AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel standards including: a chef coat or jacket (school name and logos are permitted); industry pants or commercial uniform; apron, hair covering or chef hat; closed-toe, low heel, non skid shoes; no jewelry (watches are acceptable); minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner. Event consultants or evaluators have the authority to stop any participant exhibiting unsafe practices.

Clothing and Appearance	Wear appropriate clothing, head covering and shoes, and present a well-groomed appearance.
Safety and Sanitation	Keep work area clean and organized, and 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.

### FOOD PRODUCTION

Participants may bring only 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 the use of equipment, tools, and techniques.

Equipment, Tools and Techniques	<p>Use proper equipment, tools, products, vocabulary, and techniques.</p> <p>Participants are allowed to bring the following equipment/tools for the <i>knife cuts</i> portion:</p> <ul style="list-style-type: none"> <li>• Vegetable peeler, paring knife, 8" or 10" Chefs knife, cutting board and mat, parchment paper and pen, prepared sanitizer, towels, gloves, ½ sheet pan, small compost/waste bucket or bowl.</li> </ul> <p>Participants are allowed to bring additional garnishing tools, but are limited to:</p> <ul style="list-style-type: none"> <li>• Small chef's knife, zester fork, aspic cutters, toothpicks or skewers, apple peeler/corer, v-shaped knife, crinkle cutter, scissors and flex blade knife.</li> </ul>
Food Items	Food items for the selected knife cuts and food garnishes will be supplied. Participants are not to bring food items to the competition.
Time Management/Scraps and Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.

### KNIFE SKILLS

The participant will present all knife cuts for evaluation of correct dimensions 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 the classical knife cuts published in the American Culinary Federation guidelines.

Knife Cuts	Event judges will determine which three (3) knife cuts (julienne, fine julienne, brunoise, fine brunoise, small, medium and large dice, paysanne, batonnet) will be demonstrated. The competitors will demonstrate their cuts with a potato, producing six samples of each cut. Knife cuts will be displayed on one (1) ½ sheet pan, and all cuts will be identified using the pen and parchment paper.
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Overall Product Appearance and Presentation	Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship.
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### FOOD GARNISH PREPARATION

Each participant will prepare (2) selected food garnish techniques. Participants must provide all required tools and supplies listed below to the competition, with the option to bring additional garnishing tools, but are limited to select tools (see list below). No electrical tools are allowed. Participants will demonstrate industry standards in use of equipment, tools, and techniques. Participants will prepare and create food garnishes that meet the industry standards without excessive waste.

Equipment, Tools, and Techniques	<p>Participant must provide all tools and equipment needed for preparing two food garnish techniques. No electrical tools will be allowed.</p> <p><b>Required equipment/tools include:</b></p> <ul style="list-style-type: none"> <li>· Cutting board and mat</li> <li>· Disposable gloves</li> <li>· Prepared sanitizing solution</li> <li>· Small compost/waste bucket or bowl</li> <li>· Towels</li> </ul> <p>Participants may choose to bring additional garnishing tools, but are limited to: small chef's knife, vegetable peeler, paring knife, channel knife, zester fork, aspic cutters, toothpicks or skewers, apple peeler/corer, v-shaped knife, crinkle cutter, scissors, and flex blade knife.</p>
Food Garnish Construction	<p>Participants will be asked to demonstrate two garnish techniques from the provided list (see page 1).</p> <p>Participants will be asked to prepare two garnish techniques from one or more of the following food items; cucumber, citrus (lemon, lime, orange), potato, radish, tomato, or strawberry.</p>
Mise en place/ Time Management	Demonstrate careful planning for completing tasks efficiently.

# Culinary Knife Skills & Food Garnish Presentation Equipment Check-in Form

Name of Participant \_\_\_\_\_

Chapter \_\_\_\_\_

Level \_\_\_\_\_

Only the following items are allowed in the Culinary Knife Skills & Food Garnish Presentation event. Any additional items will not be allowed for competition and must be removed from the participant's supplies. Each student must have their own set of equipment and may not share items during competition.

## Required Equipment & Supplies

Vegetable peeler  
Paring knife  
8" or 10" Chef's knife  
Cutting board and mat  
Parchment paper  
Pen  
Prepared sanitizer  
Towels  
Disposable gloves  
(1) ½ sheet pan  
Small compost/waste bucket or bowl  
Food Garnish Designs (one 8 ½ " x 11" paper)  
Dish Cloth  
Roll of Paper Towel

## Optional Food Garnish Equipment/Tools

Small chef's knife  
Paring knife  
Flex blade knife  
Channel knife  
Zester fork  
Aspic cutters  
Toothpicks or skewer  
Apple peeler/corer  
V-shaped knife  
Crinkle cutter  
Scissors

**Food items for garnishes:** Food items for assigned garnishes will be provided. The participant is not allowed to bring food item(s) to the competition. Assigned garnishes will be selected from the food items listed below.

- Cucumber
- Citrus (lemon, lime, orange)
- Potato
- Radish
- Tomato
- Strawberry

Room Consultant Initials \_\_\_\_\_



# Culinary Skill Demonstration: Knife Skills & Food Garnish Point Summary Form

Name of Participant: \_\_\_\_\_

Chapter: \_\_\_\_\_ Level: \_\_\_\_\_

**DIRECTIONS:**

1. Make sure all information at the top is correct. If a participant does not show, please write "No Show" across the top and return with other forms.
2. At the conclusion of the event, 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 presentation together.
3. At the end of competition in the room, **double check all scores**, names, and chapters to ensure accuracy. Then turn in all results to the WI FCCLA State Conference tabulation room.
4. Please check with the STAR Event Coordinators or FCCLA State Adviser if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			POINTS
<b>Registration/Orientation</b> Participant attended STAR Event orientation meeting	Did not attend orientation <b>0</b>	Attended orientation <b>2</b>	
<b>Uniform and Appearance</b> Participant has professional appearance meeting industry standards	Unprofessional uniform and appearance: <input type="checkbox"/> Hair/ beard restraints <input type="checkbox"/> Kitchen shoes <input type="checkbox"/> No visible jewelry <input type="checkbox"/> Personal grooming meets guideline <div style="text-align: center;"><b>0      1      2</b></div>	Professional uniform and appearance: <input type="checkbox"/> Hair/ beard restraints <input type="checkbox"/> Kitchen shoes <input type="checkbox"/> No visible jewelry <input type="checkbox"/> Personal grooming meets guideline <div style="text-align: center;"><b>3      4</b></div>	
<b>Supplies and Equipment</b> Participant has supplies necessary for recipe	Participant included items beyond the approved list <b>0      1      2      3</b>	Participant has all equipment/supplies necessary for classical knife cuts and food garnishes <b>4</b>	
Evaluator 1: _____	Initials: _____	(10 points possible)	
Evaluator 2: _____	Initials: _____		
Evaluator 3: _____	Initials: _____	<b>AVERAGE EVALUATOR SCORE</b> (90 points possible)	_ _ . _ _
Total Score: _____	<i>Divide total score by number of evaluators to get the</i> <b>AVERAGE EVALUATOR SCORE</b>	<b>FINAL SCORE</b>	
Average Eval. Score: _____	<i>Round only to the nearest hundredth (i.e. 79.99 not 80.00)</i>	(Avg. Evaluator Score + Room Consultant Total)	_ _ . _ _

**RATING ACHIEVED:** (circle one)      **Gold:** 90-100      **Silver:** 70-89.99      **Bronze:** 1-69.99

**VERIFICATION OF FINAL SCORE AND RATING:** (please initial)

## Culinary Skill Demonstration: Knife Skills & Food Garnish Rubric

Name of Participant: \_\_\_\_\_

Chapter: \_\_\_\_\_ Level: \_\_\_\_\_

Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score	Comments
<b>SAFETY &amp; SANITATION</b>							
Station is neat and organized, all knives and small equipment are handled safely and properly	0 - 1	2	3	4	5		
Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	0 - 1	2	3	4	5		
Maintained a clean and organized work area throughout competition, cleaned within allotted time	0 - 1	2	3	4	5		
<b>FOOD PRODUCTION</b>							
Selects and uses all tools/equipment correctly and safely following industry techniques	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
Mise en Place is well executed and displays excellent organization, measured and portioned ingredients as per recipe	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
<b>KNIFE SKILLS</b>							
Knife Cut #1 Knife cut is the correct size/dimension as specified in event description	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
Knife Cut #2 Knife cut is the correct size/dimension as specified in event description	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
Knife Cut #3 Knife cut is the correct size/dimension as specified in event description	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
<b>FOOD GARNISH AND PRESENTATION</b>							
Food Garnish #1 Garnish is well constructed with proper industry techniques	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
Food Garnish #2 Garnish is well constructed with proper industry techniques	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10		
<b>RESPONSE TO EVALUATORS' QUESTIONS</b>							
Responses to evaluators' questions were appropriate and thorough	0 - 1	2	3	4	5		

(90 Points Possible)

**Total Score:**

Please use whole numbers only and double check math.