



Classic Knife Cuts & Chicken Fabrication

State Event – DOES NOT Advance to National Competition

Classic Knife Cuts & Chicken Fabrication, an individual event, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards. In addition, participants will safely fabricate a chicken into eight pieces, with tenderloins separated. For each component of the event, the participant will demonstrate proper safety and sanitation procedures.

EVENT CATEGORY

Occupational

ELIGIBILITY

1. Each chapter may submit one (1) entry in this event.
2. Participation is open to any nationally affiliated FCCLA *occupational* member.
3. Participants must be or have been enrolled in a culinary arts *occupational* training program (coursework for high school credit that concentrates in-class learning and/or on-the-job training in preparation for paid employment). Students enrolled in food and nutrition courses in Family and Consumer Sciences *comprehensive* programs are not eligible.
4. Evaluators will spend 5 minutes discussing techniques with the participants.
5. Total contest time per rotation is 60 minutes.

PROCEDURES AND TIME REQUIREMENTS

1. Participants will bring all necessary tools and equipment for this event
2. Participants will have 5 minutes to set up the work station, 15 minutes to produce and arrange each of the knife cuts, 5 minutes to reset the work area, 20 minutes to fabricate and present the chicken, and 10 minutes to clean the work area.
3. Evaluators will score participants as they work and will complete the scoring within the 10-minute clean-up time.
4. Risers will be provided to bring the tables to industry standard.
5. Ice will be provided for keeping the chicken at the proper temperature.
6. Participants may bring a sharpening steel. Other required equipment is listed on the next page.
7. Terms in italics are defined in the glossary in the National Competitive Events Guide.

GENERAL INFORMATION

1. Table space will be provided.
2. Entries will be scored by industry standards and participants must follow proper sanitation procedures.
3. An appropriate vegetable will be provided to each participant for the Knife Cuts portion. One (1) whole chicken will be provided to each participant for the Chicken Fabrication.
4. Risers will be provided to bring the tables to industry standard.
5. Ice will be provided for keeping the chicken at the proper temperature.
6. Participants may bring a sharpening steel. Other required equipment is listed on the next page.
7. Terms in italics are defined in the glossary in the National Competitive Events Guide.

CLASSIC KNIFE CUTS & CHICKEN FABRICATION SPECIFICATIONS

Safety and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket (school name and logos are permitted); industry pants or commercial uniform; apron; hair covering or chef hat (hair is properly restrained with hairnet if hair extends past the neck line); closed-toe, low heel, nonskid leather shoes (canvas shoes are not appropriate); 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.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Food Safety and Sanitation	Keep work area clean and organized, and demonstrate appropriate safety and sanitation procedures according to industry standards. Complete final cleanup after event within the designated time period.
Personal Safety	Demonstrate proper use of equipment and full respect for personal safety.

Food Production

Participants should be proficient in the preparation of knife cuts and chicken fabrication. Participants must bring all of the items listed below to the event - no other smallwares or 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 without having excessive waste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. The following are the <u>only tools allowed for Knife Cuts</u> : vegetable peeler, knives - paring, 8" or 10" French; cutting board; ruler; parchment paper and pen; sanitizer* (see below); gloves; and ½ sheet pan. The following are the <u>only tools allowed for Chicken Fabrication</u> : knives - 8" French, paring, boning; cutting board; *sanitation bucket, sanitizing solution, side towel; gloves; 2 full-size hotel pans; cling wrap; and parchment paper and pen. A compost bowl <u>must</u> be brought for placement of scraps. A safety glove <u>must be worn</u> during both portions of the knife skills event.
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/Food Presentation

The participant will present all food items for evaluation of appearance, temperature, and waste at the end of each segment 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.

Knife Cuts	A total of six (6) uniform and appropriate pieces of each are cut from the vegetable provided to demonstrate each of the following: <u>julienne cut</u> (1/8" x 1/8" x 2½"); <u>large dice</u> (¾" x ¾" x ¾"); and <u>oblique cut</u> , for a total of 16 pieces. Knife cuts will be displayed on one (1) ½ sheet pan, and all cuts will be identified using the pen and parchment paper.
Chicken Fabrication	Eight (8) standard pieces of two (2) each of breast, thigh, leg, and wing are cut from the chicken provided. Tenderloins must be separated from breast. Breasts must be deboned and skinned. All pieces must be labeled (identifying the piece) and categorized (white or dark meat), using the pen and parchment paper - chicken should be displayed in one hotel pan over ice which is placed in the second hotel pan. All cuts are made correctly (clean cuts are made through joints and both halves of chicken are cut uniformly).
Overall Product Appearance and Presentation	Prepare knife cuts and fabricated chicken consistently, with creative presentation and appropriate proportions. Demonstrate a high quality of workmanship.



CLASSIC KNIFE CUTS & CHICKEN FABRICATION



Equipment Check In Form

Name of Participant _____

Chapter _____

The following items are required and are to be brought at the assigned participation time. No other smallwares or equipment will be allowed in the competition site. Additional items will be removed by the event room consultant and held until after the participant has finished competing.

Tools required for knife cuts:

- Vegetable peeler
- Paring knife
- 8" or 10" French knife
- Cutting board
- Ruler
- Parchment paper
- Ink pen
- Sanitizer*
- Gloves
- 1/2 sheet pan

Tools required for chicken fabrication:

- 8" French knife
- Paring knife
- Boning knife
- Cutting board
- *Sanitation bucket, sanitizing solution, side towel
- Towels
- Gloves
- 2 full-size hotel pans
- Cling wrap
- Parchment paper
- Ink pen
- Compost bowl

Required for both:

- Safety glove

A sharpening steel may be brought and is an optional item.

Ice will be provided in the competition room

Room Consultant Initials _____



STAR Events Point Summary Form CLASSIC KNIFE CUTS & CHICKEN FABRICATION



DIRECTIONS:

1. Make sure all information at top is correct. If the participant does not show, please write "No Show" across the top and return with other forms.
2. Before student presentation, the room consultants must check participants' materials using the criteria and standards listed below and fill in the boxes.
3. 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 paper clip all items related to the participant together. Please do **NOT** staple.
4. At the end of competition in the room, double check all scores, names, and team numbers to ensure accuracy. Turn in to the Lead Consultant.
5. Please check with the Lead Consultant if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			Points
Check-in 0 or 5 points	0 Did not attend participant check-in	5 Attended participant check-in	
Time Limit 0 or 1 point	0 Participant did not complete preparation within the allotted time period	1 Participant completed preparation during the allotted time period	
Tools and Supplies 0 or 1 point	0 Participant did not bring all required tools and supplies, or brought more items than are listed	1 Participant brought only those items listed under Equipment, Tools, and Techniques	
Number of Vegetable Cuts Displayed 0 or 1 point	0 Julienne, large dice, and oblique cut pieces are not of specified quantity, sheet pan not as specified	1 Only 6 of each julienne, large dice, and oblique cut pieces are displayed on a 1/2 sheet pan for a total of 18 pieces	
Number of Chicken Pieces Displayed 0 or 1 point	0 Incorrect number of pieces	1 2 each of breast, tenderloins, thigh, leg, and wing are displayed on ice on a full-size hotel pan	
Pieces Properly Labeled 0 or 1 point	0 Pieces not labeled or are incorrectly labeled	1 All pieces labeled, and chicken is categorized correctly as to white or dark meat	

EVALUATORS' SCORES

Evaluator 1 _____ Initials _____
 Evaluator 2 _____ Initials _____
 Evaluator 3 _____ Initials _____
 Total Score _____ divided by number of evaluators

_____.____. = **AVERAGE EVALUATOR SCORE**
Rounded only to the nearest hundredth (i.e. 79.99 not 80.00)

ROOM CONSULTANT TOTAL
(10 points possible)

AVERAGE EVALUATOR SCORE
(90.00 points possible)

FINAL SCORE
(Average Evaluator Score plus 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)

Evaluator 1 _____ Evaluator 2 _____ Evaluator 3 _____ Adult Room Consultant _____ Event Lead Consultant _____



CLASSIC KNIFE CUTS & CHICKEN FABRICATION Rubric



SAFETY AND APPEARANCE (Possible Points: 0 to 25)					Points	
Clothing and Appearance – 0-5 points	0-2 Non-professional appearance, attire and/or grooming	3-4 Neat appearance, attire and grooming, but lacks professionalism	5 Professional appearance, attire and grooming			
Food Safety and Sanitation 0-10 points	0-4 Disregard of safety and sanitation practices, creating unsafe situation during preparation	5-8 Shows minimal safety and sanitation concerns during preparation	9-10 Follows all safety and sanitation practices		★ ★	
Personal Safety 0-10 points	0-4 Improper use of tools and equipment and disregard for safety during preparation	5-8 Shows minimal concern for personal safety and proper use of equipment	9-10 Demonstrates proper use of equipment and full respect for personal safety			
FOOD PRODUCTION (Possible Points: 0 to 20)					Points	
Equipment, Tools, and Techniques 0-10 points	0-4 Selection and usage of tools/equipment lacks understanding and demonstration of skills	5-8 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 and Waste 0-10 points	0-4 Did not manage time or utilize mise en place to complete each task, excessive waste	5-8 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 (Possible Points: 0 to 45)					Points	
Knife Cuts (correct dimensions of each cut, pieces uniform and appropriate) 0-15 points	0-3 Little or no judgment can be made (poor)	4-6 Some assigned techniques but little growth in skill/performance (fair)	7-9 Most of assigned techniques, some growth in skill/performance (good)	10-11 All assigned techniques, student is competent in skill/performance (excellent)	12-15 All of assigned techniques, superior abilities are clearly indicated in skill/performance (superior)	★
Chicken Fabrication (clean and uniform cuts, tenderloins separated from breast) 0-15 points	0-3 One or two pieces cut uniformly, tenders not separated or identifiable, minimal attempt made to debone and/or skin breast (poor)	4-7 Three or four pieces cut uniformly, tenders separated but somewhat torn, attempt made to debone and/or skin breast but not to industry standards (fair)	8-11 Most pieces cut uniformly, made cleanly, tenders mostly intact, breasts deboned and skinned to industry standards (good)	12-15 Both halves cut uniformly, clean cuts made through joints, tenders still intact, breasts deboned and skinned to industry standards (excellent)		
Overall Product Appearance and Presentation – (consistent, creative presentation, correct proportions) 0-15 points	0-3 Lacks workmanship, little creativity shown, some of the display unacceptable proportions (poor)	4-7 Ordinary quality of workmanship, some effort made at creativity, improvement needed in proportions (fair)	8-11 Competent workmanship, creativity shown, acceptable proportions (good)	12-15 Extremely high quality workmanship, highly creative in presentation, accurate proportions (excellent)		

Evaluator's Comments:

TOTAL
(90 points possible)

Evaluator # _____
Evaluator Initial _____
Room Consultant Initial _____