



## Chicken Fabrication – 2023



### State Event – DOES NOT Advance to National Competition

Chicken Fabrication, an individual event, will showcase the best of participants' knife skills. Participants will safely fabricate a chicken into eight pieces. For each component of the event, the participant will demonstrate proper safety and sanitation procedures.

#### EVENT LEVELS

**Level 2:** grades 9–10\*\*

**Level 3:** grades 11–12\*\*

***Chapters may submit two entries  
in each level***

#### ELIGIBILITY

1. Each chapter may submit two (2) entries in each level of this event.
2. Participation is open to any nationally affiliated FCCLA 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 foundational programs are not eligible.

\*\*Eligible Virginia courses for this event include:

8275 - Culinary Arts I

8276 - Culinary Arts II

8279 - Culinary Arts Specialization

8250/8249 – Introduction to Culinary Arts

#### 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, 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. Evaluators will spend 5 minutes discussing techniques with the participants.
5. Total contest time per rotation is 40 minutes.

#### GENERAL INFORMATION

1. Table space will be provided.
2. Entries will be scored by industry standards and participants must follow proper sanitation procedures.
3. One (1) whole chicken will be provided to each participant.
4. Risers will be provided to bring table height 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. The Virginia FCCLA Board of Directors added a \$5 team fee for this event to offset the cost of the food required for competition.

# 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.

<b>Clothing and Appearance</b>	Wear appropriate clothing and head covering and present a well-groomed appearance.
<b>Food Safety and Sanitation</b>	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.
<b>Personal Safety</b>	Demonstrate proper use of equipment and full respect for personal safety.
<b>Equipment Care</b>	Transport knives safely in a knife bag with blade guards. Knives are clean, in good condition, and sharp.

## Food Production

Participants should be proficient in 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.

<b>Equipment, Tools, and Techniques</b>	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 Chicken Fabrication</u> : knives - 8" French, paring, boning; cutting board; sanitation bucket, sanitizing solution/sanitizing tablets, 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.
<b>Time Management/Scraps and Wasting of Supplies</b>	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 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.

<b>Chicken Fabrication</b> <i>video link:</i> <a href="#">Chicken Fabrication Demo</a> <i>(disclaimer: video is meant for reference only and does not necessarily represent how pieces are to be cut/displayed for this competition)</i>	Ten (10) standard pieces of two (2) each of breast, tenderloins, thigh, drumstick, and wing are cut from the chicken provided. The breast is skinless and boneless, with cartilage and rib bones are removed; all other pieces should have skin on/bone in. 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).
<b>Overall Product Appearance and Presentation</b>	Prepare fabricated chicken consistently, with creative presentation and appropriate proportions. Demonstrate a high quality of workmanship.



## CHICKEN FABRICATION



*Equipment Check-In Form*

*(Sample: Used by Room Consultant at Time of Competition)*

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:

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

Ice will be provided in the competition room

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





## CHICKEN FABRICATION Rubric



<b>SAFETY AND APPEARANCE (Possible Points: 0 to 40)</b>					<b>Points</b>				
<b>Clothing and Appearance</b> 0-10 points	<b>0 1 2 4</b>	Non-professional appearance, attire and/or grooming	<b>5 6 7 8</b>	Neat appearance, attire and grooming, but lacks professionalism	<b>9 10</b>	Professional appearance, attire and grooming			
<b>Food Safety and Sanitation</b> 0-10 points	<b>0 1 2 4</b>	Disregard of safety and sanitation practices, creating unsafe situation during preparation	<b>5 6 7 8</b>	Shows minimal safety and sanitation concerns during preparation	<b>9 10</b>	Follows all safety and sanitation practices	★ ★		
<b>Personal Safety</b> 0-10 points	<b>0 1 2 4</b>	Improper use of tools and equipment and disregard for safety during preparation	<b>5 6 7 8</b>	Shows minimal concern for personal safety and proper use of equipment	<b>9 10</b>	Demonstrates proper use of equipment and full respect for personal safety			
<b>Equipment Care</b> 0-10 points	<b>0 1 2 4</b>	Knives transported in an unsafe manner; knives are un-clean, dull, or in poor condition	<b>5 6 7 8</b>	Knives are transported in a safe manner; knives are clean and in good condition; edge on knife is acceptable	<b>9 10</b>	Knives are transported safely in knife bag with blade guards; knives are clean, in good condition and sharp			
<b>FOOD PRODUCTION (Possible Points: 0 to 20)</b>					<b>Points</b>				
<b>Equipment, Tools, and Techniques</b> 0-10 points	<b>0 1 2 4</b>	Selection and usage of tools/equipment lacks understanding and demonstration of skills	<b>5 6 7 8</b>	Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	<b>9 10</b>	Selects and uses all tools and equipment correctly			
<b>Mise en place, Time Management, Scraps and Waste</b> 0-10 points	<b>0 1 2 4</b>	Did not manage time or utilize mise en place to complete each task, excessive waste	<b>5 6 7 8</b>	Managed time and mise en place to complete most tasks on time, some waste	<b>9 10</b>	Utilized time and mise en place to complete each task on time, minimum waste	★ ★ ★		
<b>KNIFE SKILLS/FOOD PRESENTATION (Possible Points: 0 to 30)</b>					<b>Points</b>				
<b>Chicken Fabrication</b> (clean and uniform cuts, skin on breast with cartilage and rib bones removed) 0-15 points	<b>0 1 2 3</b>	One or two pieces cut uniformly, minimal attempt made to prepare breast (poor)	<b>4 5 6 7</b>	Three or four pieces cut uniformly, breast not prepared as required and/or not to industry standards (fair)	<b>8 9 10 11</b>	Most pieces cut uniformly, made cleanly, breasts are skinless with cartilage and rib bones removed (good)	<b>12 13 14 15</b>	Both halves cut uniformly, clean cuts made through joints; clean, boneless breasts have tenderloins and skin removed; cartilage and rib bones are removed to industry standards; remaining pieces are skin on/bone in(excellent)	★
<b>Overall Product Appearance and Presentation –</b> (consistent, creative presentation, correct proportions) 0-15 points	<b>0 1 2 3</b>	Lacks workmanship, little effort to maintain a clean workstation, some of the display unacceptable proportions (poor)	<b>4 5 6 7</b>	Ordinary quality of workmanship, some effort to maintain a clean workstation, improvement needed in proportions (fair)	<b>8 9 10 11</b>	Competent workmanship, workstation is clean and organized at all times, acceptable proportions (good)	<b>12 13 14 15</b>	Extremely high quality workmanship, workstation is clean and organized at all times, accurate proportions (excellent)	

**Evaluator's Comments:**

TOTAL  
(90 points possible)

Evaluator Initial \_\_\_\_\_  
Room Consultant Initial \_\_\_\_\_