



## Classic Knife Cuts – 2023



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

Classic Knife Cuts, an individual event, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards. 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 produce and arrange each of the knife cuts, 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 35 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. A selection of appropriate vegetables will be provided to each participant for the Knife Cuts portion.
4. Risers will be provided to bring table height to industry standard.
5. Participants may bring a sharpening steel. Other required equipment is listed on the next page.
6. The Virginia FCCLA Board of Directors added a \$5 team fee for this event to offset the cost of the food required for competition.

## CLASSIC KNIFE CUTS 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 the preparation of knife cuts. 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 Knife Cuts</u> : vegetable peeler, knives - paring, 8" or 10" French; cutting board; ruler; parchment paper and pen; sanitation bucket and sanitizing solution/sanitation tablets <u>or</u> sanitizing wipes, side towel; gloves; and ½ sheet pan. 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 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>Knife Cuts</b> <i>video links:</i> <a href="#">Knife Cuts 2021 virtual competition</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>	A total of six (6) uniform and appropriate pieces <b>of each</b> are cut from the vegetable/s provided to demonstrate each of the following: Brunoise cut (1/8" cube); Julienne cut (Lyonnais-style); Batonnet cut (1/4" x 1/4" x 2 1/2"); and small dice (1/4" cube), for a total of 24 pieces. Knife cuts will be displayed on one (1) ½ sheet pan, and all cuts will be identified using the pen and parchment paper.
<b>Overall Product Appearance and Presentation</b>	Prepare knife cuts consistently, with creative presentation and appropriate proportions. Demonstrate a high quality of workmanship.



## CLASSIC KNIFE CUTS



*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:

- Vegetable peeler
- Paring knife
- 8" or 10" French knife
- Cutting board
- Ruler
- Parchment paper
- Ink pen
- Sanitation bucket and sanitizing solution/sanitation tablets or sanitizing wipes, side towel
- Gloves
- 1/2 sheet pan
- Compost bowl
- Sharpening Steel

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





## CLASSIC KNIFE CUTS 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>★ ★</b>
<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>★ ★ ★</b>
<b>KNIFE SKILLS/FOOD PRESENTATION (Possible Points: 0 to 30)</b>						<b>Points</b>
<b>Knife Cuts</b> (correct dimensions of each cut, pieces uniform and appropriate) 0-15 points	<b>0 1 2 3</b>	Little or no judgment can be made (poor)	<b>4 5 6</b>	Some assigned techniques displayed, cuts are inconsistent (fair)	<b>7 8 9</b>	Most of assigned techniques displayed, cuts are mostly consistent (good)
			<b>10 11 12</b>	All assigned techniques displayed, cuts are very consistent (excellent)	<b>13 14 15</b>	All assigned techniques displayed, superior abilities are clearly indicated in skill/performance (superior) <b>★</b>
<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 \_\_\_\_\_