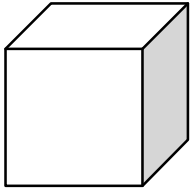
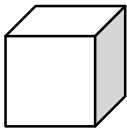


## 2009-2010 C-CAP PRELIMINARY COMPETITION RECIPES

**Knife Cuts** - Competitors should know all of these classic knife cuts. Students may have to prepare additional cuts during the competition in addition to the salad. The cuts will not be announced until day of the Preliminary Competition.



Large Dice –  $3/4'' \times 3/4'' \times 3/4''$



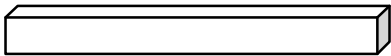
Medium Dice –  $1/2'' \times 1/2'' \times 1/2''$



Small Dice –  $1/4'' \times 1/4'' \times 1/4''$

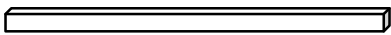


Brunoise –  $1/8'' \times 1/8'' \times 1/8''$



Bâtonnet –  $1/4'' \times 1/4'' \times 2''$

From Bâtonnet we get Small Dice



Julienne –  $1/8'' \times 1/8'' \times 2''$

From Julienne we get Brunoise



Fine Julienne –  $1/16'' \times 1/16'' \times 2''$

From Fine Julienne we get Fine Brunoise \*not pictured



Tourné (turned) – 7 Sides –  $3/4''$  width x 2" length

## PRELIMINARY COMPETITION RECIPE #1

**French Omelet** (see p. 41-43, *At Home With The French Classics*)

**Yield: 1 portion**

### **INGREDIENTS**

2 eggs\*  
1 to 2 tsp of clarified butter  
tt salt and pepper

### **PROCEDURE**

1. In a bowl, beat the eggs with a small whisk or fork, the more air you incorporate the fluffier and lighter the omelet will be, season with the salt and pepper.
2. Heat a 6-inch\* nonstick omelet pan over medium-high heat.
3. Then add the clarified butter.
4. Add the egg mixture to the pan and start rapidly stirring with a heatproof spatula while gently shaking the pan at the same time.
5. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shaking the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg.
6. At this point the eggs should be set, yet still moist with no color. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.
7. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the spatula, fold the portion of the omelet nearest the handle toward the center of the pan.
8. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spatula, fold this portion back into the pan, overlapping the first fold.
9. Turn the omelet out onto a serving plate so it ends up folded side down. Traditionally, a French omelet should not have any color.
10. Serve immediately.

\*Please check with your local C-CAP Coordinator as some locations may use an 8" pan. If using an 8" pan, use 3 eggs to make the omelet.

NOTE: To ensure fairness in judging, all competitors at a single location must use the same size pan.

## PRELIMINARY COMPETITION RECIPE #2

### Tomato, Cucumber & Bell Pepper Salad

**Yield: 2 portions**

#### **INGREDIENTS**

1 whole tomato, peeled, seeded, small dice  
1/2 English cucumber (preferred) peeled, seeded and small dice  
1/2 English cucumber (preferred) thinly sliced  
1/4 red bell pepper, small dice  
1/4 yellow bell pepper, small dice  
1/4 red onion, small dice  
1/4 jicama, small dice (if available)  
Cilantro sprigs for garnish

Vinaigrette:

2 Tbs fresh lime juice  
1/4 cup rice wine vinegar  
1/4 cup olive oil (approximate, you may not use all the oil)  
1 tsp rough chopped cilantro  
tt sugar (1/2 tsp to 1 tsp) just enough to balance out the acid  
tt salt and pepper

#### **PROCEDURE**

1. In a bowl, add lime juice and rice vinegar. Incorporate the olive oil slowly, whisking vigorously until emulsified. Add minced cilantro and season. Remember to taste and readjust seasoning if necessary.
2. In a separate bowl combine all the diced vegetables and toss with the vinaigrette, to coat the vegetables. Do not overdress the salad. Season with sugar, salt and pepper, taste and readjust if necessary.
3. Arrange the thinly sliced cucumbers in a lightly oiled ring mold, approximately 2" deep, 3" round on a large plate.
4. Drain the vegetables of any extra vinaigrette preferably, with a small sieve.
5. Fill the ring mold lined with cucumbers with the drained vegetables.
6. Unmold the salad and garnish with cilantro sprigs.