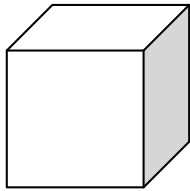
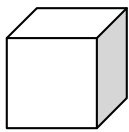


2010-2011 C-CAP PRELIMINARY COMPETITION RECIPES

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" x 3/4" x 3/4"



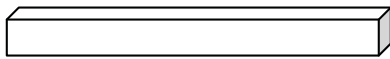
Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"

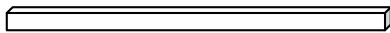


Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"

From Bâtonnet we get Small Dice



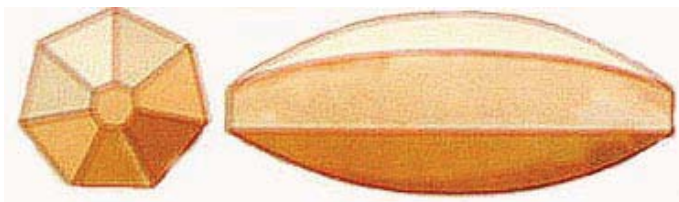
Julienne – 1/8" x 1/8" x 2"

From Julienne we get Brunoise



Fine Julienne – 1/16" x 1/16" x 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.

2010-2011 C-CAP PRELIMINARY COMPETITION HELPFUL HINTS

Organization and Practicing

1. You should be able to prepare two French Omelets; two Tomato, Cucumber and Bell Pepper Salads; and demonstrate the knife cuts selected by your area coordinator in less than 1 hour. Practice all the recipes the entire way through at least 5 times.
2. You should write a prep list and action plan, to avoid confusion while competing. The best time to do this is when you are practicing – from the time you step into the kitchen, until you are finished plating and cleaning up – as an example, refer to the Sample Timeline for the Preliminary Competition.
3. Keep your presentations simple – focus on perfecting your knife skills, your organization and your cooking techniques. Decide on your presentation during practice, not at the competition.
4. Wash your hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by the sanitation and food handling regulations of your local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Knife Cuts

1. Practice all of the knife cuts shown on the Knife Cuts page.
2. Use potatoes, onions, carrots, and bell peppers to practice all of the cuts.
3. Use potatoes to practice the tourné.
4. Always use a sharp knife and proper cutting techniques.

French Omelet

1. Practice, practice, practice – it's the only way that you will be able to make this omelet.
2. Do not use too much butter; it will make your omelet greasy.
3. When you make it on a professional stove, which you may not have practiced on, make sure to lower the flame and test it out first.
4. A small heatproof rubber spatula is the best way to make the omelet.
5. Whip the eggs briskly with a fork or whisk – it creates airiness in the omelet.
6. The finished omelet should be smooth with no bumps or wrinkles. It also should have no color.
7. Remember sanitation when handling raw eggs.

Salad

1. Make sure that you taste the salad; the salad should be flavorful.
2. Make sure that you drain the salad properly – if you unmold the salad and there is pooling of your vinaigrette – you have not strained the salad properly.
3. Keep your knife sharp for the cucumber slices.