

2010-2011 C-CAP FINAL COMPETITION DETAILS

Students will be asked to:

- Prepare Poulet Chasseur avec Pommes Château (Hunter's Chicken with Turned, Sautéed Potatoes) & Crêpes à la Crème Pâtissière avec une Sauce au Chocolat (Dessert Crêpes with Pastry Cream and Chocolate Sauce) within a 2-hour time limit. Recipes follow.
- Prepare two plates of each dish – one for presentation and one for tasting.
- Memorize the recipes; notes are not allowed.
- Clean his or her work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques.
- Taste, appearance, and preparation of recipes.
- Knowledge and execution of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.
- Application – includes application form, post-secondary research chart, essay and letters of recommendation.
- Performance – in the preliminary competition.
- Attendance at any mandatory C-CAP final events (for select locations).
- Soft Skills – includes attitude, integrity, attendance, ability to meet deadlines and follow instructions, interview skills.
- Personal Interviews.

* Please see C-CAP Final Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef's jacket and an apron.
- Chef pants or black pants.
- Rubber-soled, non-skid shoes – preferably black.
- White chef toque or hat provided by C-CAP.
- Neat hair, pulled back if it is long.
- Minimal make-up and short, clean nails – no nail polish.
- No jewelry (rings, bracelets, earrings, facial piercings or tongue studs).
- No chewing gum, cell phones, iPods, MP3 players or other electronic devices.

What Competitors bring to the Competition:

- As an example, please refer to the [Final Competition Prep Sheet](#) or ask your teacher or local C-CAP Coordinator.

C-CAP FINAL JUDGING CRITERIA

The information below is what we give to the judges before the competition. Please make sure you review this material and are aware of what the judges are looking for as they observe you.

Knife Skills

1. Is the correct knife being used?
2. Are proper cutting motions evident?
3. Is the knife held with proper hand technique?
4. Are knives kept sharp?

Uniformity of Cuts

1. Are the knife cuts consistent?
2. Are the tournés uniform?

Proper Use of Tools

1. Is the competitor using the right tool for the task?
2. Does the competitor have all of the required tools or did she/he forget something?

Speed / Confidence

1. Is there a logical progression of jobs? For example, does the competitor avoid chopping herbs on several occasions? Are smooth transitions made from one job to another?
2. Are items properly timed? For example, chicken should not be finished when the potatoes or sauce is not done yet.
3. Is mise en place assembled correctly? For example, no running back and forth from stove to table and back again.
4. Does the competitor finish within the allotted time? Record in the notes if students do not finish on time. For example: Late - finished 3 minutes after time was called.

Professionalism

1. Does the competitor have the proper uniform? (a clean and pressed chef coat, clean apron, black or checkered pants, rubber-soled shoes, no visible jewelry, short clean nails - no nail polish, hair pulled back completely.)
2. During the competition, does the competitor maintain a relatively clean chef coat – no excessive spots or stains?
3. Is the competitor able to answer questions/take suggestions from the judges? Does the competitor respond politely to the judges?
4. Does the competitor work in their station and cooperate with other competitors working in the same space?
5. Does the competitor avoid cursing or using inappropriate language?
6. Does the competitor use courtesy with a hot pan or knife when near other competitors? For example, does he or she say, “hot pan behind you.”

Organization

1. Is the workspace kept clear of nonessentials? For example, is a knife that is not being used lying across a cutting board?
2. Is the workspace cluttered or organized?
3. Is the setup of the workspace sensible?
4. Does the competitor work systematically, on one job at a time?
5. Are the tools, knives, garbage, edible waste and equipment storage well-organized?

Safety/Sanitation

1. Is the competitor washing his/her hands?
2. Is food being handled properly?
3. Is the table free from debris?
4. Are floor spills attended to quickly?
5. Is useable waste stored properly for future use?
6. Are cutting boards kept scrupulously clean?
7. Are areas kept sanitized to avoid possible cross contamination, particularly when switching from meat to vegetable or dairy?
8. Are side towels used correctly? Or incorrectly? For example, is a towel used to wipe debris off a table and then to wipe a knife or a plate?
9. Does the competitor leave the kitchen as clean as he or she found it?

Chicken Presentation

1. Is the technique cited in the recipe adhered to? For example, are the tournéd potatoes and skin of the chicken browned properly?
2. Is the chicken wing bone frenched?
3. Is the chicken breast sliced on the bias – evenly and shingled correctly?
4. Is the proper amount of sauce used?
5. Are there edible garnishes used – not large sprigs of herbs?
6. Is it presented with some height, easy to eat and pleasing to the eye?
7. Are items placed closely together to help maintain temperature, or separated in a pleasing way?
8. Is the plate clean, free of grease and smudges?

Chicken Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Is the chicken the correct doneness?
3. Did the chicken have time to rest?
4. Does the dish have the correct flavor, taste, texture, and doneness?
5. Does the dish portray a high level of skill and exactness?
6. Does the flavor of the sauce reflect what the recipe stated, and is it the correct consistency – not too thick, thin or broken?
7. Is all the hot food hot?

Dessert Presentation

1. Is the presentation simple and use the rule of odd numbers for presentation?
2. Has the competitor demonstrated creativity and practicality?
3. Is the crêpe thin, lacy and brown?
4. If strawberry is used as a garnish, is it also used inside the crêpe?
5. Is the chocolate sauce used correctly as a garnish? Or in the crêpe?

Dessert Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Does the dish have the correct flavor, taste, texture, and doneness?
3. Does the dish portray a high level of skill and exactness?
4. Is the pastry cream smooth and creamy and the proper consistency – not too thick, thin or lumpy?
5. Is the crêpe crispy, thin and light? As opposed to thick and rubbery.
6. Is the chocolate sauce the right consistency? Is it too thick, thin, lumpy or broken?
7. Does the amount of chocolate sauce used compliment the dish?

Potential for the Industry

1. This category is the hardest one. It is an overall judgment call based on what you saw of the competitor in today's competition. How do you think this competitor would do working as a food professional or going to culinary school? Please score and write comments.

Notes

1. This is for you to write whatever comments you wish. Please be specific. For example, if you give a score of 3 out of 10 on knife skills, provide an explanation such as the competitor was not using the correct cutting technique and not using the correct knife. Or if you give a 5 out of 10 in professionalism, provide a reason such as, "the competitor had a wrinkled jacket and jeans."

Judging Criteria Regarding Glove Usage:

Hand-washing is the most critical aspect of personal hygiene.

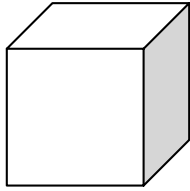
Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then you must use utensil or gloves to create a barrier between ready-to-eat food and your hands.

Check your local area requirements or contact your local C-CAP Coordinator.

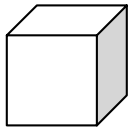
Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment.

2010-2011 C-CAP FINAL COMPETITION RECIPES

Knife Cuts – Competitors should know the following knife cuts for the Final Competition in addition to knowing how to properly cut herbs, slice mushrooms and concasse tomatoes.



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



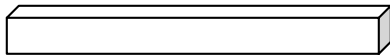
Medium Dice – $1/2'' \times 1/2'' \times 1/2''$



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

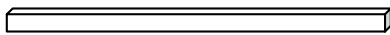


Brunoise – $1/8'' \times 1/8'' \times 1/8''$



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

From Bâtonnet we get Small Dice

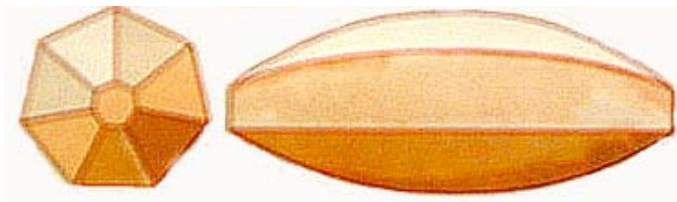


Julienne – $1/8'' \times 1/8'' \times 2''$

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

FINAL COMPETITION RECIPE #1

Sûpreme Poulet Chasseur avec Pommes Château (Hunter's Chicken with Turned, Sautéed Potatoes)

Chicken Breast

Yield: 2 portions

INGREDIENTS

2 each (6 to 7 oz.) chicken breasts, skin on, frenched wing bone attached
tt salt and black pepper
1 oz. olive oil

PROCEDURE

1. Pat chicken breast down with a clean paper towel to ensure the skin is dry.
2. Season chicken breast lightly with salt and black pepper on both sides.
3. Sauté breasts, skin side down, in hot oil until the skin is golden to caramel brown.
4. Remove the breasts from sauté pan and place skin side up in a metal oven-proof pan (such as a pie tin or a sizzler platter) and bake in a 375°F oven until done. (Do not overcook.) This should take approximately 12 minutes. Please use an instant read thermometer, if unsure.
5. When chicken breasts come out of the oven, let the chicken rest. Pour any pan juices into the Sauce Chasseur that you have prepared – recipe to follow.
6. Serve sliced chicken immediately. Don't cover – it will ruin the crispiness of the skin.
7. Serve with sauce and potatoes from the following recipes.



FINAL COMPETITION RECIPE #1

Sauce Chasseur for Chicken

Yield: Sauce for 2 portions

INGREDIENTS

1 medium shallot, finely minced
1 clove garlic, finely minced
5 large cleaned white button mushrooms, sliced
1 Tbs olive oil
1 plum tomato concasse (peeled, seeded, and rough chopped)
1 tsp fresh tarragon, chopped
2 tsp of flat leaf parsley, chopped
6 oz. double strength chicken stock, plus extra as needed
4 oz. glace de volaille (chicken glace)

1-2 Tbs unsalted butter, chilled and cut into small cubes
tt salt and black pepper

PROCEDURE

1. Drain excess fat from the pan in which the chicken was seared, add the olive oil.
2. Add sliced mushrooms and cook until brown.
3. Add shallots and sauté for about 30 seconds on medium-low heat. Add garlic, sauté for 30 seconds more. Do not brown garlic.
4. Add 2 oz. (1/4 cup) of the double strength chicken stock, and reduce *au sec* (until most of the liquid has evaporated) without burning. *Students must bring their own homemade chicken stock and glace to the competition. All commercial stocks, even low sodium ones are not allowed.
5. Add the glace and another 2 oz. (1/4 cup) of the stock, and cook until sauce lightly coats the back of a spoon (add more stock if sauce is too thick).
6. Add the concasse of tomato.
7. Bring to boil and simmer 5 minutes.
8. Add the tarragon and parsley.
9. Finish by adding the chilled cubed butter a bit at a time, stirring or shaking pan constantly. Do not boil. Be careful not to break the sauce.
10. Taste and adjust seasoning.
11. Serve sauce with the sliced chicken breast.

FINAL COMPETITION RECIPE #1

Fond de Volaille (Chicken Stock)
(see p.351 in *At Home With The French Classics*)

Yield: 3½ qt.

INGREDIENTS

1 chicken (4 pounds) or 4 pounds chicken parts, bones are preferred
4 qt. cold water
1 leek (white part only), washed
2 onions, peeled
3 carrots, peeled
3 stalks celery, cut in half
Bouquet Garni (4 sprigs of parsley, 2 sprigs of thyme, 1 bay leaf, and 4-6 black peppercorns) wrapped in a sachet (cheese cloth)

PROCEDURE

1. Place all ingredients in a large stockpot and bring to a simmer, uncovered, for about 2 hours. Do not boil the stock it will become cloudy.
2. Occasionally, skim the foam from the surface.
3. Strain the stock and allow it to cool uncovered before refrigerating.
4. Remove the fat from the surface when it is cold or before using.
5. Freeze the unused portion or reduce to Glace de Volaille (see below or p.353 in *At Home With The French Classics*), which can be stored in the refrigerator or freezer.

Double Strength Chicken Stock: Make chicken stock and reduce by half.

Glace de Volaille (Chicken Glaze):

1. Two quarts of stock will reduce to yield approximately ¾ cup glace de volaille.
2. Remember, when hot, the glaze will be dark brown and syrupy.
3. When cold, it will be firm to the touch. If it is like jelly, it has not been reduced enough.

FINAL COMPETITION RECIPE #1

Tournés Potatoes

Yield: 2 portions

INGREDIENTS

3 large russet potatoes – you should be able to get 4 tournés out of each potato
1-2 tsp olive oil
tt salt and pepper

PROCEDURE

1. Tourné the potatoes.
2. Par-boil in salted water just to the point of doneness – fork tender. Remove from water and dry.
3. Heat olive oil in a small sauté pan.
4. Add the potatoes to the pan.
5. Toss potatoes until evenly browned. Season with salt and pepper. Potatoes can be held in the oven.
6. Taste your extra potatoes – season and adjust if necessary.
7. Place three to five potatoes (depending on the size of your tourné) on each plate with the chicken and the sauce.



FINAL COMPETITION RECIPE #2

Crêpes Sucrées (see p. 319-322 in *At Home With The French Classics*)

Yield: 8-10 six-inch crêpes

INGREDIENTS

1/3 cup plus 1 tsp all-purpose flour
1 egg
1 Tbs sugar
1/4 tsp vanilla extract
1/2 cup milk
1 Tbs melted butter

PROCEDURE

1. Put the flour into a bowl and add the egg, sugar, vanilla, and half of the milk. Whisk slowly until a smooth batter is formed.
2. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
3. Whisk in the butter just before using the batter.
4. Heat a 6-inch sauté pan with a nonstick surface, over medium-heat. The pan is ready when a drop of water dances on the hot surface. If necessary, you can use clarified butter to grease the pan.
5. Hold the pan in one hand, tilting it slightly. Using a small ladle pour about 2 tablespoons of batter into the pan where the sides and bottom meet.
6. Now turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
7. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it. The surface of the crêpe should be lacey medium brown in color. Cook the second side for only 10 to 15 seconds and slide the crêpe onto a plate.
8. If after making two crêpes you find the color either too dark or too light, adjust your heat accordingly. If you find the crêpe too thick, thin the batter with a little more milk.
9. Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

FINAL COMPETITION RECIPE #2

Crème Pâtissière (Pastry Cream)

Yield: 1 ¼ cups

INGREDIENTS

1 cup milk
3 egg yolks
3 Tbs sugar
2 Tbs cornstarch
1 tsp vanilla extract

PROCEDURE

1. In a small saucepan, bring the milk and half the sugar (prevents milk from scalding) to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and the other half of the sugar together in a small bowl. Add the cornstarch to the yolks and mix well until smooth and free of lumps.
3. Temper the egg yolk mixture with approximately 1/4 cup of the warm milk.
4. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
5. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
6. Pour the pastry cream into a clean bowl and stir in the vanilla.
7. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and let it cool. Remember to taste.
8. You should whisk briskly before using to make sure pastry cream is the right texture and consistency. Taste your pastry cream before serving.
9. Serve inside the crêpes.

Safe food handling practice recommends that the pastry cream be cooled quickly and then properly stored in the refrigerator. During the competition, when made within one hour of serving, it is recommended that you let it cool at room temperature. Check for the correct consistency. Always taste.

FINAL COMPETITION RECIPE #2

Sauce au Chocolat (Chocolate Sauce)

Yield: 2.5 oz.

INGREDIENTS

2 oz. dark chocolate
2 Tbs water

PROCEDURE

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes.
2. When the water and chocolate come to a boil, stir gently with a whisk until smooth.
3. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to the boil.
4. Remove the sauce from the heat and allow it to cool to room temperature for use with the dessert crêpes. The chocolate sauce is a garnish and should be used sparingly.

* If you use Baker's Semi-Sweet Chocolate, it will make a thicker sauce than most of the other chocolates on the market. You may need to add as much as another 1/4 cup of liquid to reach the desired consistency.



2010-2011 C-CAP FINAL COMPETITION HELPFUL HINTS

Organization and Practice

1. You should be able to prepare two plated chicken dishes (including sauce and potatoes) and two plated dessert crepes (including pastry cream and chocolate sauce) in under two hours. Practice all of 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 Final Competition for more information.
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 sanitation and food handling regulations of 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.

Chicken

1. To test chicken for doneness, press down on the thickest part of the breast. The chicken should be firm but have just a slight bounce back. Overcooking will dry out the meat. Students can use a thermometer to check doneness.
2. Do not let the sauce become too thick. If you reduce it too much, it will begin to jell. If the sauce is too thick, add more stock.
3. For the sauce, the butter acts as a thickener. It must be added correctly, the sauce must not come to a boil after butter is added, or it will break.
4. A perfect flavor balance should include a hint of licorice from the tarragon, a rich flavor from the stock, earthiness from the mushrooms, a subtle tomato taste, the roundness of the butter and finished with the fresh taste of parsley.
5. The chicken may stick to the pan if the skin is not dry or oil is not hot enough.
6. Make sure the potatoes are cooked through and always make extra so you can taste and adjust the seasoning if necessary.

Dessert Crêpes

1. Remember to use the rule of one or three when deciding how to plate your crêpes.
2. If strawberries are used as garnish, it is highly recommended that you incorporate strawberries inside the crêpes.

Final Competition Prep Sheet

Equipment List	Check	Need
Knife Kit: Paring knife, Chef's knife and steel		
Small pot for potatoes to cook and blanch tomatoes		
Sauté pan potato		
Tongs potatoes/chicken		
Containers for prepped vegetables and herbs		
Bowl for pastry cream prep		
Pot for pastry cream		
Whisk for pastry cream		
Bowl for prepped pastry cream		
Bowl for crêpe batter		
Container for prepared crepe batter		
Whisk for crepe batter		
Small spatula for crepes		
Sauté pan crepe- non stick		
Small ladle crepe		
Small sauce pan chocolate		
sauté 8- 10 inch pan for chicken dish		
Pie pan or sizzler platter for chicken		
Cutting board- extra recommended		
Measuring spoons/cups		
* Note: if you wash pots, sauté pans and smallwares, you may need less equipment. This list is an example, you may require additional equipment that is not listed.		
Uniform		
Apron and side towels		
Chef coat- pressed/ clean		
Black or checked pants (NO JEANS)		
Rubber soled shoes		
Ingredients needed to bring		
Double Strength Chicken stock		
Chicken Glace		
*Note: make sure to maintain food safety standards when transporting the stock/glace		
C-CAP Provides		
1 cutting board		
Oven space		
Two burners per competitor		
Tasting spoons/forks		
Plates for presentation		
Paper towels/cheese cloth for cleaning		
All ingredients- except stock and glace		
Plastic wrap		
Plate for prepped crepes		
Garbage bins		

SAMPLE TIMELINE FOR FINAL COMPETITON

Check	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use it.
	Know where the competition is and what time you need to be there.
	Day of Competition
	Arrive early.
	Make sure to have all tools, equipment, uniform.
	Competition
	Set up you will have ten minutes- use them wisely
	Set tools/equipment down.
	Wash hands.
	Make sure all the equipment is at your station.
	Make sure all ingredients are at your station.
	Know where you should put garbage.
	Know where gloves are if you need them.
	Know where the seasoning is- salt, pepper.
	Know where paper towels are if you need to wipe you plate.
	Know what sink you can use for hand washing.
	Know where the pot is for blanching the potatoes.
	Know where you can cook/use the oven/refrigerator if necessary.
	Know where the sanitizer bucket is.
	Put only the equipment you need on your station. Take off anything that is not necessary.
	Start Cooking
	Make pastry cream - taste with a tasting spoon.
	Make crepe batter.
	Wipe down cutting board if necessary and wipe down station with sanitizer.
	Be aware of your space- keep it clutter free.
	Prep fruit/ vegetables- strawberry first, then, shallot, garlic, mushroom etc.
	Tourné potatoes- you should be able to get 4 out of each potato. You should have 3-5 potatoes on each of your finished plates, depending on the size of your tournés.

Above is an example of a timeline. Write and plan your own timeline

