



School of Culinary Arts  
of ECPI University



## **Culinary Competition Series** *Culinary Decathlon for High School Seniors*

**Sunday, March 25, 2012**

Test your skills against the best while competing for scholarships to attend Culinary Institute of Virginia (CIV)! Up to 24 student finalists will have the opportunity to demonstrate their knowledge and techniques in ten different areas.

### **Scholarship Amounts**

Scholarships will be awarded to the top six students as listed below:

<b>PLACE</b>	<b>SCHOLARSHIP</b>
<b>1<sup>st</sup></b>	<b>\$15,000</b>
<b>2<sup>nd</sup></b>	<b>\$12,000</b>
<b>3<sup>rd</sup></b>	<b>\$9,000</b>
<b>4<sup>th</sup></b>	<b>\$7,000</b>
<b>5<sup>th</sup></b>	<b>\$5,000</b>
<b>6<sup>th</sup></b>	<b>\$3,000</b>

Scholarships will be distributed evenly each semester over the length of the program. Students must be enrolled and attending CIV prior to November 30, 2012.

### **Competition Rules**

- 1.** The competition is open to all 2012 graduating high school seniors.
- 2.** Entrants cannot provide any of their own ingredients. All ingredients will be provided by CIV.
- 3.** All listed deadlines are final. No late applications will be accepted.
- 4.** The judging panel's decision is final.

### **Competition Time Line**

#### **Friday, February 24, 2012, 5:00 pm: Student Application Deadline**

- Students may download contest applications from [chefva.com](http://chefva.com), under High School Scholarships.
- Completed applications (including essay) should be emailed to [jmarcus@chefva.com](mailto:jmarcus@chefva.com) or mailed to:  
Culinary Institute of Virginia  
Culinary Decathlon Competition  
2428 Alameda Avenue  
Norfolk, VA 23513
- Early applications are welcomed.

#### **Thursday, March 1, 2012: Competition Finalists Announced**

#### **Sunday, March 25, 8:30 am: Competition Day**

- Arrive by 8:30 am on March 25 for check in
- Competition starts at 9:00 am
- Award ceremony at 2:00 pm

### **Competition Design:**

The culinary skills decathlon will be broken down into three areas:

#### **Written Quiz:**

Each competitor will have 30 minutes to complete a written quiz. Questions will be based on basic culinary and sanitation skills.

#### **Culinary Skills Demonstration:**

Each competitor will produce the following items. Judging will be based on accuracy and consistency:

- Breaking down 2 chickens into legs, thighs, wings and boneless breast
- Producing 1 pint Veloute
- 12 each Brunoise Carrot
- 12 each Julienne Carrot
- 12 each Macedoine Carrot
- 12 each Tourne Potatoes

#### **Presentation of Meal:**

Each student will prepare two portions of chicken for a main course with appropriate accompaniments (vegetable, starch, garnish, sauce). Two plates will be presented, one for tasting, and one for presentation. Judging will be based on:

- Presentation of main course (good visual)
- Overall taste of main dish
- Balance of the meal (well thought-out, portion sizes, and texture)

Students will be provided the following ingredients for use in their *Culinary Skills Demonstration and Presentation of Meal*:

- 2 chickens
- 1 quart of stock
- 4 oz butter
- 5# carrots
- 3# Russet potatoes
- 1# celery
- Unlimited onions
- Unlimited potatoes
- If requested, kitchen par stock is available

Students will have a maximum of 2 hours to complete the *Culinary Skills Demonstration and Presentation of Meal* portions of the competition.

### **Judging Criteria**

The judge's panel will consist of 3 judges. Judging will be based on the following areas:

- ❶ Written exam score.
- ❷ Sanitation and technical skills demonstrated by competitors.
- ❸ Completion and precision of all required products.
- ❹ Flavor, final presentation, and balance of plated meal.