



College of Culinary Arts  
of ECPI University



# Culinary Decathlon Competition Design

**Saturday, February 21<sup>st</sup>, 2015 – Newport News Location**

Newport News City Center, 11850 Merchants Walk, Suite 100 Newport News, VA 23606

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## **Competition Time Line:**

### **Thursday, February 5, 2015: Student Application Deadline**

- Students may download contest applications from [chefva.com](http://chefva.com).
- Completed applications (including essay) should be emailed to [eshapiro@chefva.com](mailto:eshapiro@chefva.com) or mailed to the address located on the application.
- Early applications are welcomed.

### **Saturday, February 21, 2015, 8:00 am: Competition Day**

- Arrive by 8:00 am on February for check in at CIV Newport News Location
- Competition starts at 8:30 am
- Award ceremony at 1:30 pm (subject to change)

## **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 sanitation and basic culinary techniques and skills.

### **Culinary Skills Demonstration:**

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

- Break down 1 chicken
- Produce 1 pint of chicken velouté
- 12 pieces, brunoise carrot
- 12 pieces, macédoine
- carrot
- 6 pieces, tourné potatoes
- 1 orange cut into supremes

### **Presentation of Entrée:**

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

- Presentation (accuracy of cooking techniques and visual appearance)
- Overall taste (seasoned and compatibility of components)
- Balance (portion size of components, varying textures and flavor profiles)



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Students will be provided the following ingredients as well as those listed in the **Equipment and Ingredient List** for use in their *Culinary Skills Demonstration* and *Presentation of entrée*:

- 2 chickens
- 1 quart of chicken stock
- 4 oz. butter
- 5 lbs. carrots
- 3 lbs. russet potatoes
- 1 lb. celery
- 1 orange

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

## **Judging Criteria**

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

- Written exam score.
  - Kitchen sanitation and technical skills demonstrated by competitors.
  - Final presentation, flavor and balance of plated entrée.
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If you have questions, please contact us at:

**Culinary Institute of Virginia**  
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**[chefva.com](http://chefva.com)**