

Culinary Institute of Virginia  
2020 Culinary Decathlon Competition  
Rules and Procedures

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# Culinary Decathlon Table of Contents

## **General**

Purpose of Competition .....	1
Eligibility .....	1
Scholarships Awarded .....	1
Competition Rules and Expectation .....	1

## **Culinary Competition**

Competition Design .....	2
Uniform Knives .....	2
Competition Decathlon Timeline .....	2
Competition Day Outline .....	3
Written Quiz .....	3
Culinary Skills Demonstration .....	3
Knife Skills/Poultry Fabrication .....	3
Knife Skills Portion Rules .....	4
Poultry Fabrication Portion Rules .....	4
Presentation of Entrée .....	4
Judging Criteria .....	5
Penalties .....	5

## **Competition Materials**

Equipment Available for Checkout .....	5
Recommended Knives and Small Wares .....	5
Ingredient List .....	6

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## **Purpose**

The Culinary Decathlon is an exciting annual event where high school seniors can demonstrate their culinary knowledge, skills, and creative abilities while competing for scholarships to attend Culinary Institute of Virginia (CIV).

## **Eligibility**

The competition is open to all 2020 graduating high school seniors who have submitted their Culinary Decathlon Application by the February 28, 2020 deadline. As well as the completion of an Application and Acceptance to CIV, with an expected start date on or before August 31, 2020.

## **Scholarship Awards**

Scholarships will be awarded to the top five students as listed below. Scholarship awards will be distributed evenly each semester over the length of the program. Scholarship awards can be applied only toward tuition and fees. Students must be enrolled and attending CIV on or before August 31, 2020.

<b>PLACE</b>	<b>SCHOLARSHIP</b>
<b>1st</b>	<b>\$10,000</b>
<b>2nd</b>	<b>\$7,000</b>
<b>3rd</b>	<b>\$5,000</b>
<b>4th</b>	<b>\$2,000</b>
<b>5th</b>	<b>\$1,000</b>

## **Competition Rules and Expectations**

- All ingredients will be provided by CIV. Competitors cannot provide any of their own ingredients.
- All listed deadlines are final. No late applications will be accepted.
- The judging panel's decision is final.
- Competitors are expected to be on time and prepared for the day of competition.
- Competitors should demonstrate professionalism to judges and other competitors at all times.
- Competitors are expected to handle and care for all equipment used.
- Competitors are not allowed to use electronic devices in the kitchen.

## Competition Design

The competitors in the culinary decathlon will be evaluated in 10 different areas broken down into three (3) categories. These categories are:

1. Written Quiz
2. Demonstration of Culinary Skills
3. Presentation of Entrée

## Uniform and Knives

- Competitors must wear kitchen appropriate clothing. Students are required to wear a chef's coat along with non-porous, closed toe, non-slip, hard sole black shoes. While not required, students should consider wearing checkered or black pants.
- A hair restraint such as a chef's hat, ball cap or hair net must be provided and worn at all times while in the kitchens.
- Personal jewelry such as rings and earrings should not be worn during competition.
- Competitors must provide their own knives. If competitors cannot provide their own knives, please contact your CIV advisor to make arrangements in advance.
- The school will provide aprons at registration.

## Culinary Decathlon Timeline

### **Boot Camp Saturday, February 8, 2020, 10:00 am:**

- Chef demonstrations of knife cuts, chicken fabrication and sauce velouté'
- Competitors will practice knife cuts and poultry fabrication.
  1. Parent Breakout Sessions on Admissions, Financial Assistance & Career Services

### **Student Application Deadline, Friday, February 28, 2020, 5:00 pm**

- Students may download contest applications from [www.chefva.com](http://www.chefva.com).
- Completed applications (including essay) should be emailed to [Abattle@degree.chefva.com](mailto:Abattle@degree.chefva.com) or mailed to 2428 Alameda Ave. #106, Norfolk, VA 23513.
- Early applications are welcomed.

### **Requisition Deadline, Friday, March 6, 2020, 5:00 pm:**

- Completed requisitions should be emailed to [Abattle@degree.chefva.com](mailto:Abattle@degree.chefva.com) or mailed to 2428 Alameda Ave. #106, Norfolk, VA 23513.
- Amounts by weight MUST be noted.

### **Competition Day Saturday, March 21, 2020, 8:00 am:**

- Arrive no later than 8:00 am on March 21<sup>th</sup> for check in at CIV Norfolk campus.
- Competition starts at 8:30 am.
- Award ceremony starts at 1:30 pm (subject to change).

## Competition Day Outline

- Written Quiz (15 minutes)
- Station Set-up (15 minutes)
- Culinary Skills Demonstration (2 hours)
- Station Clean-up (30 minutes)
- Judge's Tasting and Presentation of Entrée Critique (30 minutes)
- Award Ceremony and Dismissal (30 minutes)

## Written Quiz

- Each competitor will have 15 minutes to complete a written quiz. Questions will be based on sanitation and basic culinary techniques and skills.
- Please request a study guide from your CIV advisor.

## Culinary Skills/Knife Skills/Poultry Fabrication

- Each competitor will have two (2) hours to complete the culinary skills demonstration portion of the competition.
- Each competitor will be provided the following list of ingredients to complete the culinary skills portion of the competition:
  1. 1 whole chicken
  2. 1 pt. of chicken stock
  3. 4 oz. butter
  4. 4 oz. flour
  5. 1 lbs. carrots
  6. 1 lbs. russet potatoes
  7. 1 orange
  8. Access to common dried herbs and spices used by CIV students

Note: If you will need additional amounts of any of the previous ingredients please add them to your requisition request
- Each competitor will produce the following to complete the knife skills and poultry fabrication portions of the competition:
  1. 1 fabricated chicken (8 way, **note**; airline breasts are allowed)
  2. 1 pt. of chicken velouté
  3. 12 pieces of brunoise carrots
  4. 12 pieces of small dice carrots
  5. 6 pieces of tourne' potatoes
  6. 1 orange cut into supremes.
- The velouté, knife cuts, and processed chicken will be evaluated as they are completed. Competitors will then be allowed to set-up for preparation of their entrées.

## Knife Skills Portion Rules

1. Competitors will produce the knife cuts listed below (with corresponding dimensions) for competition.
  - a. Brunoise: Cube shaped  $1/8'' \times 1/8'' \times 1/8''$
  - b. Small Dice: Cube shaped  $1/4'' \times 1/4'' \times 1/4''$
  - c. Tourne': Football shaped,  $3/4''$  diameter,  $2''$  long, seven equal sides and flat ended
  - d. Supremes
2. The knife skill portion of the competition will be evaluated after all the cuts are completed. These knife cuts may be incorporated into the student's final dish/presentation during meal production.

## Poultry Fabrication Portion Rules

1. Each competitor will fabricate one (1) whole chicken into 8 pieces not including carcass: two (2) boneless breast halves, two (2) boneless thighs, two (2) drumsticks, two (2) wings. Airline breast will be allowed as an optional cut.
2. Competitor may use part or all of the fabricated chicken in their presentation of entrée.
3. At the completion of fabrication, each competitor's chicken is to be displayed on their cutting board with all waste and the carcass. There is to be no combining of the waste or cuts until all judging of the fabrication is declared complete by the judges.
4. The fabricated chicken will be judged on skill and technique, not on level of difficulty.
5. Sanitation and safety will be observed and evaluated.

## Presentation of Entrée

1. During the competition, the final presentation of entrée plates must be completed within a two (2) hour time period that includes plating. The competitor is considered done when both plates are removed from their workstation for evaluation. Competitors cannot pick up their plate and bring it back to the kitchen after the plate has been put on the display table for judging.
2. Each competitor will prepare the chicken for a main course with appropriate accompaniments (vegetable, starch, sauce and garnish). Two (2) identical plates will be presented, one (1) for tasting and one (1) for presentation. Judging will be based on the entrées:
  - a. Presentation (accuracy of cooking techniques and visual appearance)
  - b. Overall taste (seasoned and compatibility of components)
  - c. Balance (portion size of components, varying textures and flavor profiles)
3. Competitors will return to their station to complete station clean-up.

## Judging Criteria

The judge's panel will consist of three (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

## Penalties

- Competitor leaves his or her station in an unsanitary manner.
- Competitor does not complete presentation of entrée within allotted time.
- Competitor does not produce two (2) identical plates.
- Competitor removes plate from display table.

## Equipment Available for Checkout

The following equipment is available by request and is to be shared amongst all competitors.

- 4.5 qt. Mixer
- Cast Iron Griddle
- Chinois
- Fluted Ring Cutters
- Food Mill
- Food Processor
- Jaccard Tenderizer
- Meat Mallet
- Pasta Machine
- Pepper Mill
- Portion Scoops
- Ricer
- Ring Cutter
- Spice Grinder
- Spiral Cutter
- Stick Blender
- Toaster
- Waffle Iron

## Recommended Knives/Small Wares to Bring

The knives and tools you bring will be decided on by your entrée, these are suggestions based on common methods of preparation. You may bring knives and small wares not on this list.

- Boning Knife
- French Knife (Chef Knife)
- Metal Spatula
- Paring Knife
- Rubber Spatula
- Thermometer
- Tongs
- Vegetable Peeler
- Whisk

## Ingredient List

The following ingredients will be provided by CIV.

**Please note that common dried herbs and spices will be available in each kitchen.**

### Bases

- Beef
- Chicken
- Demi

### Dairy

- Cheddar Cheese
- Heavy Cream
- Large Eggs
- Parmesan Cheese
- Plain Yogurt
- Sour Cream
- Swiss Cheese
- Unsalted Butter
- Whole Milk

### Fresh Herbs

- Chive
- Cilantro
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Sweet Basil
- Thyme

### Dry Goods

- All Purpose Flour
- Arborio
- Baguette
- Barley
- Converted rice
- Cornmeal
- Cornstarch
- Couscous
- Dijon Mustard
- Extra Virgin Olive Oil
- Granulated Sugar
- Light Brown Sugar
- Panko
- Plain Breadcrumbs
- Rice Vinegar
- Soy Oil
- Tomato Paste
- Vinegars: cider, red, white
- Worcestershire Sauce

### Fruit

- Blueberries
- Granny Smith Apples
- Lemons
- Limes
- Oranges
- Strawberries

### Produce

- Baking Potatoes
- Button Mushrooms
- Carrots
- Celery
- Fresh Ginger
- Globe Tomato
- Green Pepper
- Leaf Spinach
- Parsnips
- Plum Tomatoes
- Portabella Mushrooms
- Red Bliss Potatoes
- Red Peppers
- Romaine Lettuce
- Shallots
- Shitake Mushrooms
- Spanish Onions
- White Turnips
- Whole Garlic
- Yellow Squash
- Zucchini Squash