

Food Production: Relish Tray

Food Production: Relish Tray, an individual event, recognizes participants who demonstrate knife skills by completing a variety of classical knife cuts; along with designing and producing an interesting, attractive and edible food tray for a buffet.

EVENT CATEGORIES

Event # 3: Senior: grades 9 – 12

Event # 4: Occupational: grades 10 – 12

See page 3 of the Event Instructions & Policies document for more information on event categories.

ELIGIBILITY

Participation is open to any state/nationally affiliated FCCLA chapter member.

The Relish Tray project must have been evaluated at the Section/District level prior to March 1 to be eligible for the State Competition.

PROCEDURES & TIME REQUIREMENTS

Each entry will be numbered. Areas on the competition tables will be numbered prior to the beginning of the event. Each participant must report to the specific area for the demonstration and judging.

Event number 3 and 4 will be judged independently.

Participants will report to the designated location at the specified time with all equipment, supplies and wearing appropriate, clean attire.

PROCEDURES & TIME REQUIREMENTS

Participants will be given **60 minutes** to prepare their work area, demonstrate the required knife cuts, complete the food tray and clean up the assigned area. *During the first 10 minutes of the competition, participants will be asked to provide examples of the 3 designated knife cuts as announced by the Event Coordinator. A ten and two minute warning will be given by the Event Coordinator. All work will stop at the end of 60 minutes.*

Principles of food sanitation should be followed by the participant including the utensils used and the work area.

Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, use of equipment, product presentation, appearance and creativity.

Evaluators will be given time to ask questions of the participant on:

- * display
- * setup
- * preparation techniques
- * organization & production
- * cost of materials
- * others related to production of tray

The total time required for this event is approximately 1 hour.

Spectators may observe this event if space permits.

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GENERAL INFORMATION

The participant must bring all necessary food, cutting boards, tools, and equipment.

Pre-wash fruits or vegetables but do **NOT** cut, peel, or prepare them in any way. No water or electricity will be available.

All participants must wait to begin the demonstration. The Event Coordinator will signal the participants when they may begin.

Manuals and/or books will **NOT** be permitted in the work area during the competition. Participants may use 4"x6" index cards for notes and personally drawn sketches.

Professional dress is set by acceptable culinary kitchen industry standards and **MUST** be followed by participants.

The participant must wear the following:

- * food grade disposable gloves
- * black & white check industry pants, commercial uniform, **or** black pants (no leggings or yoga pants)
- * chef coat and apron
- * chef hat or hairnet
- * kitchen shoes with closed-toe, low heel, with non-slip soles & sealed non-melting uppers, and socks must be worn

Participants should be prepared to demonstrate the following knife cuts:

- * Paysanne-Roundelle 1/8"
- * Mince
- * Brunoise 1/8" cube
- * Small Dice 1/4"
- * Medium Dice 1/2"
- * Large Dice 3/4"
- * Julienne 1/8"
- * Batonnet 2" long 1/4" x 1/4"

Senior category participants will need to be prepared to demonstrate Mince, Dice and Julienne cuts. Occupational category

participants will need to be prepared to demonstrate any of the above cuts.

Food products on the tray are to be edible and attractive using the following foods:

Participant may choose either a fruit or vegetable tray.

Greens may be used as a garnish on the fruit or vegetable tray. ***No seafood, egg, caviar, meat or poultry*** may be used in either event. Cheese or a dip is acceptable in both events (*no egg, seafood, caviar, meat or poultry*). Dips may be prepared in advance.

At least 3/4 of the items on the tray (except greens) ***should be ready to be eaten*** by guests at an informal gathering.

Large garnishes which are not readily eaten in 2-3 bites, such as apple birds, onion chrysanthemums, etc. do not meet the *ready to eat* criteria. These must take up *no more than 1/4 the total surface of the food tray*.

Outer covering of foods (skin, rind, shells, etc.) may be used to contain food or dips. These covering containers are **NOT** included in the 3/4 to 1/4 criterion.

Platter or tray used for display may be a ***12" x 18" rectangular or 16" round***.

Displays on larger trays will be disqualified. ***No other type of container is allowed***, even for the dip. Placemats and other décor **may NOT** be used.

All items used on the food tray must be prepared during the demonstration. Dips may be prepared in advance. Items must be cleaned in advance but **NOT** ***cut, peeled or prepared in any manner*** prior to the beginning of the event.

Nothing artificial may be placed within the display. All parts of vegetables or fruits may be used. Toothpicks and wooden skewers may be used.