

## ***Food Production: Salads***

***Food Production: Salads***, an individual event, recognizes participants who demonstrate knife skills by completing a variety of classical knife cuts; produce an interesting and attractive accompaniment salad; and create a menu that includes a separate salad course.

### **EVENT CATEGORIES**

**Event # 5: Senior: grades 9 – 12**

**Event # 6: 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 Salad 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 5 and 6 will be judged independently.

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

### **PROCEDURES & TIME REQUIREMENTS**

Participants will be given **45 minutes** to prepare their work area, demonstrate the required knife cuts, complete the salad & display, 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 45 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 the salad and items on the menu

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

Spectators may observe this event if space permits.

## ***Food Production: Salads***

### **GENERAL INFORMATION**

The participant must bring all necessary food, cutting boards, tools, and equipment. Damp towels, Wet Naps, small garbage container, and sanitizer may be used. Sanitizer may not be kept on the table with the food.

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

**Allowed Preparation in Advance:** You may use precooked:

- \* meat
- \* egg
- \* vegetables

Do **NOT** slice or cut meat, cheese or egg. Do **NOT** peel egg before the event begins. Canned or roasted vegetables may be used.

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.

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
- \* closed-toe, low heel, kitchen shoes 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.*

The dinner menu must be printed or typed on the plain side of a 4"x6" index card or card stock. The participant must plan a menu which includes the following:

- Salad Course
- Main Entrée
- Starch
- Vegetable
- Bread
- Dessert
- Beverage

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The salad must include all four basic parts of a salad:

**Base:** *such as* curly endive, leaf lettuce, etc.

**Body:** *such as* fruits, vegetables, or starch

**Dressing:** *such as* mayonnaise base, vinaigrette, etc. (may be prepared prior to the event)

**Garnish:** *such as* radish rose, shredded cheese, bacon bits, etc. All parts of the salad must be edible.

Type or print one copy of the salad and dressing recipes on 4"x6" index cards or cardstock. The cards with the menu, salad recipe and dressing recipe must be placed above the placemat on the table display.

### **GENERAL INFORMATION**

The salad must be served on a salad plate/bowl no larger than 10" wide for round or square plates and 8"x12" for rectangular plates.

After preparation of the salad, sanitize the work area of the table. Set the table with one individual place setting. ***The display area may not exceed 20"x20".***

The display should include:

- \* Placemat
- \* Salad on plate/bowl (sizes specified above)
- \* Folded napkin
- \* Flatware for the menu plan (knives, forks, spoons, etc.)
- \* Beverage glass

***Do NOT display cups or any other items such as salt & pepper or centerpiece.***

***No alcoholic related items are to be used in the display.***