



# UI CALS Days – FCS Track

## Culinary Knife Skills

**Culinary Knife Skills**, an individual event, will showcase the best of participants’ culinary knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

**EVENT GRADE LEVEL:** grades 9-12

### GENERAL INFORMATION

Participants are students who are currently or have been enrolled in a Family and Consumer Sciences program. This is a skill development contest sponsored by the School of Family and Consumer Sciences, University of Idaho. Participants will draw on their family and consumer sciences experiences. This contest is reflective of the FCCLA Culinary Knife Skills STAR Event and the Knife Skills IDAHO Event, but has been adapted to meet the CALS Days experience.

### CONTEST INFORMATION

1. Participants must prepare their knife cuts entry in a classroom, kitchen, or other space using approximately 6’ of work space.
2. Entries will be scored by industry standards and participants must follow proper sanitation procedures. (Dimensions are based on the basic classical knife cuts described in American Culinary Federation (ACF) published guidelines.)

### SAFETY AND APPEARANCE

Clean and appropriate uniform including *professional* chef attire (chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Safety and Sanitation	Keep work area clean and organized, and demonstrate appropriate safety and sanitation procedures according to industry standards.

### PROCEDURES AND TIME REQUIREMENTS

1. Participants will bring all necessary tools and equipment for this event, as listed in event specifications. Additional items are not allowed.
2. Participants will report to the designated room at the specified time with all required equipment and wearing appropriate, clean attire. Ten minutes will be scheduled for equipment inventory check.
3. Participants will be assigned a work station and will have 5 minutes to set up the work station, 30 minutes to produce and arrange each of the knife cuts, and 5 minutes to clean the work area.
4. Evaluators will be given the 5 minutes during clean-up time and 10 additional minutes to complete the scoring.
5. Total event time per rotation is 60 minutes.
6. Entries will be scored by industry standards and participants must follow proper sanitation procedures.

General Information									
Individual or Team Event	Prepare Ahead of Time	Equipment Provided	Electrical Access	Participant Set Up/ Prep Time	Event Chair & Evaluator Review Times	Production/ Clean-up	Evaluator Interview Time	Evaluator Scoring Time	Total Event Time
Individual	Equipment	Table	Not Provided	5 minutes	10 minutes equipment inventory check	30 minutes to produce cuts, 5 minutes clean-up		15 minutes	60 minutes

Presentation Elements Allowed									
Audio	Costumes	Easel	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire								

### KNIFE CUTS AND PRESENTATION

Participants will demonstrate industry standards in use of equipment, tools, and techniques. The participant will present all food items for evaluation of appearance and waste at the end of the competition. There will be no extra time allowed to complete preparation or presentation. All work must stop at the time limit. Evaluation will be based on industry standards.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed during production. Only the following tools are allowed: <ul style="list-style-type: none"> <li>• Vegetable peeler</li> <li>• Paring knife</li> <li>• 8" or 10" French knife</li> <li>• Cutting board and mat</li> <li>• Parchment paper and pen</li> <li>• Prepared sanitizer</li> <li>• Towels</li> <li>• Gloves</li> <li>• ½ Sheet pan</li> <li>• Small compost/waste bucket or bowl</li> </ul>
Food Product	Participants must use one each of each of the following vegetables: carrot and potato. No substitutions are allowed. All items must be uncut, whole, and unpeeled. No pre-processed items are allowed.
Time Management/Scraps and Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.
Knife Cuts	A total of six (6) uniform and appropriate pieces are cut from the vegetables as indicated below to demonstrate the following knife cuts: <ol style="list-style-type: none"> <li>1. Fine Brunoise (carrot)</li> <li>2. Small Dice (potato)</li> <li>3. Large Dice (potato)</li> <li>4. Julienne (carrot)</li> <li>5. Paysanne (carrot)</li> <li>6. Rondelle (carrot)</li> </ol> <p>Dimensions are based on the basic classical knife cuts described in American Culinary Federation (ACF) published guidelines. Knife cuts will be displayed on one (1) 1/2 sheet pan, and all cuts will be identified using the pen and parchment paper.</p>
Overall Product Appearance and Presentation	Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship.

# CULINARY KNIFE SKILLS

## Rubric

Name of Participant \_\_\_\_\_

School \_\_\_\_\_ Team# \_\_\_\_\_ Station# \_\_\_\_\_ Grade \_\_\_\_\_

SAFETY AND APPEARANCE					Points
<b>Clothing and Appearance</b> 0-5 points	<b>0-1</b> Non-professional appearance, attire and/or grooming	<b>2-3</b> Neat appearance, attire and grooming, but lacks professionalism	<b>4-5</b> Professional appearance, attire and grooming		
<b>Safety and Sanitation</b> 0-5 points	<b>0-1</b> Disregard of safety and sanitation practices, creating unsafe situation during preparation	<b>2-3</b> Shows minimal safety and sanitation concerns during preparation	<b>4-5</b> Follows all safety and sanitation practices		
FOOD PRODUCTION					
<b>Equipment, Tools, and Techniques</b> 0-5 points	<b>0-1</b> Selection and usage of tools/equipment lacks understanding and demonstration of skills	<b>2-3</b> Selection and usage of tools/equipment occasionally lacks appropriate industry techniques	<b>4-5</b> Selects and uses all tools and equipment correctly		
<b>Mise en place, Time Management Scraps and Waste</b> 0-5 points	<b>0-1</b> Did not manage time or utilize mise en place to complete each task, excessive waste	<b>2-3</b> Managed time and mise en place to complete most tasks on time, some waste	<b>4-5</b> Utilized time and mise en place to complete each task on time, minimum waste		
KNIFE SKILLS/FOOD PRESENTATION					
<b>Knife Cut: Fine Brunoise</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	
<b>Knife Cut: Small Dice</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	
<b>Knife Cut: Large Dice</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	
<b>Knife Cut: Julienne</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	
<b>Knife Cut: Paysanne</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	
<b>Knife Cut: Rondelle</b> 0-6 points	<b>0-1</b> Incorrect cut or not uniform in size or shape	<b>2-3</b> Correct but pieces inconsistent in size and shape	<b>4-5</b> Correct cut, nearly all consistent in size and shape	<b>5-6</b> Correct cut, identical in size and shape	

**Evaluator's Comments:**

**TOTAL**  
(56 points possible)

Evaluator # \_\_\_\_\_  
Evaluation Initial \_\_\_\_\_  
Event Chair Initial \_\_\_\_\_