



C-CAP College Scholarship Cooking Competition Guide 2023-2024

A Guide for Participating C-CAP Teachers



**Arizona | Chicago | D. C. Region
| Los Angeles | New York | Philadelphia**

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Introduction: A Guide for C-CAP Participating Teachers

We are excited that your culinary students are considering applying for the 2024 C-CAP College Scholarship Cooking Competition. The competition process is a rewarding endeavor for a student who has decided to pursue postsecondary education, majoring in culinary, pastry, hospitality, or any other post-secondary studies. The rigors, discipline, and commitment required of students is demanding if they choose this competition as a source to possibly earn scholarships. It is a cooking competition – scoring is based on merit and performance. However, determining who is awarded a scholarship includes the strength of the student interview, essay, college choices; as well as giving weight to financial need.

Students will be asked to prepare and upload the following documents when submitting their online application. These documents need to be saved in the required format to be uploaded:

1. Student's top choices of colleges; a list of colleges they have already applied to; and list the C-CAP institutional scholarships that they want to be considered for. They must meet the eligibility requirements.
2. Resume OR list of work experiences and extracurricular activities.
3. Student essay: "Start with Why."
4. Professional Letter of Recommendation (on letterhead).
5. High School Transcript (does not have to be official).
6. Students are also required to complete FAFSA if they move on to the final competition.

Teachers play a crucial role in communicating the process and deadlines AND in identifying students who will benefit from the competition. **C-CAP must receive a Culinary Teacher Evaluation Form for every student you recommend by the deadline.** Without your evaluation, a student's application will not be complete, and therefore, will not be considered eligible to compete.

For high school students, planning how to pay for college is a daunting task. Fortunately, scholarships for aspiring college students are widely available, ranging from small cash awards to full-tuition institutional scholarships. Competitors have a chance to earn a post-secondary institutional and/or cash scholarship from C-CAP, pending any specific scholarship eligibility requirement(s).

Please note that not all competitors will be awarded scholarships. Those who do not pass the preliminaries will not move to the finals. However, competitors could be offered some exceptional paid career apprenticeships with stellar local companies. Junior competitors should be informed that scholarships are reserved for seniors. C-CAP reserves the right to award scholarships as deemed appropriate.

Post-Secondary Institutional Scholarships – come directly to C-CAP from the donating school. Scholarship values range from partial-tuition to full-tuition. C-CAP has National Postsecondary Institutional Scholarships that are shared across all C-CAP locations. C-CAP competitors from all locations may compete for the national scholarships. We also have local postsecondary institutional scholarships that are only available to the competitors in that location. The C-CAP Scholarship list will be distributed by your local C-CAP office.

C-CAP Cash Scholarships – can be used towards culinary, pastry, nutrition, hospitality, or any general qualified education expense at the school of the recipient's choice. The smallest cash award is generally \$1,000.

Should you or your students have any questions regarding the application or competition process, please reach out to your local C-CAP Director and/or Coordinator.

C-CAP College Scholarship Cooking Competition Overview

Purpose

C-CAP views the purpose of the competition as:

1. A means to help students reach their education and career goals by providing financial assistance to attend a postsecondary institution that is aligned with their choice.
2. A “carrot” to motivate students to practice and develop the basic culinary techniques and life skills they need to succeed in college and in the food-service industry.

You, the teacher, play an essential role by assisting with college research and preparation, having discussions with parents/guardians on paying for college, exploring different financial assistance and scholarship opportunities, and training your students for competition.

Application Process

As a C-CAP culinary teacher, you are responsible for:

- **Discussing** scholarships. Participation in C-CAP College Scholarship Cooking Competition is just one means to seek a scholarship, and students should understand that not every competitor is certain to receive a scholarship.
- **Identifying** culinary students who wish to attend post-secondary institutions.
- **Completing** the Culinary Teacher Evaluation Form for each student applicant, confirming that you are willing to train students.

Juniors and seniors who wish to compete must submit their Competition Application forms online and upload all required documents by the set deadline in its entirety. The application is digital and requires internet access. C-CAP reserves the right to not accept applications that are late, incomplete, or missing supporting documents.

Each applicant must submit one (1) complete application, and the additional documents required online. The application and instructions will be made available before the C-CAP College Scholarship Cooking Competition Information Sessions. It is mandatory for any student planning to apply for the competition to attend an information session. Local staff will distribute information about the sessions.

Selection Process

Acceptance into the Competition:

Applicants are chosen by the local C-CAP office based on the following criteria:

- **Competition Application** – Must be complete with all required documents and on time.
- **Intent** to pursue post-secondary education in culinary or hospitality or any study of their choice after graduation.
- **Attendance** at the mandatory C-CAP Competition Information Session.
- **Interview** – To learn students’ post-graduation goals and plans.
- **Professional Skills** – includes attendance, communication, attitude, ability to meet deadlines, and follow instructions.

Senior Competitor Requirements

Free Application for Federal Student Aid (FAFSA)

All senior C-CAP competitors are required to apply for the *Free Application for Federal Student Aid (FAFSA)*. Special circumstances are reviewed by C-CAP on a case-by-case basis and should be brought to C-CAP’s attention as soon as possible.

Senior Finalist Scholarship Consideration Packet – Senior competitors, selected as finalists, are required to submit a completed Senior Finalist Scholarship Consideration Packet with accompanying paperwork no later than the determined deadline to C-CAP to be able to compete.

Scholarship & Awards Matching Criteria

Senior competitors are eligible for scholarship awards based on the following considerations:

- **Application** – information form, resume/experience, essay, letter of recommendation, and the Culinary Arts Teacher Evaluation Form.
- **Performance** – technical skills and performance at competition, based on scoring determined by judges.
- **Scholarship Eligibility Requirements** – Some scholarships have additional eligibility requirements (i.e., GPA requirements) set by the donor or college; these are available from your local C-CAP office. *Students must have applied to colleges to be eligible for consideration for institutional scholarships.*
- **Interview** – to learn students' post-graduation goals and plans will be held as part of an ongoing conversation between C-CAP and each competitor. Competitors will be asked to meet in person, or by videoconference, or over the phone.
- **Need** – Determined by the Expected Family Contribution (EFC) reported on the FAFSA Student Aid Report (SAR).
- **Senior Finalist Scholarship Consideration Packet** – Includes completed information form, list of post-secondary schools applied, and scholarships to be considered, current high school transcript, FAFSA Student Aid Report, college admission test scores (where applicable), and all financial aid packages received from post-secondary schools. C-CAP reserves the right to ask for an official transcript, if needed.
- **Applicant's Preferences** – C-CAP will not match or consider students for post-secondary scholarships for which they have not applied or indicated preference to the post-secondary school.
- **Professional Skills** – includes attendance, communication, attitude, ability to meet deadlines, and follow instructions.

Competition Overview

- Your local C-CAP office will notify you and your students (juniors and seniors) whether or not the student has been accepted into the C-CAP College Scholarship Cooking Competition: Preliminary and/or Finals.
- Competition Recipes and Judging Criteria are provided in this guide to assist you. A separate recipe book will also be provided that only has the recipes.
- Student competitors are required to attend all mandatory events associated with Competition to be eligible to compete. C-CAP and/or teachers have the right to remove students from competition if they do not meet these requirements.

Scholarship Awards

- Your local C-CAP will provide you and your students with a list of potential C-CAP postsecondary institutional scholarships at our Competition Information Session. The list of scholarships will be updated and distributed as C-CAP secures agreement from our institutional partners throughout competition season.
- Some scholarships have additional eligibility requirements (i.e., GPA or SAT/ACT requirements) set by the donor or college; these can be found on the C-CAP postsecondary institutional scholarship list. Some scholarships have terms stipulated by the college such as start dates; please be certain that you are looking at a current list.
- C-CAP reserves the right to award scholarships as deemed appropriate. C-CAP will not match students with postsecondary institutional scholarships for which they have not already applied to the post-secondary school (degree programs only) and indicated a preference on the Senior Finalist Scholarship Consideration Packet.

- Competitors will be notified by C-CAP of any scholarship or award they have been granted on a designated date in April 2024. Students will be given a scholarship contract that must be returned to C-CAP by a given deadline, or risk forfeiting the scholarship award.
- For cash scholarships under \$10,000, the recipient will open and own a T. Rowe Price 529 College-Savings Account so that they control and invest their cash award to use for any qualifying higher-education expense. For those under 18 or without social security numbers, C-CAP will provide further information.

Frequently Asked Questions about Competition

1) What are the changes to the recipe competition for 2023-2024?

In order to maintain industry standards, reduce food waste, and reflect current palates, we've made the following changes:

1. Follow the salad recipe as written.
2. **Please Note:** 2-3 teaspoons for vinaigrette-no cheesecloth-not whisking on ice-adding towel ring, omit cilantro garnish.
3. Two egg omelet w/ 6" non-stick pan.
4. Preliminary competitors will present one omelet for judging - judges will evaluate both presentation and taste.
5. Changed the chicken dish to "Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique".
6. Composting food waste is optional.

2) Why are the students required to make a French omelet for the Competition?

Richard Grausman (RG): The French omelet requires several skills to execute the dish well. It takes practice, coordination, attention to detail, and speed to be made correctly. Being able to make a French omelet well, shows a student's potential to learn more complicated techniques.

3) Why are the students required to show a variety of vegetable cuts in the Competition?

RG: Knife skills are one of the most important skills for success in the industry. It takes a great deal of practice to be able to safely handle a knife with speed and confidence. If a student is comfortable and works safely with a knife, it shows that the student has repeated the skill many times to perfect it; this is a key skill to master for the industry.

4) Why are the students required to memorize the recipes?

RG: Memorizing recipes gives students confidence, allows them to perform quickly, and forces them to focus on the process and techniques, rather than individual steps and ingredients. In addition, the repetition necessary to memorize gives students familiarity and confidence, both of which are important to exhibit to the judges. Memorization is also a process of learning that students can show they have mastered. Finally, reading recipes while preparing dishes is not the professional industry standard and notes and recipes are not allowed in the competition.

C-CAP College Scholarship Cooking Competition

PRELIMINARY COMPETITION DETAILS

Students will be asked to:

- Execute one French Rolled Omelet, one C-CAP Classic Salad and knife skills within a 1-hour time limit.
- Inability to complete and plate required dishes, will be scored as incomplete.
- Execute recipes from memory; notes are not permitted.
- Clean their work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques that are listed in the recipes.
- Execution, preparation, taste and appearance of fully completed recipes.
- Knowledge and practice of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization, workflow, timing, and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.

Please refer to the C-CAP Preliminary Judging Criteria for further details.

Dress Code:

- Clean and pressed chef jacket (in certain locations, C-CAP may provide)
- Chef pants or black pants
- Apron and side towels
- Slip-resistant, closed-toe, kitchen appropriate shoes – preferably black
- Pillbox hat, white chef toque, or hat provided (in certain locations, C-CAP may provide)
- Neat hair, pulled back if it is long
- Minimal makeup, jewelry, and short, clean nails – no artificial nails or nail polish

What do Competitors bring to the Competition:

Refer to the [Competition Equipment List](#).

C-CAP Preliminary Competition Judging Criteria

The information below is what we give to the judges before the competition. Please review this material to be aware of what the judges are looking for as they observe the competitors.

Safety / Sanitation / Food Handling

1. Is the competitor washing his/her hands and using proper glove usage techniques?
2. Are gloves being used and discarded appropriately?
3. Are ingredients being handled properly?
4. Did the competitor anchor their cutting board?
5. Are cutting boards kept scrupulously clean to avoid possible cross-contamination?
6. Is the table free from excess clutter and debris?
7. Does the competitor communicate and practice safe communication with a hot pan or knife when near other competitors? For example, “hot pan behind you.”
8. Are side towels used correctly? For example, are side towels left on the cutting board, kept on the body, or neatly folded off the station?

Knife Skills / Uniformity / Accuracy of Cuts (example: knife cut exercise and preparation of salad)

1. Is the correct knife being used for the assigned task?
2. Are proper cutting motions evident? Is the knife held correctly? Is the guiding hand and claw being used?
3. Are the correct knife cut sizes presented as instructed in the recipe?
4. Are the knife cuts consistent in size and shape?
5. Are the correct knife cut sizes presented as instructed?

Technique

1. Is the competitor selecting and using the right tool for the task?
2. Is the proper technique cited to execute omelet adhered to? For example, did the competitor use appropriate heat, and speed to agitate eggs?
3. Is there evidence of proper technique to execute tasks? For example, did the student whisk Dijon mustard with vinegar to create proper emulsification for vinaigrette?
4. Is there evidence of using proper cooking techniques and skills?

Workflow / Organization

1. Is there a logical progression of jobs in an organized manner?
2. Is mise en place assembled correctly?
3. Are items properly timed?
4. Is the workspace kept clear of non-essentials? Is the set-up of the workspace sensible?
5. Does the competitor work systematically, on one job at a time?
6. Are the tools, knives, garbage, edible waste and equipment storage well-organized?

Timing / Speed

1. Does the competitor finish and present all required plates within the allotted time?
2. Did the competitor execute steps with a sense of urgency?
3. Did the competitor set a tempo for themselves and maintain it throughout the competition?

Omelet Presentation

1. Is there evidence of using proper cooking techniques and skills as cited in the recipe? For example, the omelet should have no browning color; it should be smooth and not wrinkly.
2. Is it presented appropriately and pleasing to the eye?
3. Is the omelet cooked to the correct doneness? Omelet should be moist and creamy.
4. Is the presentation plate clean without smudging or debris?

Omelet Taste

1. Is the omelet properly presented with the correct doneness?
2. Does the dish have the correct flavor, taste, and texture?

Salad Presentation

1. Is there evidence of using proper techniques and skills?
2. Is it presented appropriately composed and pleasing to the eye? Is the plate clean?
3. Do the cucumber slices appear even? Are the cuts uniform and accurate in size?
4. Is there excess pooling of vinaigrette on the plate? Is the vinaigrette the right consistency?
5. Does the salad stay molded and standing?

Salad Taste

1. Is there a balance of flavor in the vinaigrette, not too salty, oily, etc.?
2. Is the dressing the right consistency? Is it too thick or thin?
3. Does the dish portray a high level of skill and exactness?

Industry Work-ready Potential

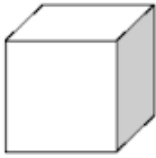
This is an assessment of how well a competitor would do entering work as a food professional or attending culinary school. Judge on the scale of proficiency or readiness to enter the workplace.

Regarding Glove Usage

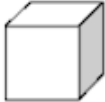
Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then use utensils or gloves to create a barrier between ready-to-eat food and your hands. Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment. Hand washing is the most critical aspect of personal hygiene.

C-CAP Competition Knife Cuts

Knife Cuts – These classic knife cuts will now be included in the preliminary competition – displayed for the judges on a plate.



Large Dice – 3/4" x 3/4" x 3/4"



Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"



Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"



Julienne – 1/8" x 1/8" x 2"



Fine Julienne – 1/16" x 1/16" x 2"



From Bâtonnet we get Small Dice

From Julienne we get Brunoise

From Fine Julienne we get Fine Brunoise *not shown



Tourné (tumed) – 7 Sides – 3/4" width x 2" length

Preliminary Competition Recipes:

1. The C-CAP Classic Salad
2. French Omelet

The C-CAP Classic Salad

Tomato, Cucumber & Bell Pepper Salad

Description:

This is the salad that every C-CAP student prepares for the annual scholarship competition. It's a test of their knife skills, tomato concasse, emulsification, seasoning ability, organization, food safety and ability to work under pressure.

By Richard Grausman

Founder, C-CAP



Yield: 1 Salad

Servings: 1

Total Time: 30 Minutes

Key Techniques to Master:

Organization skills/mise en place/prep

Recipe memorization

Food safety practices

Time management

Knife skills

Tomato concasse

Emulsification

Set-Up: Organization Skills/Mise en Place/Prep



Required Equipment & Disposables:

1 large bowl	Chef's knife	Compost container - optional
1 small bowl	2 paring knives	Trash container 32 oz
1 small whisk	1 peeler	Sanitation bucket
4 hand towels	Cutting board	Sanitation test strips
2 heat resistant spatulas	Napkins	4 disposable towels
Disposable tasting spoons	32 oz deli containers	16 oz deli containers
2 oz plastic souffle cups	4 oz plastic souffle cups	1 10" China Plate

Vinaigrette Ingredients:

- 1 tablespoon fresh lime juice from 1 lime
- 1 tablespoon rice wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon shallot, brunoise cut, from 1/2 shallot
- 1/2 teaspoon sugar--adjust to taste to balance flavor
- 1/8 teaspoon salt--adjust to taste to balance flavor
- Pinch white pepper--adjust to taste to balance flavor
- 1/4 cup extra-virgin olive oil (preferably Filippo Berio)
- 2 teaspoons cilantro, chiffonade (half goes into our vegetables and half into the vinaigrette)

Vinaigrette Procedure:

1. In a small bowl, whisk together the lime juice, rice wine vinegar, mustard, shallots and preliminary measurements of sugar, salt, and pepper.
2. Place a small bowl onto a towel ring to steady the bowl while whisking vinaigrette.
3. **Emulsification:** Whisking constantly, slowly drizzle in the olive oil to create an emulsion.
4. Place the vinaigrette into a larger bowl of ice water.
5. Add cilantro. Taste dressing, adjust seasoning, and balance the flavor.

Place small bowl onto towel ring while mixing vinaigrette



Salad Vegetable Ingredients:

- 1/4 cup Roma tomato, peeled, seeded, and cut into small dice (Tomato Concasse Steps)
 1. Cut out the core at the top of the tomato
 2. Cut an "X" on the bottom of the tomato
 3. Place into boiling water for 30-45 seconds – watch carefully-do not overcook.
 4. Place into an ice bath

Salad Vegetable Ingredients (cont.):

(as vegetables are cut take them off cutting board and into a 16 oz deli container)

1/4 cup red bell pepper, seeded and cut into small dice

1/4 cup yellow bell pepper, seeded and cut into small dice

1/4 cup red onion, peeled and cut into small dice

1/4 cup jicama, peeled, cut into small dice (if available)

2 teaspoons cilantro, chiffonade, half goes into our vegetables and half into the vinaigrette

1/4 cup tomato concasse, small dice

1/4 cup English cucumber, peeled, seeded, cut into small dice

1/2 English cucumber, evenly and thinly sliced into 1/16" slices

Assembly Procedure:

1. In a medium bowl, combine all the diced vegetables and toss with a small amount of vinaigrette.
2. Coat the vegetables with approximately 2-3 teaspoons of vinaigrette.
3. Taste and adjust the amount of dressing and/or seasoning-salt and pepper.
4. Arrange the thinly sliced cucumbers in a lightly oiled ring mold that is 2" deep, 3" round, and center it on a large plate.
5. Fill the ring mold lined with cucumbers with the dressed vegetables.
6. Carefully unmold the salad and garnish with cilantro sprigs.

Tomato Concasse:



Assembling the Salad:



YOUTUBE VIDEO - C-CAP CLASSIC SALAD

<https://youtu.be/pmOQIBNTTLk?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5>



French Omelet

Description:

Many French meals include an egg – poached, fried or scrambled. Working quickly and learning to control the heat of your pan are essential to mastering the C-CAP French Omelet.



Yield: 1 Omelet

Servings: 1

Total Time: 15 minutes

Omelet Presentation:

1. Handling raw eggs requires a high level of sanitation.
2. Omelet should appear smooth with no egg white spots-uniform color.
3. Practicing the heat level of the pan using a flame or induction is key.
4. The Omelet should have no browning.
5. The Omelet should be cooked to the proper doneness -moist & creamy.
6. The Omelet should have the correct flavor and be seasoned properly.

Key Omelet Techniques to Master:

Organization skills/mise en place/prep

Food safety practices

Time management

Using a whisk to completely mix yolk and whites

Mixing, whisking, rolling & folding

Equipment Needed:

1 6" non-stick pan

1 medium stainless steel bowl

1 small whisk

1 heatproof spatula

1 10" China plate

1 compost deli container (if composting)

1 trash deli container

1 sanitation bucket

Set-Up: Organization Skills/Mise en Place/Prep



Omelet Ingredients:

- 2 eggs
- 1 tablespoon clarified butter
- Salt and white pepper, to taste

Omelet Procedure:

1. In a bowl, beat the eggs with a small whisk - the more air you incorporate the fluffier and lighter the omelet will be.



2. Heat a nonstick omelet pan* over medium-high heat.
3. Add the clarified butter.
4. Add the egg mixture to the pan and start rapidly stirring with a heatproof spatula while gently shaking the pan at the same time.
5. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shaking the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg.
6. At this point the eggs should be set, yet still moist with no color. Season with salt & white pepper
7. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.
8. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the spatula, fold the portion of the omelet nearest the handle toward the center of the pan.

9. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spatula, fold this portion back into the pan, overlapping the first fold.
10. Remember rolling & folding, adjust shaping to that of a cigar.
11. Turn the omelet out onto a serving plate so it ends up folded side down. A French omelet should not have any browning color.
12. Serve immediately.

YOUTUBE VIDEO - C-CAP OMELETTE

<https://youtu.be/tQS3SWg1nY?list=PL4vziOL-PnLoa8IJ219FyXvsUmqyz0KB5>



C-CAP Preliminary Competition Helpful Hints

Organization and Practicing for Students

- Competitors should have an action plan and write their own timeline, to avoid confusion while competing. Do this when practicing. As an example, refer to the [Sample Timeline for the Competition](#).
- Keep presentations simple – focus on executing the knife skills, organization, and the cooking techniques.
- Wash hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by the sanitation and food handling regulations of your local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Knife Cuts

- Practice all of the knife cuts shown on the C-CAP Competition Knife Cuts page.
- Always use a sharp knife and proper cutting techniques.
- All knife cuts are evaluated and assessed for accuracy, consistency and quality.

Recipe Tips

Refer to the recipes in this guide AND/OR the C-CAP Recipe Booklet.

C-CAP Preliminary Competition Equipment List

Equipment List	<input checked="" type="checkbox"/>
Knife Kit: Paring Knife, Chef Knife and Steel	
Nonstick omelet pan (bottom of pan measures 6")	
Tongs or slotted spoon for tomato	
Plastic deli containers: 8oz, 16oz and 32oz – 3 of each size	
1 cutting board (some locations provide)	
Small/medium saucepan for tomato (in some locations)	
2 - Small bowls to whip eggs and make vinaigrette	
Whisk to whip eggs in bowl	
Whisk to make vinaigrette	
Medium bowl to combine prepped vegetables in for salad	
Spoon to mix salad	
3" ring mold, 2" high	
Peeler for vegetables	
Measuring spoons/cups	
2 - Heat-resistant spatula to make omelet in pan	

4 – Hand Towels	
Paper towel	
Sanitation bucket	
Sanitation test strips	
Uniform	
Apron	
Chef coat – pressed and clean	
Black or checked pants (NO JEANS)	
Slip-resistant, closed-toed shoes (preferably black)	
Chef hat or cap	
C-CAP Provides	
C-CAP chef jacket and hat (in some locations)	
Ice water for shocking tomatoes	
One burner per competitor	
Tasting spoons/forks	
Plates for presentation	
Paper towels for cleaning	
All ingredients	
Garbage bins	

Sample Timeline for Preliminary Competition

<input checked="" type="checkbox"/>	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use
	Know where the competition is and what time you need to be there
	Day of Competition
	Arrive early
	Make sure to have all tools, equipment, and required uniform
	During Competition
	Set up, you will have ten minutes. Use time wisely
	Set tools/equipment down
	<p>Wash hands</p> <p>Make sure all the equipment is at your station</p> <p>Make sure all ingredients are at your station</p> <p>Know where you should put garbage</p> <p>Know where gloves are, if you need them</p> <p>Know where the seasoning is- salt, pepper</p> <p>Know where paper towels are if you need to wipe your plate</p> <p>Know what sink you can use for hand washing</p> <p>Know where the pot is for blanching the tomatoes</p> <p>Know where you can cook/use the oven/refrigerator if necessary</p> <p>Know where the sanitizer bucket is</p> <p>Put only the equipment you need on your station. Take off anything that is not necessary.</p>
	Salad
	Wash vegetables.
	Prep vegetable cuts.
	Clean the cutting board when necessary and wipe down the station with sanitizer.
	Be aware of your space. Keep it clean, sanitized, and clutter free.
	Omelet
	Crack eggs and wash hands. Beat eggs in a bowl. Bring ingredients and equipment mise en place to the stove. Heat pan.

Above is only an example of a timeline. Write and plan your own timeline.

C-CAP College Scholarship Cooking Competition – Final Competition

Final Competition Details

Seniors who have been invited to move forward to the Final Competition are required to submit a Senior Consideration Packet online by the due date. This packet will include an updated list of desired postsecondary schools and corresponding desired scholarships; a current high school transcript (unofficial) showing their cumulative GPA and the family contribution number from their FAFSA Report.

Students will be asked to:

- Prepare Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique and Dessert Crepes within a 2-hour time limit.
- Prepare two plates of each dish - one for presentation and one for taste.
- Complete the entire competition within 120 minutes time limit. Inability to complete and plate the dishes, will be scored as incomplete; and therefore, eliminated from consideration for scholarships.
- Execute recipes from memory; notes are not permitted.
- Clean their work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques.
- Execution, preparation, taste and appearance of recipes.
- Knowledge and practice of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization, workflow, timing, and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.

Please refer to the C-CAP Final Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef jacket (provided by C-CAP)
- Chef pants or black pants
- Apron and side towels
- Slip-resistant, closed-toe, kitchen appropriate shoes – preferably black
- Pillbox hat, white chef toque or hat (provided by C-CAP)
- Neat hair, pulled back if it is long
- Minimal make-up, jewelry, and short clean nails

What Competitors bring to the Competition:

As an example, please refer to the [Final Competition Equipment List](#).

C-CAP Final Competition Judging Criteria

The information below is what we give to the judges before the competition. Please review this material to be aware of what the judges are looking for as they observe the competitors.

Safety / Sanitation / Food Handling

1. Is the competitor washing his/her hands and using proper glove usage techniques?
2. Are gloves being used and discarded appropriately?
3. Are ingredients being handled properly?
4. Did the competitor anchor their cutting board?
5. Are cutting boards kept scrupulously clean to avoid possible cross-contamination?
6. Does the competitor communicate and practice safe communication with a hot pan or knife when near other competitors? For example, "hot pan behind you."
7. Are side towels used correctly? For example, are side towels left on the cutting board, kept on the body, or neatly folded off the station?

Knife Skills / Uniformity / Accuracy of Cuts

1. Is the correct knife being used for the assigned task?
2. Are proper cutting motions evident?
3. Is the knife held correctly? Is the guiding hand and claw being used?
4. Are the correct knife cut sizes presented as instructed in the recipe?

Technique

1. Is the technique cited in the recipe adhered to?
2. Is the chicken wing frenched correctly?
3. Were the mushrooms browned properly?
4. Did the chicken have time to rest?
5. Did the competitor handle and hold pastry cream correctly?

Workflow / Organization

1. Is there a logical progression of jobs in an organized manner?
2. Is mise en place assembled correctly?
3. Are items properly timed?
4. Is the workspace kept clear of non-essentials? Is the set-up of the workspace sensible?
5. Does the competitor work systematically, on one job at a time?

Timing / Speed

1. Does the competitor finish and present all four plates within the allotted time?
2. Did the competitor execute steps with a sense of urgency?
3. Did competitor set a tempo for themselves and maintain throughout competition

Chicken Presentation

1. Is the skin of the chicken browned properly? Is the wing bone frenched?
2. Is the chicken breast sliced evenly?
3. Is the sauce a good consistency, glossy? Is the proper amount of sauce used?
4. Is the entree plated with some height, easy to eat and pleasing to the eye?
5. Are items placed closely together to help maintain temperature in a pleasing way?
6. Is the plate clean, free of grease and smudges?

Chicken Taste

1. Is the chicken seasoned, cooked, to correct doneness?
2. Does the dish have the correct flavor, taste, texture, and doneness?

3. Does the dish portray a high level of skill and exactness?
4. Does the flavor of the sauce reflect as the recipe stated, and is it the correct consistency?
5. Is all the hot food hot?

Potato Taste

1. Was the potato cooked to doneness?
2. Was it mashed and seasoned well?
3. Are the potatoes light and fluffy or starchy and pasty?

Dessert Presentation

1. Is the plate clean and neat?
2. Has the competitor demonstrated creativity and practicality?
3. Is the crêpe thin, lacy and brown?
4. If strawberry is given, is it incorporated well into the dessert crêpe?
5. Is the chocolate sauce glossy, used correctly as a garnish?

Dessert Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Does the dish have the correct flavor, taste, texture, and doneness?
3. Does the dish portray a high level of skill and exactness?
4. Is the pastry cream smooth and creamy with the proper consistency?
5. Is the crêpe crispy, thin and light? As opposed to thick and rubbery.
6. Is the chocolate sauce the right consistency? Is it too thick, thin, lumpy or broken?

Industry Work-ready Potential

This is an assessment of how well a competitor would do entering work as a food professional or attending culinary school. Judge to grade on the scale of proficiency to enter the workplace.

Notes Section: This is for the judge to write whatever comments necessary.

Regarding Glove Usage

Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then use utensils or gloves to create a barrier between ready-to-eat food and your hands. Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment. Hand washing is the most critical aspect of personal hygiene.

Final Competition Recipes:

1. Dessert Crepe
2. Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique

Dessert Crepes

The French Classic Dessert

Description

A quintessential French dessert, also known as crepes surees, this simple recipe is one of the easiest things to make. A fresh batter, pastry cream and chocolate sauce are a perfect ending to a meal.



Yield: 6 Crepes

Total Time: 15-20 minutes

Crepe Presentation:

1. The surface of the crepe should be lacey brown in color (presentation side)
2. It should be medium brown in color, thin and light, not thick and rubbery
3. Crepe Plate: 3 crepes, 3-4 oz pastry cream, chocolate sauce, 3 strawberries

Key Crepe Techniques to Master:

Organization skills/mise en place/prep

Food safety practices – egg handling

Time management

Resting the batter

Pan tilting w/batter

Correct pan temperature

Equipment Needed:

1 6" non-stick pan

1 small whisk

1 heatproof spatula

Small stainless -steel bowl

10" China plates

Set-Up: Organization Skills/Mise en Place/Prep



Crepe Batter Ingredients:

- 1/3 cup plus 1 teaspoon all-purpose flour
- 1 egg
- 1 tablespoon sugar
- 1/4 teaspoon vanilla extract
- 1/2 cup milk
- 1 tablespoon melted butter
- 1 tablespoon clarified butter (for greasing pan)

Crepe Batter Procedure:

1. Put the flour into a bowl and add the egg, sugar, vanilla, and half of the milk. Whisk slowly until a smooth batter is formed.
2. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
3. Whisk in the butter just before using the batter.
4. Heat pan with a nonstick surface over medium-heat. The pan is ready when a drop of water dances on the hot surface. You can use clarified butter to grease the pan.
5. Hold the pan in one hand, tilting it slightly. Using a small ladle pour about 2 tablespoons of batter into the pan where the sides and bottom meet.



6. Turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
7. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it. The surface of the crêpe should be lacey medium brown in color. Cook the second side for only 10 to 15 seconds and slide the crêpe onto a plate.
8. If after making two crêpes you find the color is either too dark or too light, adjust your heat accordingly. If you find the crêpe too thick, thin the batter with a little more milk.
9. Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

Creme Patisserie (Pastry Cream):

Yield: 1-1/4 cups

Total Time: 10 minutes

Pastry Cream Presentation:

1. Pastry cream should be chilled, smooth, creamy
2. A rich and creamy custard
3. Adding 2 strawberries, small dice to cream for extra flavor

Key Techniques to Master:

Organization skills/mise en place/prep

Food safety practices – egg handling & cooling cream quickly

Time management

Tempering egg yolk mixture

Plastic wrap procedure

Whisking before/after for smooth cream

Equipment Needed:

1-Saucepan

1-C-CAP or small whisk

1-Small bowl

Plastic-wrap

Crème Patissiere Ingredients:

1 cup milk
3 egg yolks
3 tablespoons sugar
2 tablespoons cornstarch
1 teaspoon vanilla extract
2 strawberries, small dice

Crème Patissiere Procedure:

1. In a small saucepan, bring the milk and half the sugar (prevents milk from scalding) to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and the other half of the sugar together in a small bowl. Add the cornstarch to the yolks and mix well until smooth and free of lumps.
3. Temper the egg yolk mixture with approximately 1/4 cup of the warm milk.
4. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
5. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
6. Pour the pastry cream into a clean bowl and stir in the vanilla.
7. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and let it cool on a bed of ice in a bowl. Remember to taste.
8. Add diced strawberries to cream and stir with spoon to combine
9. You should whisk briskly before using to make sure pastry cream is the right texture and consistency. Taste your pastry cream before serving.
10. Serve inside the crêpes.

Chocolate Sauce

Yield: 2.5 oz.

Chocolate Sauce Ingredients:

2 oz. dark chocolate
2 tbsp. water

Chocolate Presentation:

Shiny, with a fluid consistency

Chocolate Sauce Procedure:

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes.
2. When the water and chocolate come to a boil, stir gently with a whisk until smooth.
3. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to boil.
4. Remove the sauce from the heat and allow it to cool to room temperature for use with the dessert crêpes.

Note: The chocolate sauce is a garnish and should be used sparingly. The chocolate sauce should be shiny and have a fluid consistency. The sauce should complement your dessert crêpe, not overwhelm it.

YouTube Video - Dessert Crepe

https://youtu.be/NG42_OgbC2k?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5



Pan-Roasted Chicken With Olive Oil Mashed Potatoes, Finished with Strawberry Gastrique



Description:

This recipe uses sautéed chicken, served with what's called a chasseur sauce, made with shallots, garlic, sliced mushrooms, fresh tomato, parsley and tarragon. This French classic sauce is finished with what's known as monter au beurre and garnished with a Strawberry Gastrique.



Yield: 2 portions

Servings: 2

Total Time: 25 minutes

Oven Temperature: 350

Key Techniques to Master:

- Recipe memorization
- Organization skills/mise en place/prep
- Food safety practices
- Time management
- Frenching chicken wing
- Chicken Sautéed – proper temperature control
- Tomato concasse
- Sauce reduction
- Monter au Beurre
- Plating

Process:

1. Mise en place
2. Gastrique
3. Mashed
4. Pan/seared-roasted chicken
5. Sauce chasseur

Set-Up Organization Skills/Mise en Place:



Required Equipment & Disposables::

1 large bowl ice-chicken	Chefs knife	Compost container-optional
1 medium bowl ice – concasse	2 paring knives	Trash container 32 oz
1 small whisk	1 peeler	Sanitation bucket
4 hand towels	Cutting board 14 X 21	Sanitation test strips
2 heat resistant spatulas	Napkins	4 disposable towels
Disposable tasting spoons	32 oz deli containers	16 oz deli containers
2 oz plastic souffle cups	4 oz plastic souffle cups	Disposable gloves

Strawberry Gastrique (garnish)

Ingredients:

- ½ cup sugar
- 2 tablespoons water
- 1/3 cup balsamic vinegar, preferably Filippo Berio
- 1 large strawberry, diced

Procedure:

1. Add sugar to heavy saucepan with 2 tablespoons water.
2. Don't stir-gently swirl – sugar dissolved – 3 to 4 minutes.
3. Take off the heat add balsamic vinegar.
4. Add diced strawberries.
5. Whisk and back on heat 2 to 3 minutes to reduce.
6. Strain out strawberries and cool.

Rustic Olive Oil Mashed Potatoes

Yield: 2 portions

Ingredients:

4 cups cold water
1 large russet potato, large dice
1-2 tablespoons salt
2 tablespoons of unsalted butter, softened
3 oz extra-virgin olive oil, preferably Filippo Berio
Salt and pepper to taste

Procedure:

1. Cut potatoes into large dice cubes.
2. Add potatoes to cold water and add 1 to 2 tablespoons of salt. Bring to a boil then reduce to a slow simmer. Cook potatoes until fork tender, about 10 to 15 minutes (the fork must go all the way through the potato with ease).
3. Drain potato and set to evaporate extra water.
4. Mash and fluff potatoes with a whisk until lumps are gone. (Important to drain all water off of cooked potatoes).
5. Gradually add olive oil.
6. The mashed potatoes should be light and fluffy.
7. Season with salt and pepper and taste.
8. Keep mash potatoes warm until ready to plate.

Pan-Roasted Chicken Ingredients:

2 each (6 to 7 oz.) chicken breasts, skin on, frenched wing bone attached
Salt and ground white pepper, to taste
1 oz. olive oil, preferably Filippo Berio



Pan-Roasted Chicken Procedure:

1. Pat chicken breast down with a clean paper towel to ensure the skin is dry.
2. Season chicken breast lightly with salt and white pepper on both sides.
3. Sear breasts, skin side down, in a hot pan until the skin is golden to caramel brown.
4. Remove the breasts from the sauté pan and place skin side up in a metal oven-proof pan (such as a pie tin or a sizzler platter) and bake in a 350°F oven until done. This may be approximately 10-12 minutes. Use an instant read thermometer, to check doneness. (Temperature to 160 and will finish to 165.)
5. Serve evenly sliced chicken with sauce and potatoes from the following recipes.
6. Plating/garnish with Strawberry Gastrique.



□

Sauce Chasseur for Chicken

Yield: 2 Portions

Ingredients:

2 tablespoons olive oil, preferably Filippo Berio
1 shallot-half, brunoise
6 large cleaned, sliced white button mushrooms
1 clove garlic, brunoise
1 plum tomato, concassed (peeled, seeded, and rough chopped)
½ teaspoon salt & white pepper
10 oz chicken stock, plus extra as needed
2 tablespoons unsalted butter, chilled and cut into small cubes (*Monter au Beurre*)
1 teaspoon fresh tarragon, chopped
2 teaspoon parsley, chopped
Salt and ground white pepper, to taste

Procedure:

1. Using the same pan in which the chicken was seared, add half the olive oil.
2. Add shallots.
3. Add sliced mushrooms and cook approximately 3 minutes while stirring.
4. Add garlic, sauté for one minute more. Do not overcook or brown garlic.
5. Add the concasse tomato.
6. Season with half teaspoon of salt and pepper.
7. Add 8 oz chicken stock.
8. Bring to quick boil and simmer to reduce.
9. Add the tarragon and parsley.
10. Finish by adding the chilled cubed butter and stirring or shaking pan constantly (*Monter au Beurre*). Do not boil. Be careful not to break the sauce.
11. Taste and adjust seasoning.
12. Serve sauce with the sliced chicken breast.

YouTube Video - Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique

https://youtu.be/x0I2_f9Fc4?list=PL4vzjOL-PnLoa8lJ219FyXvsUmqyz0KB5



Final Competition Organization and Practice

1. Competitors should practice the recipes the entire way through, keeping within the 2-hour allotted time frame and plating four dishes.
2. Competitors should write an action plan, to avoid confusion while competing. Do this when practicing. As an example, refer to the [Sample Timeline for the Competition](#).
3. Keep presentations simple – focus on executing the knife skills, organization, and the cooking techniques.
4. Wash hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by the sanitation and food handling regulations of your local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Chicken

1. To test chicken for doneness, use a thermometer on the thickest part of the breast – it should register between 160 and 162. The finished temperature must read 165.
2. Do not let the sauce become too thick. If you reduce it too much, it will begin to jell. If the sauce is too thick, add more stock. Tips recommended: sauce should be hot when plating, balance the amount of sauce used on the plate, and the sauce should not cover the crispiness of the chicken.
3. In the sauce, the butter acts as a thickener. It must be added correctly, the sauce must not come to a boil after butter is added, or it will break.
5. A perfect flavor balance should include a balance of acid and sweetness from the balsamic vinegar, a rich flavor from the chicken stock, earthiness from the mushrooms, a subtle tomato taste, the roundness of the butter and finished with the fresh taste of tarragon.
6. Execute the sauté technique to obtain a properly seared chicken breast. See recipe.
7. The mash potato may be presented as stated in the recipe using your creativity in the plating.

Dessert Crêpes

1. Strawberries are included in the crepe recipe and must be used in the crème and as a garnish.
2. Keep in mind to balance the amount of chocolate sauce used on the plate. The chocolate sauce should not overpower the crêpes.

C-CAP Final Competition Equipment List

Equipment List Check	<input checked="" type="checkbox"/>
Knife Kit: Paring knife, Chef's knife and steel	
3 - Medium sauce pans	
1 - Small saucepan	
2 - Tongs	
Plastic deli containers 8 oz, 16 oz and 3 2oz – 3 of each	
3 – Medium bowls	
2 - Whisks	
2 – Heatproof spatulas	
Nonstick Sauté pan for crêpes (bottom of pan should measure 6")	
1 - Small ladle – 2 oz	
Sauté pan	
Pie pan or sizzler platter	
Cutting board – if you think you need more than one	
Plastic wrap	
Measuring spoons/cups	
Uniform	
Apron and side towels – student may need to provide	
Chef coat – pressed and clean	
Black, rubber-soled, non slip, closed-toed shoes	
Black or checked pants (NO JEANS)	
Pillbox hat or Chef's hat	
Competitors need to bring	
Double strength chicken stock	
*Note: make sure to maintain food safety standards when transporting the stock/glaze	
C-CAP Provides	

1 cutting board	
C-CAP	
Oven space	
Two burners per competitor	
Tasting spoons/forks	
Plates for presentation	
All ingredients – except stock	
Paper towels for cleaning	
Garbage bins	

Sample Timeline for Final Competition

<input checked="" type="checkbox"/>	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use it.
	Know where the competition is and what time you need to be there.
	Day of Competition
	Arrive early.
	Make sure to have all tools, equipment, and uniform.
	Competition
	Set up, you will have ten minutes. Use time wisely.
	Set tools/equipment down.
	<u>Wash hands.</u> <u>Make sure all the equipment is at your station.</u> <u>Make sure all ingredients are at your station.</u> <u>Know where you should put garbage.</u> <u>Know where gloves are if you need them.</u> <u>Know where the seasoning is- salt, pepper.</u> <u>Know where paper towels are if you need to wipe your plate.</u> <u>Know what sink you can use for hand washing.</u> <u>Know where the pot is for blanching the potatoes.</u> <u>Know where you can cook/use the oven/refrigerator if necessary.</u> <u>Know where the sanitizer bucket is.</u> Put only the equipment you need on your station. Remove anything that is not necessary and organize your space.
	Start Cooking (example of sequence; plan your own strategy)
	Make pastry cream and taste with a tasting spoon. Wrap and label pastry cream correctly.
	Make crêpe batter. Wrap and label batter.
	Wipe down the cutting board and, if necessary, wipe down the station with sanitizer. Note: be mindful of sanitation at all times.
	Be aware of your space – keep it clutter free.
	Prep fruits and vegetables: cut strawberries, then, shallot, garlic, mushroom, etc.
	Cut potatoes into the required cuts before cooking.

Above is an example of a timeline. Write and plan your own timeline.

Timeline for C-CAP College Scholarship Cooking Competition

<input checked="" type="checkbox"/>	Task