



Chicken Fabrication



Chicken Fabrication – *an individual event*, showcases the best of FCCLA members’ knife skills. Participants will safely fabricate a chicken into eight pieces, meeting industry standards, while demonstrating proper safety and sanitation procedures. Participants must be, or have been, enrolled in a Culinary Arts class.

Eligibility

1. Chapters may submit one entry in this event. An individual member may participate in only **one** event in any given year. Individual events evaluate one member’s performance. These events are not open to STAR Events participants.
2. Participation is open to any nationally affiliated FCCLA chapter member that has been, or is currently, enrolled in a Culinary Arts class.
3. Participants must be registered for the State Leadership Conference and may **not** participate in any other STAR Event.
4. Participants must be registered for State Leadership Conference and the event by the published deadline in the State Leadership Conference Adviser Guide. Event cost is \$5.

Standards

HOSP-ICA-8: Examine and perform all aspects of kitchen knife use and classic knife skills.

HOSP-CAI- 5.2 Apply effective “mise en place” through lab practice.

HOSP-CAI- 5.6 Fabricate a whole chicken and explain the concept of cost and wholesale/retail pricing on whole versus parts.

HOSP-CAII- 3.3 Fabricate chicken, fish, pork, and/or beef.

General Information

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket; industry pants; apron; hair covering or chef hat; closed-toe, kitchen safety shoes. Do not wear any jewelry (rings, watches, bracelets, dangling earrings, etc.), nail polish, artificial nails and piercings. **PLEASE COVER UP SCHOOL NAMES ON CHEF COATS WITH MASKING TAPE PRIOR TO COMPETITION.**

The competition is open to spectators from the observation room.

Awards

The top three individuals will be recognized on stage during the Closing Awards Session and receive the following cash prizes: 1st place (\$100), 2nd place (\$75), and 3rd place (\$50)

Procedures

1. Participants must attend a mandatory orientation.
2. No tools or equipment will be provided by Georgia FCCLA. Participants must provide the necessary tools and equipment for this event. Excessive tools and equipment will not be allowed.
3. Participants will be provided with ice, one table and a 1.5-2.5 lb. chicken for fabrication.

Time Requirements

1. Participants will have 10 minutes to set up the work area, 20 minutes to fabricate and present the chicken and 10 minutes to clean the work area.
2. The participant will present the fabricated chicken for evaluation of appearance, temperature and waste at the end of the production time. All fabrication and presentation must happen during the 20-minute production time. All work must be stopped at the time limit.

Fabrication Requirements

1. Participants will fabricate one whole chicken into a standard Eight (8) pieces not including carcass and neck. The eight-piece chicken should consist of:
 - a. 2 - boneless, skin-on breasts with first joint of wing bone attached and frenched
 - b. 2 - boneless, skin-on thighs
 - c. 2 - bone-in legs
 - d. 2 - wings (second and third digits only)
2. All pieces must be labeled (identifying the piece) and categorized (white or dark meat), using the marker and parchment paper.

Judging

1. Participants will be evaluated using the rubric in these guidelines, with attention on correctly making all cuts, precision of clean cuts made through joints, and uniformity of chicken cuts.
2. Rubrics will be returned to the adviser after the State Leadership Conference.

Chicken Fabrication Participant Packing List

The following is a suggested minimum check list to help the Chicken Fabrication participants in packing for the competition:

- Plastic Wrap
- Boning Knife
- 8" or 10" Chef's Knife
- 2 – Full size hotel pans
- Hand Towels
- Cutting Board and mat
- 2 labeled sanitation buckets
- Disposable gloves
- Soap & Sanitizing solution
- One gallon of water
- Complete chefs uniform
- Garbage Bags for equipment used
- Waste Bucket or Bowl
- Parchment Paper
- Marker



Springer Mountain Farms Chicken is a proud sponsor of this event.

Chicken Fabrication Rubric

Participant Name: _____ # _____

Chapter Name: _____

Evaluation Criteria	Needs Improvement 0-4	Good 5-7	Exemplary 8-10	Points Awarded
Safety & Appearance	20 possible points			
Uniform & Appearance	Non-professional appearance, attire and/or grooming	Neat appearance attire & grooming, but lacks polish	Professional appearance, attire & grooming	
Safety & Sanitation	Disregards acceptable safety & sanitation practices	Shows minimal safety & sanitation concerns during competition	Shows proper safety & sanitation concerns during competition	
Equipment & Tools	10 possible points			
Equipment, Tools & Techniques	Selection & usage of tools/equipment lacks understanding and demonstration of skills are inadequate	Selection & usage of tools/equipment occasionally lacks safe understanding & industry techniques	Selects and uses all tools/equipment correctly & safely	
Food Production	30 possible points			
Mise en place	Disorganized, workstation cluttered, inefficient work flow.	Demonstrates minimal organization, somewhat shows efficiency in work.	Works in an extremely organized and efficient manner.	
Time Management	Displays poor utilization of time.	Works okay minimally within time limits.	Exemplary use of time.	
Trim & Waste	Has excessive waste.	Has some excess waste.	Has minimal waste.	
Knife Skills	40 possible points			
Knife Cuts	Little skill demonstrated	Some skill demonstrated	Excellent skill demonstrated	
Chicken Fabrication	One or two pieces cut uniformly, minimal attempt made to debone and/or skin breast	Most pieces cut uniformly, made cleanly, breasts deboned and skinned to industry standards	Both halves cut uniformly, clean cuts made through joints, breasts deboned and skinned to industry standards	
Overall Product Appearance & Presentation	Lacks workmanship, no parts are labeled	Competent workmanship, some parts are labeled, not all parts are labeled correctly	Extremely high quality workmanship, all parts are correctly labeled	
Product Handling	Incorrect handling of carcass and protein	Somewhat correct handling of carcass and protein	Excellent handling of carcass and protein	
	Total Score			

Judge's Signature: _____