



Knife Skills



Knife Skills – *an individual event*, showcases FCCLA member knowledge of knife skills and cuts, knife cut identification, and knife skills demonstration.

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-5.3 Demonstrate competency skills for the proper knife cuts such as julienne, chiffonade, batonnet, brunoise, small, medium, and large dice, rondele, concasse and oblique.

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.**

Participants should bring only the items necessary to compete in this event. Excessive equipment will not be allowed in the competition area.

The competition is open to spectators.

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 one table.

Time Requirements

1. All participants will have **10 minutes** to set up work area, **30 minutes** to produce and arrange each of the knife cuts outlined in the knife cut requirement section, and **10 minutes** to clean the work area.
2. The participant will present all precision cut food items for evaluation with waste and/or trim at the end of the production time. There will be no extra time given. All work must stop at the time limit.

Knife Cuts Requirements

1. The following knife cuts will be judged:
 - A. Julienne vegetable or fruit of your choice – 2 ounces of finished product – 1/8 x 1/8" x 2".
 - B. Chiffonade, herb, or leafy green vegetable of choice
 - C. Peel and small dice one onion.
 - D. Concassée two vine-ripened tomatoes.
 - E. Zest, peel and section one orange.
2. Knife cuts will be displayed on one (1) ½ sheet pan and all cuts will be identified using the marker and parchment paper.
3. Do not discard any waste items from any of the skills so that judges may review excessive waste or trim.
4. Practice makes perfect. Just do the skills required and always remember to use proper sanitation practices.

Judging

1. Participants will be evaluated using the attached rubric, based on industry standards, with attention to technique, safety, waste, and the finished product.
2. Rubrics will be returned to the adviser after the State Leadership Conference.

Knife Skills Participant Packing List

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

- Fruit / vegetables necessary to produce required knife cuts
- Vegetable peeler
- 8" or 10" Chef's Knife
- Paring Knife
- Cutting Board and mat
- 2 labeled sanitation buckets
- Disposable gloves
- Soap & Sanitizing solution
- One gallon of water
- Complete chefs uniform
- Butane burner with fuel canister
- Small pot
- Stainless Steel Bowl
- Slotted spoon
- 1 – Half size sheet pan
- Parchment Paper
- Marker

Knife Skills 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 appropriate	Selection & usage of tools/equipment occasionally lacks safe understanding & industry techniques	Selects and uses all tools/equipment correctly & safely	
Food Production	20 possible points			
Mise en place, Time Management,	Disorganized, workstation cluttered, inefficient work flow. Displays poor utilization of time.	Demonstrates minimal organization, somewhat shows efficiency in work. Works within time limits	Works in an extremely organized and efficient manner. Exemplary use of time.	
Trim & Waste	Excessive waste and trim or did not keep waste and trim for judging	Has some excess waste	Has minimal waste and trim	
Knife Skills	50 possible points			
Julienne of vegetable or fruit of choice (2 oz.)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Chiffonade herb or leafy green vegetable of choice	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Peel and small dice one onion	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Peel and small dice two vine-ripened tomatoes (pulp seeded and concasséd)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Zest, Peel and section one orange	Incorrect cut, peel, and sections or not uniform in size or shape	Somewhat correct with inconsistent, peel and sections, size or shape	Correct cut, peeled, and sectioned - identical size and shape	
	Total Score			

Judge's Signature: _____