



# Knife Skills



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

## Eligibility

1. Chapters may submit one entry into 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 Competitors.
2. Participation is open to any nationally affiliated FCCLA chapter member that has been, or is currently, enrolled in a Culinary Arts class.
3. Participant’s chapter must be registered for the 2021 Virtual State Leadership Conference and the participant may **not** participate in any other State or STAR Event (except for the Statesman and Online Proficiency Testing).
4. Participants must be registered for the event. To register for the Knife Skills Event, you must first register the participant for the State Leadership Conference and click on “Event” next to their name once they are added. You will then click “Knife Skills Event”. Event cost is \$10.00.

## 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 fully restrained by hair covering and chef hat
- Beard guard to restrain facial hair if facial hair is present
- Closed-toe, non-slip shoes
- Thermometer

### Inappropriate Attire

- Jewelry (rings, watches, bracelets, dangling earrings, etc.)
- Nail polish
- Artificial nails
- Visual piercings (piercings cannot be covered up with a bandage)

**Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted - additional logos must be covered completely.**

## **Awards**

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

## **Procedures**

1. 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.
2. Participants will need to upload and submit their Knife Skills video through the DLG JudgePro System by 11:59 PM on Tuesday March 2nd, 2021. More information about how to submit and login credentials will be emailed to the chapter adviser after the Regular Registration Deadline for State Leadership Conference (which closes at 11:59 PM on Friday, February 26th, 2021).

## **Recording Time Requirements**

### **1. Introduction - Up to 1 minute**

- a. Each participant must verbally introduce themselves by name and chapter. Station may be already set up with equipment and products to be used.

### **2. Knife Skills Demonstration - Up to 50 minutes**

- a. Participants will have up to 50 minutes to create their knife cuts. The recording should be done in one take (no editing, starting over, etc.) and should show the work surface in its entirety and the student at all times. Items to include in the video are sanitation and technical industry skills used during knife cut production and show the scraps to determine the amount of product waste. The recording should be done in one take (no editing, starting over, etc.). Video recordings are to be made of the participants as if they were presenting at an in-person competition. A voiceover of the video recording or presentation is not allowed. The video file can be an embedded video, video link to YouTube, Vimeo, or Google Drive, but must not require the viewer to download it.

### **3. Closing - Up to 1 minute**

- a. Participants will have up to 1 minute to present their product. The participant will present all precision cut food items for evaluation with waste and/or trim at the end of the production time. Product should be displayed on parchment with the cut clearly labeled using a marker.

Participants should provide a **close-up view** of the product, and verbally measure the product during the closeup. This is not a voice over, but a presentation of the product by the participant.

## Knife Cuts Requirements

1. The following knife cuts will be judged:
  - A. Julienne vegetable of your choice – 10 pieces – 1/8 x 1/8" x 2".
  - B. Chiffonade spinach or basil, 10 leaves
  - C. Peel and small dice one small onion
  - D. Concassée one tomato
  - E. Zest, supreme cut 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. Extra product must be displayed on the sheet pan in the appropriate box.

## 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 List

The following is a suggested checklist to help the Knife Skills participants for the competition:

- ☺☺☺ Washed fruit / vegetables necessary to produce required knife cuts
- ☺☺☺ Vegetable peeler
- ☺☺☺ 8" or 10" Chef's Knife
- ☺☺☺ Paring knife
- ☺☺☺ Green or white cutting board
- ☺☺☺ Wash, rinse, and sanitizing buckets or spray bottle
- ☺☺☺ Disposable gloves
- ☺☺☺ Quat sanitizing solution or appropriate iodine tablets
- ☺☺☺ One gallon of water
- ☺☺☺ Complete chef's uniform
- ☺☺☺ Hand towels
- ☺☺☺ Paper towels
- ☺☺☺ Container for ice
- ☺☺☺ Slotted spoon
- ☺☺☺ 1 – Half size sheet pan
- ☺☺☺ Parchment paper
- ☺☺☺ Black marker

## Knife Skills Rubric

Participant Name: \_\_\_\_\_ # \_\_\_\_\_

Chapter Name: \_\_\_\_\_

<b>Safety &amp; Appearance - 20 possible points</b>				
<b>Evaluation Criteria</b>	<b>Needs Improvement 0-4</b>	<b>Good 5-7</b>	<b>Exemplary 8-10</b>	<b>Points Awarded</b>
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	
<b>Equipment and Tools - 10 possible points</b>				
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	
<b>Food Production - 20 possible points</b>				
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	
<b>Knife Skills - 50 possible points</b>				
Julienne of vegetable of choice (10 pieces)	Incorrect cut or not uniform in size or shape	Somewhat correct with inconsistent size or shape	Correct cut, identical size and shape	
Chiffonade spinach or basil (10 leaves)	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 small 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 one tomato (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 and supreme 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	
<b><u>Judges Comments:</u></b>			<b>Total Points</b>	

