



PASTRY & CULINARY ARTS

COMPETITIONS





WELCOME TO OUR COMPETITIONS

Dear Educators and Students,

Walnut Hill College offers high school seniors an opportunity to demonstrate their skills in the kitchen and to earn a scholarship by participating in our Pastry Arts Competition and/or our Culinary Arts Competition. Both competitions are held on a Saturday in the spring to allow parents and educators to attend the event.

The agenda for the competition includes a welcome continental breakfast, a chef demonstration and an awards luncheon for participants, their parents and their instructor. Scholarships will be awarded to the first, second and third place winners in the public high school and vocational/technical high school divisions. The scholarships are to be used within six months of a winning student's high school graduation date and can only be applied toward tuition at Walnut Hill College. In addition to the student scholarships, each first place winning high school (public high school and vocational high school) will receive a bonus of \$500.00 to be used in its Family Consumer Science Department or Culinary/Baking program. All competitors receive a \$1000 scholarship for with Walnut Hill College.

We are excited to present high school seniors with an opportunity to showcase their skills during our Pastry Arts Competition and our Culinary Arts Competition. Our purpose is to make the competitions more feasible with regard to time and cost and to give the students the opportunity to learn from their experience.

Our goals for these competitions are:

- To encourage students to compete.
- To provide a showcase for students to exhibit their talent and creative style.
- To inspire future chefs through example.
- To provide recognition of excellence through scholarships.

Please review the general guidelines that pertain to both competitions as well as the specific guidelines for each competition.

Each high school is allowed to register three student in either competition but a student may only participate in one category. The registration form must be completed by the instructor and submitted by the deadline date. Participants must adhere strictly to all guidelines set forth in this booklet in order to qualify for a scholarship. If you have any additional questions, please contact us at (215) 222-4200 extension 3084.

Thank you in advance for your interest in and support of our competitions.

COMPETITION GUIDELINES

Both the Pastry Arts Competition and the Culinary Arts Competition are events in which the student competitors will prepare and present their food item to be tasted and critiqued. How well they execute their skills and how their food product is presented is also part of the overall evaluation.

- Dress Code: If you have a chef uniform, please wear it. If not, please wear long black pants with a white shirt. Chef hats will be available for those who need them. Student competitors will be assigned a workspace in a kitchen. No instructors, parents or assistants are allowed in the competition kitchens.
- Students will be split into two kitchens designated for the public high school and vocational/technical high school divisions. They will all have access to the following: refrigerators, cooktops, ovens, sinks, cutting boards, food processors, mixers, pots, pans, baking sheets and bowls. General pantry items such as spices, herbs, salt and pepper will also be available.
- All student competitors must work in an organized manner, keeping their workspace clear and sanitary at all times to prevent cross-contamination. Frequent hand sanitizing is a must. Gloves will be made available for students who wish to use them and must be changed when coming into contact with different foods to prevent cross-contamination.
- Students must bring their own tools, including knives, spoons, ladles, spatulas, lighters, pastry equipment, pastry bags and tips, decorating tools and two (2) presentation plates for tasting and display.
- Student competitors are responsible for breaking down their stations and their dishes.
- Students from Walnut Hill College will be assigned to the kitchens to assist with facility equipment: food processors, ovens, and cooktops. They are not allowed to assist any student competitor with his/her recipe in any way. They will be introduced during the welcome breakfast. They will be in their full culinary uniform with name badge for easy recognition by the student competitors.
- Student competitors will have two (2) hours to complete their food product.
- Students are required to plate two (2) individual servings for the judges. One will be for tasting, and the other will be a showpiece for the display. Two (2) individual plates must be provided by the student competitor.
- The food product made should demonstrate the student's preparation techniques, ability to follow a recipe, and creativity in presentation.
- NO ADVANCE PREPARATION is allowed. Please see specific guidelines for each competition.
- No books or printed material is allowed.
- Assessment: The critiquing and scoring of all food products will be performed by the judge(s) selected by Walnut Hill College. Following the competition, the judge(s) will meet individually with each student competitor to review their evaluation.
- All food products displayed must be appetizing; tastefully appealing to the eye, with no over-elaborate or impractical garnish; properly proportioned (not oversized for an individual serving); and display a mastery of basic skills. The food product will also be evaluated for taste, correct seasonings and a balance of flavors.

It takes an exceptional person to have the courage to compete with their peers and be judged. It's exciting to see the next generation put themselves out there and be willing to learn.

KATHY GOLD, *Executive Chef and Owner of In the Kitchen Cooking School*

The guidelines in this booklet have been adapted to reflect the standards used by professional culinary organizations.

SCORING AND JUDGING COMPONENTS

Do not be afraid to fail! Keep pushing forward
and believe in your talent and vision!

ROCCO CIMA, *Founder and Owner of Fuel Restaurant*

GENERAL GUIDELINES FOR COMPETITORS AND JUDGES

- Competitors must follow the exact recipe given for the Pastry Arts Competition and the exact recipe given for the Culinary Arts Competition. There are no exceptions in either competition.
- Unnecessary ingredients should be avoided and practical cooking methods should be applied.
- Dressing the rim of the display plate results in an unacceptable appearance.
- Plate arrangement and decoration should be practical and appealing.
- Plated individual servings must be proportional to the dish itself. Oversized portions are unacceptable.
- Proper color, presentation and flavor combination is a must.
- Punctual presentation: Competitors must finish their display item within the given time frame for the competition. Lateness will result in a deduction of points.
- Competitors should avoid using inedible materials, plastic ornaments, flowers, etc.
- Avoid overdressing or decorating the presentation table.
- China, ceramic, porcelain dinner/dessert plates or Earthenware (oven proof for Culinary Competition) are recommended as serving pieces. Avoid plastic ware.
- Dress Code: Competitors must wear a chef uniform or black pants and a white shirt with an apron. Closed toe shoes are required.
- Competitors must abide by sanitation and food handling regulations.
- The student will be responsible for his/her own ware washing and may return to the kitchen for minor cleanup after the dish or cake has been turned out.

- All competitors will be able to finish their dish or cake in the time allowed, and it is at the judges' discretion to determine if points will be taken off the final score for late turnout.

ADDITIONAL GUIDELINES FOR THE PASTRY ARTS COMPETITION

Judges will be looking at the following criteria:

- Icings and glazes should be applied cleanly and have the proper thickness and shine.
- All chocolate work should be done at the proper temperature.
- All piping work should be thin and delicate and demonstrate the skill level of the competitor.
- Smudges and fingerprints on chocolate work must be avoided.

ADDITIONAL GUIDELINES FOR THE CULINARY ARTS COMPETITION

Judges will be looking at the following criteria:

- Execution of skills in preparing the chicken entrée.
- Level of skill demonstrated in preparing the sauce.
- Level of skill demonstrated in preparing one (1) side dish (starch or vegetable).
- Level of skill demonstrated in producing ½ cup julienned raw carrots.
- Hot foods may not be plated until the 10-minute turnout window has begun.

PASTRY ARTS COMPETITION SCORE SHEET

COMPETITOR

JUDGE

CRITERIA	MAX POINTS	ACTUAL POINTS
1. Safety/Sanitation/Food Handling	20	
2. Mise en Place/Organization	20	
3. Fillings/Taste/Texture	20	
4. Finishing/Decorative Work	20	
5. On Time/Overall Presentation	20	
TOTAL COMBINED SCORE	100 points	

To receive **TOP SCORE**, please review the qualifiers:

Safety/Sanitation/Food Handling

- Student demonstrates excellent level of safety precautions in the kitchen.
- Student utilizes procedures that minimize cross-contamination and time/temperature abuse.
- Student maintains personal hygiene.
- Uniform is clean, stain-free, neat, pressed, and white.

Mise en Place/Organization

- Student creates efficient workstation setup, with orderly arrangement of ingredients, systematic use of measuring tools and containers, and no clutter.
- Student works at a consistently steady pace throughout the competition.

Fillings/Taste/Texture

- The cake is baked correctly and has a moist, pleasing texture.
- Filling is of correct consistency and taste. The taste must complement the cake flavor.
- Cake is cut evenly.
- Cake is filled and coated evenly and smoothly.

Finishing/Decorative Work

- Excellent coating skills are evident.
- Student's piping skills are carefully crafted and consistent.
- The level of difficulty in decorating is high.
- Uniformity and consistency are evident in decoration sizes and pattern.

On Time/Overall Presentation

- Student presents turnout plate on time and within the boundaries of the 10-minute window.
- Presentation is visually appealing, clean and neat, without smudges. The cake is sliced correctly and arranged on the plate with carefully arranged garnishes.

PASTRY ARTS COMPETITION

The Pastry Arts competition is an event in which a high school student prepares and presents food that he/she has prepared from scratch within a period of 2 hours. How well the student executes his/her skills and how the food is presented is part of the overall evaluation.

The critiquing and scoring of all food will be performed by judges selected by Walnut Hill College.

WHAT YOU MAKE FOR THE COMPETITION:

Competitors will be asked to create one chocolate cake (baked previously at home using the Walnut Hill College recipe only) and demonstrate their skills in decorating, finishing work and presentation. The cake is to be decorated for a festive occasion reflective of the competitor's personal choice and point of view.

WHAT YOU ARE RESPONSIBLE FOR BRINGING:

- **Chef's Uniform:** You must have a clean, pressed, white chef coat. Chef pants may be black or checkered. You must wear closed toe, non-slip shoes. Hair below the collar should be completely tied back and off your face and neck. A cloth hat may be worn; the school will provide a paper hat if needed.
 - **All Small Equipment:** To include knives, lighter, and pastry equipment including spatulas, pastry bags and tips, decorating tools, spoons, ladles, whisks, measuring cups and spoons.
 - **Chocolate Cake:** One unsliced master cake using only the Walnut Hill College recipe — no exceptions. The cake must be baked ahead of time and brought to the college on the day of the competition. No advance preparation is allowed other than the baking of the cake. The cake may be any shape, including rectangular, square, round or tube. Avoid seasonal, holiday or novelty shapes (i.e. Teddy Bear cakes).
 - **Please note:** No small, individual cakes, cupcakes or other extra desserts will be allowed.
 - **Two slices:** At the time of turnout, 2 slices will be cut from the master cake for presentation and tasting.
 - **All Ingredients:** Anything you will be using to fabricate your cake should be brought with you, including all ingredients for fillings, frostings, decoration and garnishes. All should be raw ingredients, with the exception of 1 pre-done product: unshaped marzipan. **No pre-made items will be allowed.**
 - **No fondant may be used.**
 - **Presentation Plates:** You will be plating 2 individual servings for the judges. One will be for tasting, and the other will be a showpiece for the display. You must provide both plates. They can be china, ceramic, porcelain, dinner or dessert plates. Please avoid plastic plates.
- ## WALNUT HILL COLLEGE WILL PROVIDE FOR YOU THE FOLLOWING:
- **Apron, Hand Towels, Paper Hat and Gloves:** Each student will receive a fresh, white apron and 2 side towels. A paper hat will be available if needed. Gloves will be provided for you throughout the competition.

- **Specific Equipment:** Mixers, cake turntables, pots, pans, baking sheets, cutting boards and several sizes of bowls. Sanitation buckets will be available.
- **Prep Space, Refrigeration and Stove/Oven Space:** Each student will have a numbered section on a prep table to work, space in the refrigerator and assigned space at stovetops and ovens as needed. You will have 10 minutes before the competition to set up your station and be ready when the competition starts.
- **Some Pantry Items:** A few things will be available to students in small quantities such as spices, sugars, salt, oil and butter.
- **Student Helpers:** Students from Walnut Hill College will be assigned to the kitchens to assist with school equipment and the needs of the competitors. Please note that student helpers will not be allowed to assist any competitor with his/her recipe in any way.

EXPECTATIONS DURING COMPETITION:

- **2-hour window:** Student competitors will have 2 hours to complete their cake. Any competitor late with turnout must understand that it will be at the judges' discretion to determine what points will be taken off the final score.
- **Printed Materials:** No books or printed material allowed.
- **Organization:** Students will be expected to work in an organized manner, keeping workspace clear, free of clutter and sanitary at all times. Frequent hand sanitizing is a must. Gloves will be available throughout the competition.
- **Washing up:** Students will be responsible for washing their own dishes and cookware.
- **Safety and Sanitation:** Students must abide by sanitation and food handling regulations.
- **Finished Cake:** Student competitors will demonstrate their skills in decorating, finishing work and presentation. The cake is to be decorated for a festive occasion reflective of the competitor's personal choice and point of view.
 - **Icings and glazes:** Should be the correct thickness and have proper shine.
 - **Chocolate work:** Should be done at the correct temperature.
 - **Piping work:** Should be thin and delicate and demonstrate the skill level of the competitor.
 - **Special note:** Smudges and fingerprints on chocolate work must be avoided.
 - **Plated arrangement:** Must be proportional to the dish itself. Oversized portions are unacceptable. Plate arrangement and decoration should be practical and appealing.
 - **Inedible materials:** Competitors should avoid using inedible materials, plastic ornaments, flowers, etc.

CULINARY ARTS COMPETITION SCORE SHEET

COMPETITOR

JUDGE

CRITERIA	MAX POINTS	ACTUAL POINTS
1. Safety/Sanitation/Food Handling	10	
2. Mise en Place/Organization	10	
3. Knife Skills	10	
4. Cooking Techniques	10	
5. Taste/Texture/Doneness	10	
6. On Time/Plate Presentation	10	
TOTAL COMBINED SCORE	60 points	

To receive TOP SCORE, please review the qualifiers:

Safety/Sanitation/Food Handling

- Student demonstrates excellent level of safety precautions in the kitchen.
- Student utilizes procedures that minimize cross-contamination and time/temperature abuse.
- Student maintains personal hygiene.
- Uniform is clean, stain-free, neat, pressed, and white.

Mise en Place/Organization

Student creates efficient workstation setup, with orderly arrangement of ingredients, systematic use of measuring tools and containers, and no clutter.

- Student works at a consistently steady pace throughout the competition.

Knife Skills

- Student uses the guiding hand technique, which ensures consistency in knife cuts and safety.
- Student demonstrates excellent and well-practiced knife cuts that are uniform in length and size.
- Student produces the correct volume of cuts in a reasonable amount of time.

Cooking Techniques

- Student follows recipe and uses correct procedures.
- Student uses correct cooking temperatures.
- Student shows strong command of cooking techniques.

Taste/Texture/Doneness

- An excellent level of food quality is observed and sampled. This includes appropriate temperature, intense flavors, and appropriate seasoning.
- Food is cooked to the correct doneness and has a pleasing texture.

On Time/Plate Presentation

- Student presents turnout plate on time and within the boundaries of the 10-minute window.
- Presentation is visually appealing in that foods are shiny, well-balanced, and aesthetically arranged on the plate.

CULINARY COMPETITION

The Culinary Arts Competition is an event in which a high school student prepares and presents food that he/she has prepared from scratch within a period of 2 hours. How well the student executes his/her skills and how the food is presented is part of the overall evaluation.

The critiquing and scoring of all food will be performed by judges selected by Walnut Hill College.

WHAT YOU MAKE FOR THE COMPETITION:

Competitors will be asked first to demonstrate 2 distinct knife skills using raw carrots. Competitors will then be asked to create 2 portions of a chicken entrée (using Walnut Hill College recipe only) and an accompanying side dish consisting of either a starch or vegetable (students' choice).

WHAT YOU ARE RESPONSIBLE FOR BRINGING:

- **Chef's Uniform:** You must have a clean, pressed, white chef coat. Chef pants may be black or checkered. You must wear closed toe, non-slip shoes. Hair below the collar should be completely tied back and off your face and neck. A cloth hat may be worn; the school will provide a paper hat if needed.
- **All Small Equipment:** To include knives, lighter, spatulas, ladle, grater, peeler, whisk, wooden spoon, slotted spoon, tongs, measuring cups and spoons, small strainer and any other small equipment needed.
- **Presentation Plates:** You will be plating 2 individual servings for the judges. One will be for tasting, and the other will be a showpiece for the display. You must provide both plates. They can be china, ceramic, porcelain, dinner or des-ert plates. Please avoid plastic plates.

WALNUT HILL COLLEGE WILL PROVIDE FOR YOU THE FOLLOWING:

- **Apron, Hand Towels, Paper Hat and Gloves:** Each student will receive a fresh, white apron and 2 side towels. A paper hat will be available if needed. Gloves will be provided for you throughout the competition.
- **Specific Equipment:** Pots, pans, baking sheets, cutting boards and several sizes of bowls. Sanitation buckets will be available.
- **Prep Space, Refrigeration and Stove/Oven Space:** Each student will have a numbered section on a prep table to work, space in the refrigerator and assigned space at stovetops and ovens as needed. You will have 10 minutes before the competition to set up your station and be ready when the competition starts.
- **Food Bin:** Each competitor will be given a food bin that will have 1 full boneless chicken breast to be sliced in half as well as a variety of vegetables.

- **Recipe:** Competitors will be given a printed recipe to use for the competition (the same one as in this booklet). Students will also receive a knife cut sheet as guidance for the knife skills portion of the competition.
- **Pantry Items:** Many items will be available to all students such as fresh and dried herbs, spices, onions, garlic, potatoes, stock, oil and butter.
- **Student Helpers:** Students from Walnut Hill College will be assigned to the kitchens to assist with school equipment and the needs of the competitors. Please note that student helpers will not be allowed to assist any competitor with his/her recipe in any way.

EXPECTATIONS DURING COMPETITION:

- **2-hour window:** Student competitors will have 2 hours to complete their dish. Any competitor late with turnout must understand that it will be at the judges' discretion to determine what points will be taken off the final score. Hot food may not be presented more than 10 minutes prior to turnout time.
- **Printed Materials:** Competitors will be given a recipe presented on a printed sheet from Walnut Hill College. Students will also receive a knife cut sheet.
- **Organization:** Students will be expected to work in an organized manner, keeping workspace clear, free of clutter and sanitary at all times. Frequent hand sanitizing is a must. Gloves will be available throughout the competition.
- **Washing up:** Students will be responsible for washing their own dishes and cookware.
- **Safety and Sanitation:** Students must abide by sanitation and food handling regulations.
- **Knife Skills:** Using carrots, students will be asked to make 1 cup each of julienne and small dice.
- **Side Dish:** One side dish (starch or vegetable) is required to accompany the chicken entrée. Students will create a vegetable or starch side dish without the use of a printed recipe. Competitors will be judged on their level of skill and creativity. A variety of seasonal vegetables along with potatoes and starches will be provided for each student.
- **Chicken Recipe:** Students are required to execute the school's recipe as is, with no additions or embellishments. Plate styling will be left to the discretion of the student competitors.
- **Plated Arrangement:** Must be proportional to the dish itself. Oversized portions are unacceptable. Plate arrangement and decoration should be practical and appealing.
- **Turnout:** Turnout will begin 1 ¼ hours into the competition.



CHOCOLATE CAKE

INGREDIENTS

- 2 cups buttermilk
- 2 large eggs
- 2 cups sugar
- 2 ½ cups all-purpose flour
- 1 ¾ tsp. baking soda
- ½ cup cocoa powder
- ½ tsp. salt
- 4 tbsp. unsalted butter, melted

PREPARATION

Spray the cake pans with non-stick spray.
Preheat the oven to 375 degrees.

NOTE: Follow the directions EXACTLY.
Do not deviate. Use a hand whisk to mix.

1. Mix the buttermilk, sugar and eggs together briefly to break up the eggs and blend.
2. Sift together the flour, salt, baking soda, and cocoa powder. Mix into the liquid until combined. **DO NOT OVERMIX.**
3. Stir in the melted butter.
4. Scale equal amounts into the 3 pans.
5. Bake at 375 degrees until the cake springs back or a toothpick inserted into the cake comes out clean.



CHICKEN DIJONNAISE

INGREDIENTS

2 tbsp. clarified butter

1 whole 12 oz. skinless
and boneless chicken breast,
split in half

1 tbsp. shallots, minced

½ cup chicken stock

1 cup Sauce Supreme

1 tsp. fresh tarragon, chopped 1

tsp. Dijon mustard

Salt and pepper to taste

PREPARATION

1. Heat clarified butter in sauté pan over medium-high heat. Add chicken breast until brown on both sides. Remove from pan and finish in 350-degree oven.
2. When chicken is cooked, remove from pan and keep warm.
3. Add stock to hot pan, reduce, and cook for 3-4 minutes.
4. Stir in Sauce Supreme over medium heat, and add mustard and tarragon.
5. Season to taste.
6. Serve.

Plating and presentation style is an individual component and an excellent opportunity to make a good visual impression.

YIELD

2 portions

PREP & COOKING TIME

40 minutes



SAUCE SUPREME

INGREDIENTS

3 tbsp. butter

3 tbsp. all-purpose flour

2 cups chicken stock ½

cup heavy cream

Salt and pepper to taste

PREPARATION

1. Heat butter in saucepan over medium heat. Add flour and mix well; cook for 1 minute.
2. Whisk in chicken stock, season, and cook for 12 minutes over low heat. Stir occasionally during cooking.
3. Strain sauce.
4. Whisk in heavy cream.
5. Adjust seasoning and consistency.

YIELD

2 ½ cups

PREP & COOKING TIME

20 minutes



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