

CERTIFICATION AND COMPETITION WORKSHOP

MONDAY, FEBRUARY 15, 2010



*American Culinary Federation
Chefs de Cuisine Association
of St. Louis Inc.*

ACF CHEFS DE CUISINE ASSOCIATION
OF ST. LOUIS, INC.

PRESENTERS:
CHEF CHRIS DESENS, CEC, AAC
CHEF BRIAN HARDY, CEC

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CERTIFICATION

Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the food service industry. Setting yourself apart from the rest is valuable at any stage in your career.

ACF Initial Certification Information

The Initial Certification process is as easy as 1, 2, 3!

Step 1

Determine your designation and download the application. Review the initial certification cost estimates.

Step 2

Fill out the application and include the necessary documentation required for your particular level:

- ◇ Educational documents may be copies of diplomas, transcripts, certificates of completion (including date and hours), etc.
- ◇ Experience documentation may be employment documentation forms or letters from past or present employers on company letterhead. If not available, copies of tax records or W-2 stating time frame of work are acceptable in conjunction with validated letters from former culinary peers attesting to your employment, job title, duties and number of employees managed.
- ◇ Certificates of completion for 30-hour courses in:
 - ◇ Food Safety and Sanitation
 - ◇ Nutrition
 - ◇ Culinary Supervisory Management

Step 3

Take the exams:

- ◇ Written exams may be taken at any Comira location.
- ◇ The practical exam may be taken at any approved ACF test site.

Written Exams for ACF Certification

When you are ready to take the written exam for your ACF certification, contact a Comira test site for availability. Comira is a full-service, customer-focused testing provider with over 500 testing centers nationwide. You can register for the exam near you by calling (800) 947-4228, option 4, Mon.-Fri. 6 a.m.-5 p.m. Pacific Time, Sat. 8 a.m.-noon Pacific Time, or you can register 24/7 at the ACF/Comira Online Registration Site. The written exam fee is \$75.00 and should be paid directly to Comira. Please note that you must have a credit card to register online.

Practical Exams for ACF Certification

When you are ready to take the practical exam for your ACF certification, complete the Practical Exam Candidate Registration Form and return to the ACF national office. The test fee due to ACF is \$50 for ACF members and \$100 for non-members. Payment must be made prior to the exam date. You will receive a receipt after your payment is processed.

In addition, you must contact the test administration to confirm test time, host site fee and specific details about the testing facility. Test sites may charge an additional host site fee that is payable to the organization hosting the exam. Payments for any host site fees are separate from the amount due to ACF and are coordinated by the test site administrator.

Levels of Certification

Certification requirements vary for the 14 designation levels but they all include four basic elements:

- ◇ Education Requirements
- ◇ Work Experience Requirements
- ◇ Passing of a Written Exam
- ◇ Passing of a Practical Exam

Cooking Professionals

[Certified Culinarian \(CC\)](#): An entry level culinarian within a commercial foodservice operation responsible for preparing and cooking sauces, cold food, fish, soups and stocks, meats, vegetables, eggs and other food items.

[Certified Sous Chef \(CSC\)](#): A chef who supervises a shift or station(s) in a foodservice operation. Equivalent job titles are sous chef, banquet chef, garde manger, first cook, a.m. sous chef and p.m. sous chef.

[Certified Chef de Cuisine \(CCC\)](#): A chef who is the supervisor in charge of food production in a foodservice operation. This could be a single unit of a multi-unit operation or a free-standing operation. He or she is in essence the chef of the operation with the final decision-making power as it relates to culinary operations.

[Certified Executive Chef \(CEC\)](#): A chef who is the department head usually responsible for all culinary units in a restaurant, hotel, club, hospital or foodservice establishment, or the owner of a foodservice operation. In addition to culinary responsibilities, other duties include budget preparation, payroll, maintenance, controlling food costs and maintaining financial and inventory records.

[Certified Master Chef \(CMC\)](#): The consummate chef. A CMC possesses the highest degree of professional culinary knowledge, skill and mastery of cooking techniques. A separate application is required, in addition to successfully completing an eight-day testing process judged by peers. Certification as a CEC or CEPC is a prerequisite.

Personal Cooking Professionals

[Personal Certified Chef \(PCC\)](#): A chef who is engaged in the preparation, cooking and serving of foods on a "cook-for-hire" basis. Must also have knowledge menu planning, marketing, financial management and operational decision making. Has at least three years of cooking experience and one full year of Personal Chef experience.

[Personal Certified Executive Chef \(PCEC\)](#): An advanced chef who is engaged in the preparation, cooking and serving of foods on a "cook-for-hire" basis. Must also have knowledge menu planning, marketing, financial management and operational decision making. Has at least three years of Personal Chef experience.

Baking and Pastry Professionals

[Certified Pastry Culinarian \(CPC\)](#): An entry level culinarian within a pastry foodservice operation responsible for the preparation and production of pies, cookies, cakes, breads, rolls, desserts or other baked goods.

[Certified Working Pastry Chef \(CWPC\)](#): A pastry chef who supervises a pastry section or a shift within a foodservice operation and has considerable responsibility for preparation and production of all pastry items.

[Certified Executive Pastry Chef \(CEPC\)](#): A pastry chef who is a department head, usually responsible to the executive chef of a food operation or to the management of a pastry specialty firm. A CEPC has supervisory responsibility as well as administrative duties.

[Certified Master Pastry Chef \(CMPC\)](#): The consummate pastry chef. A CMPC possesses the highest degree of professional culinary knowledge, skill and mastery of cooking techniques as they apply to pastry. A separate application is required, in addition to successfully completing a 10-day testing process judged by peers. Certification as a CEC or CEPC is a prerequisite.

Culinary Administrators

[Certified Culinary Administrator \(CCA\)](#): This is an executive-level chef who is responsible for the administrative functions of running a professional foodservice operation. This culinary professional must demonstrate proficiency in culinary knowledge, human resources, operational management and business planning skills.

Culinary Educators

[Certified Secondary Culinary Educator \(CSCE\)](#): An advanced-degree culinary professional who is working as an educator at an accredited secondary or vocational institution. A CSCE is responsible for the development, implementation, administration, evaluation and maintenance of a culinary arts or foodservice management curriculum. In addition, a CSCE must possess culinary experience equivalent to a CCC or CWPC.

[Certified Culinary Educator \(CCE\)](#): An advanced-degree culinary professional who is working as an educator in an accredited postsecondary institution or military training facility. A CCE is responsible for the development, implementation, administration, evaluation and maintenance of a culinary arts or foodservice management curriculum. In addition, a CCE must possess superior culinary experience equivalent to a CCC or CWPC.

Once you have determined your certification level and have filled all necessary requirements, you are now ready to send in your application. Make sure everything is attached, no originals (copies only), and your payment information is included. Your packet should be professionally assembled and well organized.

ACF Culinary Practical Exam

Certified Executive Chef

Date

Test Location

SAMPLE PACKET

Participant's Name

Spinach Encrusted Salmon

Lobster Ravioli
Artichoke Tomato Fennel Relish
Lobster Butter Sauce

Apple Endive and Celery Root Salad

Blue Cheese Panna Cotta
Herb Cracker
Candied Walnuts
Sherry Maple Vinaigrette

Roasted Chicken Breast

Madeira Wine Sauce
Morel Mushroom Yukon Gold Potato "Hash"
Creamed Cabbage
Glazed Carrots
Asparagus

Equipment List

Cart # 1

Equipment

- 2 Heat Lamps
- 1 hand blender with attachments
- Rolling pin
- Pasta Machine
- Mixer with Bowl and Hook

Pots and Pans

- 2 (4 quart) Stock pot with lid
- 3 (3 quart) Stock pot with lid
- 2 (2 quart) Stock pot with lid
- 7 (1 quart) Stock pot
- 2 12 inch Sauté pan
- 1 8 inch Sauté pan
- 2 ¼ sheet trays
- 3 400 ½ pan
- ¼ rack

Disposable Pans

- 12 ½ Hotel pan disposable
- Foil loaf pans
- Foil pie tins
- Extra containers
- 1 waste pans
- 1 usable trim pans

Utensils

- 8 Small rubber spatulas
- 4 tongs
- 4 whisks
- 2 - 2 ounce ladles
- 2 each pastry brush
- 2 spoons
- 3 slotted spoons
- 2 funnel
- Purple scoop
- Wooden spoon
- Sauce skimmer
- Fish spatula
- 2 pasta spoons
- 2 teaspoons
- Stainless Scoop
- Strainer for tomatoes

Plates

- 4 triangle underliners
- 4 triangle bowls
- 4 - 12 inch plates
- 4 salad plates
- 3 sauce boats, liners, spoons

Knives

- 2 chef's knife
- 2 boning knife
- 2 paring knife
- 1 pastry cutter
- 2 slicer
- 1 steel
- 1 bench scraper
- 1 scissors
- 1 docker
- meat mallet
- 2 each microplane
- Oven thermometer
- Refrigerator thermometer

Paper Supplies

- 6 cartouche
- extra Parchment
- zip-lock bags
- 1 12 inch Plastic wrap
- Tooth picks

Sanitation

- First Aid Kit
- Sanitize and soap bottles
- Test strips
- Tasting spoons
- Paper towels
- Tape
- Towels and plate wipers
- Latex gloves
- Bins for dirty pots and knives
- Dirty linen bucket

Miscellaneous

- 5 cutting boards with pads
- 2 chinois 3small strainers
- 6 small mixing bowls
- 4 large mixing bowls
- Sea Salt mill
- White pepper mill
- 4 each ring molds
- 4 panna cotta and 4 potato molds
- 3 pour bottles
- Ravioli and cracker cutters
- Baine Marie for dressing
- Timer, Lighter, Thermometers
- 2 Table Cloths
- Pitcher for panna cotta

Production Plan

- Blanch water on
- Artichoke stock on
- Court bouillon on
- Make Panna Cotta
- Blanch Tomatoes and Asparagus
- Make Pasta Dough
- Make Cracker Dough
- Cut Vegetables
 - Onion
 - Fennel
 - Carrots
 - Spinach
 - Peel Tomatoes
 - Artichoke
- Cook Artichoke
- Poach Lobster
- Spinach Crust
- Make Crackers
- Candy Walnuts
- Make Vinaigrette
- Cut Vegetables
 - Celery Root
 - Apple
 - Endive
 - Leeks
 - Cabbage
 - Cooked Artichoke
 - Potatoes
 - Morels
- Cut Bacon
- Portion Salmon
- Fabricate Chicken and Roast
- Break Down Lobster
- Start Lobster Sauce
- Ravioli Filling
- Make Crackers
- Make Raviolis
- Cook Hash
- Cook Cabbage
- Cook Relish
- Start Madeira sauce
- Glaze Carrots
- Finish Sauces
- Set Plating Stations
- Cook Raviolis
- Break Down Chickens
- Sauté Salmon
- Heat Asparagus
- Plate up

Spinach Encrusted Salmon

With Lobster Ravioli
Over Artichoke Tomato Fennel Relish
Lobster Sauce

Lobster Ravioli

Filling

- ❑ 1 each *Lobster*, Claw meat, chopped
- ❑ 2 ½ quarts Court Bouillon for poaching
- ❑ 1 tbsp. ricotta cheese
- ❑ 1 tbsp. boursin cheese
- ❑ ½ tbsp. reggiano parmesan, grated
- ❑ 1 tsp. chervil, chopped
- ❑ ¼ tsp. nutmeg, fresh grated
- ❑ 1 tsp. lemon zest

Directions: Fold all ingredients together and season to taste.

Pasta Dough

- ❑ 1 ½ cup flour, all purpose
- ❑ 5 each egg yolks
- ❑ 1 each whole egg
- ❑ 1 ½ tsp. olive oil
- ❑ 2 tbsp. milk
- ❑ Extra flour for rolling pasta
- ❑ Egg wash for pasta

Directions: In mixer, with a dough hook, mix egg, yolks, olive oil and milk. Slowly add flour while mixing until completely incorporated. Knead in mixer for about 5 –10 minutes until the dough is elastic. Let rest for 30 minutes, roll out and prepare ravioli.

Artichoke Tomato Fennel Relish

- ❑ 1 each Artichoke, cooked and diced
- ❑ 24 each *grape tomato*, peeled, seeded and halved
- ❑ 1 ounce red onion, chopped
- ❑ 2 ounces Fennel, sliced
- ❑ 1 tsp. garlic
- ❑ 2 tsp. shallot
- ❑ ½ cup artichoke stock
- ❑ 1 tbsp. olive oil
- ❑ 2 tbsp. white wine vinegar
- ❑ 1 tsp. sugar
- ❑ 1 tsp. fennel top, chopped
- ❑ Salt and fresh ground pepper

Directions: Sweat garlic and shallots in olive oil, add onion and fennel and cook. Add sugar and let melt, deglaze with vinegar and add stock and cook till tender. Add fennel top, tomatoes and artichokes and cook until tender. Season to taste.

Artichoke

- ❑ 1 each artichoke
- ❑ 1 ½ cup water
- ❑ ¼ cup white wine
- ❑ ¼ cup dry vermouth
- ❑ 1 ½ cups chicken stock
- ❑ 1 each lemon, halved
- ❑ 3 each thyme, sprigs
- ❑ Kosher Salt
- ❑ Fresh Ground Pepper
- ❑ Acidulated water

Directions: Clean artichokes and sprinkle with lemon juice. Simmer in stock mixture until tender.

Salmon

- ❑ 4 – 1 ½ to 2 ounce *Salmon* filets
- ❑ Clarified butter, as needed
- ❑ Mayonnaise, as needed
- ❑ salt and fresh ground white pepper

Directions: Spread mayonnaise on fish evenly and coat with spinach crust. Heat butter and *sauté* for 1 – 2 minutes. Carefully turn fish and finish cooking. Remove from heat and keep warm for service.

Spinach Crust

- ❑ ¼ ounce Spinach
- ❑ ½ cup panko bread crumbs
- ❑ 1 each lemon, zest
- ❑ Salt and pepper

Directions: Process ingredients together and season to taste.

Lobster Sauce

- ❑ 1 ounce carrot, chopped
- ❑ 1 ounce onion, chopped
- ❑ 1 ounce celery, chopped
- ❑ lobster bones
- ❑ 3 each parsley stems
- ❑ 1 each bay leaf
- ❑ 5 each peppercorns
- ❑ 2 each thyme
- ❑ 1 ounce brandy
- ❑ 2 ounce white wine
- ❑ 1 cup fish stock
- ❑ ½ cup cream
- ❑ 2 ounce butter

Directions: Sear bones in pan. Sauté mirepoix lightly. De glaze with brandy and wine and reduce. Add cream and reduce. Emulsify the butter in the sauce, and season to taste.

Apple Endive and Celery Root Salad

Blue Cheese Panna Cotta

Herb Cracker

Candied Walnuts

And a Sherry Maple Vinaigrette

Apple Endive and Celery Root Salad

- ❑ 1 each Belgian Endive, julienne
- ❑ 1 each Granny Smith Apples, julienne
- ❑ 2 ounce celery root, julienne
- ❑ 4 leaves Boston lettuce
- ❑ 1 tsp. parsley, chopped
- ❑ 1 tsp. chervil, chopped

Directions: Combine ingredients and toss with dressing.

Sherry Maple Vinaigrette

- ❑ 1 cup olive oil
- ❑ 1/3 cup sherry vinegar
- ❑ 3 tbsp. pure maple syrup
- ❑ 1 tsp. Dijon mustard
- ❑ 1 tsp. Shallots, minced
- ❑ 1 tbsp. Honey
- ❑ Salt and Pepper, to taste

Directions: Mix all ingredients together using emulsifying technique. Check Seasoning

Candied Walnuts

- ❑ ½ cup Walnuts
- ❑ ¼ cup Simple Syrup
- ❑ Oil for frying
- ❑ Sugar

Directions: Bring syrup to boil. *Deep-fry* walnuts and pour syrup over the top. Stir until crystallized. Toss with sugar.

Herb Cracker

- ❑ 1 cup Flour, All Purpose
- ❑ 2 tbsp. herbs
- ❑ ¼ tsp. salt
- ❑ 2 ounce Butter
- ❑ ¼ cup water
- ❑ Kosher salt

Directions: Mix flour, salt, and herbs. Cut in butter. Slowly add water until incorporated. Roll onto floured surface and cut into desired shapes. Bake at 325 degrees until golden brown.

Blue Cheese Panna Cotta

- ❑ 1 sheet gelatin
- ❑ 2 ounce milk
- ❑ 3 ½ ounce 40% cream
- ❑ 2 ounce blue cheese

Directions: Soften gelatin in milk. Heat cream to melt cheese. Combine, strain and mold. Let set in refrigerator.

Roasted Chicken Breast

Madeira Wine Sauce
Morel Mushroom Yukon Gold Potato “Hash”
Creamed Cabbage
Glazed Carrots
Asparagus

Pan Roasted Chicken Breast

- ❑ 2 each Chickens, remove legs and thighs
- ❑ 3 cups Mirepoix
- ❑ 2 ounce Butter, soften
- ❑ 4 each thyme sprigs
- ❑ 2 each rosemary sprigs
- ❑ 4 each bay leaf
- ❑ Poultry seasoning
- ❑ Salt and Pepper, as needed

Directions: Stuff carcass with mirepoix and herbs. Rub chicken with butter and season. Roast at 375 degrees and continue to baste with pan drippings until internal temperature of 160 degrees.

Madeira Wine Sauce

- ❑ 1 ½ cups Chicken Stock
- ❑ 1 ounce Carrot, chopped
- ❑ 1 ounce Celery, chopped
- ❑ 2 ounce Onion, chopped
- ❑ ½ ounce Sherry vinegar
- ❑ 2 ounce Madeira
- ❑ 1 tbsp. Fines Herbs, chopped
- ❑ 1 ounce Chicken glaze
- ❑ 1 ounce Flour

Directions: Use mirepoix from roasting pan. Add flour to make roux and let cook. Deglaze pan with Madeira and vinegar, reduce until almost dry. Add stock and simmer. Skim sauce as needed, finish sauce with glaze, herbs and lemon juice. Season to taste.

Asparagus Tips

- ❑ 12 each asparagus tips
- ❑ 1 tbsp. butter, brown
- ❑ salt and pepper to taste

Directions: Blanch the asparagus in lightly salted water until tender. Shock in ice water. Warm in brown butter. Season to taste.

Morel Mushroom and Yukon Gold Potato Hash

- ❑ 4 each Yukon gold potatoes, diced
- ❑ 3 ounce morel mushrooms, diced
- ❑ 1 tbsp. shallot, minced
- ❑ 1 tsp. garlic, minced
- ❑ 1 ounce leek, chopped
- ❑ 1 tbsp. fines herbs
- ❑ 1 tbsp. butter
- ❑ 1 ounce sherry wine
- ❑ Salt and Pepper

Directions: Small dice potatoes and brown in clarified butter. Add mushroom, leek, garlic, and shallots and cook until tender. Deglaze with sherry, finish with herbs, butter and season to taste.

Creamed Cabbage

- ❑ 3 ounce Savoy Cabbage, chiffonade
- ❑ ½ ounce bacon, chopped
- ❑ ¼ tsp. ground caraway seed
- ❑ 1 tbsp. shallot, minced
- ❑ 1 tsp. garlic, minced
- ❑ 1 tbsp. cider vinegar
- ❑ 1 tsp sugar
- ❑ 1 ½ tsp. parsley, chopped
- ❑ 4 ounce cream
- ❑ salt and pepper

Directions: Render bacon in skillet. Add cabbage, garlic and shallot and cook until tender. Add sugar, vinegar, add cream and caraway. Cook till cabbage tender and cream reduced. Finish with chopped parsley.

Glazed Carrots

- ❑ ½ each carrot, rondelle
- ❑ 1 tsp. butter
- ❑ 2 oz. chicken stock
- ❑ ½ tsp. sugar
- ❑ pinch nutmeg
- ❑ salt and pepper

Directions: Add sugar, butter, stock, and carrots to a sauté pan. Cook covered until almost tender and remove lid and finish reducing the glaze. Season to taste.

COMPETITION

Competitions play a vital role in culinary arts as they continually raise the standards of culinary excellence.

There is no better way for a culinarian to hone their craft than by putting their skills and knowledge to the test in a competitive format.

Fundamentals of Certification and Competition

Where Do You Start?

- ◇ Read through the rule book, a firm understanding of the rules will be beneficial to your success. For the most up to date rules and guidelines visit acfcchefs.org and download the Professional Competition Manual.
- ◇ Be sure to register by the deadline, earlier is better.
- ◇ Develop your menu: Choose your protein first, look for accompaniments – remember to check on flavor profiles, textures, and overall look of your plate
- ◇ Food Pairing (books: [Escoffier](#), [The Flavor Bible](#), [Culinary Artistry](#))
- ◇ Be careful with word usage, if you use something from Escoffier then make sure you are using the Escoffier recipe.
- ◇ Taste test every component of your dish
- ◇ Once your menu is together, take pictures and send to chefs for feedback

Practice

- ◇ Need Menu, equipment list, and plan of work (set up phase, cook phase, plate up phase, clean up)
- ◇ Practice 5 - 6 times full run through *don't go unpracticed!!!
- ◇ Practice 1 – 2 times somewhere else, to get comfortable working in another kitchen
- ◇ By your first run through you should have your menu 90% finished, your practices should be to polish your plate and skills
- ◇ Practice sanitation and organization every time you're practicing, practice the little things correctly to create good habits (i.e. gloves for plating up, proteins iced down at all times)
- ◇ Have someone there to take notes for you and have an experienced competitor to critique your work and food.

Certification/Competition Day

- ◇ Know everything about the location of the competition
- ◇ Know the time breakdown: Set up phase, cook phase, plate up, clean up
- ◇ Be sure to wear perfectly clean and pressed chef whites including starched white coat and black or checked pants; polished shoes; chef toque; ironed apron. Your first impression is vital
- ◇ Have a well organized cart with exceedingly clean equipment and tools
- ◇ Sanitation and organization is very important
- ◇ Make sure to have for plating up: a table cloth, plate wiping cloth, and gloves, safety and sanitation is once again vital

What You Get

- ◇ Working knowledge of cuisine
- ◇ Refinement of protein butchery skills
- ◇ Self discipline and organizational skills
- ◇ A fun experience
- ◇ Recognition through ACF certificate and possible medal
- ◇ Overall sense of accomplishment

Goals of ACF Approved Culinary Competitions

Primary

- To continually raise the standards of culinary excellence and professionalism
- Nurture the creativity of individual chefs
- Provide a showcase for individual skills, techniques and styles
- Provide a means of earning ACF certification points

Secondary

- Provide an arena to demonstrate the mutual link between taste and health
- Provide an example and inspiration for young professionals

These goals are accomplished by:

Primary

- Maintaining established culinary standards
- Promoting camaraderie and educational opportunities among culinary professionals
- Acting as a staging area for development of culinary concepts

Secondary

- Fostering the development of cutting-edge presentations
- Nurturing future leaders of culinary, baking and pastry
- Providing rewards of recognition

Purpose of the Culinary Competition Manual

- To ensure a nationwide, uniform standard and criteria for the judging of culinary competitions
- To clearly present the criteria for all categories of culinary, baking and pastry competition
- To provide general competition guidelines for competitors and judges

Competition Categories

Traditional Competition Categories (Professional)

- Category A Cooking, Professional, Individual
- Category B Cooking, Professional, Individual
- Category C Patisserie/Confectionery, Professional, Individual
- Category D Showpiece, Professional, Individual
- Category E Live Action Showpieces, Professional, Individual
- Category F Hot Food Competition, Professional
- Category G Edible Cold Food, Professional, Individual

- Category H Ice Carving, Professional

CONTEMPORARY COOKING CATEGORIES (PROFESSIONAL)

- Category K — Practical and Contemporary Hot-Food Cooking, Professional, Individual
- Category P - Practical and Contemporary Patisserie, Professional, Individual

ACF Chapter Affiliation
Competition Event Name

Location

Single Chef Contemporary Competition

Date

SAMPLE PACKET

Participant's Name



Prosciutto Wrapped Chicken Breast

Madeira Wine Sauce

Celeriac Potatoes

Mushroom Ragout

Glazed Carrots

Glazed Beets

Asparagus

Prosciutto Wrapped Chicken Breast

- ❑ 3 slices Prosciutto Ham, trimmed
- ❑ 2 each Chicken Breast, skinless and boneless, trimmed
- ❑ 4 oz. Chicken meat
- ❑ 1 oz. Foie Gras
- ❑ 1 ounce bacon
- ❑ ½ each Egg white
- ❑ 2 tbsp. Cream
- ❑ 1 tsp. Tarragon
- ❑ Salt and Pepper, to taste

Directions: Puree chicken in a well-chilled Robot Coupe. Add foie gras and bacon and continue to puree. Add egg white and cream. Season to taste. Fold in tarragon; keep well chilled. Pipe forcemeat onto ham and spread evenly. Season breast and place onto each portion of ham. Roll tightly in plastic wrap. Cook in a 170 degrees poaching water for 20 minutes; let rest.

Madeira Wine Sauce

- ❑ 1 ½ cups Chicken Stock
- ❑ 1 ounce Carrot, chopped
- ❑ 1 ounce Celery, chopped
- ❑ 2 ounce Onion, chopped
- ❑ ½ ounce Sherry vinegar
- ❑ 2 ounce Madeira
- ❑ 1 tbsp. Fines Herbs, chopped
- ❑ 1 ounce Chicken glace
- ❑ ½ ounce Butter, cubed

Directions: Sweat mirepoix until tender. Add Vinegar, Madeira and reduce until almost dry. Add stock and simmer. Remove from heat and finish with butter, glace and herbs. Season to taste.

Celeriac Whipped Potatoes

- ❑ 8 ounce Yukon gold potatoes
- ❑ 3 ounce celery root
- ❑ 1 clove garlic, small
- ❑ 1 Tbsp. chives
- ❑ ¾ cup cream
- ❑ 2 ounces butter
- ❑ Salt and Pepper

Directions: Heat cream and celery root and garlic and poach in oven until tender. Puree. Boil potatoes until tender. Mash potatoes; add cream, butter, and chives. Season to taste.

Mushroom Ragout

- ❑ 3 ounce mushrooms (Morel, Shitake, Cremini)
- ❑ ½ ounce Bacon, chopped
- ❑ 2 ounce Madeira
- ❑ 1 tbsp. Parsley, chopped
- ❑ 1 ounce Chicken Glace
- ❑ 1 ounce cream
- ❑ Salt and Pepper to taste

Directions: Render bacon in skillet. Sauté mushrooms. Add wine and glace and reduce until dry. Add cream and reduce until dry. Fold in parsley and season to taste.

Glazed Carrots

- ❑ ½ each carrot, diced
- ❑ 1 tsp. butter
- ❑ 2 oz. chicken stock
- ❑ ½ tsp. sugar
- ❑ pinch nutmeg
- ❑ salt and pepper

Directions: Add sugar, butter, stock, and carrots to a sauté pan. Cook covered until almost tender and remove lid and finish reducing the glaze. Season to taste.

Glazed Beets

- ❑ 4 each Beets, tournée
- ❑ 1 tbsp. butter
- ❑ 4 oz. chicken stock
- ❑ 1 tbsp. sugar
- ❑ pinch nutmeg
- ❑ salt and pepper

Directions: Add sugar, butter, stock, and beets to a sauté pan. Cook covered until almost tender and remove lid and finish reducing the glaze. Season to taste.

Asparagus Tips

- ❑ 8 each asparagus tips
- ❑ 1 tbsp. butter, brown
- ❑ salt and pepper to taste

Directions: Blanch the asparagus in lightly salted water until tender. Shock in ice water. Warm in brown butter. Season to taste.

Equipment List

Equipment

- 2 Heat lamps w/ bulbs
- 2 Robo coup

Pots and Pans

- 3 (3 quart) Stock pots
- 5 (1 quart) Stock pots
- 1 (4 quart) Stock pot with lid
- 1 (7 inch) Sauté pan
- 4 in ½ Hotel Pan w/ Rack

Disposable Pans

- Foil loaf pans
- Foil pie tins
- Extra containers
- 1 waste pan
- 1 usable trim pan

Utensils

- 4 Small rubber spatulas
- 4 tongs
- 4 whisks
- 2 - 2 ounce ladles
- 2 spoon
- 2 slotted spoon
- 4 Pasta Spoons
- 1 off set spatula

Knives

- 1 chef's knife
- 1 boning knife
- 1 paring knife
- 1 tournée Knife
- 1 slicer
- 1 steel
- 1 microplane
- 1 bench scraper
- Pocket thermometer

Paper Supplies

- 1 12 inch Plastic wrap
- Ziploc Bags (Pre-labeled)
- 6 ea. Paper circles
- Foil sheets

Sanitation

- First Aid Kit
- Sanitize bucket and sanitizer
- Sanitizer Bottle
- Tasting spoons
- Paper towels
- Tape
- Stapler
- Towels
- Latex gloves
- Nail brush

Miscellaneous

- 3 cutting boards
- 2 chinois
- 4 mixing bowls
- Sea Salt mill
- Maldon salt
- White pepper mill
- Whole nutmeg
- 2 Racks for top of oven
- Large Lexon
- Bin for Dirty Knives
- 1 funnel
- 2 each Piping bag
- 1 small round tip
- 1 large round tip
- Drip cup
- 2 oven thermometers
- 1 refrigeration thermometer
- Extension cord
- Surge Protector
- Timer
- 2 hooks
- 1 Ricer
- 1 Lighter
- 4 each Dinner Plates
- Gooseneck w/ under liner, doily and spoon
- Olive Oil in Squirt Bottle
- Ice
- Table Cloth
- Toothpicks
- Drip cup of water
- Cloth for wiping plates

Production Plan

- ❑ Chop herbs, carrots, onions, celery, celery root, potatoes, and mushrooms *Tray #1*
- ❑ Boil potatoes
- ❑ Cook celery root
- ❑ Fabricate chicken *Tray #2*
- ❑ Make farce *Tray #3*
- ❑ Roll chicken and poach
- ❑ Start sauce *Tray #4*
- ❑ Cook ragout
- ❑ Puree celery root
- ❑ Cook asparagus
- ❑ Tournée beets
- ❑ Glaze vegetables *Tray #5*
- ❑ Whip potatoes
- ❑ Finish sauce
- ❑ Heat plates and gooseneck
- ❑ Turn on heat lamps
- ❑ Heat asparagus
- ❑ Sanitize table
- ❑ Plate up

Resource Information:

Books:

Escoffier: The Complete Guide to the Art of Modern Cookery

Culinary Artistry

Food Lover's Companion

The Flavor Bible

Inspiring cookbooks such as titles by Thomas Keller, Ed Leonard, The Culinary USA Olympic Books, or any of your favorite Chefs

Web Pages:

ACF Website – www.acfchefs.org

Competition Manual – (Under Assistance Section of page)

<http://www.acfchefs.org/Content/NavigationMenu2/Events/Competitions1/Register/default.htm>

Certification Information –

<http://www.acfchefs.org/Content/NavigationMenu2/Careers/Certification/Designations/default.htm>

Other Helpful Sites:

www.starchefs.com

www.gigachef.com

www.ideasinfood.com