



CULINARY **COMPETITION**

2025 **EVENT HANDBOOK**

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TABLE OF CONTENTS

COMPETITION INFORMATION

- DATE AND LOCATION PAGE 3
- REGISTRATION INFORMATION PAGE 3
- HOTEL INFORMATION PAGE 3
- REGISTRATION, PAYMENT AND CANCELLATION POLICIES PAGE 4
- ATTENDEE DRESS CODE AND FORMS PAGE 5
- DATES AND DEADLINES PAGE 6
- TENTATIVE AGENDA PAGE 6

BAKING AND PASTRY EVENT

- GUIDELINES AND SPECIFICATIONS PAGE 7
- EQUIPMENT LIST PAGE 10
- RECIPES PAGE 11

CULINARY ARTS EVENT

- GUIDELINES AND SPECIFICATIONS PAGE 15
- EQUIPMENT LIST PAGE 18
- RECIPES PAGE 19

TESTING & FORMS

- ONLINE PRELIMINARY TESTING PROCEDURES PAGE 23
- PROCTOR VERIFICATION FORM PAGE 25
- MEDICAL CONSENT FORM PAGE 26

2025 COMPETITION INFORMATION

DATE AND LOCATION

February 21, 2025
Johnson and Wales University
801 W. Trade St.
Charlotte, NC 28202

REGISTRATION INFORMATION

Culinary Competition registration will no longer include State Leadership Conference registration. Participants attending the 2025 Culinary Competition who wish to attend the State Leadership Conference must be registered attendees for that event in the FCCLA Portal.

Registration Rate - \$50.00 per attendee (Participants, advisers, chaperones, etc.)

- The registration rate will include the competitive event fee for event participants, ingredient costs for event participants, and additional learning opportunities provided throughout the day of the competition. All attendees are required to be registered.

Affiliation is required to attend and/or compete at the Culinary Competition.

Registration Deadline - January 24, 2025

Late registrations will not be accepted after this deadline.

HOTEL INFORMATION

A discounted hotel room block has been created for Culinary Competition participants at the hotels listed below. Participants are **not required** to stay in this hotel room block for the competition.

DoubleTree by Hilton
Charlotte City Center
230 North College Street
Charlotte, NC 28202
980-595-7808

Hotel Rate

\$139.00 plus tax (13.25% sales tax rate and 2% occupancy tax rate).

OR

Fairfid Inn & Suites Charlotte Uptown
201 S. McDowell Street
Charlotte, NC 28204
704-971-4976

Hotel Rate

\$144.00 plus tax (7.25% NC State Tax, 6% Occupancy Tax and 2% City of Charlotte Tax)

Please confirm with hotel parking rates

Reservations can be made by calling the hotel directly and identify themselves as members of the FCCLA Culinary Event when making reservations. If full payment of reservation will be with a check, please contact the hotel directly to confirm the payment process. Payment may be required up to two (2) weeks prior to arrival.

2025 COMPETITION INFORMATION

REGISTRATION INVOICE PAYMENT INFORMATION

An invoice will automatically be created when registration is submitted in the FCCLA Portal. Invoice(s) can be viewed and/or paid in the 'Invoice(s) tab of the FCCLA Portal. If you do not see an invoice created for your attendee(s), please confirm that you have correctly submitted registration for this event.

Invoice payments must be made by February 7, 2025. A \$25.00 late payment fee will be applied to invoices with an outstanding balance after this date.

Payment Options

- Check Payment
 - Check payments can be mailed to the address listed on the registration invoice. Confirm with your bookkeeper that the check is being sent to the correct address. NC FCCLA will not be responsible for any checks sent to the wrong address resulting in a delay of payment.
- Credit Card
 - A credit card payment can be paid on the registration invoice in the FCCLA Portal or by calling the National Headquarters at 703-476-4900. An invoice number must be provided if paying with a credit card over the phone.
- A \$25.00 late payment fee will be applied to invoices with an outstanding balance following invoice payment deadline of **February 7, 2025**.

CANCELLATION AND REFUND POLICY

Cancellation and refund requests must be submitted online through the FCCLA Portal by **February 2, 2025** to avoid a \$15.00 administrative fee. Telephone, email and fax cancellations will not be accepted.

- Cancellations received by **February 2, 2025** will be refunded the conference registration.
- Cancellation received after February 2, 2023 and until **February 7, 2025**, will be refunded the conference registration less a \$15.00 administrative fee per attendee cancellation.
- Requests for refunds will not be honored for cancellations received after **February 7, 2025**.
- Refunds for "no-shows" will not be honored, and the registrant and/or chapter will still be responsible for all registration fees.

REGISTRATION SUBSTITUTION POLICY

Attendee name changes and/or substitutions must be submitted online through the FCCLA Portal by **February 7, 2025**. Telephone, email and fax changes will not be accepted.

2025 COMPETITION INFORMATION

ATTENDEE DRESS CODE

Mandatory Dress Code for Youth Attendees

- If youth attendees are competing, they are required to adhere to the dress code as outlined in the event guidelines.
- Youth attendees who are not competing are required to adhere to the following dress code:
 - Red, Black, or White Polo or Oxford-Style shirt.
 - Khaki or Black Bottoms
 - Skirts may not be shorter than 2 inches above the knee.
 - Black Professional Dress Shoes

Mandatory Dress Code for Adult Attendees

- Business professional.

ATTENDEE FORMS

The following forms are provided for convenience to the adviser and are not required to be submitted to NC FCCLA upon check-in at the Culinary Competition.

- Youth Permission Slip
- Code of Conduct Form

Forms can be found on the NC FCCLA website.

2025 COMPETITION INFORMATION

2024-2025 DATES AND DEADLINES

DECEMBER 16, 2024

- 2025 Culinary Competition registration opens in the FCCLA Portal.

JANUARY 24, 2025

- 2025 Culinary Competition registration closes. Late registrations will not be accepted after this deadline.

FEBRUARY 7, 2025

- 2025 Culinary Competition invoice payment deadline. After this deadline, invoices with an outstanding balance will receive a **\$25.00** late payment fee.
- Registration name changes and substitutions deadline.
- Registration cancellation and/or refund requests deadline, less a \$15.00 administrative fee per attendee cancellation.

FEBRUARY 21, 2025

- 2025 Culinary Competition at Johnson and Wales University

TENTATIVE AGENDA

The following agenda is a tentative outline of the day's events. Specific times and locations are likely to change prior to the event date based on total number of registered participants. A final agenda will be posted and/or emailed to registered attendees prior to the event. A pre-event session will be held on the campus of JWU on Thursday afternoon between 4-6. This is open to anyone who will be arriving on Thursday afternoon. Registration is required, however no extra fee will be collected.



JOHNSON & WALES UNIVERSITY
801 W TRADE ST.
CHARLOTTE, NC 28202

START	END	EVENT	AUDIENCE	LOCATION
FRIDAY, FEBRUARY 21				
8:30 AM	9:15 AM	VOLUNTEER CHECK-IN AND Q&A SESSION	VOLUNTEERS	HANCE AUDITORIUM
8:30 AM	9:00 AM	REGISTRATION CHECK-IN	MEMBERS / ADVISERS / GUESTS	EVENTS CENTER
9:00 AM	9:15 AM	WELCOME FROM THE 2023-2024 SEC	MEMBERS / ADVISERS / GUESTS	HANCE AUDITORIUM
9:30 AM	3:00 PM	COMPETITIVE EVENTS	MEMBERS	JWU ACADEMIC CENTER - VARIOUS LABS
10:30 AM	12:00 PM	ADVISER PROFESSIONAL DEVELOPMENT	ADVISERS / GUESTS	EVENTS CENTER
3:30 PM	4:00 PM	RECOGNITION SESSION	MEMBERS / ADVISERS / GUESTS	HANCE AUDITORIUM

2025 BAKING AND PASTRY COMPETITION

Baking and Pastry, an individual event, recognizes participants enrolled in a Family and Consumer Sciences program for their ability to demonstrate their baking and pastry skills through the preparation of quick bread, choux pastry, cookie, and demonstration of cake decorating skills. Participants must develop a plan for the time allotted, prepare menu items given to them at the time of the event, and present prepared items to evaluators.

EVENT LEVELS

Level 3: grades 11-12

ELIGIBILITY AND GENERAL INFORMATION

1. Review "Eligibility and General Rules for ALL Levels of Competition" in the National FCCLA 2024-2025 STAR Events Guidelines located in the FCCLA Portal prior to event planning and preparation.
2. Eligible participants are members currently enrolled in or have been enrolled in, a Family and Consumer Sciences program, as determined by the state department of education.
3. Each participant is required to complete the Online Project Summary in the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.

GENERAL INFORMATION

Number of Participants per Entry - 1

Number of Entries Allotted per Chapter - 3

2025 BAKING AND PASTRY COMPETITION

PROCEDURES AND TIME REQUIREMENTS FOR STATE COMPETITION

Participants will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.	
15 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
15 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 15 minutes to organize their work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, and clean/wash products. No products may be cut, peeled, sliced, etc. during this time.
2 hours 45 minutes	Participants will be given 2 hours and 45 minutes to prepare the required products according to recipe specifications.
10 minutes	Participants will present their plates for evaluation of appearance, taste, and temperature.
15 minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
5 minutes	Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

SPECIFICATIONS FOR STATE COMPETITION

UNIFORM AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry, and Personal Hygiene	Clean and appropriate uniform including professional chef attire to include: chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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2025 BAKING AND PASTRY COMPETITION

SAFETY AND SANITATION

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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PRODUCT PRODUCTION

Participants will have 2 hours and 45 minutes to prepare food products. Participants should be proficient in the preparation of all required food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste. The participant will present all items for evaluation at the end of the 2 hours and 45 minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2 hours and 45 minutes time limit.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work efficiently and display organizational skills. Mise en place is well executed.
Product Appearance	Products have appropriate color and doneness, are properly shaped and have visual appeal.
Product Consistency	Size, shape, and/or color of products meet or exceed industry expectations. Correct amount (yield) of items has been produced.
Baking Principles and Techniques	Follow directions of recipes in proper sequence to demonstrate correct baking principles.
Product Taste and Texture	Flavors and textures meet or exceed industry expectations.
Cake Decorating	Cake dummy is decorated according to the theme provided. Borders, decorations, and writing meet or exceed industry expectations.

SCORING

The Point Summary Form and Scoring Rubric as reflected in the National FCCLA 2024-2025 STAR Events Guidelines for the Baking and Pastry STAR Event will be used at the NC FCCLA 2025 Culinary Competition, with the exception of the following edits:

- The Registration Packet points on the Point Summary Form will be provided when the packet is picked up by the adviser or designated adult during registration check-in.
- The Event Online Orientation Documentation points on the Point Summary Form will be provided if the documentation is submitted to the Room Consultant for the state competition.

2025 BAKING & PASTRY EVENT REQUIRED EQUIPMENT LIST AND RECIPES

REQUIRED EQUIPMENT LIST - PER PARTICIPANT

The items listed below are required for implementation of the selected menu. All necessary large equipment and plating dishes will be provided. No additional items may be brought or used during the event. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement.

Each participant is required to provide the following equipment for the competition.

- 1 Wire Whisk
- 2 Heat Resistant (Silicone) Spatula
- 1 Bi-Metallic or Instant Read Thermometer
- 1-3 Timers
- 1 Set of Dry Measuring Cups
- 1 Set of Liquid Measuring Cups
- 1 Set of Measuring Spoons
- 1 Slotted Turner or Metal Spatula
- 1 Set of Metal Kitchen Tongs
- 2 Stainless Steel Kitchen Spoon (8-12 inches)
- 1 Sturdy Wooden Spoon or Stiff Spatula
- 1 Portion Scoop/Disher
- 4 Side Towels
- Piping Bags and Couplers, any size/type
- Piping Tips of participant's choice
- Cake turntable
- Grease-proof cake board
- Assorted spatulas, as needed
- Rose nail
- Scissors
- 1 Knife Set (Contents should be standard based on school's requirement, but must include as least 1 Paring Knife, 1 Boning Knife, 1 - 8" or 10" Chef Knife, 1 Serrated Knife)
- 2 Cutting Boards
- Plating Dishes (Dishes will be provided by JWU, but participants may bring their own.)

Deck ovens may be used during competition. Participants should be familiar with their use in relation to the production of the recipes required for this event.

2025 BAKING & PASTRY RECIPES

Quick Bread: Buttermilk Biscuit

Pate a Choux: Gougiers

Cookie*: Vanilla Wafers

Decorated Cake: Will give details at event for the occasion

* NC FCCLA will include a decorated cake as part of the event requirements. Participants will be required to supply their own icing, icing colors, and equipment. A cake dummy will be provided for the event.

2025 BAKING & PASTRY RECIPES

VANILLA WAFERS

5 ½ DOZEN SMALL COOKIES (1 - 1 ½")

INGREDIENTS

200g all-purpose flour
¼ tsp baking soda
½ tsp baking powder
85g butter, melted
132g granulated sugar
¾ tsp salt
2 large egg whites
1 tbsp water
14g vanilla bean paste
¾ tsp white vinegar

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Lightly grease (or line with parchment) two baking sheets. Fit a piping bag with a 1/2" round tip.
2. Whisk together the flour, baking soda, and baking powder in a medium bowl. Set aside.
3. Whisk the melted butter with the sugar and salt in a large bowl.
4. Add the egg whites, water, vanilla, and vinegar and whisk until smooth.
5. Fold the dry ingredients into the wet ingredients, stirring until smooth.
6. Immediately transfer the batter to the prepared piping bag. Pipe 1" mounds of batter onto prepared baking sheets, leaving about 1" between them. All cookies should fit on two baking sheets
7. Dip your fingers in water and lightly press down on the top of each cookie to create a smooth surface.
8. Bake cookies for 15-20 minutes until the edges are lightly browned (you're aiming for cookies that remain somewhat soft in the center). Rotate the pan halfway through the baking time to ensure even browning.
9. Remove cookies from the oven and cool completely on the pan

2025 BAKING & PASTRY RECIPES

GOUGERES 30 PASTRIES

INGREDIENTS

227g water
113g unsalted butter
 $\frac{3}{8}$ tsp salt
150g all-purpose flour
4 large eggs
113g grated gruyere cheese

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Lightly grease (or line with parchment) two baking sheets.
2. Combine water, butter, and salt in a large saucepan. Place the saucepan over medium-high heat to melt the butter and bring the mixture to a boil.
3. Remove the pan from the heat and add flour immediately, stirring vigorously with a sturdy spoon or stiff spatula.
4. Return the pan to medium heat briefly, stirring until the mixture smooths out and starts to steam. The batter will be very thick and shiny.
5. Remove the pan from the heat and let the thick batter cool, stirring occasionally for 5-10 minutes. The temperature should be below 125 degrees F.
6. Using an electric stand mixer, transfer the warm butter-water-flour mixture to the bowl of the stand mixer. Beat in the eggs one at a time on medium speed, waiting until each egg is fully incorporated before adding the next. Beat for about 1 minute after adding the last egg.
7. Incorporate all but 2 tbsp of grated cheese into the batter.
8. Pipe batter into mounds about 1 1/2" in diameter, leaving 2" space between each mound.
9. Sprinkle the remaining cheese on top.
10. Bake for 15 minutes, then reduce the temperature to a 350-degree F oven and bake for 20-25 minutes longer, until they're a medium golden brown.
11. Remove from the oven and transfer to a rack to cool slightly before serving.

2025 BAKING & PASTRY RECIPES

BUTTERMILK BISCUITS

12 BISCUITS

INGREDIENTS

320g all-purpose flour
1 tsp salt
1 tbsp baking powder
1 tbsp granulated sugar
85g butter, room temperature
227-255g buttermilk, cold

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Line the baking sheet with parchment for easier cleanup.
2. Mix together flour, salt, baking powder, and sugar.
3. Work the butter into the flour mixture using a pastry blender until you have an evenly crumbly mixture.
4. Drizzle the smaller amount of buttermilk over the flour mixture. Mix quickly and gently for 15 seconds until you have a cohesive dough. If the mixture seems dry, drizzle up to 28g (2 tbsp) until it is cohesive.
5. Place dough on a lightly floured work surface and pat it into a rough rectangle about 3/4" thick. Fold into thirds and roll gently with a floured rolling pin until 3/4" thick again.
6. Cut dough and pace biscuits bottom side up, with 1/4" space between each) on prepared baking sheet. Brush with milk to enhance browning.
7. Bake for 15-20 minutes, until lightly browned.

2025 BAKING & PASTRY RECIPES

DECORATED CAKE

1 - 9" Styrofoam Cake Round (Provided)

For Cake Decorating (Participant must provide.):

3# Prepare White Icing

Gel or Paste Icing Colors (Participant's Choice)

Pastry Bags and Couplers, any size/type

Grease-Proof Cake Board

Pastry Tips of participants' choice

Cake Turntable

Assorted Spatulas, as needed

Rose Nail

Scissors

Bowls or Containers for mixing colors

Cake Decorating Parameters

1. 9" Cake Round - No splitting; rubric points will be automatically added.
2. Cake side must be smooth iced with buttercream - no combed or patterned sides.
3. The bottom border of the cake must be a shell border.
4. The top border of the cake must be a rosette border.
5. Three (3) buttercream roses and leaves.
6. Scripting - Participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts).
7. Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirement.

2025 CULINARY ARTS COMPETITION

Culinary Arts, an individual event, recognizes participants enrolled in a Family and Consumer Sciences program for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must develop a plan for the time allotted, prepare menu items given to them at the time of the event, and present prepared items to evaluators.

EVENT LEVELS

Level 3: grades 11-12

ELIGIBILITY AND GENERAL INFORMATION

1. Review "Eligibility and General Rules for ALL Levels of Competition" in the National FCCLA 2024-2025 STAR Events Guidelines located in the FCCLA Portal prior to event planning and preparation.
2. Eligible participants are members currently enrolled in or have been enrolled in, a Family and Consumer Sciences program, as determined by the state department of education. These courses for NC FCCLA include:
3. Each participant is required to complete the Online Project Summary in the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.

GENERAL INFORMATION

Number of Participants per Entry - 1

Number of Entries Allotted per Chapter - 3

2025 CULINARY ARTS COMPETITION

PROCEDURES AND TIME REQUIREMENTS FOR STATE COMPETITION

Participants will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.	
20 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
20 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 20 minutes to organize their work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, and clean/wash products. No products may be cut, peeled, sliced, etc. during this time.
60 minutes	Participants will be given 60 minutes to prepare required food products according to recipe specifications.
10 minutes	Participants will present two plates for evaluation of appearance, taste, and temperature.
15 minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
5 minutes	Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

SPECIFICATIONS FOR STATE COMPETITION

UNIFORM AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry, and Personal Hygiene	Clean and appropriate uniform including professional chef attire to include: chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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2025 CULINARY ARTS COMPETITION

SAFETY AND SANITATION

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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PRODUCT PRODUCTION

Participants will have 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of three (3) food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work efficiently and display organizational skills. Mise en place is well executed.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.

FOOD TASTE AND PRESENTATION

Participants will prepare two (2) identical plates that have been attractively garnished. The participant will present all plates for evaluation of appearance, taste, and temperature at the end of the 60-minute period. There will be no extra time allowed to complete preparation, or presentation. All work must stop at the 60-minute time limit.

Plating and Presentation	Prepare two (2) plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.

SCORING

The Point Summary Form and Scoring Rubric as reflected in the National FCCLA 2024-2025 STAR Events Guidelines for the Culinary Arts STAR Event will be used at the NC FCCLA 2025 Culinary Competition, with the exception of the following edits:

- The Registration Packet points on the Point Summary Form will be provided when the packet is picked up by the adviser or designated adult during registration check-in.
- The Event Online Orientation Documentation points on the Point Summary Form will be provided if the documentation is submitted to the Room Consultant for the state competition.

2025 CULINARY ARTS EVENT REQUIRED EQUIPMENT LIST AND RECIPES

REQUIRED EQUIPMENT LIST - PER PARTICIPANT

The items listed below are required for implementation of the selected menu. All necessary large equipment and plating dishes will be provided. No additional items may be brought or used during the event. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement.

Each participant is required to provide the following equipment for the competition.

- 1 Wire Whisk
- 2 Heat Resistant (Silicone) Spatula
- 1 Bi-Metallic or Instant Read Thermometer
- 1-3 Timers
- 1 Set Dry Measuring Cups
- 1 Set Liquid Measuring Cups
- 1 Set Measuring Spoons
- 1 Slotted Turner or Metal Spatula
- 1 Set Metal Kitchen Tongs
- 2 Stainless Steel Kitchen Spoon (8-12 inches)
- 1 Mallet or Rolling Pin
- 1 Citrus Press
- 1 Hand or Box Grater
- 4 Side Towels
- 1 Knife Set (Contents should be standard based on school's requirement, but must include as least 1 Paring Knife, 1 Boning Knife, 1 - 8" or 10" Chef Knife, 1 Serrated Knife)
- 2 Cutting Boards
- Plating Dishes (Dishes will be provided by JWU, but participants may bring their own.)

2025 CULINARY ARTS MENU

Wilted Spinach Salad with Warm Bacon Vinaigrette
Pan Roasted Chicken Supreme with Pan Sauce,
Celeriac Puree and Brussels Sprouts
Lemon Curd and Fruit Compote

2025 CULINARY ARTS EVENT RECIPES

Wilted Spinach Salad with Warm Bacon Vinaigrette	
2 Servings	
Amount	Ingredient
2 slices	Bacon
1 Tablespoon	Shallot, minced (or onion)
1 teaspoon	Garlic, minced
1 teaspoon	Dijon mustard
1 Tablespoon	Brown sugar
2 Tablespoons	Apple cider or red wine vinegar
3 Tablespoons	Vegetable or olive oil
To taste	Salt and pepper
4 each	Button mushroom, sliced
¼ cup	Red onion, fine julienne
6 cups	Spinach, loosely packed, washed, stems removed
<p>Procedure: In sauté pan cook bacon until crispy. Remove from pan reserving fat. Crumble and hold. In bacon fat over medium-low heat, cook shallot and garlic until softened. Whisk in Dijon, brown sugar, and vinegar. Heat, stirring until combined. Whisk in oil. Remove from pan and hold, leaving 1 Tablespoon in pan. Add mushrooms and slightly cook. Remove from pan and hold. Place spinach in a bowl. Reheat vinaigrette and toss with spinach to wilt. Remove spinach to serving plate and arrange onion, mushroom, and bacon. Serve room temperature.</p>	

2025 CULINARY ARTS EVENT RECIPES

Pan Roasted Chicken Breast with Pan Sauce	
2 servings	
Amount	Ingredients
2 each	Chicken supreme
As needed	Kosher salt
As needed	Ground black pepper
As needed	Canola oil
4 teaspoons	Shallot, minced
16 fluid ounces	Chicken stock
1 ounce	Butter
<p>Procedure:</p> <p>Preheat oven to 400 F Season the chicken supreme with salt and pepper. Heat a sauté pan over medium heat and add the canola oil. Place the chicken in the pan skin side down. Allow the chicken to cook on the skin side 4-5 minutes, or until well browned. Flip the chicken and cook 3- 4 minutes more, until browned on the second side. Flip the chicken back to the skin side and place in the oven to roast until the chicken reaches an internal temperature of 160 F. The chicken should reach a minimum of 165 F after resting. Transfer the chicken to a rack to rest and pour off any excess fat. Add the minced shallot to the pan and cook briefly. Deglaze pan with stock. Reduce by one-half. Add the chicken stock and reduce to desired consistency. Swirl in the cold butter(monte au beurre) and adjust the seasoning. Strain if desired. Transfer the chicken to a plate and serve with sauce.</p>	

2025 CULINARY ARTS EVENT RECIPES

Celeriac Puree and Brussels Sprouts 2 servings	
Amount	Ingredients
½ pound	Celeriac, cleaned and cubed
½ each	Potato Russet
2 oz	Heavy cream, scalded
8 each	Brussels Sprouts, cleaned and quartered
1 oz	Pancetta, brunoise
TT	Salt
TT	Black Pepper
For the celeriac puree Boil celeriac and potato together until tender. Do not under cook. In a blender, add celeriac, potato and cream (the cream a little at the time to desired consistency). Season. Reserve warm. For the Brussel sprouts Blanch and shock the Brussel sprouts. For service, render the pancetta in a pan and add the Brussels sprouts to reheat. Season.	

2025 CULINARY ARTS EVENT RECIPES

Lemon Curd and Fruit Compote	
2 Servings	
Amount	Ingredient
2 each	Egg yolks
1 each	Egg
¼ cup	Lemon juice
¼ cup	Sugar
3 Tablespoons	Butter, chilled
1 cup	Mixed berries, fresh or frozen
¼ cup	Sugar
1 teaspoon	Lemon juice
½ cup	Heavy whipping cream
1 Tablespoon	Sugar
¼ teaspoon	Vanilla extract
<p>Procedure:</p> <p>In a small pot mix together egg yolks, egg, lemon juice, and sugar. Cook over medium heat whisking constantly, until thick and starts to bubble. Cook for several minutes. Remove from heat then whisk in butter until completely incorporated. Strain and chill. In another small pot heat mixed berries, sugar, and lemon juice until syrupy. Chill. Whip heavy cream, sugar, and vanilla extract until medium peaks. Divide in half. Fold ¼ of the whipped cream into the lemon curd until completely incorporated. Fold another ¼ of whipped cream in. In a clear glass, layer lemon cured, berries (watch for excess syrup), lemon curd, berries, and top with remaining whipped cream. Garnish.</p>	



ONLINE PRELIMINARY TESTING PROCEDURES

Online preliminary testing may be required if the event registration exceeds the facility capacity.,

These exam scores will determine the members invited to compete in person at the Culinary Competition on February 21 at Johnson and Wales University in Charlotte, NC. This decision was made to provide a method to determine the finalists based on the numbers NC FCCLA can accommodate at the Culinary Competition. Participants will be notified by January 27th if testing is required.

EXAM INFORMATION

Registered Baking and Pastry and Culinary Arts STAR Event participants will complete the Online Preliminary Test. This exam will cover safety and sanitation, culinary nutrition, fundamental concepts of the culinary and/or baking and pastry arts, and food service industry concepts.

The exam consists of 100 questions, with approximately 50 on culinary and/or baking and pastry arts fundamentals, 30 on safety and sanitation, 10 on food service concepts, and 10 on culinary nutrition, to be completed within 120 minutes. These questions have been pulled from *The Culinary Professional* textbook published by Goodheart-Wilcox publishers. The exam is completed on the ZigGrade Online Testing Platform and proctored by a locally-identified administrator. The proctor-to-participants ratio is 1:3.

EXAM PROCTOR REQUIREMENTS

The exam proctor must be a “disinterested third party” with no direct family or direct educator relationship to the participant(s). Duties of the proctor include:

- Confirm the participant(s) identity.
- Ensure the participant(s) does not receive any outside assistance while taking the exam. This includes course materials, help from others, prepared notes, and access to other websites. Cell phones must be checked and turned completely off. The student may use one blank sheet of printer paper, one pencil, and a non-programmable calculator.

ACCESSING THE ONLINE TEST

Login Credentials

- Login credentials will be **emailed** to registered participants and advisers.

Access Link

- Before completing the test, click on the access link in your registration confirmation email to ensure that the link is accessible.
- NC FCCLA will be using the ZipGrade online testing platform. This platform can be accessed on any browser type. Ensure you are using your chosen browser's latest version for the best experience. If you have issues accessing the site, please contact your school district IT department to confirm that the site is accessible from your school district devices. If you continue to have access issues, please contact ncfccla@fcclainc.org.

Testing Environment

- Choose a quiet and well-lit environment for the test.
- Ensure participants are provided with the necessary tools per the test guidelines. Participants may have one blank sheet of printer paper, a pencil, and a non-programmable calculator.

SUBMISSION DETAILS

Submission Process

- Submissions must be completed using the ZipGrade online testing platform. Follow the on-screen instructions to submit your responses.
- Ensure that submissions are finalized and submitted before the time limit expires. Participants will have 120 minutes to complete the 100 multiple-choice question test.

Submission Deadline

- The testing window is from January 27 - January 31. All tests must be submitted by 5:00 PM EST on January 31.

Results and Feedback

- Participants will receive their test scores immediately upon submission of their exam.
- If finalists for the competition are required, all participants will be notified via email by February 5, 2025, of their eligibility to compete in person at the Culinary Competition.

Please contact nfccla@fcclainc.org if you have additional questions regarding this preliminary testing portion of the competition.

PROCTOR VERIFICATION FORM

CULINARY COMPETITION PRELIMINARY ONLINE TESTING

FCCLA Chapter Name: _____ FCCLA Chapter ID: _____

Proctor Name and Title _____

By signing this document, you verify that:

- You personally observed the student(s) throughout the entire testing process.
- You did not assist in reading the question to the student.
- You did not allow unpermitted resources.
- Students completed their own work and did not talk to or receive assistance from anyone other than the proctor during the test.
- Only students registered to compete in the competitive event participated in the testing.
- All participants from the chapter took the test at the same time.

Proctor Signature: _____ Date: _____

***Electronic signatures are not accepted. Proctor signatures should be completed by hand.**

COMPETITIVE EVENT NAME AND CATEGORY

Participant Name	Event Name

After testing, advisers will upload an electronic copy of this form here:

<https://forms.gle/VX3ufAud2b6Mj1VC8>

*The file upload requirement requires Google sign-in to access the form.

MEDICAL CONSENT FORM



All Baking and Pastry and Culinary Arts STAR Event participants must submit this completed consent form during check-in at the Culinary Competition. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Baking and Pastry or Culinary Arts STAR Event with the North Carolina Family, Career and Community Leaders of America. The following information will be helpful if such a situation arises:

Primary Physician Name: _____

Physician's Address: _____

Physician's Phone Number: _____

Known Allergies: _____

Medical condition(s) that should be noted: _____

Medications currently being taken (OTC or Prescribed): _____

Emergency Contact Information

Name: _____

Number: _____

Relationship to Participant: _____

Insurance Information

Insurance Company Name: _____

Identification #: _____

Group #: _____

Company Phone Number: _____

I have read and consent to the above statement. I acknowledge that all the information provided is accurate.

Parent/Guardian First and Last Name: _____

Parent/Guardian Signature: _____

Participant First and Last Name: _____

Participant Signature: _____