CULINARY COMPETITION CONFERENCE GUIDEBOOK

FCCLA
NORTH CAROLINA

2027

www.northcarolinafccla.org

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COMPETITION INFORMATION

DATE AND LOCATION

February 26th, 2027
Johnson and Wales University
801 W. Trade St.
Charlotte, NC 28202

REGISTRATION INFORMATION

Registration Rate $50 per attendee (participants, advisers, chaperones, etc.)
The registration rate will include the competitive event fee for event participants and ingredient costs for event participants. All attendees are required to be registered.
Affiliation is required to attend and/or compete at the Culinary Competition.
Registration Opens - November 24th, 2026
Registration Closes - December 6th, 2026
Late registrations will not be accepted after this deadline.

HOTEL INFORMATION

A discounted hotel room block has been created for the Culinary Competition. 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
$169 plus tax
Reservation Cut-Off - 01/26/2026

To Book
Booking Link
Online Group Code: 931
OR
Make a reservation by phone by calling
704-335-5400 between 8am-4pm Mon-Fri.
Identify yourself as members of the NC FCCLA
Culinary Competition

Fairfield Inn & Suites Charlotte Uptown
201 S. McDowell Street
Charlotte, NC 28204
704-971-4976
Hotel Rate
$149 plus tax
Discounted Parking Rate
$15 per day per car
Reservation Cut-Off - 02/04/2026

To Book
Booking Link

If full payment of reservations 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. Please confirm with hotel individual parking rates.

REGISTRATION, PAYMENT & CANCELLATIONS

REGISTRATION INVOICE PAYMENT INFORMATION

An invoice will automatically be created when registration is submitted using the registration link provided on the NC FCCLA website. Please follow the directions listed on the invoice to make payment. If you have not received an invoice, please confirm that you have correctly submitted registration for this event and it is not pending.

Invoice payments must be made by January 17th, 2026. A $25 late payment fee will be applied per registered individual 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. It is also included below for your convenience. 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.
        - NC FCCLA
          PO Box 38
          Sunbury, NC 27979
- Credit Card
    - If you prefer to pay your invoice using a credit card, please request a link to be sent to you after you have received your official invoice. You can send requests to stateadviser@northcarolinafccla.org. After we receive your request, you will receive a QuickBooks invoice link that can be used for payment.

CANCELLATION & REFUND POLICY

Cancellation and refund requests must be submitted through the registration link within the registration window. Refunds for “no-shows” will not be honored, and the registering chapter will still be responsible for all registration fees. Non-payment of fees could result in a block being placed on the chapter for all future events until the outstanding balance has been resolved.

REGISTRATION SUBSTITUTION POLICY

Attendee name changes and/or substitutions must be submitted online through the registration link during the open registration window. Telephone, email, text or fax changes will not be accepted.

ATTENDEE DRESS CODE AND FORMS

MANDATORY DRESS CODE

Competing Youth Attendees

- If youth attendees are competing, they are required to adhere to the dress code as outlined in the event guidelines within this document.

Non-Competing Youth Attendees

- Red, Black, or White Polo, Blouse or Oxford Style Shirt
- Khaki or Black Bottoms
- Professional Shoe

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. It is mandatory that the adviser carry a completed Medical Consent Form in the case of an emergency.

- Medical Consent Form

Forms can be found on the NC FCCLA website under ATTEND > CULINARY COMPETITION or at the end of this guidebook.

DATES AND DEADLINES

November 30th. 2026

- Culinary Competition registration link opens on the NC FCCLA website.

December 6th, 2026

- Culinary Competition registration closes. Late registrations will not be accepted.
- Registration name changes, cancellation and substitutions deadline.

January 17th, 2026

- Invoice payment deadline. After this deadline, a $25.00 late payment fee per registered individual will be assessed to all outstanding invoices.

February 26th, 2026

- Culinary Competition at Johnson and Wales.

TENTATIVE AGENDA

The following agenda is a tentative outline of the day's events. Specific times and locations are based on the total number of registered participants. A final agenda will be included in the "Know Before You Go" email that all registered advisers will receive prior to the event. A pre-event session will be held on the campus of JWU on Thursday afternoon between 4-6pm. This is open to anyone who will be arriving Thursday afternoon. Registration is required, however no extra fee will be collected for participation.

FEBRUARY 26TH 2025
JOHNSON & WALES UNIV.
CHARLOTTE, NC

CONFERENCE AGENDA

START	END	EVENT	LOCATION	AUDIENCE
THURSDAY, FEBRUARY 19				
4:00 PM	5:00 PM	INTRO TO COLLEGE ADMISSIONS**	GATEWAY CENTER ST 175	ALL
5:15 PM	6:15 PM	CAMPUS & LAB TOURS**	WHOLE CAMPUS	ALL
FRIDAY, FEBRUARY 20				
8:15 AM	8:30 AM	VOLUNTEER CHECK-IN	TBD	ADVISERS
8:30 AM	9:00 AM	VOLUNTEER ORIENTATION	TBD	VOLUNTEERS
9:00 AM	9:15 AM	PARTICIPANT CHECK-IN	TBD	ALL
9:15 AM	9:30 AM	OPENING & WELCOME		
		COMPETITIVE EVENTS		
9:30 AM	3:00 PM	COMPETITIVE EVENTS	VARIOUS LOCATIONS	JUDGES & COMPETITORS
VARIES	VARIES	LUNCH		
3:00 PM	3:45 PM	CLOSING & RECOGNITION	TBD	ALL

*Lunch is not provided to attendees. All agendas are tentative and subject to change.
**No fee. Pre-registration required.

BAKING & PASTRY EVENT

Baking and Pastry, an individual event, recognizes participants 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 provided, 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 2026-2027 STAR Events Guidelines located in the FCCLA Portal prior to event planning and preparation. Please be aware that this is currently the link to last year's rubric. Once National FCCLA releases the 2026-2027 rubric, this link will be updated. Students will be judged based on the most current rubric released from National FCCLA.
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

GUIDELINES AND SPECIFICATIONS

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. Participants will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.

10 minutes	Uniform and equipment inventory check. Time management plan returned to participants 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, with the exception of those listed for the cake decorating recipe. 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.
20 minutes	Participants will have 15 minutes to clean up their workstations.

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 shows are not appropriate) - No jewelry, with the exception of a watch, is allowed - Facial hair is permitted if appropriate covering is used - Hair must be 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.

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 the event, within designated time period.

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. The 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	The 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 2026-2027 STAR Events Guidelines for the Baking and Pastry STAR Event will be used at the NC FCCLA 2027 Culinary Competition. The link below is included for your convenience but may be updated by National FCCLA throughout the year. Please always check your portal for the most recently updated version of the guidelines.

CLICK TO VIEW NATIONAL BAKING & PASTRY GUIDELINES

EQUIPMENT LIST

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. Each participant is required to provide the items listed below the 'not provided' section of the table. 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.

Available for Use	
Stand Mixer with Bowl and Attachments	
Oven	
Sheet Pan for Presenting	
Not Provided	
Full Set of Measuring Spoons	Pastry Couplers
Full Set of Measuring Cups	Pastry Tips
Scale (If Measuring Ingredients in Grams)	Cake Turntable
Fork or Masher (To Mash Bananas)	Assorted Spatulas
Wooden Spoon	Rose Nail
Portioning Spoon	Scissors
Cake Tester (Or Toothpicks)	Bowls or Containers
Cooling Rack(s)	Bus Tub
Standard Muffin Pan(s)	Gloves
Sheet Pan(s)	Pam or Similar Substitute for Greasing
Saucepan	Grease Proof Cake Board (Any Size/Type)
½ inch Plain Round Tip	Gel or Paste Icing Colors
Star Tip	White Buttercream Icing (Approximately 3 lbs.)
Whisk	Plastic Wrap
Rolling Pin	Piping Bag(s)
Cookie Cutters (2 Different, Approximately 3 inch)	Parchment Paper
Pastry Brush	Muffin Cups
Bus Tub	Timer(s)

RECIPES

Quick Bread | Banana Chocolate Chip Muffins
Pate A Choux | Cream Puffs with Chantilly Cream
Cookie | Sugar Cookie
Decorated Cake

Quick Bread | Banana Chocolate Chip Muffins

Culinary Skills Component: Demonstrate proper execution of mixing and baking a quick bread utilizing the creaming method.

Yield: 12 Muffins

Amount	Ingredient
8 tbsp. (120 g)	Butter, Room Temperature
⅔ cup (160 g)	Granulated Sugar
1 cup (240 g)	Mashed Banana (About 2 medium or 1 ½ Large)
1 each	Large Egg
1 tsp. (5 g)	Vanilla Extract
⅓ cup (80 g)	Milk
1 ½ tsp. (7.5 g)	Baking Powder
½ tsp. (2.5 g)	Baking Soda
½ tsp. (2.5 g)	Salt
1 cup (240 g)	All-Purpose Flour
1 cup (240 g)	Whole Wheat Flour
¾ cup (180 g)	Chocolate Chips

Method:

1. Preheat the conventional oven to 350°F. Lightly grease 12 to 14 standard muffin cups.
2. In the bowl of a stand mixer, beat together butter and sugar, until smooth.
3. Beat in mashed banana, then the egg, vanilla, and milk
4. Add in the baking powder, baking soda, salt, and flours, stirring until smooth. If the mixture has a lot of lumps, beat at a higher speed until they've nearly disappeared.
5. Stir in chocolate chips.
6. Using a portioning spoon, transfer batter into prepared muffin cups.
7. Bake muffins for 20-25 minutes, until a cake tester or toothpick inserted into the center of one of the middle muffins in the pan comes out clean.
8. Remove the muffins from the oven and let cool in the pan for 5-10 minutes before transferring to a wire rack to cool completely. Present 6 muffins for display.

Pate a Choux | Cream Puffs with Chantilly Cream

Culinary Skills Component: Demonstrate proper execution of pate a choux to include scaling ingredients, mixing ingredients, mixing ingredients, piping with pastry, and baking to correct doneness.

Yield: 6-8 Uniform Cream Puffs (6 will be evaluated)

Amount	Ingredient
Choux	
¼ cup (60 g)	Water
¼ cup (60 g)	Unsalted Butter
¼ tsp. (1.25 g)	Salt
½ tsp. (2.5 g)	Granulated Sugar
½ cup (120 g)	All-Purpose Flour
2 each	Large Egg
Chantilly Cream	
1 cup (240 g)	Heavy Cream
2 tbsp. (30 g)	Sugar
½ tsp. (2.5 g)	Vanilla

Method:

1. Prepare sheet pan with parchment paper. Preheat the oven to 400°F.
2. In a medium saucepan, combine the water, butter, sugar, and salt. Bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
3. In a bowl, beat eggs and add to the dough in 2-3 additions (as needed), stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the choux to a piping bag fitted with a ½ inch plain round tip. Pipe mounds on the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.
5. Whip Chantilly ingredients to form desired consistency of whipped cream. When puffs are cool, cut the top half off the cream puff, fill the bottom half with cream, and replace the top. Display 6 cream puffs.

Cookie | Sugar Cookie

Culinary Skills Component: Demonstrate proper execution of cookies utilizing the roll method, to include scaling ingredients.

Yield: 12 cookies

Amount	Ingredient
½ cup (120 g)	Unsalted Butter, Softened
¾ cup (180 g)	Granulated Sugar
¼ tsp. (1.25 g)	Salt
1 each	Large Egg
2 tbsp. (30 g)	Milk
1 tsp. (5 g)	Vanilla Extract
2 ¼ cups (540 g)	All-Purpose Flour
2 tsp. (10 g)	Baking Powder
For topping	Milk
For topping	Sugar
For rolling	Flour

Method:

1. In the large bowl of the stand mixer, cream together butter and sugar until smooth. Add the egg, milk, salt, and vanilla and beat at a low speed.
2. Whisk together flour and baking powder in a separate bowl. Add flour mixture to cream mixture and beat together until combined.
3. Wrap the dough in plastic and refrigerate for 30 minutes.
4. Using the “rolled method” and minimal flour, roll dough to ¼ inch thick.
5. Using two different cookie-cutter shapes, each approximately 3 inches in size, cut out 12 cookies, 6 in each shape. (You must bring your own cookie cutters.)
6. Before baking the rolled-out dough; brush with milk and sprinkle with sugar.
7. Use parchment-lined baking sheets.
8. Bake in oven:
   Conventional - 375°F for 15 minutes.
   Convection - 350°F for 10 minutes. (The oven used during competition will be convection set to 350.)
9. Display all cookies.

Decorated Cake

(1) 9-10” Styrofoam cake round (included at site)
(2) Prepared white icing (must bring your own, 3 lbs recommended)

Specific Equipment for Cake Decorating:
Gel or paste icing colors (participants 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 rosette 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).

Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirements.

CULINARY ARTS EVENT

Culinary Arts, an individual event, recognizes participants 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 2026-2027 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

GUIDELINES AND SPECIFICATIONS

Participants will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participants will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.

10 minutes	Uniform and equipment inventory check. Time management plan returned to participants 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.
1 hour	Participants will be given 1 hour to prepare the required food products according to recipe specifications.
10 minutes	After 1 hour, participants will present two plates for evaluation of appearance, taste, and temperature. All work must be completed at the end of the 1-hour time limit. There will be no extra time to complete the preparation or presentation.
20 minutes	Participants will have 20 minutes to clean up their workstations and return unused food to the central station.
15 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.

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 shows are not appropriate) - No jewelry, with the exception of a watch, is allowed - Facial hair is permitted if appropriate covering is used - Hair must be 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.

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 the event, within the designated time period.

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 Techniques	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Mallard reaction is properly executed, as required by recipe.

SCORING

The Point Summary Form and Scoring Rubric as reflected in the National FCCLA 2026-2027 STAR Events Guidelines for the Baking and Pastry STAR Event will be used at the NC FCCLA 2027 Culinary Competition. The link below is included for your convenience but may be updated by National FCCLA throughout the year. Please always check your portal for the most recently updated version of the guidelines.

EQUIPMENT LIST

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 items listed below the 'not provided' section of the table.

Available for Use	
Oven	
Cooktop	
Dishes for Plating	
Not Provided	
Set of Measuring Spoons	Tongs
Set of Measuring Cups	Ladle
Knife Set	Vegetable Peeler
Set of Bowls	Sauce Pan
Whisk	Skillet with Cover
Spoon(s)	Meat Thermometer
Cutting Board(s)	Saute Pan
Meat Mallet	Plastic Wrap
Shallow Dish	Disposable Gloves
Lemon Juicer (Optional)	Disposable Tasting Spoons
Bus Tub	

RECIPES

Tossed Greek Salad
Chicken Piccata
Glazed Carrots & Orzo with Basil

Tossed Greek Salad

Culinary Skills Component: Demonstrate a proper vinaigrette, knife skills, and salad composition

Yield: 2 Servings

Amount	Ingredient
Vinaigrette	
¼ cup	Olive Oil
3 tbsp.	Red Wine Vinegar
1 each	Garlic Clove, Minced
½ tsp.	Dried Oregano
¼ tsp.	Dijon Mustard
¼ tsp. (additional to taste)	Kosher Salt
¼ tsp. (additional to taste)	Ground Black Pepper
Salad	
½ each	English Cucumber, Diced ¼ inch Thick
½ each	Bell Pepper, Sliced into ¼ inch Strips
1 cup	Cherry Tomatoes, Quartered
2 oz.	Feta Cheese
2 tbsp.	Red Onion, Thinly Sliced
2 tbsp.	Kalamata Olives
1 tbsp.	Fresh Mint Leaves

Method:

1. Mise en place equipment and ingredients.
2. In a small bowl, combine oil, vinegar, garlic, oregano, mustard, salt, and black pepper. Reserve.
3. Combine the remaining ingredients in a bowl.
4. Just before serving, drizzle with dressing and toss.
5. Season to taste and serve.

Chicken Piccata

Yield: 2 Servings

Amount	Ingredient
Chicken	
2 each - 5 oz.	Chicken Breast, Boneless and Skin Removed
½ cup	All-Purpose Flour
1 tsp.	Kosher Salt
1 tsp.	Ground Black Pepper
2 oz.	Olive Oil
Sauce	
1 each	Large Lemon
½ each	Shallot, Minced Finely
1 each	Garlic Clove, Minced
½ cup	Chicken Stock
2 tbsp.	Unsalted Butter, Cut into 4 Pieces
1 tbsp.	Capers, Drained and Rinsed
1 tbsp.	Fresh Parsley, Cleaned and Minced
To taste	Salt
To taste	Pepper

Method:

1. Mise en place ingredients and equipment.
2. Place chicken between sheets of plastic wrap and gently pound into even ½ inch thickness.
3. Place flour into a shallow dish and mix in the salt and pepper.
4. Cut lemon in half. Juice one half of lemon and reserve liquid. Slice the other half of lemon into thin slices (remove seeds) and reserve.
5. Working with 1 chicken breast at a time, dredge in flour, and shake to remove excess.
6. Heat 2 tbsp. Oil in saute pan over medium-high heat.
7. Place chicken in a pan and cook until golden brown on one side. Flip and cook until golden brown on the second side. Remove chicken and hold.
8. Add the remaining oil and shallot to the skillet and cook until softened. Add garlic and cook until fragrant.
9. Add the chicken stock, reserved lemon juice, and reserved lemon slices and bring to simmer, scraping up any fond.
10. Add cutlets to sauce and simmer until cooked, flipping halfway through simmering. Transfer to a serving plate.
11. Sauce should be thickened to a consistency of heavy cream. Remove from heat and slowly whisk in butter.
12. Add capers and parsley. Season with salt and pepper to taste. Ladle sauce over chicken.

Glazed Carrots & Orzo with Basil

Yield: 2 Servings

Amount	Ingredient
Glazed Carrots	
1-2 each	Whole Carrots, Peeled and Cut into Rondelle
2 tbsp.	Butter
1 tbsp.	Granulated Sugar
½ cup	Water
To taste	Salt and Pepper
Orzo with Basil	
½ cup	Orzo Pasta, Uncooked
½ cup	Chicken Stock
1 tbsp.	Butter
2-4 each	Fresh Basil Leaves, Chiffonade
¼ cup	Parmesan Cheese, Grated

Glazed Carrots Method:

1. Place the carrots in butter and sugar in a sauce pan, and add enough water to barely cover.
2. Boil the carrots, allowing the water to evaporate. As the water evaporates, the butter and sugar mixture will begin to coat the carrots. When the water is nearly gone, test the doneness. If still firm, add a small amount of water and continue to boil until tender.
3. Saute in the butter and sugar mixture until shiny and glazed. Season to taste with salt and pepper.

Orzo with Basil Method:

1. Melt butter in a skillet over medium-high heat. Add orzo and saute and stir until lightly browned.
2. Stir in chicken stock and bring to a boil. Cover. Reduce heat and simmer until orzo is tender and liquid is absorbed, about 15 minutes.
3. Mix in parmesan cheese and chiffonade of basil. Season to taste with salt and pepper.

** **NOTE: Carrots and Orzo are cooked separately and plated normally. This is combined only for rubric purposes.**

TESTING & FORMS

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. 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 at least two weeks prior to the event if preliminary testing is necessary.

EXAM INFORMATION

Registered Culinary Competition 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 fundamentals, 30 on safety and sanitation, 10 on food service concepts, and 10 on culinary nutrition, to be completed within 120 minutes. The exam is completed on an Online Testing Platform and proctored by a locally-identified administrator. The proctor-to-participant 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. Call 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 the registered participants and the 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 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.

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.

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 of their eligibility to compete in person at the Culinary 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/zRxqouLfCdDJYWTJ6

MEDICAL CONSENT FORM

All Baking & 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 accident occur while participating in the Baking & 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: _____
Phone #: _____ Relationship to Participant: _____

INSURANCE INFORMATION

Insurance Company Name: _____ Phone #: _____
ID #: _____ Group #: _____

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: _____

FAQ

GENERAL COMPETITION INFORMATION

Q: Where will the competition be held?
A: Johnson and Wales University in Charlotte, NC.
Q: How much workspace will each student have?
A: Approximately half on an 8-foot table, about four (4) feet or workspace (or more if space allows).
Q: Will competitors wash their own dishes?
A: Yes, all dishes should be washed prior to the end of the competition.
Q: Can competitors bring bus tubs?
A: Yes, all competitors should bring their own bus tubs to assist with organization during competition.
Q: What if an item is presented that is not cooked to temperature or has not been safely handled?
A: Judges will not be allowed to taste any items not cooked to temperature or safely handled. Please be aware that if other items have touched the unsafe food item, they will also be considered contaminated and will not be able to be judged. Please ensure all food items available on the final presentation plate follow all food safety guidelines. Competitors will lose points for food not cooked to temperature or if unsafe handling procedures are observed.
Q: How can I be the most prepared for the event?
A: Practice, practice, practice. The three biggest issues students have with the culinary events are completing all items within the designated time-frame, ensuring all items are cooked to temperature, and safe handling food to prevent cross contamination. Watch out for these three items when you are practicing.

CULINARY ARTS

Q: What happens if all required plate items are not presented?
A: Competitors will lose points if all required items are not plated?
Q: Will plates be provided for presentation?
A: Yes, plates of various sizes will be provided, students should not bring plates.
Q: How many burners will each competitor have?
A: Generally one burner per competitor.
Q: Will ovens be available for Culinary Arts?
A: Yes, convention ovens are not required in any of the recipes, however it will be provided and pre-set to 350°F for students to use to bring their finished product to temperature if needed.

BAKING & PASTRY

Q: Will buttercream be provided?
A: No, students must bring their own.
Q: Will cookie cutters be provided?
A: No, students must bring 2 different cookie cutters, approximately 3 inches each.
Q: Will ovens be shared?
A: Yes, ovens will be shared. Students will be assigned a specific place within the oven.
Q: What happens if a competitor uses another competitor's space within the oven or removes a competitor's item?

A: The competitor who uses the incorrect space or removes the item will be disqualified from the competition.

Q: Will stand mixers be provided?

A: Yes, stand mixers will be provided.

Q: Can competitors bring their own mixer bowls or attachments for the stand mixer?

A: No, the stand mixer will include the necessary mixer bowls or attachments.

Q: Will multiple mixer bowls be provided for the stand mixer?

A: No, competitors may need to wash the provided bowl(s) in between recipes.

Q: What will products be plated on?

A: Products will be arranged on parchment paper lined sheet pans labeled with the competitor information.

Q: Will pan spray be provided?

A: No, participants must bring this item.

Q: Can students pre-mix their icing with their preferred colors?

A: No, icing must be colored on site during the allotted time frame for the event.

Q: Can my icing be pre-bagged?

A: No, icing must be in a container and must be bagged during the allotted time frame for the event.

Q: Will ovens be convection or conventional?

A: A mix of ovens will be used with preset temperatures.

STATE CONTACTS

If you have questions or concerns with information in this resource or general questions or concerns regarding the Culinary Competition, please submit them to state staff or one of the listed volunteers below.

NC FCCLA STATE ADVISER

Dani Fisher | stateadviser@northcarolinafccla.org

FCS DISTRICT LEADERSHIP COUNCIL (DLC) | FCCLA COORDINATORS

- District 1 - Alison Rotenberry | alisonrotenberry@johnston.k12.nc.us
- District 2 - Sarah Casey | sarah.casey@lenoir.k12.nc.us
- District 3 - Akilah Cooper | afcooper@wcpss.net
- District 4 - Jean Heubach | jean.heubach@robeson.k12.nc.us
- District 5 - Lauren Norton | laurennorton@davidson.k12.nc.us
- District 6 - Noriko Burgess | noriko.burgess@cms.k12.nc.us
- District 7 - OPEN
- District 8 - Kaitlyn Austin | kaitlin.austin@bcsemail.org