

A white chef's jacket is displayed on a mannequin against a dark background. The jacket features a high collar, double-breasted front with white buttons, and a pocket on the left sleeve. A small logo is visible on the sleeve. The text "Respecting Culinary Traditions" is overlaid in a large, bold, black serif font.

Respecting Culinary Traditions

....and diligently working on
developing culinary skills

Team Missouri – Herndon Career Center
ProStart Invitational
April 23-25th 2009
Town and Country Resort
San Diego, California



Culinary Team 2009

Andrea Svaglic.....Fox and Hound

Kailey Ferguson.....Ophelia's

Mark LearyHome Appetit, Catering

Thomas DeMarcoRoom 39

Zac Ray (alternate)The Market Deli

How To Achieve Personal Success as a Culinarian

- Professional behavior and looks
- Teamwork and effective communication
- Complete awareness of food safety and sanitation
- Demonstration of basic cooking skills and techniques
- Demonstration of proper use of tools and equipment
- Organization and timing
- Menu writing skills, proper descriptions and definitions of techniques
- Display of creativity and skill on the plate
- Complementary tastes, textures, flavors and colors
- Nutritional balance
- Instill respect for the food
- Practice, Practice, Practice

“Most Chefs try to satisfy a customer's hunger in a short time with one or two dishes. They begin with something great. The initial bite is fabulous. The second bite is great. But by the third bite-with many more to come-the flavors begin to deaden, and the diner loses interest. Many try to deaden the effect by putting a lot of different flavors on the plate to keep interest alive. But the diner can't focus on anything because it's confusing.

What I want is that initial shock, that jolt, that surprise to be the only thing you experience, each meant to satisfy you and pique your curiosity.

The way to keep the experience fresh is not adding more flavors, but rather by focusing on more specific flavors by making them more intense than the foods from which they come, or by varying the preparation technique or texture.”

~ Thomas Keller

Herndon Career Center is preparing a menu featuring progressive American cuisine applying the farm to table principles of preparation and purchasing.

**This menu may vary slightly in the details of the presentation.*

**This menu contains nuts and products cooked in or made with nut based oils.*

Eating raw or undercooked fish, shellfish, or meats may lead to illness

Farm To Table Partners

The Beginning

100 Mile Partners and Their Products

Red Onions	50 Acre Woods Cole Camp, Mo
Fennel	Deep Roots Farms Kansas City, Mo
Micro Pea Shoots	Beau Solais Farm, Hugesville, Mo

Our Small Farm/Regional Farms and Their Organic Products

Hamachi, Sashimi Grade	Seafood Imports Japanese Seafood Specialties Los Angeles, Ca
Oranges	Deer Creek Heights Ranch – Terra Bella, California
Olive Oil	The Organic Olive Oil Company – Grande Harre, Mi
Yuzu Juice, 100% Juice	Garden of Eden Farms, Long Beach, Ca
Ginger Oil Golden Trout Roe	Whole Foods Market Black River Ranch Sterling, Co

The Middle

Butter	Green Hills Harvest Purdin, Mo	Olive Oil	The organic olive oil Company – Grande Harre, Mi
Carrots	Deep Roots Farms Kansas City, Mo	Manilla Clams	Taylor Shellfish Farms, Inc Shelton, WA 98584
Sun Chokes	Crown o' Maine Organic COOP Newport, Maine	Pancetta	Jaspers Italian Deli Kansas City
Tangerines	From The Farm Stockton, CA	Roma Tomatoes	Fresh off the Vine Hanford, California
Garlic	50 Acre Woods Cole Camp, Mo	Asparagus	Moon on the Meadow Farm Lawrence, KS
Red thumb Fingerling Potatoes Snapper, pink	JJ Farms Raytown, Mo U. Okada and Company Honolulu, Hawaii	Heavy Cream	Green Hills Harvest Purdin, Mo
Thyme	50 Acre Woods Cole Camp, Mo		
Parsley	50 Acre Woods Cole Camp, Mo		
Ramps	G-N Ramp Farm Richwood, WV		

The End

Heavy Cream	Green Hills Harvest Purdin, Mo	Vanilla Beans	Whole Foods Market
Sugar	Bread of life Stewartsville, Mo	Mangos	Whole Foods Market
Honey	Pisciotta Farms Kidder, MO	Milk	Green Hills Harvest – Purdin, Mo
AP, Flour	Bread of life Stewartsville, Mo	Buttermilk	Green Hills Harvest – Purdin, Mo
Butter	Green Hills Harvest Purdin, Mo		
Egg Whites	Camp Lindo Farms Lathrop, Missouri		
Powdered Sugar	Bread of life Stewartsville, Mo		
Raspberry Jam	Maiers Farm Ottawa, KS		

The Food

The Beginning – 11

Hamachi Crudo

hamachi, yuzu, oranges

fennel salad, golden trout roe

The Middle – 30

Pink Snapper

fingerling potatoes,

sunchoke puree,

asparagus, ramps

saffron foam

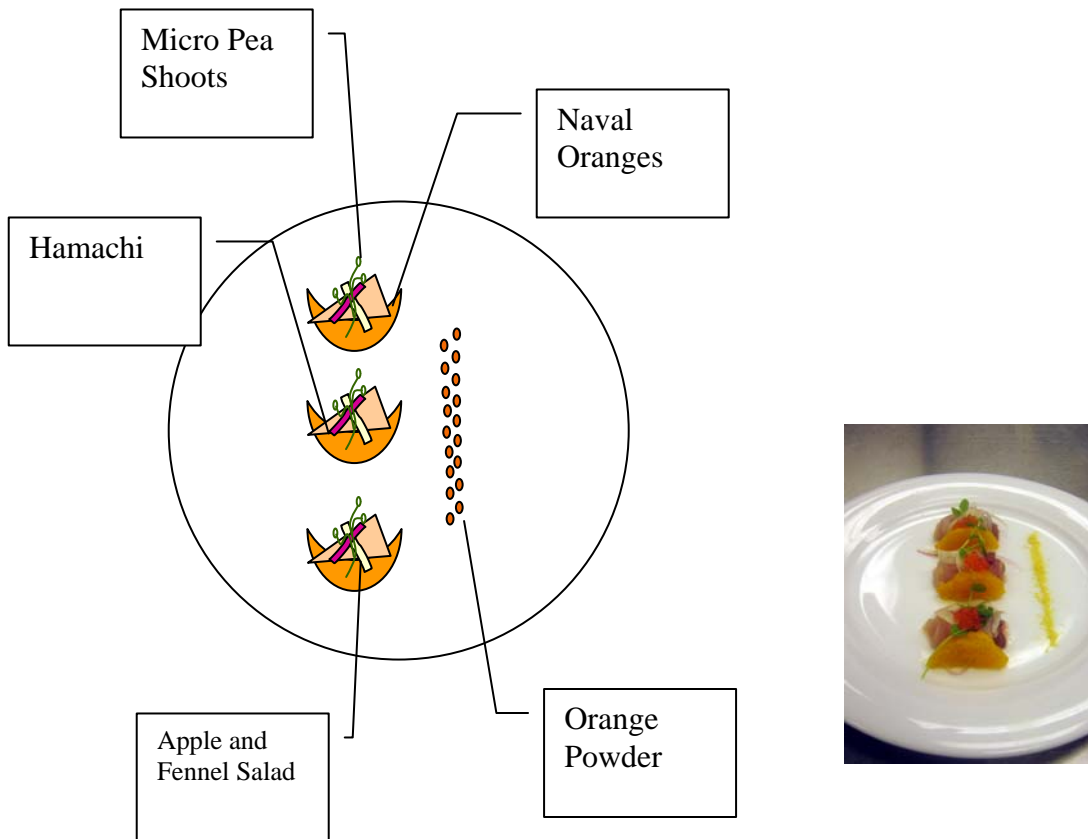
The End – 8.5

Panna Cotta Moscato

raspberry fruit gelee

honey wafer, mango caviar

chocolate soda



Skills demonstrated for the Appetizer Course: Hamachi Crudo

Cuts Used:

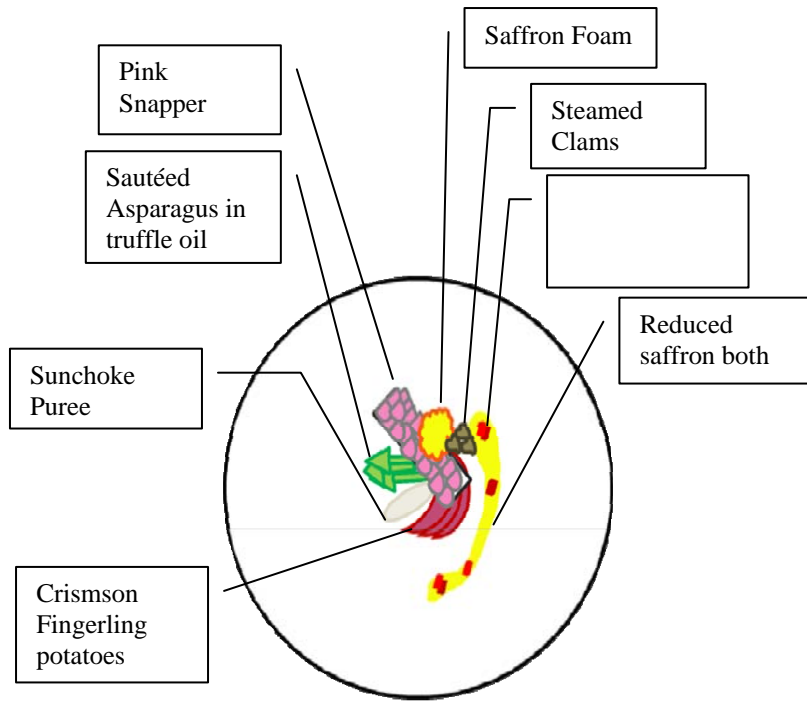
- Segment an orange
- Sashimi Cutting
- Shaving Fennel

Techniques:

- Use of Mandolin
- Vinaigrette Preparation
- Preparing Sashimi
- Marinating
- Cleaning Vegetables

Other Skills Demonstrated:

- Molecular Gastronomy - Soda Infusion
- Use of iSi canister
- Rolling Hamachi



Skills demonstrated for the Entrée Course: Seared Top Sirloin with Pan Roasted Fingerling Potatoes, Carrot and Parsnip Puree and Truffle Butter

Cuts Used:

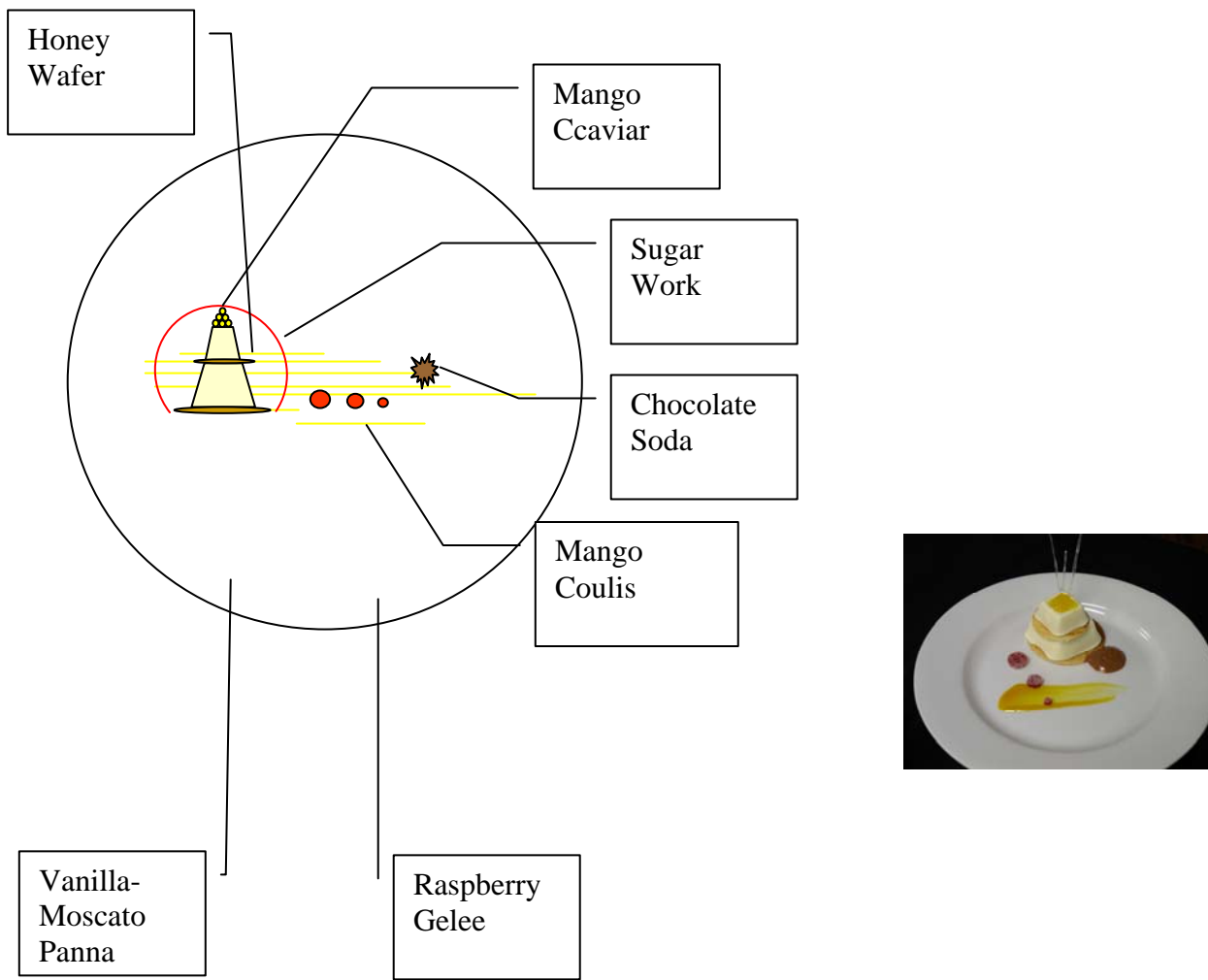
- Fish Fabrication
- Julienne
- Mincing
- Slicing
- Small Dice

Cooking Techniques:

- Sear
- Steam
- Pan Fry
- Boiling
- Reduction
- Sauté'
- Sweating
- Baste
- Blanch

Other Skills Demonstrated:

- Food Mill/Ricer
- Herb Crust
- Peeling a Vegetable
- Using a Colander
- Making Puree
- Working with a Tamis
- Compound Butter
- Peeling Asparagus
- Zesting an Tangerine
- Concasse a tomato
- Bloom Saffron
- Making a Quenelle
- Making a foam-molecular technique



Skills demonstrated for the Dessert Course: Panna Cotta Moscato, Honey Wafer, Raspberry Gelee, Mango Caviar, Chocolate Soda, Mango Coulis

Cuts Used:

- Slicing
- Chopping
- Small Dice

Cooking Techniques:

- Chocolate Tempering
- Sugar work
- Coulis Preparation

Other Skills Demonstrated:

- Making Panna Cotta
- Working with Gelatin
- Using a Double Boiler
- Working with a Portable Freezer
- Molecular Gastronomy, Foam Emulsions
- Molecular Gastronomy, Spherification
- Gelee Making

Equipment and Sanitation List
HCC Culinary Team 2008
Appetizer Course

Equipment List

- Knives
- Paring Knife
- Green Cutting Board
- White Cutting Board
- iSi Canister w/ Charges
- Sashimi Knife
- Small Whisk
- Japanese Mandolin
- Tasting Spoons
- Timer
- Paper Towels /Container
- Plastic Containers (sm and lg)

Sanitation List

- Paper Towels
- Red Sanitizer Bucket
- Sanitizing solution
- Bus Tub
- Blue towels for Cleaning Only
- Small Trash Bags
- Green Wash Bucket
- Soapy Water
- Green sponges
- Gloves
- Digital Pocket Thermometer

Other Equipment (non cooking)

- Saran wrap (12 inch)
- Timers
- Sharpie
- Aprons, Chef Hats
- Duct Tape

Equipment and Sanitation List
HCC Culinary Team 2008
Entree Course
(includes vegetables, starch and sauce)

Equipment List

- | | |
|---|---|
| <input type="checkbox"/> 2-inch Half Pan | <input type="checkbox"/> Plastic Bowls |
| <input type="checkbox"/> Knives | <input type="checkbox"/> Red Cutting Board |
| <input type="checkbox"/> Blue Cutting Board | <input type="checkbox"/> Green Cutting Board |
| <input type="checkbox"/> 2 Large Sauté Pans | <input type="checkbox"/> Internal Meat Thermometer |
| <input type="checkbox"/> Medium Sauce Pot | <input type="checkbox"/> Small Colander |
| <input type="checkbox"/> Food Mill | <input type="checkbox"/> 3 Rubber Spatulas |
| <input type="checkbox"/> Tamis | <input type="checkbox"/> 1 ounce Ladle (or large table spoon) |
| <input type="checkbox"/> 2 Small Sauce Pans | <input type="checkbox"/> Medium Stainless Steel Bowl |
| <input type="checkbox"/> Chinois (fine mesh strainer) | <input type="checkbox"/> 4 each Metal Tongs |
| <input type="checkbox"/> 12 each Plastic Tasting Spoons | <input type="checkbox"/> 2 each Sharpies |
| <input type="checkbox"/> 2 Pocket Digital Thermometers | <input type="checkbox"/> Brown Cutting Board |
| <input type="checkbox"/> Ounce Scale | <input type="checkbox"/> Fish Turner |
| <input type="checkbox"/> Potato Masher | |
| <input type="checkbox"/> Rubber Bench Scraper | |

Sanitation List

- | | |
|--|--|
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Small Trash Bags |
| <input type="checkbox"/> Red Sanitizer Bucket | <input type="checkbox"/> Green Wash Bucket |
| <input type="checkbox"/> Sanitizing Solution | <input type="checkbox"/> Soapy Water |
| <input type="checkbox"/> 2 Bus Tubs | <input type="checkbox"/> Green Sponges |
| <input type="checkbox"/> Blue Towels for Cleaning Only | <input type="checkbox"/> Gloves |
| | <input type="checkbox"/> Orange Cleaner |

Other Equipment (non cooking)

- | | |
|---|--|
| <input type="checkbox"/> Saran wrap (12 inch) | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Timers | <input type="checkbox"/> Aprons, chef hats |
| <input type="checkbox"/> Aluminum Pans for fish | |

Equipment and Sanitation List
HCC Culinary Team 2008
Dessert Course

Equipment List

- | | |
|---|---|
| <input type="checkbox"/> 3 Small Stainless Steel Bowls | <input type="checkbox"/> Candy Thermometer |
| <input type="checkbox"/> 4 Small Sauce Pans | <input type="checkbox"/> Panna Cotta Molds (2) lg |
| <input type="checkbox"/> 12 each Plastic Tasting Spoons | <input type="checkbox"/> Panna Cotta Molds (2) sm |
| <input type="checkbox"/> Chinois | <input type="checkbox"/> Sauté Pan - sm |
| <input type="checkbox"/> EINS Kit | <input type="checkbox"/> Plastic Storage Cups |
| <input type="checkbox"/> 2 Small Palate Knives | <input type="checkbox"/> Small Offset Spatula |
| <input type="checkbox"/> Wooden Spoons (3) | <input type="checkbox"/> Knives |
| <input type="checkbox"/> Metal Bench Scraper | <input type="checkbox"/> iSi - Container |
| <input type="checkbox"/> Paint Brush | <input type="checkbox"/> iSi – Canisters - Soda |
| <input type="checkbox"/> Silpats – Large | <input type="checkbox"/> Large Sauté Pan |
| <input type="checkbox"/> Silpats - Round | <input type="checkbox"/> Timer |
| <input type="checkbox"/> Half Sheet Pan | <input type="checkbox"/> Molecularr dropper |
| <input type="checkbox"/> Circle Cutter – (2) Lg | <input type="checkbox"/> Scale |
| <input type="checkbox"/> Circle Cutter – (2) sm | <input type="checkbox"/> Hand Beaters |
| <input type="checkbox"/> Freezer Boxes | |

Sanitation List

- | | |
|--|--|
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Small Trash Bags |
| <input type="checkbox"/> Red Sanitizer Bucket | <input type="checkbox"/> Green Wash Bucket |
| <input type="checkbox"/> Sanitizing Solution | <input type="checkbox"/> Soapy Water |
| <input type="checkbox"/> 2 Bus Tubs | <input type="checkbox"/> Green Sponges |
| <input type="checkbox"/> Blue Towels for Cleaning Only | <input type="checkbox"/> Gloves |

Other Equipment (non cooking)

- | | |
|---|--|
| <input type="checkbox"/> Saran wrap (12 inch) | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Timers | <input type="checkbox"/> Aprons, Chef Hats |

Notes: