

Student Team Classical Dish Requirements

For the 2019 competition season, the assigned classical dish is the fish course serving as the starter / first course / appetizer. Effective dates for this dish are September 2018 – August 2019.

Objective: The Culinary Competition Committee has clarified a uniform set of standards by which this dish will be evaluated at the State and Regional level.

Classical Dish - #2023 Filets de Sole Véronique

Teams will need to prepare the classical dish at the state and regional level as prescribed by Auguste Escoffier's Le Guide Culinaire. There shall be no deviation from this recipe (with the exception of the service style – see below) for maximum point consideration. All teams at the State and Regional level are expected to follow the classical recipe as prescribed by Escoffier .

At the National Convention, all teams will be required to prepare a **modern version** of Sole Veronique as their starter / first course / appetizer. These identified standards for this classical dish will not be required and competing teams are encouraged to modernize this course as they see fit, to complement their four course signature menu at large.

Judges Evaluation Standard

During evaluation, the jury will be looking for the following characteristics for maximum point consideration:

Cooking Vessel

- The classical recipe states the cooking vessel chosen shall be a “special earthenware dish”. In this format any heavy well-insulated, cooking vessel is appropriate. Examples of recommended materials are Earthenware, Cast Iron, Glazed Cast iron, Stainless Steel, etc. For the purposes of this competition each serving will be plated separately on your vessel of choice.

Fish

- Any variety of sole (only Sole). No other flat fish will be considered acceptable for use. (ie; flounder, halibut, orange roughy etc).
- The fillets shall be fabricated during the skills kitchen portion of the competition and must be utilized during the cooking phase, “beaten” as instructed within the classical recipe.
- Four servings, prepared from one fish. Proper size fish shall be chosen to yield appropriate portions.
- Fillets shall be prepared to a uniform thickness to ensure even cooking.
- Fillets shall be folded and seasoned uniformly, poached to the proper degree of doneness (moist not dry) using proper poaching technique, a cartouche, etc.

- Enough fumet prepared to yield the “spoonfuls” Escoffier references within the recipe, reduced to a syrup. Where the term “spoonfuls” can be ambiguous, we interpret “spoonfuls” as the amount of sauce necessary to finish each fillet with an appropriate amount to properly glaze and present. “The sauce shall be finished with 1 ½ oz. of butter” for richness. Overall, the sauce should taste natural, aromatic, buttery, and well-seasoned with a fine balance of salt, fat, and acid; and a viscosity which provides for the poached fish to be properly glazed. Final fish should be moist, not dry with enough sauce to enjoy each flavorful bite.

Garnish

- Grapes may be pre-peeled as part of the competition mise en place.
- Any varietal of white grape is considered acceptable.
- Garnish with peeled grapes as stated within the recipe in the middle of the dish.
- No further garnish work is necessary, required, allowed or factored into evaluation/scoring. For maximum point consideration, simply present the course as stated in the written recipe and plated individually over four plates for service.

Points/Scoring (additional notes for success)

- All tasting scoresheets have been updated to reflect an equally weighted score for each of the four courses.
- All teams will be required to use some of every item (pastry cream, tart dough, onion, etc) produced during the skills phase in their four-course menu with the exception of the sole and chicken.
- For the protein items which are very costly, the sole fillets are **required** to be used within the starter / first course / appetizer course and for the entrée, teams are **required** to use the chicken as their main protein feature.
- Failure to use all these items as stated in these updated guidelines is an "all or nothing requirement" resulting in a 5-point deduction as identified on the Hot Food Kitchen Floor Score-Sheet.