



Michigan Restaurant & Lodging Association  
E D U C A T I O N A L F O U N D A T I O N  
MRLAEF

## **2022 Michigan ProStart Invitational<sup>®</sup>**

### **Knife Skills Competition**

### **Procedures and Rules**

Participating teams, educators and mentors are responsible for understanding and following all the procedures and guidelines contained in this document. Please read through these rules carefully to avoid receiving penalties during the competition.

Questions regarding competition rules should be sent to Jake Osburn

[Josburn@mrla.org](mailto:Josburn@mrla.org) or 517.377.3924 **PRIOR** to the start of the competition.

## **Competition flow**

1. Each contestant will have twelve (12) minutes to complete the Knife Skills competition.
2. The timer will notify the team when the Knife Skills segment time ends and the Feedback time begins. Judges will have three (3) minutes to offer feedback on the Knife Skills segment. This feedback will occur while contestants are still at their stations.

## **Uniform**

Professional uniform is required for the 2022 competition.

## **Knife Skills Segment:**

Each Contestant will select four (4) of the knife cut options listed below (with corresponding dimensions) for competition. See Foundations of Restaurant Management & Culinary Arts Level One pgs. 585-58 for more information. See also Level 1, chapter 5 knife cut reference sheet.

- a. Rondelle: 1/4" thick disc shaped slices
- c. Batonnet: Cut into long, thin, rectangular pieces 1/4" x 1/4" x 2"
- d. Julienne: Cut into long, thin, rectangular pieces. 1/8" x 1/8" x 2"
- e. Large Dice: Cube shaped 3/4" x 3/4" x 3/4"
- f. Medium Dice: Cube shaped 1/2" x 1/2" x 1/2".
- g. Small Dice: Cube shaped 1/4" x 1/4" x 1/4"
- h. Brunoise: Very small dice. 1/8" x 1/8" x 1/8"
- j. Chiffonade: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is 1/8".

The contestant will present to the judges what four (4) cuts they selected to execute. The judges will randomly assign two of the knife cuts submitted by the team to each of the selected students for independent execution.

There is NOT an exact amount of product required to be provided by the teams, although there MUST be enough product for the judges to evaluate. ½ cup suggested.

The fabrication will be judged on skill and technique, not on level of difficulty. Sanitation and safety will be strictly evaluated.

## Judging

Templates, rulers, and other measuring devices cannot be used during the competition and will result in immediate disqualification. During the judging segment of competition, a judge may ask you to measure your finished product. The judge will provide any and all measuring devices.

| <b>Knife Skills</b> |      |      |      |           |           |       |          |
|---------------------|------|------|------|-----------|-----------|-------|----------|
| <b>Evaluation</b>   | Poor | Fair | Good | Very Good | Excellent | Score | Comments |
| <b>Criteria</b>     |      |      |      |           |           |       |          |
| <b>Consistency</b>  |      |      |      |           |           |       |          |
| <b>Accuracy</b>     |      |      |      |           |           |       |          |
| <b>Safety</b>       |      |      |      |           |           |       |          |
| <b>Waste</b>        |      |      |      |           |           |       |          |
| <b>Competitor 1</b> |      |      |      |           |           |       |          |
| <b>Competitor 2</b> |      |      |      |           |           |       |          |