



# GARDE MANGER VIRTUAL



**Garde Manger** is an *Individual event*, recognizes participant’s ability to prepare cold dishes (such as salads, hors d’œuvres, canapés). Participants must prepare a **demonstration video** creating the product.

**EVENT LEVEL:** Level Three (grades 11-12)

## CONTENT STANDARDS ALIGNMENT

See OhioFCCLA.org (Adviser Tab) for detailed event alignment information to course content standards, national educational initiatives, and standards.

## CAREER CLUSTERS

- Hospitality and Tourism

## ELIGIBILITY & GENERAL INFORMATION:

1. Review “Eligibility and General Rules for All Levels of Competition” in national STAR event manual prior to event planning and preparation.
2. Eligible participants are members who are currently or have been enrolled in a Hospitality and Tourism program, as determined by their state department of education. Students enrolled in general foods and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.
3. Each entry must post all required documents (as specified below) to their online folder.
4. Chapters must verify accessibility of documents to the public, as Ohio FCCLA will not be able to assist with this verification. Each entry must have the following items posted to their project folder:
  - a. One (1) oral presentation video needs to be available for public view and the URL should be included in the PDF file. Options include:
    - i. Embedded video
    - ii. Video link provided to direct source such as YouTube, Vimeo, or Google Drive
    - iii. Video files which require the reviewer to download are NOT allowed due to their potential size

## TECHNOLOGY TIPS

1. Documents must be available and publicly accessible (check settings to ensure they can be viewed outside of the school district network)
2. All files must be clearly labeled using a descriptive file name, e.g. “Leadership – Level 2 – Gonzales.”
3. Be sure to publish all content. Have someone outside of your network check for access. Any document requiring additional access (such as Google doc) will not be able to be reviewed. Only documents that can be opened and viewed by the evaluation team can be scored.



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## GENERAL INFORMATION

|                              |  |
|------------------------------|--|
| <b>Submission of Project</b> | There will be a specific timeline to upload documents/videos into the competition folder<br>If the deadline is missed the project will not be evaluated<br>Folder Name will be Chapter Name & Number_ Event Name_Level |
| <b>Scoring Breakdown</b>     | Each team member will take the test – scores will be averaged<br>Demonstration Video– team score   |

| Number of Participants per Entry | Prepare Ahead of Time | Competition Dress Code      | Participant Set-Up/Prep Time Video | Maximum Oral Presentation Time | Total Event Time |
|----------------------------------|-----------------------|-----------------------------|------------------------------------|--------------------------------|------------------|
| 1                                | Demonstration Video   | Chef's uniform as described | 30 minutes                         | 15 minutes                     | 45 minutes       |

| PROCEDURES AND TIME REQUIREMENTS |   |
|----------------------------------|---|
| 30 minutes                       | Online test prior to the event  |
| 30-minute Video                  | Discuss steps of preparation<br>How these food items can be used in the industry All components of dishes must be demonstrated in video<br>Demonstrate the preparation of a salad<br>Present salad on a platter to serve 6-8<br>Present salad on three (3) individual plates<br>Demonstrate 2 cold hors d'oeuvres 1) meat and 1) vegetable based served in two (2) ways<br>Present two (2) cold hors d'oeuvres displayed as a platter<br>Present two (2) cold hors d'oeuvres displayed on three (3) individual plates (1 piece per) |
| Skills Demonstrated              | Cooking and cooling techniques such as poaching, grilling, sous vide<br>Display/utilize a minimum of three knife cuts<br>Minimum of one emulsified dressing<br>Minimum of one curing technique such as pickling, ceviche  |

| SPECIFICATIONS           |  |
|--------------------------|--|
| Uniform                  | *Chef Coat/Jacket<br>*Apron<br>*Chef hat<br>Industry pants or commercial uniform pants<br>Closed-toe, low heel, kitchen shoes made with non-slip soles and non-melting uppers<br>School Name/logo, other organization name/logo must be covered for Regionals<br>**Must have FCCLA Board approved Chef coat, hat, and apron for State Qualifiers |
| Jewelry/Personal Hygiene | Facial jewelry concealed<br>Facial hair permitted if wearing industry approved covering<br>Hair is properly restrained with hairnet if hair extends past the neckline<br>Minimal makeup, no cologne or nail polish<br>Uniform is clean<br>Hand washing is done frequently  |



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|          |  |
|----------|--|
| Job Book | <p>Includes all information: Participant Name – Chapter Number – Event</p> <p>Recipe(s) use the required format</p> <p>Timeline</p> <p>Follow recipes in proper sequence</p> <p>Must follow cooking methods and preparations methods identified in recipes</p> |
|----------|--|

| PRODUCTION TECHNIQUES           |   |
|---------------------------------|---|
| Safety                          | <p>Workstation is kept neat, clean, and organized in a safe and sanitary manner</p> <p>Proper knife safety is demonstrated</p> <p>Safe operation of equipment and tools</p> <p>Complete final cleanup</p>   |
| Sanitation                      | <p>Washes hands completely</p> <p>Cleaned and sanitized work area</p> <p>Maintains sanitary work area</p> <p>Prevents cross-contamination</p>   |
| Workspace                       | <p>Mise en place executed</p> <p>Work is effective and evenly distributed</p> <p>Sanitizes work area before and after competition</p> <p>Uses time and motion properly, completes all task efficiently</p>  |
| Weight and Measurement          | <p>Demonstrates knowledge of basic weight and measurement equivalents</p> <p>Use portion control consistently and correctly</p> <p>Use proper amount of product in food production</p> <p>Correctly and consistently measures dry and liquid ingredients</p> <p>Correctly converts temperatures between conventional and convection ovens</p> <p>Properly calibrates, uses, and reads thermometer</p> |
| Equipment, Tools and Techniques | <p>Use proper equipment, tools, and techniques in the preparation of food products and garnishes</p> <p>Justify portion size</p> <p>Use proper vocabulary in preparation of food production</p> <p>Use proper amounts of product in food production</p> <p>Incorporate usable by-product or return to safe storage</p>  |
| Cooking Methods and Techniques  | <p>Cooking and cooling techniques such as poaching, grilling, sous vide</p> <p>Display/utilize a minimum of three knife cuts</p> <p>Minimum of one emulsified dressing</p> <p>Minimum of one curing technique such as pickling, ceviche</p>   |
| Cold Ingredients                | <p>Proteins</p> <p>Fruits</p> <p>Vegetables</p> <p>Breads</p> <p>Tart</p>   |
| Recipe(s)                       | <p>Follows recipes in proper sequence</p> <p>Follows cooking methods and preparations methods identified in recipes</p> <p>All components of dishes must be demonstrated in video</p>   |



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|                                |  |
|--------------------------------|--|
| Product Appearance/<br>Plating | <p>Prepare tray with creative product appearance and appropriate portion sizes</p> <p>Appropriate size and number of portions (justify 1 -2 bites)</p> <p>Serve 6-piece tray (serves 6-8) and 3 individual plates</p> <p>Display on glass, mirror, metal, or other non-porous, non-toxic surface</p> <p>Customer appeal</p> <p>Food products meet industry standards</p> |
|--------------------------------|--|

| VIDEO PRESENTATION SPECIFICATIONS        |   |
|--|---|
| Organization/Delivery                    | Deliver oral presentation in an organized, sequential manner, concisely and thoroughly summarize project. |
| Voice                                    | Speaks clearly with appropriate pitch, tempo, and volume.   |
| Body Language                            | Use appropriate body language including gestures, posture, mannerism, eye contact                         |
| Grammar/<br>Word Usage/<br>Pronunciation | Use proper grammar, word usage, and pronunciation.  |



# CAREER DEVELOPMENT EVENTS POINT SUMMARY FORM GARDE MANGER



Name of Member(s) \_\_\_\_\_

Chapter Name \_\_\_\_\_ Chapter Number \_\_\_\_\_ State \_\_\_\_\_

Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

1. Make sure all information at top is correct. If a student named is not participating, cross their name (s) off. If a team does not show, write "No Show" across the top and return with other forms. Do **NOT** change team or station number.
2. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in folder with the completed rubrics.
3. At the end of the evaluation, double check all scores, names, and team numbers to ensure accuracy. Be sure there is **NOT** a 15-point discrepancy.
4. Make sure comments have been added.
5. Check with the Lead or Assistant Lead Consultant if there are any questions regarding the evaluation process.

| ROOM CONSULTANT CHECK                  |   |  | Points  |
|--|---|--|---------|
| Event Online Orientation Documentation | <b>0</b><br>Official documentation not provided at presentation time  | <b>2</b><br>Official documentation provided at presentation time with adviser signature  |         |
| Folder                                 | <b>8 points</b><br>Labeled correctly<br>Documents/Video labeled correctly<br>Public accessible<br>All documents uploaded by designated date |  |         |
| <b>TOTAT SCORE ABOVE</b>               |   |  |         |
| Test Scores                            | Participant _____<br>Participant _____<br>Participant _____<br><b>Total Team Score</b> _____  | Total Team Score _____<br>Divided by # of participants on team _____<br><b>-Average Team Score</b> _____<br>(20 points possible) |         |
| Evaluators' Scores                     | Evaluator 1 _____<br>Evaluator 2 _____<br>Evaluator 3 _____   |  | Average |
| Final Points                           | <b>100 points</b><br><i>Rounded only to the nearest hundredth (i.e. 79.99 not 80.00)</i>  |  |         |

RATED ACHIEVED (*mark one*)

\_\_\_\_\_ Gold 90 – 100      \_\_\_\_\_ Silver 70 – 89.99      \_\_\_\_\_ Bronze 1 – 69.99

Room Consultant Signature (*electronic*) \_\_\_\_\_



# GARDE MANGER RUBRIC



Participants Name \_\_\_\_\_

Chapter # \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

| <b>APPEARANCE</b>   | Possible Points <b>5</b><br>/Comments | <b>Points</b> |
|---|---------------------------------------|---------------|
| State Name and Project<br>Speaks clearly<br>Uniform Clean: (Chef coat, apron, uniform pants, closed toe, low heel kitchen shoes, hat)<br>No jewelry/covered<br>No graphics/logos other than FCCLA on uniform              |                                       |               |
| <b>JOB BOOK</b>   | Possible Points <b>5</b><br>/Comments |               |
| Information Complete – Participant Name – Chapter Number – Product Name<br>Complete timeline<br>All recipes provided on required template<br>Professional and high-quality<br>Correct spelling and grammar                |                                       |               |
| <b>SAFETY</b>   | Possible Points <b>5</b><br>/Comments |               |
| Follows all personal safety practices<br>Follows all food safety practices<br>Maintains organized work area and floor<br>Utilizes tools and equipment safely<br>Demonstrates knife safety                                 |                                       |               |
| <b>SANITATION</b>   | Possible Points <b>5</b><br>/Comments |               |
| Washes and re-washes hands properly<br>Follows all sanitation practices<br>Demonstrates all equipment is sanitized for food production<br>Maintains sanitary work area as work progresses<br>Prevents cross-contamination |                                       |               |
| <b>DEMONSTRATES FOOD PRODUCTION</b>   | Possible Points <b>5</b><br>/Comments |               |
| Mise en place is well executed<br>Correctly and consistently measure dry and liquid ingredients<br>Demonstrates and explains skills for fundamental food handling and cooking methods<br>Correct grammar and terminology  |                                       |               |



# GARDE MANGER RUBRIC



|   |  |  |
|---|--|--|
| <b>DEMONSTRATES TECHNICAL SKILLS</b>  | Possible Points <b>10</b><br>/Comments |  |
| Demonstrate proper cooking and cooling techniques<br>Follows direction of recipe in sequence<br>Demonstrate 3 knife cuts minimum<br>Prepares an emulsified dressing<br>Demonstrate a curing technique   |  |  |
| <b>GARDE MAGER REQUIREMENTS</b>   | Possible Points <b>10</b><br>/Comments |  |
| Meets specifications stated in rules<br>Meets required type of hors d'oeuvres<br>Consistency in size and shape based on preparation and product<br>Consistent, uniform, and balanced<br>Uses industry techniques in producing and finishing product                   |  |  |
| <b>PRODUCT UTILIZATION AND WASTE</b>  | Possible Points <b>5</b><br>/Comments  |  |
| Demonstrates proper procedure followed for waste<br>Demonstrates proper procedure followed for usable waste<br>Labeled all unused product properly<br>All items properly dated<br>All items properly stored   |  |  |
| <b>PRODUCT PRESENTATION AND DISPLAY</b>   | Possible Points <b>5</b><br>/Comments  |  |
| Final product attractively presented<br>Salad presented on platter and three (3) individual plates, acceptable portions<br>Cold hors d'oeuvres presented on platter -three (3) individual plates, acceptable portions<br>Artistically pleasing<br>Customer salability |  |  |
| <b>TIME MANAGEMENT</b>  | Possible Points <b>5</b><br>/Comments  |  |
| Uses time and motion properly, completes all task efficiently<br>Communicates clearly and consistently<br>Cleaned and sanitized work area before competition<br>Cleaned and sanitized work area after competition<br>Completed product within the allotted time frame |  |  |
| <b>PRESENTATION</b>   | Possible Points <b>10</b><br>/Comments |  |
| Organization/Delivery<br>Knowledge of Subject Matter<br>Voice- pitch, tempo, volume<br>Body Language<br>Grammar – Word usage -pronunciation   |  |  |