



2025 Michigan ProStart Invitational® March 10th & 11th, 2025

Knife Skills Competition

Procedures & Rules

Participating teams are responsible for understanding and following all the procedures and rules contained in this document; they will not be reviewed at the Michigan ProStart Invitational. Please read this document carefully to maximize your opportunity for success and to avoid receiving penalties during the competition.

Questions regarding competition rules should be sent to Sarah Metcalf smetcalf@mrla.org or 517.377.3928 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

Competitors must present a uniform appearance. All team members are required to wear appropriate apparel consisting of white chef coats, checkered or black pants, nonporous, closed toe, non-slip hard sole black shoes and apron, as well as the hat provided by Event Organizers.

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
- b. Diagonal: 1/4" thick oval 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"
- i. Paysanne: Square cut 1/2" x 1/2" 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"
- k. Tourne: football shape, 3/4" diameter, 2" long, seven equal sides and flat ended

The contestant will present to the judges which 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. 1/2 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. All measuring devices will be provided by judges.

Sample Knife Skills Competition Score Sheet

			Knife Skills				
Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score	Comments
Consistency							
Accuracy							
Safety							
Waste							
Competitor 1							
Competitor 2							