



www.skillscanada.nb.ca

SKILLS CANADA NB PROVINCIAL COMPETITION

SATURDAY, APRIL 11, 2015

NBCC MONCTON

POST-SECONDARY LEVEL

(NBCC & CCNB)

COOKING

CONTEST DESCRIPTION

Provincial Technical Liaison

Dave Irvin
NBCC St. Andrews
Dave.irvin@nbcc.ca

General Information

Important:

This test project is based on the Contest Description “Scope” document for the Canadian Skills Cooking Competition.

Module A– Prepare fresh pasta (Hot)

Module B- Miniature Desserts

Common food items will be available in limited amounts. They will include some dry goods, herbs, alcohols, spices, and stocks. Common table items will be outlined in the common table document.

- Competitor’s must submit a menu which is carefully hand written or typed, providing appropriate terminology and descriptors of the cooking methods and the ingredients used. Do not include your name, school or place of employment.
- The schedule is to be followed exactly, both for the work schedule and for service times.
- During the contest, all communications between candidates and persons outside the site are not permitted.
- If a candidate must leave the site, a competition judge must be advised prior to leaving the contest site.

| Module A | Fresh Pasta (Hot Entrée) | Skill 34 - Cooking |
|-----------------------------------|---|--------------------|
| Description | <ul style="list-style-type: none"> • Prepare stuffed pasta (Hot Entrée) • 80g minimum • One sauce minimum • One garnish minimum | |
| Service Details | <ul style="list-style-type: none"> • Prepare 3 plates. 2 plates will be for the judges and 1 plate will be for public display • The pasta dish must include Spinach and Parmesan | |
| Common ingredients | A list of all ingredients available for this module is included in the common food table document | |
| Special equipment required | <ul style="list-style-type: none"> • No service equipment permitted other than that provided by the committee | |

- 2 Plates are to be presented to the judge's table and 1 will be for public display. (3 plates total)
- For all plates, the presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- Reference books and recipes may be consulted all day long.

| Module B | 3 Chocolates 3 Ways | Skill 34 - Cooking |
|-----------------------------------|--|--------------------|
| Description | <ul style="list-style-type: none"> • Prepare miniature chocolate desserts • 3 varieties x 6 of each item • White chocolate miniature desserts 2 bites • Milk chocolate miniature desserts 2 bites • Dark chocolate miniature desserts 2 bites | |
| Service Details | <ul style="list-style-type: none"> • Prepare 3 plates • 2 pieces of each dessert on each plate for a total of 18 pieces | |
| Common ingredients | A list of all ingredients available for this module is included in the common food table document. | |
| Special equipment required | <ul style="list-style-type: none"> • No service equipment permitted other than that provided by the committee. | |

- 2 Plates are to be presented to the judge's table and 1 will be for public display.
- For all plates, the presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- Reference books and recipes may be consulted all day long.

Post-secondary Competition Schedule:

Saturday April 11

- 8:30 am** Arrival of competitors and judges
- Instructions for the day
- 9:00 am** Set-up work station – Equipment Only
- No contact with food permitted at this time.
 - No assistance is permitted at this time.
- 9:30 am** Start of competition
- 1:00 pm** Submit your menu (English or French).
(Translations can be made by the Technical Committee).

1:00 pm **Presentation of Main Course**

1:30 pm **Presentation of Dessert**

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes – after which plates will NOT be accepted for judging.

Ex: Therefore the Dessert must be served from 1:30 pm to 1:35 pm. After which one point will be deducted per minute until 1:40 pm. At 1:41 pm plates will no longer be accepted for judging

1:30 pm Cleaning and packing

2:00 pm Competitors leave the contest area

EQUIPMENT, MATERIAL, CLOTHING

Equipment and material provided by Host (NBCC Moncton)

- All food from the contest and the common table
- 6 gas burners with an oven access
- 1 x 8 foot Stainless Steel worktable with a shelf
- Shared refrigerator per station
- Access to shared freezer space - 2 each freezers onsite
- Sink with hot and cold water.
- Electric outlet per workstation with GFI.

- One rolling rack per station
- Nylon cutting boards (3/4" thick - 12" x 18") – 2 each
- Display area for finished plates.
- Shared Garbage, Recycling and Organics/Compost bins
- Sanitizing equipment (spray bottles, dish soap, quartz sanitizers).
- Cleaning supplies - Steelwool, nylon scour pads, jade clothes
- Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 1 each
- Microwave- 1 shared
- Food processors with bowl and cutter blade - 5 each shared
- Baking sheets – ½ size - 6 per station
- Full hotel pan 2" deep - 2 per competitor
- 1/2 hotel pan 2" deep - 2 per competitor
- Shared Saran-Wrap and Aluminum will be provided

China provided for use by competitors:

Post – Secondary Competitors:

- Soup - 3 each - 9" white soup plate with 10" liner plates
- Main Course - 3 each - 12" Round white plates
- Dessert - 3 each - 9" round white plates or rectangular plates 11 in. x 4.5 in.

NOTE :

Sustainability

Recycling - will go into designated recycling containers (1/2 hotel pans) and will stay on the competitors station for the judges to inspect

Composting - unusable food organics (peelings, egg shells, soiled paper, etc) will go into a designated organics container (1/2 hotel pans) for inspection by judges.

Garbage - will go into designated garbage containers (1/2 hotel pans) and will stay on the competitors' station for the judges to inspect

Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the judges feel that the competitors are being wasteful in their use of power or water.

Equipment and material provided by the competitor

- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service wear & China like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates.
- Competitors may bring any tool and/or equipment deemed necessary.
- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Basic pots and pan set, including sauté pans, stewing pans, bowls, china caps, molds etc.
- Scale
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Recipes and reference books.
- All equipment must be marked clearly for easy identification.
- A Chef Hat will be supplied by the host
- Students are limited to one large storage tote (and knife kit) that must fit under an 8" folding table for storage during the competition (maximum size of tote must be 76.2 cm (30") H x 76.2 cm (30") W x 101.6 cm 40" L). Additional equipment that does not fit into the tote will not be permitted on the contest site.

Marking Criteria

| % | Title | Judging Criteria |
|----------|---|--|
| 15 % | Sanitation | <ul style="list-style-type: none"> Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods |
| 10 % | Organization & Product Utilization | <ul style="list-style-type: none"> Professional use of tools and equipment Food wastage – full utilization of food taken Energy and water - efficient utilization Time Management - posted work plan Proper planning and execution of tasks Menu to be submitted at proper time as outlined in the contest project |
| 25 % | Preparation and Technical Skill | <ul style="list-style-type: none"> Proper use of the tools and equipment Application of correct cooking techniques and methods |
| 15 % | Presentation | <ul style="list-style-type: none"> Portion size in accordance with the test project Clean plates Harmonious colours Appetizing and artistic presentation of food Appropriate and complementary garnishes |
| 35 % | Taste and Required Menu Components | <ul style="list-style-type: none"> Proper textures of foods Correct degree of doneness Balanced taste and seasonings Flavours match the menu specifications & descriptions Food served at proper temperatures as specified in the test project and in accordance with industry standards Respect timetable in regards to serving times All required elements outlined in the test project and the competitors menu appear on the plate. |

All categories are marked on a scale from 1 to 10. The marks are then multiplied with the multiplication factor (% breakdown) to determine the competitor's final mark

Common Table Items

Cooking - Post-Secondary

| PRODUCE - VEGETABLES | HERBS - FRESH |
|------------------------------|-----------------------------|
| Asparagus, Green | Basil |
| Beet, Baby Red, Stem on | Chives |
| Broccoli | Cilantro |
| Carrots | Dill |
| Cabbage - red | Oregano |
| Celeriac (Celery Root) | Parsley |
| Celery | Tarragon |
| Garlic, Bulb | Thyme |
| Ginger Root | PRODUCE - FRUIT |
| Leeks | Lemons |
| Mushrooms, Shiitake | Limes |
| Mushrooms, White Button | Mango |
| Onions | Oranges |
| Parsnip | Blueberries |
| Peppers, Red | Blackberries |
| Potato, mini red | Raspberries |
| Potato, Russet 100ct | Strawberries |
| Potato, Sweet | SPICES - DRY |
| Shallots, Peeled | Bay leaves |
| Spinach, Baby | Cinnamon, Ground & Stick |
| Tomato, Roma | Curry Powder |
| PROTEIN & STOCKS | Nutmeg, whole |
| Bacon - Double Smoked - Slab | Onion Powder |
| | Oregano, Dried |
| Stock, White Chicken | Paprika |
| Stock, White Fish | Peppercorns – White & Black |
| FROZEN ITEMS | Salt, Kosher |
| Pastry, Filo | Salt, Maldon Sea |
| Pastry, Puff | Tumeric |
| Raspberries - IQF | DRY GOODS |
| Blueberry - IQF | Agar Agar |
| Strawberries - IQF | Baking powder |

| | |
|-------------------------------|---|
| BlackBerries IQF | Bean, Garbanzo, Cooked |
| Puree - Raspberry | Bean, White (soaked overnight) |
| Puree - Strawberry | Bulgar |
| Puree - Mango | Chocolate, Dark - Callebaut 811 (53.7%) |
| DAIRY | Chocolate, Milk - Callebaut 823 (33.6%) |
| Butter - unsalted | Chocolate, White - Callebaut w2nv (28%) |
| Cheese - Parmesan | Chocolate, Dark, Coating |
| Cheese - Ricotta | Chocolate, White, Coating |
| Cream - 35% | Cocoa Powder |
| Eggs - large | Coconut, Grated, sweetened |
| Milk - Homogenized 3.5% | Cous Cous |
| Sour Cream - 14% | Mustard, Dijon |
| ALCOHOL | Flour, Semolina |
| Grand Marnier | Flour, Baking (Strong) |
| Port, Ruby | Flour, Pastry |
| Rum, Dark | Gelatine - Leaves & Powder |
| Wine, Red, Cabernet Sauvignon | Glucose |
| Wine, Red, Merlot | Honey |
| Wine, White, Chardonnay | Maple Syrup |
| Wine, White, Riesling | Nut, Almond Ground |
| MISCELLANEOUS | Nut, Walnut Halves |
| Bread, White Sliced | Oil, Vegetable |
| Butcher's twine | Olives - Black |
| Cheesecloth | Quinoa |
| Tea, Green | Rice, Long Grain |
| | Sesame Seed, Black |
| | Sugar, Brown |
| | Sugar, Icing |
| | Sugar, Isomalt |
| | Sugar, White |
| | Tabasco |
| | Tomato Paste |
| | Vanilla, Bean & Pure |
| | Vinegar, White & Balsamic |
| | Xanthan Gum 93 |