



www.skillscanada.nb.ca

SKILLS CANADA NB PROVINCIAL SKILLS COMPETITION
SATURDAY APRIL, 11 2015
NBCC MONCTON

SECONDARY LEVEL

(HIGH SCHOOLS)

COOKING TRADE

CONTEST DESCRIPTION

Provincial Technical Committee
Dave Irvin (dave.irvin@nbcc.ca)
Richard Chiasson (richard.chiasson@ccnb.ca)

General Information

Important:

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

Module - Prepare and present three (3) portions of main course and three (3) plates of the dessert;

Common food items including dry goods, fine herbs, spices, and stocks will be provided. Please see the "Common Food Table:" document for item availability

The competition 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 judge must be advised prior to leaving the contest site.

All questions regarding the contest must be directed only to the Provincial Technical Committee.

Module 4.5 hours total time	Two course menu 3.5 hours kitchen time	Skill 34 - Cooking
Description	<p>Prepare three (3) portions of the following three (3) course menu</p> <ul style="list-style-type: none"> • <u>Main Course</u> <ul style="list-style-type: none"> ○ Meatloaf ○ Demi-Glace ○ Mashed Potatoes ○ Asparagus ○ Braised Red Cabbage • <u>Dessert</u> <ul style="list-style-type: none"> ○ Pate a Choux ○ Pastry Cream ○ Fresh fruit garnish ○ Chantilly cream ○ Fruit Coulis ○ Chocolate/sugar garnish 	
Service Details	<ul style="list-style-type: none"> • <u>Main Course- 3 portions</u> • Each plate should consist of: <ul style="list-style-type: none"> ○ 180 g maximum of Meatloaf ○ 80 g of Mashed potatoes ○ 3 Spears of Asparagus ○ 60 ml of Demi- Glace • Cooking temperature of meats must meet food safety standards • Three (3) plates will be presented, two (2) to the judges & one (1) plate for public display • <u>Dessert – 3 portions</u> • Dessert portions must not exceed 227g • Three (3) plates will be presented, two (2) to the judges & one (1) plate for public display • Service-ware (plates) will be provided; please refer to the “Contest Description Document” 	
Main ingredients required	<ul style="list-style-type: none"> • Recipes supplied by the committee • Brown stock and Espagnole for the Demi-Glace are available on the common table • A list of all ingredients available for this module will be 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 	

- For all plates, the presentation should be clean and reflect industry standards.
- 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.

Secondary Competition Schedule

Module - Saturday, April 11, 2015

9:15 am. Arrival of competitors and judges
Instruction for the day

9:45 am. Set-up work station - Equipment only.

- No contact with food permitted at this time.
- No assistance is permitted at this time.

10:15 am. Start of competition

1:45 p.m. Presentation of Main Course

2:15 p.m. 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.

Therefore the Main Course must be served from 1:45 p.m. to 1:50 p.m. After which one point will be deducted per minute until 1:50 p.m. At 1:51 p.m. plates will no longer be accepted for judging.

2:15 pm. Cleaning and packing

2:45 pm. Competitors leave the site

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines. Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.

EQUIPMENT, MATERIAL, CLOTHING

Equipment and material provided by Skills/Compétences Canada

- All food for the contest and the common table
- 2 gas burners per student 5 convection ovens to share
- 1 x 6 foot Stainless Steel worktable with a shelf per student
- Shared refrigerator per station
- Access to shared freezer space - 2 each freezers onsite
- Sink with hot and cold water per station
- 1 Electric outlet per workstation with GFI.
- 2 rolling rack shared
- Wood 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 - Steel wool, nylon scour pads, jade clothes
- Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 1 each
- Microwave- 2 shared
- Food processors with bowl and cutter blade - 4 shared
- Baking sheets - full - 2 per station
- Baking sheets - 1/2 - 5 per station
- Disposable - full hotel pan 4" deep - 4 per competitor
- Disposable - 1/2 hotel pan 4" deep - 8 per competitor
- Shared Saran-Wrap and Aluminum will be provided

China provided for use by competitors:

- Dessert - 2 each - 12" round white plates
- Main Course - 2 each - 12" round white plates
- Sauce - 1 each white sauce boat with liner plate

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. Composting cannot include any protein matter (meat, fat, or bones) in Ontario

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 or Technical Committee 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.
- 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. Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location that is not accessible during the contest.

Required clothing (Provided by competitor)

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Dark or checked professional chef trousers
- Double Breasted White Chef Jacket
- White Apron
- Side Towels
- Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.

Marking Criteria

<u>%</u>	<u>Title</u>	<u>Judging Criteria</u>
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"> Food wastage – full utilization of requisitioned food 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 and professional 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 and descriptions Food served at proper temperatures as specified in the test project & in accordance with industry standards Respect timetable in regards to serving times All required elements outlined in the test project and the 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

**SKILLS CANADA NB PROVINCIAL SKILLS COMPETITION 2015
MONCTON, NEW BRUNSWICK**

**COOKING
SECONDARY RECIPES**

- Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
- The recipes are intended to be followed to produce the appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” text book. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation Common and correct cooking practices will be respected and encouraged.
- Students are encouraged to research and develop their own recipes but **MUST ADHERE** to specified portions and ingredients. All recipes are provided as general guidelines

RECIPES

Baked Meatloaf

Regular ground beef	681 g
Small diced onions	120 g
Small diced celery	120 g
Egg	1 each
Milk	120 ml
White bread slices	2 slices
Worcestershire sauce	5 ml
Thyme	5 ml
Salt	15 ml
Pepper	5 ml

Additional seasoning/ herbs from the parstock list as required

1. Place bread, egg, milk, seasonings onions and celery into bowls mix well.
2. Add ground beef and incorporate all ingredients.
3. Form into loaf and brush with 100 ml ketchup.
4. Bake at 350 to an internal temperature of 165 F.
5. Let meat loaf rest for 15 minutes and cut into desired portions.

www.Youtube.com/watch?V+P7bsYTDILps

Meat loaf specifications:

- Texture – Moist not dry or crumbly
- Flavour – All seasonings and flavouring ingredients must enhance each other. No predominant or overpowering flavours
- Doneness – cooked to well done-165 F, no pink colour.
- Portion size - 130-150 grams cooked weight

Braised Red Cabbage

Red cabbage	300 g
Lard or butter	30 g
Onions sliced	50 g
Sugar	3 g
Red currant jelly	10 ml
Water	75 ml
Apple cored & diced	75 grams
Cloves	pinch
Allspice	pinch
Cinnamon stick	1 each
Red wine vinegar	70 ml
Salt & pepper	to taste

1. Core cabbage & cut into shreds.
2. Melt lard in heavy pot, add onions and sugar cook until soft.
3. Add cabbage and stir until coated with fat.
4. Add stock, apples, jelly & spices, cover and cook until tender, approximately 30 minutes.
5. Add the vinegar and simmer another 10 minutes.
6. Taste and correct seasoning.

Steamed Asparagus Spears

Portion size -3 asparagus spears each entrée.

Place asparagus spear tip on hand bend until asparagus breaks
Trim as desired. Steam until tender, brush with butter, season to taste

Creamy Whipped Potatoes

Russet potatoes	400 g
Kosher salt	10 ml
Cereal cream	125 ml
Cloves garlic, crushed	2 each
Grated Parmesan	45 g

Directions:

1. Peel and dice potatoes, close to the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.
2. Heat the half-and-half and the garlic in a small saucepan over medium heat until simmering. Remove from heat and set aside.
3. Remove the potatoes from the heat and drain off the water. Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes until mixture thickens.

www.foodnetwork.com/recipes/alton-brown/creamy-garlic-mashed-potatoes-recipe.html?oc=linkback

Dessert:

- Made with choux paste.
- Chocolate or sugar garnish
- Pastry or Chantilly cream filling
- Fresh Fruit
- Fruit Coulis

www.youtube.com/watch?v=TER8AA8Fus

Common Table Items

Secondary

PRODUCE - VEGETABLES	HERBS - FRESH
Carrots	Basil
Cabbage - red	Chives
Celery	Oregano
Garlic, Bulb	Parsley
Onions	Thyme
Potato, Russet 100ct	
Shallots, Peeled	
	SPICES - DRY
Spinach, Baby	All Spice
Tomato, Roma	Cinnamon, Stick
	Cloves
	Nutmeg, whole
	Peppercorns - Black
	Peppercorns - White
	Salt, Kosher
	Thyme
PRODUCE - FRUIT	DRY GOODS
Lemons	Red Current Jelly
Limes	Chocolate, Dark - Callebaut 811 (53.7%)
Apples - Granny Smith	Chocolate, Milk - Callebaut 823 (33.6%)
Oranges	Chocolate, White - Callebaut w2nv (28%)
Blueberries	Chocolate, Dark, Coating
Blackberries	Chocolate, White, Coating
Raspberries	Cocoa Powder
Strawberries	Flour, All Purpose
	Flour, Baking (Strong)
PROTEIN & STOCKS	
Bacon - Double Smoked - Slab	Gelatine - Leaves & Powder
Ground Beef - Regular	
Ground Pork	
Ground Veal	
Stock, Dark Veal	
Espagnole	

FROZEN ITEMS	Honey
Raspberries - IQF	Maple Syrup
Blueberry - IQF	Oil, Olive
Strawberries - IQF	Oil, Vegetable
BlackBerries IQF	Sugar, Brown
Puree - Raspberry	Sugar, White
Puree - Strawberry	Tomato Paste
Puree - Mango	Vanilla, Bean
	Vanilla, Pure
	Vinegar, Red Wine
	Worcestershire Sauce
DAIRY	
Butter - unsalted	
Cheese - Grana Padano	
Cheese - Ricotta	
Cream - Whipping 35%	
Eggs - large	
Milk - Homogenized 3.5%	
Cream - Table 10%	
	MISCELLANEOUS
	Bread, White Sliced
	Butcher's twine
	Cheesecloth