



SKILLS CANADA NEW BRUNSWICK
PROVINCIAL COMPETITION
THURSDAY, APRIL 14, 2016
CCNB EDMUNDSTON

POST-SECONDARY LEVEL

(NBCC & CCNB)

COOKING
TEST PROJECT

Provincial Technical Liaison

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General Information

Important:

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

Module A Prepare Main Course

Module B Prepare Dark and White Chocolate Dessert

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.

- Competitors 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	Main Course	Skill 34 - Cooking
Description	<ul style="list-style-type: none"> • Prepare a main course featuring Leg of Lamb with accompaniments • One (1) mystery vegetable must be featured on the menu • One (1) sauce minimum • One (1) starch minimum • Two (2) vegetables minimum • Garnish of your choice • Portion minimum 180g total for the plate • Present on three (3) plates 	
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 	
Common ingredients	<p>A list of all ingredients available for this module is included in the common food table document</p>	
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.

Module B	Dessert Course	Skill 34 - Cooking
Description	<ul style="list-style-type: none"> • Prepare a dessert featuring Dark and White chocolate and a mystery nut. • One (1) mystery fruit must be used • One (1) sauce mandatory • Garnish of your choice • 80g minimum portion size • Present on three (3) plates 	
Service Details	<ul style="list-style-type: none"> • Prepare three (3) plates of the dessert course • Two (2) plates are to be judged, and one (1) plate is for public display 	
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:

Thursday, April 14

- 8:30 am** Arrival of competitors and judges
- Instructions for the day
- 8:45 am** Set-up work station – Equipment Only
- No contact with food permitted at this time.
 - No assistance is permitted at this time.
- 9:00 am** Start of competition
- 9:00 am** Submit your menu (English or French).

12:30 p.m. Presentation of Main Course

1:00 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 Dessert must be served from 1:00pm-1:05pm. After which one point will be deducted per minute until 1:10pm. At 1:11 am plates will no longer be accepted for judging

1:00 pm. Cleaning and packing

2:00 pm. Competitors leave the contest area

EQUIPMENT, MATERIAL, CLOTHING

Equipment and material provided by Host

- All food from the contest and the common table
- 4 gas burners with an oven access per competitor
- 1 x 4 foot Stainless Steel worktable with a shelf
- Shared refrigerated cold room for all competitors
- Access to shared freezer space
- Sink with hot and cold water.
- Shared Electric outlet per workstation with GFI.
- 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
- 1 "Kitchen Aid type" Mixers (bowl, whisk, paddle, dough hook) per competitor
- Microwave- 1 shared
- Food processors with bowl and cutter blade – 3 shared
- Baking sheets - full - 5 per station
- Shared Saran-Wrap and Aluminum will be provided

China provided for use by competitors:

Post – Secondary Competitors:

- Main Course - 3 each - 12" Round white plates
- Dessert - 3 each - 9" round white plates

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.
- 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

<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"> 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
Tomato, Roma	Cinnamon, Stick
PROTEIN & STOCKS	Curry Powder
Bacon - Double Smoked - Slab	Nutmeg, whole
Stock, White Chicken	Onion Powder
Stock, Brown Veal	Oregano, Dried
DRY GOODS	Paprika
Agar Agar	Peppercorns - White
Baking powder	Peppercorns - Black
Bean, Garbanzo, Cooked	Salt, Kosher
Bean, White (soaked overnight)	Salt, Maldon Sea
Bulgar	Tumeric
Chocolate, Dark - Callebaut 811 (53.7%)	FROZEN ITEMS
Chocolate, Milk - Callebaut 823 (33.6%)	Pastry, Filo
Chocolate, White - Callebaut w2nv (28%)	Pastry, Puff
Chocolate, Dark, Coating	

Chocolate, White, Coating
Cocoa Powder
Coconut, Grated, sweetened
Cous Cous
Mustard, Dijon
Flour, Semolina
Flour, Baking (Strong)
Flour, Pastry
Gelatine - Leaves & Powder
Glucose
Honey
Maple Syrup
Nut, Almond Ground
Nut, Walnut Halves
Oil, Vegetable
Olives - Black
Quinoa
Rice, Long Grain
Sesame Seed, Black
Sugar, Brown
Sugar, Icing
Sugar, Isomalt
Sugar, White
Tabasco
Tomato Paste
Vanilla, Bean
Vanilla, Pure
Vinegar, White
Vinegar, Balsamic
Xanthan Gum 93

Raspberries - IQF
Blueberry - IQF
Strawberries - IQF
BlackBerries IQF
Puree - Raspberry
Puree - Strawberry
Puree - Mango
DAIRY
Butter - unsalted
Cheese - Grana Padano
Cheese - Ricotta
Cream - 35%
Eggs - large
Milk - Homogenized 3.5%
Sour Cream - 14%
ALCOHOL
Grand Marnier
Port, Ruby
Rum, Dark
Wine, Red, Cabernet Sauvignon
Wine, Red, Merlot
Wine, White, Chardonnay
Wine, White, Riesling
MISCELLANEOUS
Bread, White Sliced
Butcher's twine
Cheesecloth
Tea, Green