



PROVINCIAL SKILLS COMPETITION

DATE : SATURDAY, APRIL 16, 2016

LOCATION : SUSSEX REGIONAL HIGH SCHOOL

SECONDARY LEVEL

COOKING

TEST PROJECT

Provincial Technical Committee

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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 two (2) course menu</p> <ul style="list-style-type: none"> ○ <u>Main Course</u> <ul style="list-style-type: none"> ○ Roasted Pork tenderloin ○ Black peppercorn sauce ○ Gratin dauphinoise ○ Sautéed spinach ○ Carrot batonnet • <u>Dessert</u> • Carrot Cake with complementary frosting, dessert sauce of competitor's choice and two (2) garnishes 	
Service Details	<ul style="list-style-type: none"> • <u>Main Course- 3 portions</u> • Each plate must consist of: <ul style="list-style-type: none"> ○ Roasted pork tenderloin ○ Black peppercorn sauce (utilizing Demi-glace) ○ Gratin dauphinoise ○ Sautéed spinach ○ Carrot batonnet ○ <i>Complete plates not to exceed 350g</i> • Cooking temperature of meats must meet industry 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 150g • Three (3) plates will be presented, two (2) to the judges & one (1) plate for public display • Service-ware (plates) will be provided. 	
Main ingredients required	<ul style="list-style-type: none"> • Recipes supplied by the committee • Brown stock for the Demi-Glace is 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 • Please review this contest description for equipment that will be available at the competition 	

- 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

***PLEASE NOTE: The schedule of the day will be dependant on the number of entries we have for competitions.** Since we only have a limited number of workstations, if we receive more than 5 entries, we will work with a two(2) shift schedule. (Participating schools at proximity of the event will have the earlier shift while schools travelling from further will have the late shift). If we only have 5 or less participants, you will be notified of the schedule that will be adjusted to work between the early and late shift times.

EARLY SHIFT (Saturday, April 16)

- | | |
|-----------------|---|
| 8:00 am. | Arrival of competitors and judges
Instructions for the day

Set-up of workstation - Equipment only. <ul style="list-style-type: none"> ▪ No contact with food permitted at this time. ▪ No assistance is permitted at this time. |
| 8:30 am. | Start of competition |

11:30 p.m. Presentation of Main Course

12:00 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 Main Course must be served from 11:30 pm to 11:35 pm; After which one point will be deducted per minute until 11:40 pm. At 11:41 pm plates will no longer be accepted for judging.

12:00 pm. Cleaning and packing

12:30 pm. Competitors leave the site

LATE SHIFT (Saturday, April 16)

- 12:00 pm** Arrival of competitors and judges
Instructions for the day
- Set-up of workstation - Equipment only.
- No contact with food permitted at this time.
 - No assistance is permitted at this time.
- 12:30 pm** Start of competition

3:30 pm Presentation of Main Course

4:00 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.

Therefore the Main Course must be served from 3:30 pm to 3:35 pm. After which one point will be deducted per minute until 3:40 pm. At 3:41 pm plates will no longer be accepted for judging.

4:00 pm Cleaning and packing

4:30 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 on site:

- All food from the contest and the common table
- 1 electric stove with an oven
- 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.
- 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,)
- Cleaning supplies - Steelwool, nylon scour pads, jade clothes
- Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 3 each shared
- Food processors with bowl and cutter blade - 2 each shared
- Baking sheets - full - 3 per station
- Baking sheets - 1/2 - 5 per station
- Shared Saran-Wrap and Aluminum will be provided

China provided for use by competitors:

- Dessert – 3 each - 12" round white plates
- Main Course - 3 each - 12" 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.

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 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

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

RECIPES SECONDARY LEVEL

- 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” textbook. 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 must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.

Common Table List - All items are subject to availability.

PROTEINS	HERBS/SPICES DRY
Bacon - sliced	Allspice
Salt pork	Bay leaf
	Cinnamon
STOCKS, PREPARED	Ginger
Brown stock	Nutmeg
Chicken stock	Peppercorns, whole black
Fish stock	Additional assorted dry herbs and spices
DAIRY/EGGS	HERBS - FRESH
Butter, unsalted	Basil
Cheese - Gruyere	Chives
Cream - 35%	Mint
Cream cheese	Parsley
Eggs, large	Thyme
Milk, 2%	
Sour Cream - 14%	

PRODUCE	DRY GOODS
Apple, Royal Gala	Baking powder
Blueberries, frozen	Baking soda
Carrots	Chocolate, dark (callebaut d811)
Celery	Chocolate, white (callebaut cw2)
Garlic, whole	Coconut, shredded
Kiwi	Corn starch
Leeks	Flour, all purpose
Lemons	Flour, cake/pastry
Limes	Honey
Mango	Mustard, dijon
Onion	Oil, olive
Oranges	Oil, vegetable
Peppers, green	Olives, pitted black
Peppers, red	Pan spray
Peppers, yellow	Pineapple, crushed
Potato, Russet	Salt, table
Potato, Yukon Gold	Sea salt, coarse
Raspberries, frozen	Sugar, brown
Shallots, peeled	Sugar, icing
Spinach, washed	Sugar, white
Strawberries	Tabasco
Tomato, Roma	Tomato paste
NON FOOD ITEMS	Tomato puree
Paper towels	Vanilla extract
Aluminum foil	Vinegar, red wine
Butcher's twine	Vinegar, white
Cheesecloth	Vinegar, white wine
Disposable gloves	Walnuts, pieces
Parchment paper	Wine, red
Plastic wrap	Wine, white
Wood chips for smoking	Worcestershire sauce

* Exported from OnBaking *

Carrot Cake (Yield – 1 x 8” Round)

94grams	Vegetable oil
94grams	Granulated sugar
1	Egg
113grams	Carrots -- shredded
76grams	Crushed pineapple -- with juice
3grams	Baking soda
1/2tsp	Cinnamon -- ground
1/4tsp	ginger
1/8tsp	allspice
1/8tsp	nutmeg
2grams	salt
1/2 tsp	Baking powder
117grams	Cake flour
34 grams	Coconut -- shredded
20grams	Walnut pieces

Method

1. Blend the oil and sugar in a large mixer bowl fitted with the paddle attachment. Add the eggs, beating to incorporate.
2. Blend in the carrots and pineapple.
3. Sift the dry ingredients together, and then add them to the batter. Stir in the coconut and walnuts.
4. Transfer the batter into greased and floured pan.
5. Bake at 340°F (170°C) for 40 – 45 minutes until springy to the touch and a cake tester comes out almost clean.
6. Allow the cakes to cool, before unmolding.

Espagnole (Brown Sauce)

Equal parts finely diced:

• Celery, onion, carrot	120 g
• Butter or margarine	50 g
• Flour	50 g
• Tomato paste	15 ml
• Beef stock	1 litre
• Thyme, ground	pinch

1. Sauté vegetables in butter or margarine until well caramelized.
2. Add flour and cook to make brown roux.
3. Add tomato paste, stir well continue cooking.
4. Add beef stock, whisk until smooth, and bring to boil.
5. Reduce to simmer, add thyme cook 1-1.5 hours to reduce.
6. Strain sauce through cheesecloth, adjust seasoning.

Demi Glace

Espagnole **500ml**

Beef Stock **500ml**

- Combine sauce and stock in a saucepan and simmer until reduced by half.
- Strain

Peppercorn Sauce (Yield: Approximately 600ml)

Ingredients:

Salt pork, diced	15g
Water	30ml
Mirepoix, small dice	175g
Garlic clove	1
Bay leaf	1
Thyme leaves, fresh	1 tsp
Parsley stems	2
Peppercorns, whole	10
De-alcoholized red wine	250ml
Red wine vinegar	65ml
Demi-glace	500ml
Peppercorns, coarsely ground	3ml
Butter	30g

Method:

1. Simmer the salt pork over low heat until the water evaporates and fat begins to render.
2. Sweat the mirepoix in the pan with the rendered fat and cooked pork. Add the garlic clove, bay leaf, thyme, parsley stems and whole peppercorns in the form of a sachet.
3. Add the wine and vinegar and reduce by half over medium heat.
4. Add Demi-Glace and simmer 10 to 15 minutes.
5. Strain through a fine chinois return to heat
6. Add ground peppercorns and simmer briefly. Finish with up to 30g of whole butter.
7. Check for seasoning and adjust if necessary.

Dauphinoise Potatoes (yields 4 x 105 g portion)

- **125 ml** Whipping cream
- **125 ml** Milk, 2%
- **3** Garlic cloves, crushed fine
- **500** Potatoes, russets, peeled and slice ¼ inch thick.
- **60g** Gruyère cheese, grated
- Salt and pepper to taste
- Nutmeg to taste

Method

1. Heat oven to 350 °F.
2. Peel and Slice the potatoes very finely, about ¼ thick.
3. Lightly butter a 8 in tin pan on the bottom and sides.
4. Rub the crushed garlic around the sides and bottom.
5. Single Layer potatoes slightly overlapping on pan.
6. Season with salt, pepper and nutmeg.
7. Repeat step 5 & 6 until all potatoes are used.
8. Mix the cream, milk into a bowl.
9. Slowly add mixture over potatoes until just covered.
10. Scatter over the cheese.
11. Bake for 70 minutes until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.