



SKILLS CANADA NEW BRUNSWICK

DATE MONDAY, MAY 1ST

NBCC ST. ANDREWS

POST-SECONDARY

COOKING TRADE

TEST PROJECT

Provincial Technical Liaison

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General Information

Important:

This test project is based on the Contest Description document for the Skills Canada National Competition Cooking contest.

It is important for all participants to review as all general instructions are found only in the "Contest Description" document.

Document is available from Skills Canada NB's Website. www.skillscanada.nb.ca

Contest Day

Module A Prepare Cold Appetiser

Module B Prepare Main Course

Menu & Elements Requirements

In order to ensure continuity, and that the judges are evaluating courses on a level basis, the following guidelines must be followed for all menu submissions:

1. Menus must be filled out using the template found at the bottom of this document. No other forms of menu submissions will be accepted.
2. Competitors must **not** be identified in any way on the menu; no names, station numbers, or places of employment can appear on the submitted menu.
3. A completed menu must be prepared and submitted for the competition.
4. *Descriptive Menu* and *Menu Elements* can be either typed or hand written and must be legible for the judges to interpret.
5. Two (2) copies of your “*Descriptive Menu*” and your “*Menu Elements*” must be submitted within the timeframes specified in the test project.
6. The “*Descriptive Menu*” must be written with correct spelling, phrasing, and appropriate terminology that would be used on a menu in a restaurant setting.
7. The “*Menu Elements*” form must accompany the “*Descriptive Menu*”. All items that appear on the plates (or on your Mise en place list) must be specified in the “*Menu Elements*”.

Note: Any items served (or prepared) that were not specified in the Menu Elements will not be evaluated by the judging team.

General Contest Details

- **Work Plan Submission**

Competitors must write a work plan and submit 2 copies for the competition. Work plans can be carefully hand written or word-processed. One copy of the work plan is to be posted at the competitor's station, and the 2nd copy submitted with the menu packages at the designated times.

Cooking methodologies used throughout the contest must follow those prescribed in the Test Project. Recipes may be consulted throughout the competition.

- **Common-Table**

Food items that are available to prepare the items in the test project will include all necessary proteins, dairy, and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common Table items will be specifically outlined in the Common Table document.

The Technical Committee reserves the right to change or limit food items without notice, depending on availability and quality. You will be marked accordingly for over-use, or wasted products. ONLY the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest area.

- **Professional Conduct**

It is the primary intent of Skills Canada NB to provide a fair, equitable, and transparent contest.

During the contest, **all, and any, communication between candidates and persons outside the competition area is not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication.

Any competitor engaging in these activities will be penalized. Penalties will be administered by the technical representative, and can range from point deductions, up to full disqualification from the contest.

If a candidate must leave the site, the technical representative member must be advised prior to leaving the contest site.

- **Mystery Ingredients**

This competition features mystery ingredients, which must be incorporated into the dishes prepared. These items will be revealed during the contest orientation on Monday May 1st.

Module A	Cold Appetizer
Description	<ul style="list-style-type: none"> • Prepare a Cold Appetiser using a Mystery Shellfish. <p><u>Appetiser must include:</u></p> <ul style="list-style-type: none"> • Mystery Vegetable • Minimum one (1) sauce, of competitor's choice • Minimum one (1) accompaniment • <i>Portion size – 180 grams per plate maximum</i>
Service Details	<ul style="list-style-type: none"> • Prepare 4 plates. 3 plates will be for the judges and 1 plate will be 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

- 3 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	Main Course
Description	<ul style="list-style-type: none"> • Prepare a Main Course featuring a Mystery Fin Fish. <p>Main Course must include:</p> <ul style="list-style-type: none"> • Mystery Vegetable • Minimum one (1) sauce, of competitor's choice • Minimum one (1) starch accompaniment, of competitor's choice • <i>Portion size – 360 grams per plate maximum</i> • Cooking temperature must meet industry safety standards
Service Details	<ul style="list-style-type: none"> • Prepare three (4) plates of the main course • Two (3) plates are to be judged, and one (1) plate is 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.

- 3 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:

Monday May 1st

- 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 and elements documents (English or French).

12:30 p.m. Presentation of Cold Appetizer

1:00 p.m. Presentation of Main Course

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 1:00pm to 1:05pm. After which, one point will be deducted per minute until 1:10pm. At 1:11pm 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
- 2 gas burners with an oven access
- 1 x 4 foot Stainless Steel worktable with a shelf (*see note below)
- Shared refrigeration
- Access to shared freezer space
- Sink with hot and cold water.
- Shared 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, quarts sanitizers).
- Cleaning supplies - Steel wool, nylon scour pads, jade clothes
- Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 4 each shared
- Microwave- 1 shared
- Food processors with bowl and cutter blade - 2 each shared
- Baking sheets - full - 5 per station
- Full hotel pan 4" deep - 4 per competitor
- 1/2 hotel pan 4" deep - 2 per competitor
- Shared Saran-Wrap and Aluminum will be provided

****Note: Work stations may vary slightly due to the nature of the kitchen design.***

China provided for use by competitors:

- Cold Appetizer - 9" square white plates
- Main Course - 12" Round white plates

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.
- 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

Descriptive Menu

Cold Appetiser
Main Course

Menu Elements

Course	Elements that Appear on the Plate
Cold Appetiser	
Main Course	