



**SKILLS CANADA NB PROVINCIAL COMPETITION**

**APRIL 22, 2017**

**FREDERICTON HIGH SCHOOL**

# **SECONDARY**

**COOKING TRADE**

TEST PROJECT

**Provincial Technical Committee**

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# General Information

## **Important:**

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

**It is important for all participants to review this document; all general instructions are found in this "Contest Description" document.**

**Module** - Prepare and present three (3) portions of soft Poached eggs, (3) plates of appetizer and three (3) plates of the dessert.

- **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 Provincial 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 waste of products. ONLY the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest.

- **Work Plan Submission**

Competitors must write a work plan for the day of competition: two (2) copies. 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 2<sup>nd</sup> copy submitted with the Menu packages at the designated time.

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

- **Professional Conduct**

It is the primary intent of the Provincial Technical representatives to provide a fair, equitable, and transparent contest.

Therefore, during the contest, **all, and any, communication between candidates and persons outside the site are not permitted.** This includes verbal, non-verbal, written, and electronic forms of communication.

Any competitor engaging in these activities will be will be penalised. Penalties will be administered by the Provincial Technical representatives, and can range from point deductions, up to full disqualification from the contest.

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

- **Use of Sous Vide Equipment**

This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods.

Sous Vide technologies have made precisely controlled cooking easier – with final results more certain, than at any other time. Therefore, during the contest, use of Sous Vide technology and techniques **must be limited to no more than one application during the contest, with regards to the cooking of required proteins.**

However, this does not limit its use for other techniques or components the competitors may wish to include as part of their dishes – i.e. compressed fruits & vegetables, cooked egg yolks, etc.

Module 4.5 hours total time	Three course menu 3.5 hours kitchen time	Cooking
<b>Description</b>	<p><b>Competency:</b></p> <p><b>Egg Cookery</b> – <i>(Prepare 3 portions with 2 eggs each)</i></p> <ul style="list-style-type: none"> <li>○ Poached Soft</li> <li>○ <b>Main Course:</b> <ul style="list-style-type: none"> <li>○ Each plate must consist of:           <ul style="list-style-type: none"> <li>▪ Poached Salmon – poached in Court Bouillon (recipe provided)</li> <li>▪ Bercy Sauce (utilising Velouté )</li> <li>▪ Rice Pilaf with Tomato Concassé</li> <li>▪ Blanched and sautéed Carrot Batonnet</li> <li>▪ Blanched and sautéed Broccoli Florets</li> <li>▪ <i>Complete plates should not to exceed 350g per portion</i></li> </ul> </li> <li>○ Cooking temperature must meet industry safety standards</li> </ul> </li> <li>○ <b>Dessert</b> <ul style="list-style-type: none"> <li>○ Dessert must consist of:</li> </ul> </li> <li>○ Crème Caramel</li> <li>○ Garnish of choice</li> </ul>	
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Three (3) plates will be presented for each course, two (2) to the judges &amp; one (1) plate for public display</li> </ul>	
<b>Main ingredients required</b>	<ul style="list-style-type: none"> <li>• Recipes supplied by the committee</li> <li>• A list of all ingredients available for this module will be included in the common food table document.</li> </ul>	
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• No service equipment permitted other than that provided by the committee</li> <li>• Please review contest description for equipment that will be available at the competition</li> </ul>	

- 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 Level Competition Schedule

## Module - Time TBA

- 8:30 am.** Arrival of competitors and judges  
Instruction 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 p.m.** Presentation of Eggs
- 1:30 p.m.** Presentation of Main Course
- 2:00 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.

- 2:00 pm.** Cleaning and packing
- 2:30 pm.** Competitors leave the site

## Equipment Provided by Host Location (FHS 2017):

### EQUIPMENT, MATERIAL, CLOTHING

Equipment and material provided by host location.

- All food from the contest and the common table
- 1 electric stove with an oven may be shared Convection
- 2 x 6 foot Stainless Steel, or Good quality sealed counter , Health Department approved material worktable with a shelf
- Shared refrigerator per station Walk in or Upright may be available
- Access to shared freezer space - 2 each freezers onsite (1 Walk in 1 upright)
- Sink with hot and cold water Shared per station
- 1 Electric outlet per workstation with GFI, Where required by Code.
- One rolling rack per Lab to Share
- 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, J- or CHIX clothes
- Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 4 + 1 ½ Quart mixer shared
- Microwave- 2 each shared
- Food processors with bowl and cutter blade 4 each shared
- Baking sheets - full - 5 per station
- Baking sheets - 1/2 - 2 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 – 3 each - 12" round white plates
- Main Course - 3 each - 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 or Provincial Technical representatives 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. Provincial technical representatives reserve the right to inspect all competitors' equipment totes and tool kits.
- 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
- Uniform
- Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform

# Marking Criteria

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

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



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**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” 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.

## Poached Eggs

On Cooking 5

Eggs

Yield: 2

As needed	Water	As needed
1 teaspoon	Salt	5 millilitre
1 fluid ounce	Vinegar	3 millilitre
2	Eggs	2

1. Bring the water to a simmer; add the salt and vinegar.
2. Crack one egg into a cup and carefully add it to the water. Repeat with the other egg.
3. Cook the eggs to the desired doneness, approximately 3 to 5 minutes. Remove them from the water with a slotted spoon and serve as desired or carefully lower them into ice water and refrigerate for later use.

## Bercy Sauce

Professional Cooking 8 – 184H

Sauces

Yield: 1 litre

2 ounces	Chopped shallots	60 grams
½ cup	White wine	125 millilitre
1 quart	Fish velouté	1 litre
2 ounces	Raw butter	60 gram
2 tablespoons	Chopped parsley	30 millilitre
To taste	Lemon juice	To taste

1. Reduce by  $\frac{2}{3}$  chopped shallots and white wine.
2. Add fish velouté and reduce slightly.
3. Finish with raw butter, chopped parsley and lemon juice to taste.

# Tomato Concassé

Professional Cooking 8

Vegetable

Yield:

	Roma Tomatoes
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1. Blanch and peel the tomatoes and cut in half crosswise.
2. Gently squeeze out the seeds.
3. Small dice the seeded tomatoes.



# Rice Pilaf with Tomato Concassé

Professional Cooking 8 – 384B

Starches

Yield: 1½ pounds, Five 5-ounce portions

1 ounce	Butter	30 gram
1 ½ ounces	Onions, fine dice	45 gram
1 cup	Long-grain rice	250 millilitre
6 to 8 ounces	Chicken stock	175 - 250 millilitre
12 fluid ounces	Tomato Concassé with juice	350 millilitre
To taste	Salt	To taste

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid and tomatoes. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 18-20 minutes, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

# Crème Caramel

Professional Cooking 8 – 1013B  
Custards & Creams  
Yield: 6, 5-ounce portions

8 ounces	Eggs	250 grams
4 ounces	Sugar	175 grams
¼ teaspoon	Salt	1 millilitre
1 ½ teaspoons	Vanilla	8 millilitre
1 ¼ pint	Milk	625 millilitre
Caramel		
6 ounces	Sugar	180 grams
1 fluid ounce	water	30 millilitre

1. Combine the eggs, sugar, salt and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
2. Scald the milk in a double boiler or in a saucepan over low heat.
3. Gradually pour the milk into the egg mixture, stirring constantly.
4. Skim off all foam from the surface of the liquid.
5. Arrange custard cups in a shallow baking pan.
6. Caramel: Cook sugar and water until it caramelizes. Line the bottoms of the custard cups with the hot caramel. Be sure the cups are clean and dry.
7. Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
8. Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.
9. Bake at 325°F until set, about 45 minutes.
10. Carefully remove from the oven and cool. Store, covered, in the refrigerator overnight.
11. Unmold onto a plate for service.

## Court Bouillon for Fish

Professional Cooking 8 – 639

Fish & Shellfish

Yield: 1 litre

1 quart	Water	1 liter
2 ounces	White Vinegar, Wine Vinegar, Or Lemon Juice	60 millilitre
2 ounces	Onions, Sliced	60 gram
1 ounce	Celery, Sliced	30 gram
1 ounce	Carrots, Sliced	30 gram
½ ounce	Salt	15 gram
⅛ teaspoon	Peppercorns, Crushed	0.5 millilitre
1 small	Bay Leaf	1
1/16 teaspoon	Thyme	0.25 millilitre
3	Parsley Stems	3

1. Combine all ingredients in a stock pot or sauce pot and bring to a boil.
2. Reduce heat and simmer 30 minutes.
3. Strain and cool.