



**NEW BRUNSWICK SKILLS COMPETITION**

**APRIL 14, 2018**

**MONCTON**

# **SECONDARY**

**COOKING TRADE**

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.

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

**Module - Prepare Three Course Menu – Appetizer, Main Course & Dessert (Details Below)**

### **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 representatives reserve 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 work plans for the day of competition: two (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 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 technical committee 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 technical committee, and can range from point deductions, up to full disqualification from the contest.

If a candidate must leave the site, a technical committee 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 over 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	Three course menu	Cooking
<b>Description</b>	<p>Prepare three (3) portions each, of the following three (3) course menu:</p> <ul style="list-style-type: none"> <li>• <b><u>Appetiser:</u></b>  <b>Minestrone Soup</b>  o Prepare three (3) portions each presented in 9" Soup/pasta plate</li> <li>• <b><u>Main Course:</u></b>  <b>Pan-Seared Top Sirloin Cap Steak</b>  o Cooked Medium Rare (135 F- 57C)  o Raw Weight of Steak no more than 140 gr (5 oz) <ul style="list-style-type: none"> <li>▪ Sauce Bearnaise</li> <li>▪ Mashed Potatoes – flavoured to competitor’s choice</li> <li>▪ Asparagus Spears</li> <li>▪ Roasted Root Vegetables</li> <li>▪ <i>Complete plates not to exceed 350g per portion</i></li> </ul> o Cooking temperature must meet industry safety standards</li> <li>• <b><u>Dessert:</u></b>  <b>Pate Sucrée Lemon Tart</b>  o Accompanied with Fruit Sauce of competitor’s choice  o Soft or Hard Meringue Garnish of competitor’s 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 are provided</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> </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 Competition Schedule

- 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 appetiser
- 1:30 p.m.** Presentation of Main Course
- 2:00 p.m.** Presentation on 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:  
EQUIPMENT, MATERIAL, CLOTHING**

Equipment and material provided by Moncton High

**\*\*\*PLEASE NOTE, DUE TO FACILITIES, NOT ALL STATIONS WILL BE IDENTICAL. THE STATIONS WILL BE DRAWN ON SITE ON THE MORNING OF THE COMPETITION. ALL EFFORTS WILL BE MADE TO ENSURE THAT COMPETITORS ARE COMFORTABLE WITH EVERYTHING AT THEIR DISPOSAL FOR THE DAY.**

- All food from the contest and the common table
- 1 electric stove with an oven
- work counterspace with storage cabinets
- Shared refrigerators
- Access to shared freezer space
- **There are 4 sinks with a max. limit of 5 competitors. Therefore there is a possibility that 2 competitors will have to share a sink.**
- 1 Electric outlet per workstation with GFI.
- Nylon cutting boards
- Display area for finished plates.
- Shared Garbage, Recycling and Organics/Compost bins
- Sanitizing equipment & cleaning supplies (spray bottles, dish soap, quartz sanitizers).
- 1 Microwave- shared
- Shared Saran-Wrap will be provided

**China provided for use by competitors:**

**Secondary Competitors**

- Dessert – 3 each - 9” round white plates
- Main Course - 3 each - 9” round white plates

**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. The technical committee reserves 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**



**SKILLS CANADA  
PROVINCIAL COMPETITION 2018  
MONCTON, NEW BRUNSWICK**

**COOKING  
SECONDARY RECIPES**

- Recipes are provided by the 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 in Module One and Module Two.
- 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.

## Minestrone Soup

Professional Cooking 8 - 263

Soup

Yield: 3 quarts (3 litres) 12, 8 fluid ounce (250 millilitre) portions

2 fluid ounces	Olive oil	60 millilitre
8 ounces	Onions, sliced thin	250 grams
4 ounces	Celery, small dice	125 grams
4 ounces	Carrots, small dice	125 grams
1 teaspoon	Garlic, chopped	5 millilitres
4 ounces	Green cabbage, shredded	125 grams
4 ounces	Zucchini, medium dice	125 grams
8 ounces	Canned tomatoes, crushed	250 grams
2 ½ quarts	White stock	2.5 litres
½ teaspoon	Dried basil	2 millilitres
3 ounces	Ditalini pasta	90 grams
12 ounces	Drained, canned cannellini beans	375 grams
2 tablespoons	Chopped parsley	30 millilitres
To taste	Salt	To taste
To taste	Pepper	To taste
As needed	Parmesan cheese, grated	As needed

1. Heat the oil in a heavy pot over medium heat.
2. Add the onions, celery, carrots and garlic, sweat them in the oil until almost tender. Do not brown
3. Add the cabbage and zucchini. Stir to mix the vegetables. Continue to sweat another 5 minutes.
4. Add the tomatoes, stock and basil. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked. (Do not overcook. The soup will continue to cook when the pasta is added.)
5. Add the pasta and continue to simmer the soup until the pasta is cooked. (Alternatively, cook pasta separately and add to the soup just before serving.)
6. Add the beans and return soup to a boil.
7. Add the parsley. Season to taste with salt and pepper.
8. Just before service, top with the parmesan cheese, or serve cheese separately.

## Pan-Seared Top Sirloin Cap Steak

Steak to be cooked medium rare – 140°F / 60°C

	Top Sirloin Cap Steak	
	Seasoning	
	Butter	

1. Trim meat as necessary.
2. Season steaks lightly all over.
3. Use a shallow oven-proof, stainless steel pan with a heavy bottom, large enough to cook the meat without over-crowding. Preheat the pan.
4. Heat the butter in the pan.
5. Place seasoned steak in the pan, cook and butter baste until a brown crust forms.
6. Flip the steak using tongs and sear the second side of the steak in the same manner.
7. Test doneness of the steak. If necessary, finish in the oven until the desired temperature is reached.
8. Remove steak to a cutting board and allow to rest.

## Sauce Béarnaise

Professional Cooking 8 - 195

Sauces

Yield: 24 fluid ounces (720 millilitres)

1 pound 4 ounces	Butter	600 grams
2 ounces	Shallots, Chopped	30 grams
½ cup	White Wine Vinegar	120 millilitres
2 to 3	Tarragon stems, chopped	2 to 3
½ teaspoon	Peppercorns, Crushed	2.5 millilitres
6	Egg Yolks	6
To taste	Salt	To taste
To taste	Cayenne	To taste
To taste	Lemon Juice	To taste
1 tablespoon	Chopped Parsley	15 millilitres
2 tablespoons	Fresh tarragon, chopped	30 millilitres

1. Review the guidelines for preparing Hollandaise and Béarnaise.
2. Clarify the butter. You should have about 1 pound clarified butter. Keep the butter warm but not hot.
3. Combine the shallots, vinegar, tarragon, and peppercorns in a saucepan and reduce by three-fourths. Remove from the heat and cool slightly.
4. To make it easier to beat with a wire whip, it is best now to transfer this reduction to a stainless steel bowl. Use a clean rubber spatula to make sure you get it all. Let the reduction cool a little.
5. Add the egg yolks to the bowl and beat well.
6. Hold the bowl over a hot-water bath and continue to beat the yolks until they are thickened and creamy.
7. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm, clarified butter. Add the butter drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice or warm water.
8. Strain the sauce through cheesecloth.
9. Season to taste with salt, cayenne, and a few drops of lemon juice. Mix in the parsley and tarragon.
10. Keep warm (not hot) for service. Hold no longer than 2 hours.

### Notes:

For safety, pasteurized eggs are recommended.

If fresh tarragon is not available, use 1 teaspoon (5 millilitre) dried tarragon in place of the tarragon stems in the reduction, and use ½ teaspoon (2 millilitres) dried tarragon in place of the fresh leaves to finish the sauce.

## Mashed Potatoes

Professional Cooking 8 - 353

Potatoes

Yield: 12, 5-ounce portions

4 ½ pounds	Potatoes	2 kilograms
3 ounces	Butter	90 grams
½ cup	Light cream, hot	125 millilitres
As needed	Milk, hot	As needed
To taste	Salt	To taste
To taste	White pepper	To taste

1. Peel and eye the potatoes and cut them into uniform sizes. Simmer in water to cover until tender.
2. Drain well and let the potatoes steam dry for a few minutes.
3. Pass the potatoes through a food mill or ricer into the bowl of a mixer.
4. Beat in butter, then cream.
5. Add enough hot milk to bring potatoes to proper consistency. They should be soft and moist, but firm enough to hold their shape, not runny.
6. Add salt and white pepper to taste.

## Roasted Root Vegetables

Professional Cooking 8 - 332

Vegetables

Yield: 16, 4-ounce portions

18 ounces	Carrots, peeled	500 grams
18 ounces	Celery root, peeled	500 grams
12 ounces	Turnips, peeled	375 grams
12 ounces	Parsnips, peeled	375 grams
12	Shallots, peeled	12
12	Garlic cloves, peeled	1
4 fluid ounces	Olive oil	125 millilitres
1 ½ teaspoons	Dried thyme	7 millilitres
1 ½ teaspoons	Coarse salt	7 millilitres
1 teaspoon	Coarsely ground black pepper	5 millilitres

1. Cut the carrots, celery root, turnips, and parsnips into 1-inch (2.5 centimeter) dice.
2. Place these cut vegetables, plus the shallots and garlic cloves, in a baking pan.
3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt and pepper. Toss or mix until the vegetables are well coated with oil. Add more oil if necessary.
4. Bake at 375°F (190°C) about 45 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly. Do not allow them to become too browned or they may be bitter.

## Pâte Sucrée Lemon Tart

Professional Baking 7 - 314

Pastry

Yield: 1 pound 9 ounces (852 grams)

6.5 ounces	Butter, softened	216 grams	54%
4 ounces	Confectioners' sugar	132 grams	33%
½ teaspoon	Salt	2 grams	0.5%
¾ teaspoon	Lemon zest, grated	2 grams	0.5%
4 drops	Vanilla extract	4 drops	
3 ounces	Eggs, beaten	100 grams	25%
12 ounces	Pastry flour	400 grams	100%

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.
5. **Scaling:** Remove dough from the refrigerator. Scale the dough as required:

10 to 12 ounces	10 inch (25 centimetre) tarts	300 to 340 grams
8 to 10 ounces	9 inch (23 centimetre) tarts	225 to 300 grams
6 to 8 ounces	8 inch (20 centimetre) tarts	175 to 225 grams
4 to 5 ounces	6 inch (15 centimetre) tarts	115 to 140 grams

6. Let the dough stand a few minutes, or work it briefly with the hands to make it pliable. Dough should be cold, but if it is too cold and hard, it is difficult to roll out without cracking.
7. Roll out the dough on a floured surface or floured canvas. Roll slightly less than ¼ inch (5 millimetres).
8. Place the dough in the tart pan. Allow the dough to settle into the pan and then press it into the corners without stretching it.
9. Trim off excess dough.
10. Refrigerate for at least 20 to 30 minutes before continuing. Prick the bottom of the dough all over with a fork. Line the shell with parchment and fill it with dried beans.
11. Bake at 400°F (200°C) until the shells are fully baked and lightly browned, about 20 minutes.
12. Cool the shell completely.

## Lemon Tart

Professional Baking 7 - 353

Tarts

Yield: one 10-inch (25 centimetre) tart

1	10-inch (25-cm) tart shell	1
4 ounces	Sugar	120 grams
1 tablespoon	Lemon zest, grated	15 millilitre
4	Eggs	4
6 ounces	Lemon juice	175 millilitre
2 ounces	Heavy cream	60 millilitre

1. Bake the tart shell until it is golden but not too brown. Cool.
2. In a mixer fitted with the paddle attachment, blend the sugar and zest together thoroughly.
3. Add the eggs. Mix until well combined, but do not whip.
4. Mix in first the lemon juice and then the cream. Pass the mixture through a strainer.
5. Pour the strained filling into the tart shell.
6. Bake at 325°F (165°C) just until the filling is set, no longer, about 20 minutes.