



TEST PROJECT / PROJET D'ÉPREUVE

COOKING CUISINE

POST-SECONDARY /
NIVEAU POSTSECONDAIRE

General Information

Important:

This **Test Project** is based on the Contest Description document for the National Cooking Competition, and provides detailed information about the skill itself, whereas the **Contest Descriptions** provide general information on the SCNC.

All relevant Documents are available on the Skills Canada's Website.

All questions must be addressed to the National Technical Chair.

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Day1

Module A Prepare Cold Appetiser

Day 2

Module B Prepare Main Course

Module C Prepare Dessert

Menu & Elements Requirements⁵

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 from the Skills Canada website. No other forms of menu submission will be accepted.
2. Competitor must **not** be identified in any way on the menu; no names, station numbers, or province/territory can appear on the submitted menu.
3. A completed menu must be prepared and submitted separately for each day of 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 timeframes⁷ specified in the test project.
6. The “*Descriptive Menu*” must be written⁶ 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.

Essential Skills - ⁵Reading, ⁶Writing ⁷Thinking (Job Task Planning and Organizing)

General Contest Details

Work Plan Submission

Competitors must write work plans for both days of competition: two (2) copies for each day of 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 National 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 skill area.

Professional Conduct

It is the primary intent of the NTC 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 NTC, and can range from point deductions, up to full disqualification from the contest.

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

Mystery Ingredients

This 2-day competition features mystery ingredients which must be incorporated into the dishes prepared. These items will be revealed during the contest orientation on Wednesday May, 31st, 2017.

Use of Sous Vide Equipment

This skill 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 two-day contest, with regards to the cooking of the 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.

Day 1	Module A - Cold Appetiser
Description	<ul style="list-style-type: none"> • Prepare a Cold Appetiser using a Mystery Shellfish. <p>Appetiser must include:</p> <ul style="list-style-type: none"> • Mystery Vegetable • Minimum one (1) sauce, of competitor's choice⁷ • Minimum one (1) accompaniment • <i>Portion size – 180 grams per plate maximum¹</i> <p><u>Mise en Place for the Day 2 modules is permitted.</u></p>
Service Details	<ul style="list-style-type: none"> • Prepare four (4) plates of the cold appetiser - Three (3) plates are to be judged. One (1) plate is for public display.
Available Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the Common Food Table document⁸.
Special Equipment Required	<ul style="list-style-type: none"> • 10" Round Plates will be provided by SCC. No service wares (china) permitted other than that provided by the NTC.

Post-Secondary Competition Schedule:

Day 1 – Thursday, June 1st, 2017

- 6:30 am.** Arrival of competitors and judges.
Instructions for the day - Contestant Orientation
- Review of test project
 - Instructions for the day
 - Question period
 - Introduction of the judges
- 7:00 am.** Set-up work station (equipment only).
- Contact with food is not permitted during this time.
 - Assistance is not permitted during this time.
- 7:30 am.** Start of Competition
- 8:00 am.** Pickup of menus and work plans by NTC from the display table (English or French).

11:00 am. Presentation of Cold Appetiser

There is a five (5) minute window to present the Cold Appetiser. The Cold Appetiser must be served from 11:00 a.m. to 11:05 a.m. After which one (1) point will be deducted per minute until 11:10 a.m. At 11:11 a.m. plates will no longer be accepted for judging.

- 11:00 a.m.** End food preparation, and clean up.
- 11:30 a.m.** Competitors leave the skill area.

Day 2	Modules B & C - Main Course & Dessert
Module B	
Description	<ul style="list-style-type: none"> Prepare a Main Course featuring a Mystery Fin Fish. <p><u>Main Course must include:</u></p> <ul style="list-style-type: none"> Mystery Vegetable⁷ Minimum one (1) sauce, of competitor's choice Minimum one (1) starch accompaniment, of competitor's choice <i>Portion size – 360 grams per plate maximum¹</i> Cooking temperature must meet industry safety standards
Service Details	<ul style="list-style-type: none"> Prepare four (4) plates of the Main Course - Three (3) plates are to be judged, and one (1) plate is for public display.
Available ingredients	<ul style="list-style-type: none"> A list of all ingredients available for this module is included in the common food table document⁸.
Special equipment required	<ul style="list-style-type: none"> 10" Round Plates will be provided. No service wares (china) permitted other than that provided by the committee.
Module C	
Description	<ul style="list-style-type: none"> Prepare a Dessert featuring a Bread & Butter Pudding. <p><u>Dessert must consist of:</u></p> <ul style="list-style-type: none"> Mystery Dried Fruit⁷ Component utilising Caramel, (hard, soft, or liquid, etc.) <i>Portion size – 180 grams per plate maximum¹</i>
Service Details	<ul style="list-style-type: none"> Prepare four (4) plates of the Dessert Course - Three (3) plates are to be judged, and one (1) plate is for public display.
Available ingredients	<ul style="list-style-type: none"> A list of all ingredients available for this module is included in the common food table document⁸.
Special equipment required	<ul style="list-style-type: none"> 10" Round Plates will be provided. No service wares (china) permitted other than that provided by the committee

Post-secondary Competition Schedule:

Day 2 – Friday, June 2nd, 2017

- 11:00 a.m.** Arrival of competitors and judges
- Instructions for the day
- 11:30 p.m.** Set-up work station (equipment only)
- No contact with food permitted at this time.
 - No assistance is permitted at this time.
- 12:00 p.m.** Start of competition
- 12:30 p.m.** Pickup of menus and work plans by NTC from the display table (English or French).

3:30 p.m. Presentation of Main Course

There is a five (5) minute window to present the Main Course. The Main Course must be served from 3:30 p.m. to 3:35 p.m. After which one (1) point will be deducted per minute until 3:40 p.m. At 3:41 p.m. plates will no longer be accepted for judging.

4:00 p.m. Presentation of Dessert

There is a five (5) minute window to present the Dessert. The Dessert must be served from 4:00 p.m. to 4:05 p.m. After which one (1) point will be deducted per minute until 4:10 p.m. At 4:11 p.m. plates will no longer be accepted for judging.

4:00 p.m. Cleaning and packing.

4:30 p.m. Competitors leave the skill area.

Essential Skills – ¹Numeracy, ⁷Thinking (Decision Making, Problem Solving, Job Task Planning and Organizing), ⁸Document Use

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 the proper time as outlined in the Test 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 the serving times All required elements outlined in the test project and the competitor's menu appears 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.