



2018

SCNC

SKILLS CANADA
NATIONAL COMPETITION

OCMT

OLYMPIADES CANADIENNES
DES MÉTIERS ET
DES TECHNOLOGIES



SkillsCompétences
Canada
Edmonton2018

TEST PROJECT / PROJET D'ÉPREUVE

COOKING CUISINE

SECONDARY /
NIVEAU SECONDAIRE



General Information

Important:

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

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

Contact the Skills/Compétences Canada national secretariat for any questions or concerns: Marilou Leduc (mariloul@skillscanada.com).

Day1

Module A Prepare & Present Competencies (Details Below)

Day 2

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

General Contest Details

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 waste of products. **ONLY** the foods provided by Skills/Compétences Canada are permitted for use. Absolutely no outside food products are to be brought into the skill area.

Menu and Workplan Submission

Competitors must write menus and workplans for both days of competition: two (2) copies for each day of competition. Menus and workplans can be carefully hand written or word-processed. One copy of the workplan is to be posted at the competitor's station, and the 2nd copy and menus placed on the display table for collection.

Competitors must use the menu, and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used. Do **not** include your name or your province/territory on the menu.

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



THINKING



DOCUMENT USE



WRITING

General Contest Details

Professional Conduct

It is the primary intent of the NTC 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 penalized. Penalties will be administered by the NTC, and can range from point deduction, 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.

Use of Sous Vide equipment, and other precision controlled devices

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.

Technologies such as Precision Thermal Circulators have made precisely controlled cooking easier – with final results more certain, than at any other time. Therefore during the contest, use of precision-controlled cooking technologies (ex. Sous Vide, etc) **must be limited to no more than one application over the two-day contest.**

Day 1	Module A - Presentation of Competencies		
Description	Competencies, and Mise en place for Day 2		
Service Details	<p>Competency:</p> <p><i>Meat Cutting</i></p> <ul style="list-style-type: none"> • Top Sirloin Cap Steak • 140 gr (5oz) • 3 steaks will be judged for weight and consistency • Will be presented on a 12” dinner plate saran wrapped. 	<p>Competency:</p> <p><i>Croque Monsieur</i></p> <ul style="list-style-type: none"> • Served with green salad • And emulsified dressing (Should coat the back of a spoon) • Prepare three (3) portions each presented on 12” dinner plates. 	<p>Competency:</p> <p><i>Vegetable precision cuts</i> Presented in individual 1 litre deli containers with lids (container provided)</p> <p>Vegetable quantities – 100 gr each of:</p> <ul style="list-style-type: none"> • Root Veg of choice – large dice • Carrot – small dice • Onion – small dice • Zucchini – medium dice
Available 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"> • Recipes are provided. • 12” dinner plates will be provided by Skills/Compétences Canada. No service wares (china) permitted other than that provided by the committee. 		



(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).



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NUMERACY

Secondary Competition Schedule

Day One – Monday June 4, 2018

12:00 pm	Secondary Competitors arrive on site to provide assistance in changeover from Post-Secondary event
12:20 pm	Introduction to Judges and final questions answered.
12:30 pm	Set-up work station - Equipment only. <ul style="list-style-type: none"> • <u>Absolutely</u> no contact with food is permitted at this time. • Only competitors are permitted in the contest area. No assistance is permitted at this time.
1:00 pm	Start of competition
1:30 pm	Pickup of menus and work plans by NTC from display table (English or French).
3:30 pm	Present Meat Cutting Competency
4:00 pm	Presentation of Croque Monsieur
4:30 pm	Present Vegetable Competencies

Timing of Service:

Items will not be accepted early. There is a **5-minute “window”** past the due time to present your product without penalty. Please note that timing for items is recorded when **all items** have left the competitor’s station.

There will be a point-per-minute deduction for every extra minute of lateness past the closing of the window - up to 5 minutes – after which plates will **NOT** be accepted for judging.

For example: Meat Cutting competencies served between 3:30 pm to 3:35 pm receive no timing penalty. 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.

4:30 pm.	Cleaning, packing and setting up of station for Day 2
5:00 pm.	Competitors leave the site

Day 2	Module B - Presentation of 3-Course Menu
Description	<p>Prepare three (3) portions each, of the following three (3) course menu:</p> <ul style="list-style-type: none"> • <u>Appetiser:</u> Minestrone Soup <ul style="list-style-type: none"> ○ Prepare three (3) portions each presented in 9” Soup/pasta plate • <u>Main Course:</u> Pan-Seared Top Sirloin Cap Steak <ul style="list-style-type: none"> ○ Cooked Medium Rare (135 F- 57C) ○ Raw Weight of Steak no more than 140 gr (5 oz) <ul style="list-style-type: none"> ▪ Sauce Bearnaise ▪ Mashed Potatoes – flavoured to competitor’s choice ▪ Asparagus Spears ▪ Roasted Root Vegetables ▪ <i>Complete plates not to exceed 350g per portion</i> ○ Cooking temperature must meet industry safety standards • <u>Dessert:</u> Pate Sucrée Lemon Tart <ul style="list-style-type: none"> ○ Accompanied with Fruit Sauce of competitor’s choice ○ Soft or Hard Meringue Garnish of competitor’s choice
Service Details	Three (3) 12” plates will be presented for each course, two (2) to the judges & one (1) plate for public display.
Main ingredients required	<ul style="list-style-type: none"> • Recipes are provided • A list of all ingredients available for this module will be included in the common food table document.
Special equipment required	12” dinner plates and 9” soup/pasta plates will be provided by Skills/Compétences Canada. No service wares (china) permitted other than that provided by the committee.



Secondary Competition Schedule

Day 2 – Tuesday June 5, 2018

7:45 am	<p>Secondary competitors arrive on site</p> <p>Quick safety briefing & answer final questions</p>
8:00 am	Start of competition
8:30 am	Pickup of menus and workplans by NTC from display table (English or French).
10: 30 am	Presentation of Soup
11: 00 am	Presentation of Main Course
11: 30 am	Presentation of Pâte Sucrée

Timing of Service:

Items will not be accepted early. There is a **5-minute “window”** past the due time to present your product without penalty. Please note that timing for items is recorded when **all items** have left the competitor’s station.

There will be a point-per-minute deduction for every extra minute of lateness past the closing of the window - up to 5 minutes – after which plates will **NOT** be accepted for judging.

For example: Soup courses served between 10:30 am to 10:35 am receive no timing penalty. After which one point will be deducted per minute until 10:40 am. At 10:41 am that course will no longer be accepted for judging.

11:30 am	Clean-up work station. Coaches will be allowed to assist once judging has ended. NTC will advise.
12:00 am	Competitors leave the site



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"> 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 regard to serving times All required elements outlined in the test project and the competitor's 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. In the event of a tie, the highest mark in the "Taste" category will prevail.

SECONDARY RECIPES - MODULE ONE & TWO

- 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 “test project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” text book. 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.



Croque Monsieur

Professional Cooking 8 – 725C

Sandwich

Yield: 1 sandwich

1 ounce slice	Gruyère Cheese	30 gram slice
1 ½ ounces	Ham, sliced thin	45 grams
2 slices	White Bread	2 slices
As needed	Butter	As needed
As needed	Mornay Sauce	As needed

1. Place the slice of cheese and ham between the slices of bread.
2. Butter the outsides of the sandwich and place on a griddle preheated to 350° - 375°F (175° - 190°C).
3. Cook until golden brown on one side. Turn over and cook until the second side is golden brown and the cheese starts to melt.
4. Remove the sandwich from the griddle.
5. Coat the sandwich in Mornay Sauce. Heat in an oven until lightly browned.
6. Cut in half diagonally and serve immediately.



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Mornay Sauce

Professional Cooking 8 – 182B

Sauces

Yield: 1 quart (1 litres)

2 ounces	Clarified butter	60 grams
2 ounces	Bread flour	60 grams
1 quart	Milk	1 litre
1	Small bay leaf	1
1 ounce piece	Onion, peeled	30 gram piece
1	Whole clove	1
4 ounces	Gruyère cheese	125 grams
2 ounces	Parmesan cheese	60 grams
To taste	Salt	To taste
To taste	Nutmeg	To taste
To taste	White pepper	To taste
2 ounces	Raw butter	60 grams

1. The butter in a heavy saucepot over low heat. Add the flour and make a white roux. Cool roux slightly.
2. Gradually add the milk to the roux, beating constantly.
3. Bring the sauce to a boil, stirring constantly. Reduce heat to a simmer.
4. Stick the bay leaf to the onion with clove and add to sauce. Simmer at least 15 minutes or, if possible, 30 minutes or more. Stir occasionally while cooking.
5. Adjust consistency with more hot milk, if necessary.
6. Strain the sauce through a china cap lined with cheesecloth.
7. Stir in cheeses until just melted.
8. Season very lightly with salt, nutmeg, and white pepper. Spice flavors should not dominate.
9. Finish off heat with raw butter. Thin out with a little hot milk if necessary.
10. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



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	Small macaroni, such as ditalini	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.



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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.



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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.

