





OCMT
OLYMPIADES
CANADIENNES
DES MÉTIERS
ET DES
TECHNOLOGIES

PROJECT / PROJET

COOKING CUISINE

SECONDARY / NIVEAU SECONDAIRE





General Information

Important:

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

All relevant documents are available on the Skills Canada Website.

Day1

Module A

- Prepare and present Mussels Marinière
- Prepare & present Competencies

Day 2

Module B

- Prepare Three Course Menu
 - Soup Potage Crécy
 - Main Course Chicken Cacciatore with Pappardelle Pasta
 - Dessert Chocolate Mousse

Day 1		Module A -		le A -	
				ation of tencies	Skill 34 – Cooking, Secondary
Description	Competencies, Appetiser, and Mise en Place		lise en Place for	Day 2	
Service Details	Competency:		Appe	tiser:	Competency:
		Chicken ed in ders, along cleaned for	•	250 gr (8 oz) portion size Prepare three (3) portions each presented on 12" Pasta Bowls.	Vegetable precision cuts –: Presented in individual lidded containers (containers provided) Vegetable quantities – 150 greach of: Green Pepper - Lozenge Celery - Batonnet



	Tomato Sauce –: • 1 litre portion, presented in lidded containers (containers provided)		 Carrot – Battonet Onion – Brunoise Tomato – Concassé
Available ingredients	A list of all ingredients available for this module is included in the common food table document.		
Special equipment required	 Recipes are provided. 12" pasta plates will be provided NTC. No service wares (china) permitted other than that provided by the committee 		

Note: Vegetable competencies will be incorporated into preparation of the Chicken Cacciatore during Day Two's Module.



(a) Tourné: 2 in. long \times $^{3}\!/_{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).
(b) Large dice: ³ / ₄ in. × ³ / ₄ in. × ³ / ₄ in. (2 cm × 2 cm × 2 cm).
(c) Medium dice: $1/2$ in. \times $1/2$ in. \times $1/2$ in. (12 mm \times 12 mm \times 12 mm).
(d) Small dice: 1/ ₄ in. × 1/ ₄ in. × 1/ ₄ in. (6 mm × 6 mm × 6 mm).
(e) Brunoise (broon-wahz): $^{1}/_{8}$ in. \times $^{1}/_{8}$ in. \times $^{1}/_{8}$ in. (3 mm \times 3 mm \times 3 mm).
(f) Fine brunoise: ¹ / ₁₆ in. × ¹ / ₁₆ in. × ¹ / ₁₆ in. (1.5 mm × 1.5 mm × 1.5 mm).
(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
(h) Paysanne: $^{1}/_{2}$ in. \times $^{1}/_{2}$ in. \times $^{1}/_{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).
(i) Lozenge: $1/2$ in. \times $1/2$ in. \times $1/8$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).
(j) Fermière: irregular shape, varied diameter or thickness.
(k) Batonnet: ¹ / ₄ in. × ¹ / ₄ in. × 2 ¹ / ₂ -3 in. (6 mm × 6 mm × 6–7.5 cm).
(I) Julienne (or allumette potatoes): $^{1}/_{8}$ in. \times $^{1}/_{8}$ in. \times $^{2}/_{2}$ in. (3 mm \times 3 mm \times 6 cm).
(m) Fine julienne: 2 in. long × ¹ / ₁₆ in. × ¹ / ₁₆ in. (1.5 mm × 1.5 mm × 5 cm).



Cutting chicken into quarters and eighths, bone in





- Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.
- Spread the chicken open and spread through the bones on one side of the backbone.





- · Cut off the backbone completely and save for stocks.
- Cut through the skin between the leg and the breast.





- Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.
- To cut into eighths, cut the drumstick and thigh apart at the joint.





- Cut the breast and wing quarter into two equal pieces. Another method is simply to cut off the wing.
- The chicken cut into eighths. Note that the first joint of each wing has been cut off.



Secondary Competition Schedule

Day One - Tuesday May 28, 2019

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. Absolutely 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 menu elements by NTC from display table (English or French).
3:30 pm	Presentation of Mussels Mariniére.
4:00 pm	Presentation of 8 cut chicken and tomato sauce.
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: Mussels Mariniére 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.



Da	y 2	Module B -	
		Presentation of 3-Course Menu	Skill 34 – Cooking, Secondary
Description	 Appetiser: Pota Main Cour Chic Cool Dessert: 	urse: hicken Cacciatore on hand cut Pappardelle Completed plates not to exceed 350 g per portion poking temperature must meet industry safety standards	
Service Details	 Appetiser: 10" soup plates 10" liner plates Main Course: 12" dinner plates Dessert: 12" dinner plates. No service wares (china) permitted other than that provided by the committee Three (3) plates will be presented for each course, two (2) to the judges & one (1) plate for public display. 		
Main ingredients required	Recipes suA list of all	pplied by the committee	module will be included in the



Secondary Competition Schedule

Day 2 - Wednesday May 29, 2019

8:00 am Secondary competitors arrive on site.

Quick safety briefing & answer final questions.

8:15 am Start of competition.

9:00 am Pickup of menus and menu elements 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 Dessert

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.



SKILLS CANADA NATIONAL COMPETITION 2019 HALIFAX, NOVA SCOTIA

COOKING 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 contest project we recommend that you refer to a
 professional textbook such as the "On Cooking" or "Professional Cooking" for further
 guidance. Many textbooks include photographs, text and digital content that will
 illustrate proper and safe working techniques as well as important aspects of the
 modules preparation. Correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminologies from the recipes stated on the test project must be respected and used to prepare the required dishes. However, additional elements may be added to the dishes to facilitate the competitor's creativity.
- Food items and quantities are subject to change <u>without notice</u>, depending on availability and quality; all competitors will have the same conditions.



Moules Marinière

Professional Cooking 8 – 645A Seafood

Yield: 10, 12-ounce (360 gram) portions

7 pounds	Mussels, in shells	3.2 kilogram
3 ounces	Shallots or onions, brunoise	90 grams
6	Parsley stems	6
1/4 teaspoon	Pepper	1 millilitre
1 cup	White wine	250 millilitre
1/4 cup	Chopped parsley	60 millilitre
3 ounces	Butter	90 grams
To taste	Salt	To taste
To taste	Lemon juice	To taste

- 1. Clean the mussels well with a stiff brush and cold running water to remove the beards. Note that live mussels should not be soaked for extended periods in tap water.
- 2. Place the mussels in a stockpot or large saucepot. Add the shallots or onions, parsley stems, pepper, and wine.
- 3. Cover the pot and set it over moderately high heat. Cook until the mussels open, about 5 minutes.
- 4. Drain the mussels and strain the liquid through cheesecloth into a broad saucepan. Bring to a boil.
- 5. Add the parsley and butter. Swirl the liquid in the pan until the butter is melted. Season to taste with salt and a few drops of lemon juice.
- 6. For service, remove the top shells of the mussels (or leave them on, if desired). Place the mussels in broad soup plates and pour the sauce over them.



Tomato Sauce for Pasta

Professional Cooking 8 – 399A

Sauces

Yield: 1 ½ quarts (1.5 litres) Portions: 16, 3-fl.oz (90ml)

8 fluid ounces	Olive oil	240 millilitre
4 ounces	Onion, Brunoise	110 grams
4 ounces	Carrot, Brunoise	110 grams
4 ounces	Celery, Brunoise	110 grams
3 pounds	Canned whole tomatoes	1360 grams
1 clove	Garlic, minced	1 clove
½ ounces	Salt	15 grams
1 ½ teaspoons	Sugar	7 millilitre

- 1. Heat the olive oil in a large saucepot. Add the onions, carrots and celery and sauté lightly for a few minutes. Do not let the vegetables brown.
- 2. Add remaining ingredients. Simmer uncovered, about 45 minutes, until reduced and thickened.
- 3. Pass through a food mill. Taste and adjust seasonings.
- 4. For service, this sauce should be tossed with freshly cooked pasta in a bowl before being plated, rather than simply ladled over the pasta.



Purée of Carrot Soup – Potage Crécy

Professional Cooking 8 – 246A

Soup

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

2 ounces	Butter	60 grams
2 pounds	Carrots, small dice	1 kilogram
8 ounces	Onions, small dice	250 grams
2 ½ quarts	Chicken stock	2.5 litres
8 ounces	Potatoes, small dice	250 grams
To taste	Salt	To taste
To taste	Pepper	To taste
6 – 8 fluid ounces	35% Whipping Cream, hot	180 – 250 millilitres

- 1. Heat the butter in a heavy saucepot over moderately low heat.
- 2. Add the carrots and onions, and sweat the vegetables until they are about half cooked. Do not let them brown.
- 3. Add the stock and potatoes. Bring to a boil.
- 4. Simmer until the vegetables are tender.
- 5. Purée the soup by passing it through a food mill or by using an immersion blender.
- 6. Bring the soup back to a simmer. If necessary, add more stock to thin the soup to the proper consistency.
- 7. Season to taste.
- 8. Finish the soup with hot cream at service time.



Chicken Cacciatore

Professional Cooking 3 – 313 Poultry - Chicken

Yield: 25, 8 – 10 ounce (250 – 300 gram) chicken, 3 ounces (90 millilitres) sauce

15 – 17 pounds	Broiler-fryers, disjointed	7.5 – 8 kilograms
1 pound	Flour	500 grams
2 tablespoons	Salt	30 millilitres
1 ½ teaspoons	Pepper	7 millilitres
8 ounces	Oil	250 millilitres
1 1/4 pounds	Onion, Brunoise	600 grams
1 pound	Green pepper, cut into lozenge	500 grams
5 ounces	Celery, cut into bâtonnet	175 grams
5 ounces	Carrot, cut brunoise	175 grams
2 tablespoons	Garlic, chopped fine	30 millilitres
1 cup	White wine or Marsala	250 millilitres
2 ½ quarts	Tomatoes (canned) crushed with juice	2.5 litres
8 ounces	Tomato paste	250 grams
5 ounces	Tomato Concassé	175 grams
2	Bay leaves	2
½ teaspoon	Basil	2 millilitres

- 1. Cut chicken into eighths.
- 2. Place the flour in a pan and season with salt and pepper.
- 3. Dredge the chicken in the flour. Shake off excess.
- 4. Heat the oil in a large sauté pan or skillet. Add the chicken pieces and brown well on all sides over high heat.
- 5. Remove the chicken from the pan and place in a brazier.
- 6. Pour about 5 ounces (150 millilitre) of the oil used to brown the chickens into a sauce pot. (Discard the rest of the oil, but keep the sauté pan handy.)
- 7. Add the onion, green pepper, celery, carrot, and garlic. Sweat until onions are translucent, but have not begun to brown.
- 8. Add the wine, tomatoes, Concassé, tomato paste, and herbs. Bring to a boil.
- 9. Add a ladleful of the sauce to the pan in which the chickens were browned.

 Deglaze the pan and pour the liquid back into the sauce. Simmer about 5 minutes.
- 10. Pour the sauce over the chickens. Bring to a boil. Cover the pan and finish cooking in a 300°F (150°C) oven or over low heat on the stove. Cooking will take 30 to 45 minutes.
- 11. When the chicken is tender, remove it from the sauce and place in a hotel pan.
- 12. Degrease the sauce. Reduce the sauce over high heat until thickened to desired consistency. Adjust seasoning. Pour over the chicken.



Fresh Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

1 pound	Bread Flour	450 grams
5	Eggs	5
½ fluid ounce	Olive oil	15 millilitres
Pinch	Salt	Pinch

- 1. Mound the flour on a work surface. Make a well in the center and add the eggs, oil and salt.
- 2. Working from the centre outward, gradually mix the flour into the eggs to make a dough.
- **3.** When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.
- **4.** Cover the dough and let it rest at least 30 minutes.
- **5.** Cut the dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
- **6.** Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook.

Pappardelle: Cut by hand, using a fluted cutting wheel, into long noodles about ³/₄ inch (18 millimetres wide).



Chocolate Mousse

Professional Cooking 8 - 1021

Dessert - Mousse

Yield: 2 ¾ pounds (1.25 kilograms) or 2 ½ pints (1.25 litres)

Portions: 12, 4 ½ fluid ounce (145 millilitre)

1 pound	Bittersweet chocolate	500 grams
4 ounces	Butter	125 grams
6 ounces	Egg yolks	180 grams
8 ounces	Egg whites	250 grams
2 ½ ounces	Sugar	75 grams
8 fluid ounces	Heavy cream	250 millilitres

- 1. Melt the chocolate over hot, but not boiling, water.
- 2. Remove from the heat and add the butter. Stir until the butter is melted and completely mixed in.
- 3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
- 4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat.
- 5. Fold the egg whites into the chocolate.
- 6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture.
- 7. Spoon the mousse into serving dishes, or use a pastry bag fitted with a star tube.
- 8. Chill the mousse well before serving.