




SkillsCompétences
Canada
Vancouver2020

Project / Projet

Cooking

Cuisine

POST- SECONDARY
NIVEAU POSTSECONDAIRE



SCNC / OCMT
2020
VANCOUVER

General Information

Important:

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

“Canadian Skills Competition / Contest Description / Cooking”

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

All questions must be addressed to the National Technical Chair

Debbie Shore at debbie.shore@viu.ca

Day1

Module A

- Competencies – (to be used in their Day Two menu)
- Pressure test
- Costing exercise
- Mise en place for Day Two

Day 2

Module B

- Prepare Appetiser
- Prepare Main Course
- Prepare Dessert

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 May 27, 2020.

Module A - Competencies

Day 1	Module A - Presentation of Competencies	Skill 34 – Cooking, Post - Secondary
Description	Competencies, Pressure test, and Mise en Place for Day 2 (Competitors must have two (2) copies each of a menu, menu elements and workplan at their station each day – one for use by the competitor and one for use by judges)	
Service Details see Competition Schedule for timing	<p>Competency:</p> <p><i>Vegetable precision cuts</i> –: <i>To be used in day 2 menu items.</i></p> <p>Presented in individual containers (containers provided)</p> <ul style="list-style-type: none"> • 100 g Julienne leek to be used in appetiser • 100 g carrot brunoise to be used in appetiser • 100 g of each tourné zucchini, tournéd celeriac, and tournéd button mushrooms – to be used in main course • See cuts of vegetables Appendix I 	<p>Mise en place for Day Two</p> <p>***</p> <p>Recipe Costing Exercise – see example Appendix II</p> <p>***</p> <p>Pressure test – See below</p>
Available ingredients	<ul style="list-style-type: none"> • 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"> • Containers for competencies will be provided. • Pressure test to be presented in the appropriate plates, bowls or containers that will be provided by NTC. • No service wares (china) permitted other than that provided by the committee. Service spoons, glasses, ramekins etc. are not allowed. 	

- 100 g each vegetable cuts to be presented in provided containers.
- Costing exercise will have a 30-minute deadline from when it is presented- Timing judge to call start and finish times. NTC will pick up completed forms.
- Day two Mise en place to be stored neatly in your fridge or at your station. Must not interfere with the working space of Secondary contestant in the space.

Pressure tests:

Competitors will be assigned a skills “pressure” test that will reflect real-world situations where cooks are required to adjust workplans in order to meet unexpected guest requirements. At the start of the contest and in the presence of the competitors, NTC will draw a skill from the list below, and also draw the time the skill must be completed. Competitors will be given 5 minutes prior to the start of the competition to adjust their workplans to accommodate the added tasks. Trainers cannot be present or assist the competitors with this task. The timing judge will give competitors a 5-minute warning for when it needs to be presented. Procedural guidelines below.

One of the five following items will be drawn right before start of competition on Day 1. All competitors will perform the same pressure test.

	Timing	Pressure Test
1	<p>2 Hours allotted</p> <p>Dish will be due at 10:30am</p>	<p>Consommé –</p> <ul style="list-style-type: none"> • Present 2 bowls Chicken Consommé Julienne • NTC will provide 500 grams ground chicken and 1.5 litres white chicken stock. • Julienne of Carrot, Celery, Leek • Contestant has 2 hours to present from contest start time • Yield 1 litre- serve 2 x 175 ml bowls plus remaining Consommé in provided container.
2	<p>15 minutes allotted</p> <p>Directions for timing will be on a paper handout at start of competition</p> <p>Pressure test starts at 10:15am and is finished at 10:30am</p>	<p>Egg Cookery – competitors will be assigned 5 varieties from the list below. Competitors must serve two (2) of each variety in 15 minutes. Eggs will be judged on appearance temperature, timing, and taste.</p> <ul style="list-style-type: none"> • Sunny Side • Over Easy • Over Medium • Poached Soft • Poached Medium • Soft Boiled • Hard Boiled <p>Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetiser, main course, and dessert.</p>

		<p>Start time and finish time will be provided at start of competition. Plates and containers will be provided for the eggs.</p> <p>Directions for egg cookery can be found in On Cooking or Gisslen: Professional Cooking.</p>
3	<p>30 minutes allotted</p> <p>Test begins at 10:00am and finishes at 10:30am</p>	<p>Prepare Italian Meringue – prepare meringue. Should meringue be the pressure test chosen, it is to be incorporated into the competitor’s dessert course.</p> <p>On a parchment lined ½ bake sheet pipe 12 identical rosettes in three rows of four rosettes. All must be equal in size and identical in shape and evenly spaced on bake sheet.</p> <p>See picture in Appendix for shape guideline.</p> <p>Quantity made will be half the recipe guideline provided.</p> <p>Present on ½ bake sheet provided.</p>
4	<p>15 minutes allotted</p> <p>Test begins at 9:00am, and finishes at 9:15am</p>	<p>Filet a whole round fish – present two boneless and skinless filets.</p> <p>Include trim and bones with filets.</p> <p>Presented on ½ bake sheet provided.</p>
5	<p>30 minutes allotted</p> <p>Test begins at 10 am and finishes at 10:30am</p>	<p>Prepare a Hollandaise sauce – Prepare using classic method with a reduction, and proper ratio utilizing 227 grams (½ pound) butter.</p> <p>Container provided for sauce.</p> <p>Directions for Hollandaise can be found in On Cooking or Gisslen: Professional Cooking.</p>

Post - Secondary Competition Schedule:

Day One – Thursday, May 28, 2020

7:45 am. Arrival of competitors and judges.

Instructions for the day – Recap Orientation

- Review of Test Project
- Instructions for the day
- Assign pressure test
- Question period
- Introduction of the judges

8:00 am. Start of Competition

8:00 am - Assign costing exercise –

- Worksheet and calculator provided by NTC.
- Competitor CANNOT use their own device for their calculations.
- (i.e.: smartphone, tablet, personal calculator, other programmable device, laptop).
- No food is to be contacted until costing exercise is completed. Costing exercise may be presented before the 30 minutes deadline then competitors may set up and start cooking.

8:30 am - Presentation of Costing Exercise, Menus, and Workplans

- Pick up costing exercise and calculator.
- Pick up judges copy of menu and workplan by NTC from the display table (English or French).

Presentation time for Pressure Test will be assigned with the pressure test once it is drawn before Day One start time depending on which test is chosen.

There is a five (5) minute window to present the product. Product must be served from time plus 5 minutes. After which one (1) point will be deducted per minute until time plus 10 minutes. At 11 minutes following the time limit, the product will no longer be accepted for judging.

11:30 am - Presentation of Competencies –

There is a five (5) minute window to present the competencies. Competencies must be served from 11:30 a.m. to 11:35 a.m. After which one (1) point will be deducted per minute until 11:40 a.m. At 11:41 a.m. competencies will no longer be accepted for judging.

- | | |
|-------------------|------------------------------------|
| 11:30 a.m. | End food preparation and clean up. |
| 12:00 p.m. | Competitors leave the site. |

Day 2	Module B – Appetizer, Main Course and Dessert
Description – Appetizer	<p>Prepare an Ovo-Lacto vegetarian Appetizer featuring a dry pulse –</p> <ul style="list-style-type: none"> • Must be served warm (minimum 72 C) with a sauce and garnish. • Must have balance of colours, textures and flavours. • Must include the brunoise competency. <ul style="list-style-type: none"> • Four (4) plates will be presented for each course, three (3) to the judges & one (1) plate for public display. <p>• <i>Portion size – 150 grams per plate minimum to 200 grams per plate maximum.</i></p>
Description – Main Course	<p>Main Course –</p> <ul style="list-style-type: none"> • Sustainable seafood course featuring sustainably farmed salmonid and locally farmed prawns (a salmonid such as spring, steelhead, trout, char, etc.) • Must incorporate/utilize the assigned mystery seafood. • Must be gluten free. • Must present a dish according to the recommendations of the Canada Food Guide that half the dish served is comprised of colourful vegetables. • Must include one whole grain from the common table. • Must include an edible garnish that contributes to the dish. • Must include a sauce. • Cooking temperature must meet industry safety standards. • Four (4) plates will be presented for each course, three (3) to the judges & one (1) plate for public display. • <i>Portion size –250 grams minimum - 350 grams per plate maximum.</i>
Description - Dessert	<p>Prepare a Dessert with ingredients found on the common table –</p> <ul style="list-style-type: none"> • Must include almond milk. • Must include avocado. • Must include a warm component (minimum 72C) and a cold component. • Must include a sauce. • Must include an edible garnish that contributes to the dish. • NTC could include a 30% change to the project at orientation including a mystery fruit or berry that must be included or the use of Italian meringue should it be selected for pressure test. • Four (4) plates will be presented for each course, three (3) to the judges & one (1) plate for public display.

	<ul style="list-style-type: none">• <i>Portion size – 150 grams per plate minimum to 200 grams per plate maximum.</i>
Available ingredients	<ul style="list-style-type: none">• 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">• Service wares will be provided. No service wares (china) permitted other than that provided by the committee.

Post - Secondary Competition Schedule

Day 2 – Friday, May 29, 2020

- 11:30 a.m.** Arrival of competitors and judges
- Help secondary station clean up
- 11:50 a.m.** Final questions answered.
- 12:00 p.m.** Set-up work station – Equipment Only
- No contact with food permitted at this time.
 - No assistance is permitted at this time.
- 12:30 p.m.** Start of competition.
- 1:00 p.m.** Pickup of menus and work plans by NTC from the display table (English or French).

3:30 pm. Presentation of Appetiser Course

4:00 pm. Presentation of Main Course

4:30 pm. Presentation of Dessert

There is a (5) minute window to present dishes. For example, the Dessert must be served from 4:30 p.m. to 4:35 p.m. After which one (1) point will be deducted per minute until 4:40 p.m. At 4:41 p.m. plates will no longer be accepted for judging.

4:30 p.m. Cleaning and packing.

5:00 p.m. Competitors leave the contest area.

APPENDIX I – Referenced from Gisslen: Professional Cooking



(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).



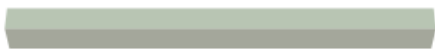
(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(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).

APPENDIX II

Recipe Costing Exercise – example,

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

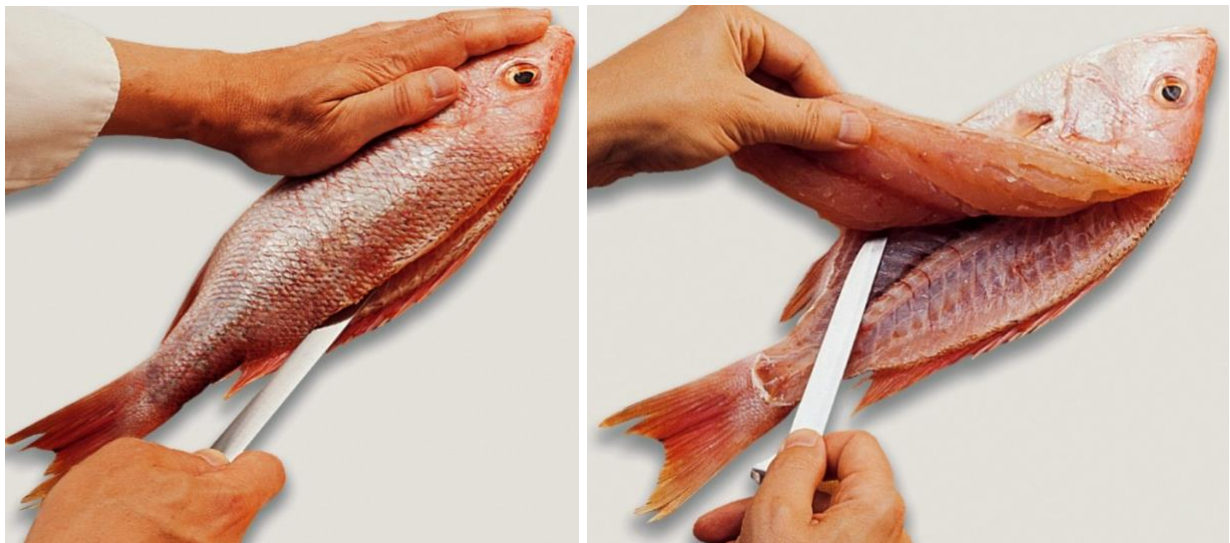
Name of recipe _____							No. of Portions:	22		
Ingredient	As Purchased (AP)			Edible Portion (EP)			Recipe - Units Needed		Recipe Ingredient Cost	
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount		Unit Cost (Cost per gram)			
Onion, Spanish	20	kg	\$ 19.57	90%	18,000	gr	\$ 0.001	250	gr	\$ 0.27
Carrot	20	kg	\$ 16.85	93%	18,600	gr	\$ 0.001	125	gr	\$ 0.11
Celery	525	gr	\$ 1.91	82%	431	gr	\$ 0.004	125	gr	\$ 0.55
Eggs - whole, separated for whites	684	gr	\$ 3.48	40%	274	gr	\$ 0.013	250	gr	\$ 3.18
Lemons	576	gr	\$ 7.80	50%	288	gr	\$ 0.027	30	gr	\$ 0.81
Calculate the number of complete portions the recipe will yield , given a (#, ml, gm) portion size										
Calculate the cost per ingredient, and Total Recipe cost.										
Calculate the yielded cost per portion										
Calculate the Suggested Selling Price, given a 23.5% Food Cost.										
Calculate the Gross Profit per portion in dollars/cents.										
							Total Recipe Cost (\$)		\$ 4.66	
							Yielded Cost Per Portion (\$)		\$ 0.21	
							Suggested Selling Price (\$)		\$ 0.90	
							Food Cost %		23.5%	
							Gross Profit per portion (\$)		\$0.69	

APPENDIX III

Pressure Test Guidelines

Filleting Round Fish

PC8 588 – 589



Cut into the top of the fish along one side of the backbone, from head to tail. Cut against the bone with smooth strokes of the knife to separate the flesh from the bone.

Cut under the flesh toward the tail; detach it.



Cut along curved rib bones & finish detaching fillet at head end. Turn fish over & repeat to remove second fillet. Lightly run finger along flesh side of fillets to see if any bones remain. Pull out any bones you find. Skin fillets as for flatfish.

TO SKIN



Place fillet skin side down on the work surface, with the tail pointing toward you. Holding the skin at the tail end, slide the knife between the skin and flesh, scraping against the skin to avoid cutting into the fillet. Holding the tail with one hand, peel off the skin toward the head.

APPENDIX IV

Chicken Consommé

PC 29B

Soup

Yield: 1 gallon / 4 liters

1 pound	Lean chicken, ground	500 grams
8 ounces	Onion, for mirepoix	250 grams
4 ounces	Carrot, for mirepoix	125 grams
4 ounces	Celery for mirepoix	125 grams
8 ounces	Egg whites	250 grams
1 fluid ounce	Lemon juice	30 milliliters
6	Parsley stems, chopped	6
Pinch	Dried thyme	Pinch
1	Bay leaf	1
2	Whole cloves	2
½ teaspoon	Peppercorns, crushed	2 milliliters
8 ounces	Chicken trimmings (wing tips and necks chopped and browned in a hot oven)	250 grams
5 quarts	Cold chicken stock	5 litres

1. Combine the ground chicken, mirepoix, egg whites, lemon juice, herbs, spices and chicken trimmings in a tall, heavy stockpot. Mix the ingredients vigorously with a wooden paddle or a heavy whip.
2. Add about 1 pint (500 millilitres) cold stock and stir well. Let stand about 30 minutes.
3. Gradually stir in the remaining stock. Be sure the stock is well mixed with the other ingredients.

4. Set the pot on moderately low heat and let it come to a simmer very slowly. Stir occasionally.
5. When the simmering point is approaching, stop stirring.
6. Move the pot to lower heat and simmer very slowly for about 1.5 hours. Do not stir or disturb the raft that forms on top.
7. Very carefully strain the consommé through a china cap lined with several layers of cheesecloth.
8. Degrease thoroughly.
9. Season to taste.

APPENDIX V

Hollandaise Sauce

PC8 194

Sauce –Butter

Yield: 24 fluid ounces (720 milliliters)

1 pound 4 ounces	Butter - unsalted	600 grams
1/8 teaspoon	Peppercorns, crushed	0.5 milliliter
1/8 teaspoon	Salt	0,5 milliliter
3 fluid ounces	White vinegar or wine vinegar	90 milliliters
2 fluid ounces	Cold water	60 milliliters
6	Egg yolks	6
1 to 2 tablespoons	Lemon juice	15 to 30 milliliters
To taste	Salt	To taste
To taste	Cayenne pepper	To taste

1. Clarify the butter. You should have about 1 pint (480 milliliters) clarified butter. Keep the butter warm, but not hot.
2. Combine the peppercorns, salt, and vinegar in a saucepan and reduce until nearly dry (au sec). Remove from the heat and add the cold water.
3. Transfer into a stainless-steel bowl. Use a clean rubber spatula to make sure you transfer all the flavoring material to the bowl.
4. Add the egg yolks to the bowl and whisk well to combine.
5. Hold the bowl over a double-boiler and continue to whisk the yolks until they are thickened and creamy.
6. Remove the bowl from the heat. Using a ladle, slowly and gradually whisk in the warm, clarified butter. Add the butter drop by drop at first. If the sauce becomes too thick adjust with lemon juice and continue until all the butter is added.

7. Adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
8. Strain through cheesecloth and keep warm (not hot) for service. Hold no longer than 2 hours.

APPENDIX VI

Italian Meringue

PB7 259B

Yield: 2 quarts (2 liters)

			Egg whites at 100%
1 pound	Sugar	500 grams	200%
4 ounces	Water	125 milliliters	50%
8 ounces	Egg Whites	250 grams	100%

- Heat the sugar and water in a saucepan until the sugar dissolves and the mixture boils. Boil until a candy thermometer placed in the syrup registers 240°F (115°C).
- While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks.
- With the machine running, very slowly beat in the hot syrup.
- Continue beating until the meringue is cool and forms firm peaks.
- Pipe 12 rosettes on to parchment lined ½ bake sheet. All must be equal in size and identical in shape and evenly spaced.
- See examples photos for shape reference

