




SkillsCompétences
Canada
Vancouver2020

Project / Projet

Cooking

Cuisine

SECONDARY
NIVEAU SECONDAIRE



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

- Prepare & Present Competencies
- Prepare and present a filled, 2 Egg, Classic French Omelette, with Side Salad
- Complete a recipe conversion exercise

Day 2

Module B

- Prepare Two Course Menu
 - Main Course – Shrimp Stirfry with Thai Green Curry Sauce
 - Dessert – Rhubarb Tart with Streusel topping and Crème Anglaise

Day 1	Module A - Presentation of Competencies		Skill 34 – Cooking, Secondary
Description	Competencies, Recipe Conversion, Omelette 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	<p>Competency:</p> <p>Crème Anglaise - 250 ml in provided container</p> <p>.....</p> <p>Recipe yield conversion – worksheet and calculator provided</p> <p>Competitor must convert a recipe and show calculations to</p>	<p>Omelette:</p> <p>Classic French Filled Omelette (see video)</p> <ul style="list-style-type: none"> • 2 egg omelette • Filling to consist of Brie style local cheese and mystery mushroom • Prepare three (3) portions each presented on 12” Dinner Plate • Side salad accompaniment with Emulsified French Dressing – also 100 ml presented in a sauce boat for judges • Omelet tutorial <p>(Video provided by Rouxbe Online Culinary School)</p>	<p>Competency:</p> <p>Vegetable precision cuts – Presented in individual containers - provided</p> <p>150 gr each of:</p> <ul style="list-style-type: none"> • Green Pepper – lozenge • Eggplant– large dice • Zucchini– medium dice <ul style="list-style-type: none"> ➤ to be incorporated into the shrimp stir-fry and sauce • Carrot – small dice • Onion – brunoise • Celery – small dice

	convert a recipe from original yield to a new yield		<ul style="list-style-type: none"> ➤ to be incorporated into the rice pilaf • Tomato – Concassé – small dice <ul style="list-style-type: none"> ➤ to be incorporated into the side salad
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"> • Recipes are provided. • 12" dinner plates will be provided. No service wares (china) permitted other than that provided by the committee. • 1 sauce boat per competitor for salad dressing provided • Containers for competencies will be provided 		

Note: Vegetable competencies green pepper, eggplant and zucchini will be incorporated into preparation of the Shrimp Stir-fry and onion, celery, carrot into the Pilaf during Day Two's Module.



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



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



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



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



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



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



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



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



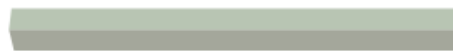
(i) Lozenge: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; diamond-shape).



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



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



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



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

Secondary Competition Schedule

Day One – Thursday May 28, 2020

11:20 am	Secondary Competitors and Judges arrive on site. Introduction to Judges and final questions answered
11:40 am	Competitors to provide assistance in changeover from Post-Secondary event
12:00 pm	Set-up workstation - Equipment only. <ul style="list-style-type: none"> ▪ No contact with food is permitted at this time. ▪ Only competitors are permitted in the contest area. No assistance is permitted at this time.
12:30 pm	Start of competition
12:30 pm	Assign recipe yield conversion exercise
1:00 pm	Pickup of conversion exercise, menus and menu elements by NTC from display table (English or French). No food is to be contacted until conversion exercise is completed. Conversion exercise may be presented before the 30-minute deadline then competitors may start cooking.
3:00 pm	Presentation of filled Omelette with side salad and dressing.
3:30 pm	Presentation of Crème Anglaise.
4:00 pm	Presentation of 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: Omelette with Salad served between 3:00 pm and 3:05 pm receive no timing penalty. After which one point will be deducted per minute until 3:10 pm. At 3:11 pm plates will no longer be accepted for judging.

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

Day 2	Module B - Presentation of 2-Course Menu	Skill 34 – Cooking, Secondary
Description	<p>Prepare three (3) portions each, of the following two (2) course menu:</p> <ul style="list-style-type: none"> • <u>Main Course:</u> <ul style="list-style-type: none"> ○ Thai Style Shrimp Stir-fry, with Green Curry Sauce and Brown Rice Pilaf <ul style="list-style-type: none"> ▪ Cooking temperature must meet minimum 72C, industry safety standards ▪ <i>Completed plates not to exceed 350 g per portion</i> • <u>Dessert:</u> <ul style="list-style-type: none"> • Rhubarb Tart with Streusel topping and Crème Anglaise • a mystery fruit or berry, presented skillfully, to be incorporated on the plate. Example: Placing a whole strawberry on the plate does not show culinary skill. ▪ <i>Completed plates not to exceed 200 g per portion</i> 	
Service Details	<ul style="list-style-type: none"> • <u>Main Course:</u> <ul style="list-style-type: none"> ○ 12" dinner plates • <u>Dessert:</u> <ul style="list-style-type: none"> ○ 12" dinner plates <ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> • Recipes supplied by the committee • A list of all ingredients available for this module will be included in the common food table document. 	

Secondary Competition Schedule

Day 2 – Friday May 29, 2020

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|----------------|--|
| 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). |

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|-----------------|------------------------------------|
| 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: Main courses served between 11:00 am to 11:05 am receive no timing penalty. After which one point will be deducted per minute until 11:10 am. At 11:11 am that course will no longer be accepted for judging.

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

COOKING

SECONDARY RECIPES

- 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 without notice, depending on availability and quality; all competitors will have the same conditions.

French Dressing

Professional Cooking 8 – 666A

Salad Dressing

Yield: 1 quart (1litre)

1	Egg	1
1 ½ teaspoon	Salt	7 millilitre
1 ½ teaspoon	Paprika	7 millilitre
1 ½ teaspoon	Dry mustard	7 millilitre
¼ teaspoon	Ground pepper	1 millilitre
1 ½ pints	Salad oil	700 millilitre
4 fluid ounces	Cider vinegar	125 millilitre
2 fluid ounces	Lemon juice	60 millilitre
As needed	Vinegar, lemon juice, or water	As needed

1. Place the egg in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise.
8. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 millilitres)

1 fluid ounce	Vegetable oil	30 millilitres
1 ½ ounces	Green curry paste (PC8 211A) recipe included	45 millilitres
2 fluid ounces	Water or stock	60 millilitres
14 fluid ounces	Coconut milk, canned, unsweetened	410 millilitres
1 ½ ounces	Nam pla (Thai fish sauce)	45 milliliters

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer and simmer several minutes to blend flavors.

Note: in Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavored with a curry paste, and stew the meat in the sauce with the desired vegetables.

Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

5 ounces	Serrano chiles, seeded and chopped	150 grams
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro, leaves, stems and roots	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 milliliters
1 teaspoon	Nutmeg	5 milliliters
3 fluid ounces	Vegetable oil	90 milliliters

1. Combine all ingredients in a food processor or blender
2. Refrigerate and use as needed to make curry sauces.

Note: Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste. If it is not available use fresh ginger.

Cilantro roots are the roots attached to ordinary cilantro that are usually discarded. Save, wash thoroughly and use for this preparation. If not available, use cilantro stems.

Shrimp in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 milliliters
2 ½ pounds	Shrimp, medium to large, peeled and deveined	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 211A)	525 milliliters
2 ½ pounds	Mixed vegetables – previously blanched	1 kilogram

1. Heat the oil in a sauté pan or wok over high heat.
2. Add the shrimp and stir-fry until well seared.
3. Add the curry sauce and vegetables. Cook a few minutes longer, until the shrimp are completely cooked.
4. Serve with rice.

Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds (1,36 kg)

2 ounces	Butter	60 grams
3 ounces	Brunoise / mirepoix vegetables	90 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 liter
To taste	Salt	to taste

1. Heat the butter in a heavy saucepan. Add the vegetables and sauté until they begin to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Test and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 1 hour, or until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional whole butter may be stirred into finished rice.

Crème Anglaise

Professional Cooking 8 – 1010

Custard Sauce

Yield: 2 ½ pints (1.25 litres)

12	Egg yolks	12
8 ounces	Sugar	250 grams
1 quart	Milk	1 liter
1 tablespoon	Vanilla	15 milliliters

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the milk in a boiling-water bath or over direct heat.
3. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip.
4. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F / 85°C).
5. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.

Rhubarb Tart with Streusel Topping

Dessert should have a maximum weight 200 grams including sauce and garnish.

For the dough:

Pâte Sucrée

Professional Baking 7 – 314A

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.
9. Add the eggs a little at a time and beat well between each addition.
10. Add the flour. With a plastic scraper carefully blend into a soft dough.
11. Wrap in plastic film and flatten out. Chill until firm before use.

Baked Tart Shells

Professional Baking 7 – 351

Remove the dough from the refrigerator. Scale the dough as required:

4 – 5 ounce (115 – 140 grams) for 6-inch (15 centimeter) tarts

Bake 6-inch tart shell at 450F until golden.

Rhubarb Pie Filling

Professional Baking 7 – 294F

Yield: 2 pounds 6 ounces (1070 grams) – one 9-inch (23 centimetre) pie

1 pound 6 ounces	Fresh rhubarb, cut into 1-inch pieces	650 grams
1 ounce	Butter	30 grams
3 ounces	Sugar	90 grams
2 ounces	Water, cold	60 grams
0.75 ounces	Cornstarch	15 grams
3.5 ounces	Sugar	100 grams
¼ teaspoon	Salt	1 gram
0.25 ounces	Butter	7 grams

Cooked fruit method.

1. Sauté the rhubarb lightly in the first quantity of butter until they are slightly softened. Add the first quantity of sugar as the rhubarb cooks. This will draw juices out of the rhubarb, which will then simmer in these juices.
2. Mix the water and starch until smooth. Add the starch mixture to the rhubarb and boil until the liquid is thick and clear.
3. Remove from the heat. Add the remaining ingredients. Stir gently until the sugar is dissolved and the butter is melted.
4. Cool completely.

Streusel Topping

Professional Baking 7 – 195A

Yield: 1 pound (454 grams)

4 ounces	Butter &/or shortening	125 grams	50%
2.5 ounces	Granulated sugar	75 grams	30%
2 ounces	Brown sugar	60 grams	25%
¼ teaspoon	Salt	1 gram	0.5%
¼ to ½ teaspoon	Cinnamon or mace	0.6 – 1 gram	0.25 – 0.5%
8 ounces	Pastry flour	250 grams	100%

Rub all ingredients together until the fat is thoroughly blended in and the mixture appears crumbly.

Rhubarb Tart Assembly

Fill cooked shell with pie filling.

Top each with 50 g streusel topping and bake until topping is golden.

Allow to cool.

Present 1 tart per person on each plate with Crème Anglaise and the assigned mystery fruit utilized.

Maximum weight is 200 grams per portion.

