

TEAM CANADA PRESSURE TESTS

One (1) of the four following Pressure Test items will be drawn immediately before start of competition on Day 1. The time the item is due for presentation will also be drawn.

Competitors will have a **maximum of 2 dozen eggs** for the contest. This includes any pressure tests, appetizer, main course, and dessert.

All competitors will perform the same pressure test.

1	20 minutes allotted	<p>French Omelette – Competitors must serve two (2) portions. Items will be judged on appearance, temperature, timing, and taste.</p> <ul style="list-style-type: none">• Rolled, Filled French Omelette<ul style="list-style-type: none">○ Spinach○ Gruyere Cheese○ Onion○ Bacon <p>Plates will be provided.</p>
2	20 minutes allotted	<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 (three rows of four rosettes). All must be equal in size and identical in shape and evenly spaced on bake sheet.</p> <p>Present on ½ bake sheet provided.</p>

3	Time unlimited. To be presented before Lunch Break	Prepare and Bake a Genoise Sponge – Should this competency be drawn, the item must be incorporated into the competitor’s Day 2 Dessert. Items will be judged on appearance, doneness, fineness of crumb, and taste. <ul style="list-style-type: none">• 1 x 10” round sponge<ul style="list-style-type: none">○ Cut into thirds, as if building a layered, iced cake.
4	20 minutes allotted	Prepare Soft-Poached Eggs with Bearnaise sauce – Prepare using classic method with a reduction, and proper ratio utilizing 227 grams (½ pound) butter. <ul style="list-style-type: none">• 2 eggs, Soft-poached and sauced on plate provided• Container provided for any remaining sauce