



PROJECT
Cooking
Virtual Secondary

SECONDARY

COOKING TRADE

TEST PROJECT

Competition Chair:

Phillip Lie, CCC, BHM, RSE - NTC British Columbia

Competition Co-Chair:

Steven Bennis, B. Comm. CCC, RSE - NTC Ontario

Canadian Expert, Cooking:

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General Information

This **Test Project** is based on the Contest Description document for the Skills Canada National 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.

All questions must be addressed to the National Technical Chair and Co – Chair

Phillip Lie at plie@vcc.ca and Steve Bennis at steven.bennis@flemingcollege.ca

Competition Day 1 Thursday May 26, 2022

All Competitors will be following the Competition Schedule below in Pacific Daylight Time (PDT). Make sure to convert the schedule to your local time.

Competition time:

- 9:00 a.m.** - Competitors arrive on Site and receive instructions from proctors.
- 9:30 a.m.** - Set-up workstation - Equipment only.
- No contact with food is permitted at this time.
 - Only competitors are permitted in the contest area. No assistance is permitted at this time.
- 10:00 a.m.** - Competition Starts
- 10:30 a.m.** - Submit Menus & Menu Elements
Submit Conversion Test
- 12:45 p.m.** - **Submit Required Photos of Chicken Breakdown**
(see proctor document for details)
- 1:00 p.m.** - Present Filled Omelette with Salsa
(see proctoring document for details)
- 1:15 p.m.** - Submit Required Photos of Vegetable Cuts Competencies.
(see proctoring document for details)
- 1:30 p.m.** - Submit Required Photos of Chicken Stock
(see proctoring document for details)

Timing of Service:

There is a **30 - minute “window”** past the due time to load your documents into the dropbox. ITEMS SUBMITTED AFTER THE 30 MINUTE WINDOW WILL NOT BE MARKED (Please see the proctor document).

- 1:30 p.m.** - Cleaning & Packing
- 2:00 p.m.** - Competitors leave the site

Competition Day 2 Friday May 27, 2022

All Competitors will be following the Competition Schedule below in Pacific Daylight Time (PDT). Make sure to convert the schedule to your local time

Competition time:

9:00 a.m. - Competitors arrive on Site and receive instructions from proctors.

9:30 a.m. - Set-up workstation - Equipment only.

- No contact with food is permitted at this time.
- Only competitors are permitted in the contest area. No assistance is permitted at this time.

10:00 a.m. - Competition Starts

10:30 a.m. - Submit Menus & Menu Elements

1:00 p.m. - Present Cream of Mushroom Soup
(see proctoring document for details)

1:30 p.m. - Present Main Course Chicken
(see proctoring document for details)

Timing of Service:

There is a **30 - minute “window”** past the due time to load your documents into the dropbox. ITEMS SUBMITTED AFTER THE 30 MINUTE WINDOW WILL NOT BE MARKED (Please see the proctor document).

1:30 p.m. - Cleaning & Packing

2:00 p.m. - Competitors leave the site

Day 1

Breakfast Cookery, Conversion Test, and Competencies

Description	Conversion Test
	<p>Prepare two (2) portions of the following breakfast entrée</p> <ul style="list-style-type: none"> • Filled, Three-Fold, 3-Egg Omelette Florentine • Tomato Salsa (to be served on side) • A minimum of 1 (one) garnish of competitors choice <p>Chicken Competency</p> <ul style="list-style-type: none"> • Debone 1 chicken into the following: <ul style="list-style-type: none"> ○ 2 Breasts – Supreme, Frenched ○ 2 Legs disjointed, bone-in, oyster attached. ○ Remaining bones (Back, Neck, Wingtips and Ribcage) to be utilized for a chicken stock <p>Chicken Stock Competency</p> <ul style="list-style-type: none"> • Using the bones from the chicken breakdown (plus bones from Food List) and make 2 litres of chicken stock • Chicken stock must be utilized on day 2 in your mushroom soup & pan gravy <p>Vegetable Precision Cuts Competency: Presented in deli containers for photos. Competitors will produce 100 grams of the following:</p> <ul style="list-style-type: none"> • Carrot – batonnet • Onion – small dice • Celery – small dice • Tomato - Concassé – small dice • Leeks - Paysanne <ul style="list-style-type: none"> • All vegetable competencies must be utilized in Module B • You are not required to use the full 100 grams, but ingredients should be showcased in some recognizable form.

Service Details	<ul style="list-style-type: none"> • Recipes are provided. • 12” dinner plates for the omelettes • 1 ramekin per competitor for salsa provided • Deli containers provided for the vegetable (by the proctor). • No service wares (china) permitted other than that specified by the committee.
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the ingredient list document.
Special equipment required	<ul style="list-style-type: none"> • Deli containers for vegetable & stock competencies will be provided. • 12” round white plates for the Omelette • White round 8 oz ramekins for the Salsa • Tray for chicken breakdown • No service wares (china) permitted other than that provided by the committee.
<ul style="list-style-type: none"> • 100 g each vegetable cuts to be presented in provided containers. • Conversion exercise will have a 30-minute deadline from the start of the contest. Competitors may not gather food until the test is completed • Day two Mise en place to be stored neatly in your fridge or at your station. 	

Day 2 Appetizer and Main Course

Description	<p>Prepare two (2) portions of the following two (2) course menu</p> <p><u>Appetizer</u>: Cream of Mushroom Soup</p> <p><u>Main Course</u>:</p> <ul style="list-style-type: none"> • Pan-Fried Chicken with Pan-Gravy • Duchesse Potatoes • Vegetable Bouquetiere - to include” <ul style="list-style-type: none"> ○ Cauliflower Florette ○ Green Beans ○ Carrot Batonnet
Service Details	<ul style="list-style-type: none"> • Total volume of soup cannot exceed 250 ml • Total weight of main course cannot exceed 420 grams <ul style="list-style-type: none"> ○ Chicken cannot exceed 200 grams ○ Duchesse Potato cannot exceed 100 grams • Cooking temperature of meats must meet food safety standards
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the ingredient list document.
Special equipment required	<ul style="list-style-type: none"> • 9” round white soup bowls – 2 each • 10” round white liner plater – 2 each (optional). • 12” round white plates for main course- 2 each • No service wares (china) permitted other than that provided • Service spoons, glasses, ramekins etc. are not allowed.

Appendix #1 – Recipes

The recipes for this contest have been referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- The recipes are intended as a guide, and may be adjusted as required to produce appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to the “On 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.
- The “On Cooking” text book also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the modules preparation (e.g. procedure to make omelets, cooking roux & veloute, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide, and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- Note: The recipe for the Bouquetiere of Vegetables is courtesy of the Technical Chair, not from the “On Cooking” textbook.

Chicken Stock

Recipe Yield – 2 litre

Ingredients

Chicken Bones	1.25 kg
Water	2.5 – 3 Litre
Mirepoix:	
Onions	250 g
Carrots	125 g
Celery	125 g
Sachet:	
Bay leaf	½ each
Thyme	1 ml
Peppercorns	1 ml
Parsley Stems	1-2 each
Clove (Optional)	½ each

Procedure

1. Rinse the bones in cold water
2. Blanch the bones; Place in a stockpot, cover with cold water, and bring to a boil. Drain and rinse
3. Place the bones in the stockpot and cover with cold water. Bring to a boil, reduce the heat to simmer, and skim the scum carefully.
4. Add mirepoix and sachet ingredients (tied in cheese cloth).
5. Simmer for 3 to 4 hours, skimming the surface as often as necessary. Add water as necessary to keep bones covered.
6. Strain through a china cap lined with several layers of cheesecloth.
7. Cool the stock, vented, in a cold water bath, and refrigerate.

Filled Omelette Florentine

Recipe Yield – 1 omelette

Ingredients

Eggs	3
Cooked Spinach as Filling	60 g
Cheddar or Parmesan Cheese	30 gr
Salt and pepper	TT

Procedure

1. Before beginning cooking of the eggs, blanch and fully prepare any ingredients that will be incorporated as the omelette filling.
2. Heat an omelette pan over moderately high heat and add clarified butter.
3. Whisk the eggs together in a small bowl. Season with salt and pepper if desired. Many chefs add a small (25 gr) amount of cold water to the eggs at this time to promote fluffiness.
4. Pour the eggs into the pan and stir until they begin to set, approximately 10 seconds.
5. Pull cooked egg from the sides of the pan towards the centre, allowing raw egg to run underneath. Continue to do so for 20 to 30 seconds.
6. Spoon any fillings (Spinach, Cheese,) on top of the eggs.
7. When cooked as desired, flip one side of the omelette towards the centre with a spatula or a shake of the pan. Slide the omelette onto the serving plate so that it lands folded in thirds with the seam underneath.
8. Garnish as desired and serve immediately
9. The inside of the omelette should be moist and soft; some would call it slightly undercooked.

Tomato Salsa (Pico de Gallo)

Recipe Yield – 325 mL

Ingredients

Tomatoes, seeded, small dice	250 g
Green onions, sliced	3 each
Garlic, cloves, minced	5 g
Cilantro, chopped	20 g
Jalapeno peppers, chopped fine	1 each
Lemon juice	20 mL
Cumin, ground	TT
Salt and pepper	TT

Procedure

1. Combine all ingredients and gently toss.
2. Adjust seasonings and refrigerate.

Cream of Mushroom Soup

Recipe Yield – 1.25 L

Ingredients

White mirepoix: onion, leek, celery	125 g
Butter	65 g
Flour, all-purpose	65 g
Chicken stock	1.25 L
Mushrooms, stalks removed and retained	250 g
Sachet	1 each
Cream, 35%	75 mL
Salt and pepper	TT

Optional additions:

White wine	45 mL
or	
Sherry	30 mL

Procedure

1. Sweat mirepoix in butter with mushroom stems. Do not brown.
2. Remove from heat, add flour and return to moderate heat and cook for 1 minute, stirring continuously. Remove from heat again.
3. Stir in chicken stock in 3 stages, bring to a boil and reduce to a simmer.
4. Add sachet and cook 30 – 45 minutes.
5. Strain the soup into a clean pot and bring back to a boil. Add wine or sherry if using the optional additions.
6. Add sliced mushroom caps and return to a simmer for 10 minutes.
7. Add cream and adjust seasoning
8. Adjust consistency (thickness) of finished soup if necessary.

Pan-Fried Chicken with Pan Gravy

Recipe Yield – 4 1-piece servings (breast only)

Ingredients

Frenched chicken breast	4
Salt and pepper	TT
Garlic powder	10 g
Onion powder	6 g
Dried oregano	1 g
Dried basil	1 g
Flour	300 g
Buttermilk	250 mL
Oil	as needed
Onion, small dice	125 g
Chicken stock	750 mL

Procedure

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 250 g of the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1 cm or oil until done, approximately 40 minutes, turning so it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL or oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth and adjust the seasonings.
11. Serve one frenched chicken breast per person with 125 mL of gravy.

Duchesse Potatoes

Portions: 12

US Yield: 3.0 pound(s)

US Portion Size: 4.0 ounce(s)

Metric Yield: 1.2 kilogram(s)

Metric Portion Size: 100.0 gram(s)

Ingredients

<u>US</u>	<u>Metric</u>	<u>Ingredients</u>
3.5 lb.	1.5 kg	Potatoes, peeled and quartered
2.0 oz	50.0 g	Butter, melted
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
5.0 each	5.0 each	Egg yolks

Procedure

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes
5. Add the egg yolks (off the fire) and beat until smooth.
6. . Put the mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans or as platter borders. Cone shaped spiral mounds are most popular for individual portion service.
7. If desired, brush lightly with egg wash for greater browning.
8. At service time, place potatoes in hot oven (400° - 425°F/200° - 230°C) until lightly browned. Platter borders may be browned under the salamander or broiler.

Bouquetiere of Vegetables

Recipe Yield – 4 portions

Ingredients

Cauliflower florette	12 each or as desired
Green beans	12 each or as desired
Carrot batonnet	12 each or as desired
Butter or other fat	as needed
Salt and pepper	TT

Procedure

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colours always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.

Appendix #2 - Recipe Conversion Exercise Instructions & 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 shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitor must supply writing implement – pen or pencil
- 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 converting exercise is completed & submitted.
- Converting exercise may be presented before the 30 minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

Competitor No. _____

Score: ____ / 15

Recipe Name: **Brown Sauce**

Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X		=	
2	Onion	0.500 kg	X		=	
3	Celery	0.250 kg	X		=	
4	Butter	0.250 kg	X		=	
5	Bread Flour	0.250 kg	X		=	
6	Beef Stock	6 litres	X		=	
7	Tomato Puree	0.250 kg	X		=	
8	Bay Leaf	0.008 kg	X		=	

9	Thyme	0.012 kg	X		=	
10	Parsley Stems	8 each	X		=	
Desired Total Yield:						0.500 litres

Appendix #3 – Precision Cuts

Source: Professional Cooking 9th edition

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(a) **Tourné**: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 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. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 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. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).



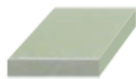
(f) **Fine brunoise**: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).



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



(h) **Paysanne**: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).



(i) **Lozenge**: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 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).



(l) **Julienne (or allumette potatoes)**: 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).



(m) **Fine julienne**: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).

Appendix #4 – Chicken Fabrication

Source: Professional Cooking 9th Edition – Figure 18.6

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(a) Cut off the wings at the second joint. Save for stocks.



(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the “oyster,” the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



(b) Cut through the skin between the leg and the body.



(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



(f) Continue the cut along the wishbone to the wing joint.



(i) Pull the breast meat completely off the bone. Be sure to hold onto the small “tenderloin” muscle inside the breast so it doesn’t separate from the rest of the meat. Repeat with the other side.



(g) Holding the chicken by the wing, cut through the wing joint.



(j) **If desired**, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



(k) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



(l) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



(m) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint, as in Figure 18.5.

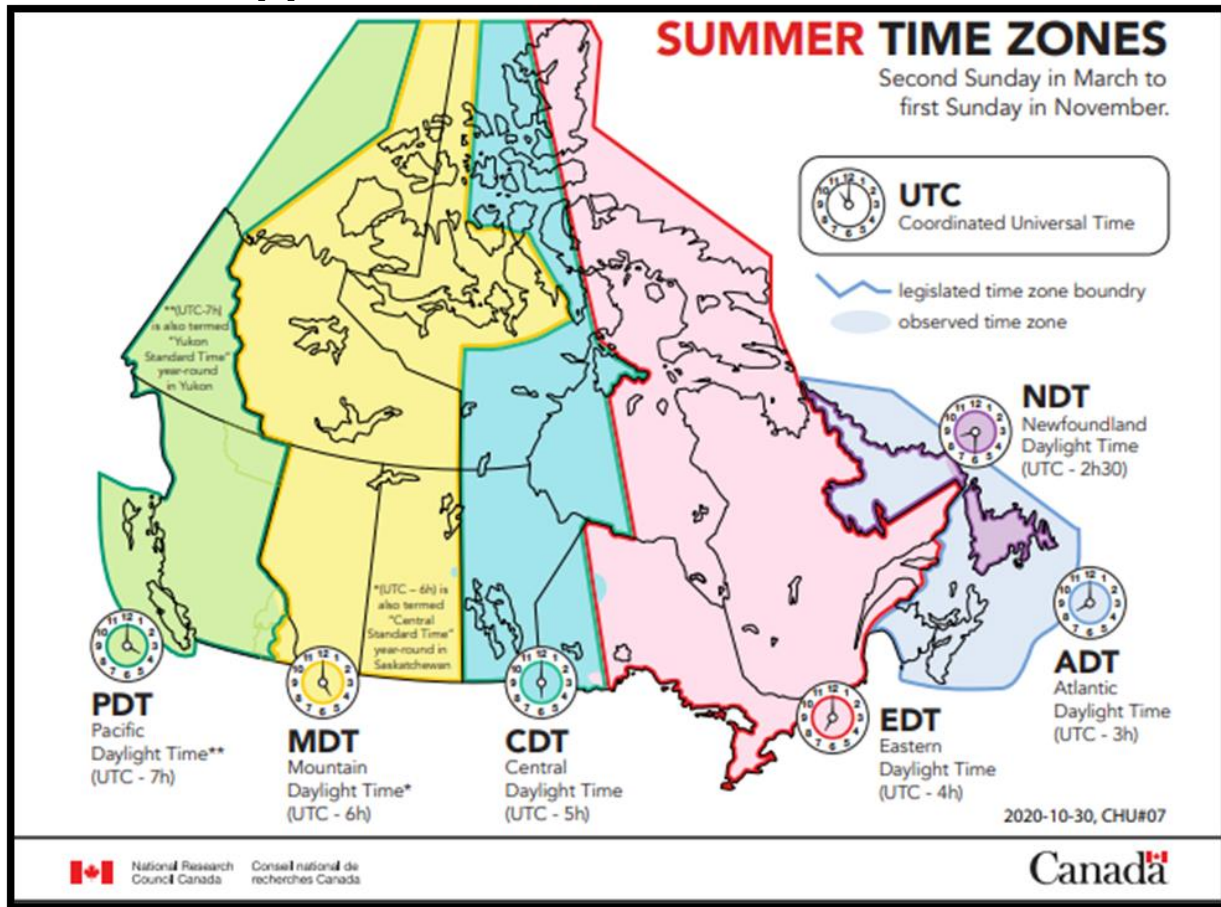
Appendix #5 – Food List

- The food items listed below are the only items that you are able to use for the duration of the competition.
- Food items are listed in the 1st column and maximum amounts are listed in the 2nd column.
- Take only the food items that you need as over production and waste will be marked accordingly.
- In order to promote financial responsibility; if you are not planning on using any items on this list, please communicate the items not needed to your host site prior to purchasing (If you do not need it then do not have it purchased).

Dairy	Amount Available
Butter, Unsalted	0.454 kg
Buttermilk	0.250 litre
Cheese, Cheddar	0.100 kg
Cheese, Parmesan	0.60 kg
Cream 35%	0.100 litre
Dry Goods	Amount Available
Flour, All-Purpose	0.454 kg
Oil, Canola	1 litre
Oil, Olive, Extra Virgin -	0.250 litre
Salt - Sea Salt	0.050 kg
Salt, Kosher	0.050 kg
Fresh Herbs	Amount Available
Cilantro	1 bunch
Parsley	1 bunch
Produce – Fruit & Vegetables	Amount Available
Bean, Fine Green	0.454 kg
Carrots	0.908 kg
Cauliflower	1 each
Celery	1 bunch
Garlic, Bulb	2 each
Lemons	6 each
Leek	1 each

Mushroom - Button - small	0.454 kg
Onion, Green	1 bunch
Onion, Yellow Spanish	0.700 kg
Peppers, Jalapeno	1 each
Potatoes, Russet	0.600 kg
Shallots	0.100 kg
Spinach, Baby	0.284 kg
Tomato - Roma	6 each
Protein and Stock	Amount Available
Chicken, Bones / Raw Wings	1 kg
Chicken, Whole – 1.2 to 1.4 kg (2 ½ to 3 lb average)	1 each
Eggs - large	1 dozen
Dry Herbs and Spices	Amount Available
Basil	0.005 kg
Bay Leaf	2 each
Clove (Optional)	0.002 kg
Cumin, Ground	0.005 kg
Garlic Powder	0.010 kg
Nutmeg, ground	0.005 kg
Onion Powder	0.010 kg
Peppercorns – Black (ground)	0.010 kg
Peppercorns – White (ground)	0.005 kg
Oregano	0.005 kg
Thyme	0.005 kg

Appendix #6 – Summer Time Zones



Map courtesy of: <https://nrc.canada.ca/en/certifications-evaluations-standards/canadas-official-time/time-zones-daylight-saving-time>

PDT	MDT	CDT	EDT	ADT	NDT
9:00 a.m.	10:00 a.m.	11:00 a.m.	12:00 p.m.	1:00 p.m.	1:30 p.m.
9:30 a.m.	10:30 a.m.	11:30 a.m.	12:30 p.m.	1:30 p.m.	2:00 p.m.
10:00 a.m.	11:00 a.m.	12:00 p.m.	1:00 p.m.	2:00 p.m.	2:30 p.m.
10:30 a.m.	11:30 a.m.	12:30 p.m.	1:30 p.m.	2:30 p.m.	3:00 p.m.
1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 p.m.	5:30 p.m.
1:15 p.m.	2:15 p.m.	3:15 p.m.	4:15 p.m.	5:15 p.m.	5:45 p.m.
1:30 p.m.	2:30 p.m.	3:30 p.m.	4:30 p.m.	5:30 p.m.	6:00 p.m.
2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 p.m.	6:00 p.m.	6:30 p.m.

