

**Secondary Assessment**

**Skills Number & Name: #34 - Cooking**

Proctor Document - Submission Information

**This Contest requires an online submission. Projects must be submitted 1 hour after the deadline listed, or they will not be considered for judging.**

* All submissions will be in Google Classroom.
* All files should be formatted as a PDF.
* All files should be labelled with the: The Competition Number and Name, Competitor Name, Province or Territory, and the title of the submission

e.g**. #34 Cooking\_John Doe\_PEI\_Chicken Stock**

* Live video will be on Goggle Stream

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| **Day 1 Submission Information****Thursday May 26, 2022** |
| **Time** | **Submission Title** | **Instructions** |
| **10:30 a.m.** | **Day# 1 Work Plan** | * Provide your Module 1 Work Plan
* **File format: PDF**
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| **10:30 a.m.** | **Recipe Conversion** | * Use the template emailed to the competitor to complete by hand (calculator & pencil)
* **File Format: Picture or PDF**
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| **1:00 p.m.** | **Omelette Presentation** | * **Use the Omelette Submission Form (Appendix #1)**
* The Omelette submission must include:
	+ Pictures of the Omelette and Salsa at 90, 45 and 0 degrees (directly over the plate, at a 45 degree angle, and looking directly at the plate from the side)
	+ A picture of the omelette cut in half showing the ingredients
* A completed tasting review of the omelette (Appendix #1 - Answer the questions)
* **File Format: PDF**
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| **1:15 p.m.** | **Vegetable Competencies** | * **Use the Vegetable Competencies Submission Form (Appendix #2)**
* Each Competency submission must include:
	+ A picture of the precision cut being weighed (show scale reading)
	+ Pictures of the precision cut spread out on a blank piece of white paper at 90 and 45 degrees (directly over the cuts, and at a 45 degree angle to the cuts)
* **File Format: PDF File**
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| **1:30 p.m.** | **Chicken Breakdown Video** | * **Provide a video of the chicken breakdown from start to finish.**
* Make sure to show all the cuts and the carcass after the breakdown is complete; turn over the breasts, legs, carcass and usable trim so that the judges can see the skills.
* **File Format: see acceptable file formats at the start of this document.**
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| **1:30 p.m.** | **Chicken Stock Submission** | * **Use the Chicken Stock Submission Form (Appendix #3)**
* Chicken Stock submission must include:
	+ A picture of the stock in a clear measuring cup showing the volume of stock produced (show measurement)
	+ Pictures of the stock (in a clear vessel) at:
		- 90 degrees to the stock (directly Over)
		- 45 degrees to the stock (45 degree angle side view)
		- 0 degree to the stock (horizontal side view)
* **File Format: PDF File**
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| **Day 2 Submission Information****Friday May 27, 2022** |
| **Time** | **Submission Title** | **Instructions** |
| **10:30 a.m.** | **Day# 2 Menu** | * Use the menu template provided
* **File Format: PDF File**
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| **10:30 a.m.** | **Day# 2 Menu Elements** | * Use the menu elements template provided
* **File Format: PDF File**
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| **10:30 a.m.** | **Day# 2 Work Plan** | * Provide your Module 2 Work Plan
* **File Format: PDF File**
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| **1:00 p.m.** | **Soup Presentation** | * **Use the Soup Submission Form (Appendix #4)**
* The Soup Submission must include:
	+ Pictures of the Soup at 90, 45 and 0 degrees (directly over the plate, at a 45 degree angle, and looking directly at the plate from the side)
* A completed tasting review of the Soup (Appendix #4 - Answer the questions)
* **File Format: PDF File**
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| **1:30 p.m.** | **Main Course Presentation** | * **Use the Main Course Submission Form (Appendix #5)**
* The Main Course Submission must include:
	+ Pictures of the Main Course at 90, 45 and 0 degrees (directly over the plate, at a 45 degree angle, and looking directly at the plate from the side)
* A completed tasting review of the Main Course (Appendix #5 - Answer the questions)
* **File Format: PDF File**
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**Appendix #1 – Omelette & Salsa**

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| **Tasting Questions** | **Pictures** |
| 1. Is the omelette texture soft and light vs. firm and hard?

 Yes or No1. Are the components adequately seasoned (contrasting flavours vs all too similar, palatable vs over or under seasoned?)

Yes or No1. is the omelette adequately hot (a minimum of 50°C)?

Yes or No | Picture #1 – Directly over – vertical (90 degrees)Picture #2 – At an angle (45 degrees)Picture #3 – From the side - horizontal (0 degrees)Picture #4 – Omelette cut in half |

**Appendix #2 – Vegetable Precision Cuts**

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| **Precision Cut** | **Pictures** |
| **Leeks Paysanne** | Picture #1 – WeightPicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees) |
| **Carrot** **Batonnet** | Picture #1 – WeightPicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees) |
| **Celery****Small Dice** | Picture #1 – WeightPicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees) |
| **Onion****Small Dice** | Picture #1 – WeightPicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees) |
| **Tomato****Concaseé** | Picture #1 – WeightPicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees) |

**Appendix #3 – Chicken Stock**

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| **Precision Cut** | **Pictures** |
| **Chicken Stock** | Picture #1 – Volume MeasurePicture #2 – Directly over – vertical (90 degrees)Picture #3 – At an angle (45 degrees)Picture #4 – Side view of the plate (0 degrees) |

**Appendix #4 – Soup Presentation**

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| **Tasting Questions** | **Pictures** |
| 1. **Are components adequately cooked** (soup and garnish are cooked well vs overcooked or undercooked. Consistency meets the industry standards set for soup).

 Yes or No1. **Are components adequately seasoned** (contrasting flavours vs all too similar, palatable vs over or under seasoned)?

Yes or No1. **Are the components adequately hot** (a minimum of 50°C)?

Yes or No | Picture #1 – Directly over – vertical (90 degrees)Picture #2 – At an angle (45 degrees)Picture #3 – From the side - horizontal (0 degrees) |

**Appendix #5 – Main Course Presentation**

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| **Tasting Questions** | **Pictures** |
| 1. Are components adequately cooked (vegetables crisp vs overcooked, meat has tender texture vs overcooked, rice is soft & flaky vs sticky & mushy)?

 Yes or No1. Are components adequately seasoned (contrasting flavours vs all too similar, palatable vs over or under seasoned)?

Yes or No1. Are the components adequately hot (a minimum of 50°C)?

Yes or No | Picture #1 – Directly over – vertical (90 degrees)Picture #2 – At an angle (45 degrees)Picture #3 – From the side - horizontal (0 degrees) |