



PROJECT
Cooking
POST-SECONDARY

CANADIAN SKILLS COMPETITION

MAY 25th & 26th 2023

Winnipeg, Manitoba

TEST-PROJECT

COOKING TRADE

Competition Chair:

Curtis Bayne - CAE, RSE - NTC Manitoba

Competition Co-Chair:

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

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

Curtis Bayne at curtis.bayne@mitt.ca and Phillip Lie at plie@vcc.ca

The competition in Winnipeg will comprise of **two 3.5 hour modules**. Mystery items for Modules 2A, 2B will be revealed at the competition orientation on May 24th, 2023

DESCRIPTION OF PROJECT AND TASKS –

Competition Day 1 Thursday May 25, 2023

- 7:30 a.m.** Arrival of candidates and drawing of Pressure Test.
Submit copies of workplans and complete handwritten menus.
As soon as the menu is completed, competitors may set up station – equipment only. Absolutely no food contact at this time.
- 8:00 a.m.** Start of Module 1A Competencies and 1B – Appetizer Course
Morning Pressure Test – time and activity TBD
- 8:00 a.m. - Assign costing exercise –**
- Worksheet and calculator provided by NTC.
 - Competitor CANNOT use their own device for their calculations. (i.e., smartphones, tablet, personal calculator, other programmable device, laptop). See Appendix B for an example.
 - No food is to be contacted until costing exercise is completed. Costing exercise may be presented before the 30 minute deadline then competitors may start cooking.
- 8:30 a.m. Completion of costing exercise-**
- Floor judge will:*
- Pick up costing exercise and calculator.
 - Pick up judges copy of menu and workplan by NTC from the display table (English or French).
- 10:30 a.m. Presentation of Vegetable Precision Cuts**
- 11:30 a.m. Presentation of Module 1B Appetizer Course**
Clean up and inspection of workstations.
- 12:00 p.m. Candidates leave the competition site and have lunch.**

NOTES

- A judged “pressure test” activity that competitors must complete will be revealed by draw to competitors on arrival at 7:30 a.m.
 - Regardless of the pressure test task to be performed, no more than 30 minutes will be allocated.
 - In some cases a recipe may be provided that must be followed for this task.
 - The pressure test must be incorporated into the workplan, and be performed at the specified time in the morning.
- During this module, candidates may carry out Mise en Place for Day 2 as best fits into their workplan.
- There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.
Example – Appetizer Course 1B must be served from 11:30 a.m. to 11:32 a.m. after which one (1) point will be deducted per minute until 11:42 a.m. At 11:43 a.m. submitted work will no longer be accepted for judging.

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 four following items will be drawn right before start of competition on Day 1.

All competitors will perform the same pressure test.

1	15 minutes allotted	<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 up • 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, appetizer, 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 <i>On Cooking</i> or <i>Gisslen: Professional Cooking</i>.</p> <p>Present on 12” plate, round white. (<i>Egg cups for boiled eggs</i>).</p>
2	30 minutes allotted	<p>Prepare Italian Meringue – Should the 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 C for shape guideline.</p> <p>Quantity made will be half the recipe guideline provided.</p> <p>Present on ½ bake sheet provided.</p>

3	15 minutes allotted	<p>Chicken Competency – Debone 1 chicken into the following</p> <p>Breasts - Suprêmes, Frenched</p> <p>Legs disjointed, bone-in – oyster attached</p> <p>Remaining bones (Back, Neck, Wingtips and Ribcage) to be utilized for a chicken stock/sauce</p> <p>See picture in Appendix E for shape guideline.</p> <p>Presented on ½ bake sheet provided.</p>
4	30 minutes allotted	<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. Directions for Hollandaise can be found in On Cooking or Gisslen: Professional Cooking.</p> <p>See Appendix D.</p>

Competition Day 2 Friday May 26, 2023

11:00 a.m. – 12:00 pm Lunch

12:00 pm - Arrival of competitors and judges. Final questions answered.

12:00 p.m. - Submit copies of workplans and complete handwritten menus.

As soon as the menu is completed, competitors may set up station – equipment only. Absolutely no food contact at this time

12:30 p.m.	Food Production Begins
3:30 p.m.	Presentation of Module 2A Main Course
4:00 p.m.	Presentation of Module 2B Dessert
4:00 p.m.	Food Production ends.
	Clean up and inspection of workstations.
4:30 p.m.	Candidates leave the site.

NOTES

- There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example – Dessert Course must be served from 4:00 p.m. to 4:02 p.m. After which one (1) point will be deducted per minute until 4:12 p.m. At 4:13 p.m. submitted work will no longer be accepted for judging

Module 1A Competencies

Description	<p>Competencies, Pressure test, and Mise en Place for Day 2</p> <p>Competitors must have two (2) copies each of a menu and menu elements (<i>one for the presentation table and one for use by judges</i>) in addition to a workplan at their station each day. Please note that the menu and elements must be handwritten by memory.</p> <p>The competitors working station copies can be drafted prior to competition day with the necessary adjustments.</p>
Service Details	<p>Vegetable precision cuts: to be used in day 2 menu items.</p> <p>Presented in individual containers (containers provided)</p> <ul style="list-style-type: none"> • 100 g Julienne leek • 100 g Brunoise carrot • 100 g Tourné zucchini • 100 g Tourné celeriac • 100 g Tourné/fluted button mushrooms <p>See cuts of vegetables Appendix F</p> <p>A minimum of three (3) of the vegetable competencies must be utilized in Module 2A. Amounts used are at the discretion of the competitor but must be written into their menu, and must showcase the core competency.</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"> • 500 ml deli containers. • 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.

Module 1B Appetizer Quail Egg and Rösti Potato	
Description	<p>Prepare four (4) appetizers plates, suitable for a la carte service for ovo-lacto vegetarians. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Quail egg(s) and potato rösti • Minimum one (1) sauce • Minimum one (1) functional edible garnish <p>Remaining ingredients for production may be selected from the items listed in the Common Table document.</p>
Service Details	<p>Note: Molds, etc. are permitted for production, however added service wares – spoons, glasses, ramekins etc., are not allowed for service.</p> <ul style="list-style-type: none"> • Dishes must be served hot • Dishes must be sauced, not served on side • Total portion size to be between 125 – 165 grams <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white
Timing of Service	<ul style="list-style-type: none"> • Module must be presented for judging 3.5 hours after the start of the Module.

<u>Module 2A</u> Chicken Kiev Inspired Main Course	
Description	<p>Prepare four (4) main course plates of Chicken Kiev Inspired main course. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • A minimum of 1 sauce (served hot) • A mystery <u>starch</u> • Must incorporate a minimum of 3 Vegetable preparations utilizing <u>different cooking methods for each</u> • Must have a minimum one (1) functional edible garnish • Please remember to include a minimum of three (3) of the vegetable competencies from Module 1A
Service Details	<p>Note: - Molds, etc. are permitted for production, however added service wares – spoons, glasses, ramekins etc., are not allowed for service</p> <ul style="list-style-type: none"> • Total plate portion must be between 185 -250 grams • Sauce to be served on plates, and also on side in 1 (one) sauce boat (90 ml minimum) • Protein items must be cooked – no raw preparations • Dishes must be served hot <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white • Sauce boat
Timing of Service	<ul style="list-style-type: none"> • Plates must be presented for judging 3 hours after the start of the Module

Module 2B Plated Dessert Creation

Description	<p>Prepare four (4) dessert course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Cake • Bavarois • A mystery fruit • Must have a chocolate garnish <p>A minimum of one (1) sauce</p>
Service Details	<p>Note: Molds, etc. are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Minimum 95 grams total portion size for each plate • Service temperature is room temperature – no frozen components <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white
Timing of Service	<ul style="list-style-type: none"> • Desserts must be presented for judging 3.5 hours after the start of the Module (30 min after main courses are due).



READING



NUMERACY



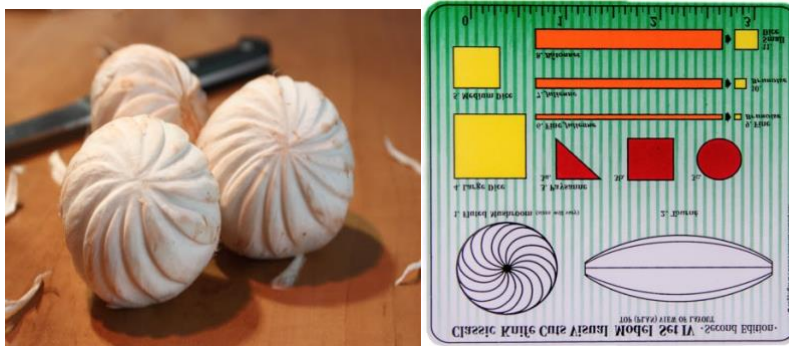
CREATIVITY & INNOVATION

Appendix A

Glossary

Brunoise:	A cube cut, small dice of 3mm x 3mm in size, equal sides (faces) and uniform in shape.
Baking	A long dry method of cooking, usually in an oven, where the food is cooked by way of the natural liquid content of the food being modified by steam under dry convection heat. The process may also be fan-assisted or steam-assisted.
Bavarois	Also known as Crème Bavarois or Bavarian Cream, it is an egg yolk custard stiffened with gelatine, usually flavoured with fruit purée or chocolate, aerated with whipped cream and sometimes foamed egg whites. It has a set foamy mousse-like consistency which is still firm to the bite, and not as soft as a mousse.
Butter Sauce:	A hot sauce made with butter, which can be emulsified or not.
Cake:	A baked preparation involving a mixture of flour and sugar, sometimes with butter, eggs and/or baking powder or yeast.
Chicken Kiev:	Chicken breast filled with a compound butter containing garlic and parsley, coated in flour egg and breadcrumbs, and then fried or baked.
Chocolate Mousse:	A chocolate, egg and/or cream set foam, with or without gelatine.
Garnish:	A decorative/ornamental item, small in size, and not simply herbs, flowers or leaves
Gratinating:	A dry finishing method to create a browned crust on a dish usually by grilling with added cheese, sauce, breadcrumbs or finely chopped nuts. There is usually evidence of a little bubbling, blackened spots, and marks.
Julienne:	A strip cut, matchstick sized, 3mm x 3mm in width, and 5cm-7cm in length, equal and uniform in shape.
Lacto – ovo Vegetarian	Someone who only eats plant-based foods, eggs and dairy products.

- Low-pressure Steaming:** A moist cooking method applying steam at normal atmospheric pressure (not high pressure steaming using a pressure cooker). There is usually evidence of softening without losing shape, and a firm-to-the-bite (al dente) texture.
- Pan-frying (Poêlée):** A dry cooking method using a sufficient quantity of pre-heated oil or fat in a shallow frying pan. There is usually evidence of a crisp texture with a little residual oiliness.
- Poaching:** A moist gentle simmering method of cooking, covering food items either in a lot of liquid (Deep Poaching) or sufficient liquid (Shallow Poaching), below boiling point (70°C-90°C), usually in water, stock, milk, wine or oil, usually in a pot or saucepan where no bubbles or very small bubbles are visible – and it never comes to the boil (large bubbles). There is usually evidence of softening without losing shape.
- PPE:** Personal Protective Equipment, such as gloves and aprons.
- Stuffed Pasta:** A dough made from Semolina flour and eggs. When cooked it should not leak or lose shape and should have a firm-to-the-bite (al dente) texture.
- Sous Vide:** Similar to poaching where the food item is individually vacuum sealed in a plastic bag and slowly cooked at a low temperature for a long period of time in a temperature-controlled water bath.
- Tourné/Turned:** A barrel-shaped cut, with either five or seven equal sides, tapering down to two distinct ends. (Mushroom is fluted)



Appendix B

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)	Recipe - Units Needed	Recipe - Units Needed		
Onion, Spanish	20	kg	19.57	90%	18000	g	0.001	250	g	\$0.27
Carrot	20	kg	16.85	93%	18600	g	0.001	125	g	\$0.11
Celery	525	g	1.91	82%	431	g	0.004	125	g	\$0.55
Eggs - whole separated	684	g	3.48	40%	274	g	0.013	250	g	\$3.18
Lemons	576	g	7.80	50%	288	g	0.027	30	g	\$0.81
Calculate the number of complete portions the recipe will yield, given a (#, mL, g) portion size										
Calculate the cost per ingredient, and the 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 (\$)		\$4.92	
							Yielded cost per portion (\$)		\$0.22	
							Suggested selling price (\$)		\$0.94	
							Food Cost %		23.5%	
							Gross Profit per portion (\$)		\$0.72	

Appendix C

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



Appendix D

Hollandaise Sauce

PC8 194

Sauce –Butter

Yield: 24 fluid ounces (720 milliliters)

1 pound 4 ounces	Butter - unsalted	600 grams
$\frac{1}{8}$ teaspoon	Peppercorns, crushed	0.5 milliliter
$\frac{1}{8}$ 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.

Appendix E

Chicken Fabrication

Source: Professional Cooking 9th Edition – Figure 18.6

Page: 544



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



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



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



(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.



(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.



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



(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.



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



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



(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.



(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 **(must be frenched)** 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.

Please refer to Page 5 competency description for specific requirements.

Appendix F



(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).

2023 Post-Secondary Marking Scheme

Safety and Sanitation	Weight:	15
Aspect	Measurement or Judgement	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

Organization & Product Utilization	Weight:	12
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Costing Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e. over/under preparation of items	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	

Recipes reflect own ideas & originality - interpreting trends	J
Selects appropriate fabrication and preparation techniques	J
Knowledge of Cooking Methods	J
Skills and knowledge of food Ingredients, their application and preparation	J
Costing Exercise	M

Presentation	Weight:	14
Aspect	Measurement or Judgement	
Presented food/china is cleanly presented. Servicewares are free of spills, and fingerprints	M	
Dish fits the china used and shows negative space	M	
Appetizer Visual Presentation Appeal	J	
Main Course - Visual Presentation Appeal	J	
Dessert Creation Visual Presentation Appeal	J	
Modernity and Style of Food Presented	J	
Overall Quality and Value of Food Presented	J	
Leeks - Julienne cut to industry standards	M	
Zucchini - Tourné cut to industry standards	M	
Celeriac - Tourné cut to industry standards	M	
Mushroom - Tourné cut to industry standards	M	
Carrot - Brunoise cut to industry standards	M	
Key/required food ingredients are reflected in the written menu description	M	

Taste and Required Menu Components	Weight:	34
Aspect	Measurement or Judgement	
Appetizer meets correct portion size as per Test Project	M	
Main Course meets correct portion size as per Test Project	M	
Dessert meets correct portion size as per Test Project	M	
Error-free, professionally written descriptive menu	J	
Appetizer - Showcase Required Elements	J	
Main Course - Showcase Required Elements	J	
Dessert Creation Showcase Required Elements	J	
Appetizer Texture & Doneness	J	
Main Course Texture & Doneness	J	

Dessert Creation Texture & Doneness	J
Appetizer Flavour	J
Main Course Flavour	J
Dessert Creations Flavour	J
Seasoning of Food	J
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M
Precision Cut Weights	M

Please note that a measurement is objective, and a judgment mark is subjective.