



PROJECT  
**Cooking**  
SECONDARY

## Cooking

# SECONDARY

## COOKING TRADE

TEST PROJECT

### Competition Chair:

Curtis Bayne, CAE, RSE - NTC Manitoba

### Competition Co-Chair:

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

### Canadian Expert, Cooking:

## 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](mailto:curtis.bayne@mitt.ca) and Phillip Lie at [plie@vcc.ca](mailto:plie@vcc.ca)**

## **Competition Day 1    Thursday May 25, 2023**

### **Competition time:**

**11:30 a.m.** – Competitors arrive on site to help with turnover of stations.

**12:00 p.m.** - Competitors arrive on Site and receive instructions from the National Technical Committee.

**12:30 p.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.

**1:00 p.m.** - Competition Starts

**1:30 p.m.** - Submit Menus & Menu Elements  
Submit Conversion Test

**3:30 p.m.** - Present Competencies

**4:30 p.m.** - Present the dish from the Indigenous / Cultural Research Project.

### **Timing of Service:**

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

Example: The Indigenous / Cultural Research Project must be served from 4:30 p.m to 4:32 p.m. After which one (1) point will be deducted per minute until 4:42 p.m. At 4:43 p.m. submitted work will not longer be accepted for judging.

**4:30 p.m.** - Cleaning & Packing

**5:00 p.m.** - Competitors leave the site

## **Competition Day 2 Friday May 26, 2023**

### **Competition time:**

**7:30 a.m.** - Competitors arrive on Site and receive instructions from the NTC.

- 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.

**8:00 a.m.** - Competition Starts

**8:30 a.m.** - Submit Menus & Menu Elements

**11:00 a.m.** - Present Main Course

**11:30 a.m.** - Present Dessert

### **Timing of Service:**

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 11:30 a.m to 11:32 p.m. After which one (1) point will be deducted per minute until 11:42 a.m. At 11:43 a.m. submitted work will not longer be accepted for judging.

**11:30 a.m.** - Cleaning & Packing

**12:00 p.m.** - Competitors leave the site

## Day 1

### Indigenous Dish, Conversion Test, and Competencies

<b>Description</b>	<ol style="list-style-type: none"> <li><b>1. Conversion Test</b></li> <li><b>2. Prepare four (4) portions of a sweet or savory dish featuring an ingredient Indigenous to Canada found on the Common Table document. This will be the same dish that was presented in the Research paper which has been submitted to the National Technical Committee on <u>Friday May 12, 2023 by 9am local time</u> to each competitor.</b> <ul style="list-style-type: none"> <li>• The dish can be sweet or savory and must feature a common table item that is indigenous to Canada.</li> <li>• Each competitor will also be given a 5-min time slot where they will do a brief interview with members of the National Technical Committee explaining how they came up with their dish and its significance to them as a cook.</li> </ul> </li> <li><b>3. Espagnole (Brown Sauce) Competency</b> <ul style="list-style-type: none"> <li>• Prepare and present 1 litre of Espagnole (Brown Sauce)</li> <li>• Espagnole must be used on Day 2 as a demi-glace and derivative sauce to be served with the main course.</li> </ul> </li> <li><b>4. Vegetable Precision Cuts Competency:</b> Presented in deli containers for photos. Competitors will produce 100 grams of the following: <ul style="list-style-type: none"> <li>• 200g onion, medium dice</li> <li>• 100g carrots, medium dice</li> <li>• 100g celery, medium dice</li> <li>• 250mL butter, clarified</li> </ul> <ul style="list-style-type: none"> <li>• All vegetable competencies must be utilized on Day 2.</li> <li>• You are not required to use the full weights, but ingredients should be showcased in some recognizable form.</li> </ul> </li> </ol>
--------------------	--

<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Recipes are provided.</li> <li>• 12" dinner plates for Indigenous dish.</li> <li>• Deli containers provided for the vegetable (by the proctor).</li> <li>• No service wares (china) permitted other than that specified by the committee.</li> </ul>
<b>Available ingredients</b>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this day is included in the ingredient list document.</li> </ul>
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• Deli containers for vegetable &amp; sauce competencies will be provided.</li> <li>• 12" round white plates for the Indigenous dish</li> <li>• No service wares (china) permitted other than that provided by the committee.</li> </ul>
<ul style="list-style-type: none"> <li>• All of vegetable cuts and clarified butter to be presented in provided containers.</li> <li>• Conversion exercise will have a 30-minute deadline from the start of the contest.</li> <li>• Interview times will be shared with each competitor at the start of the contest day.</li> <li>• Competitors may not gather food until the test is completed.</li> <li>• Day two Mise en place to be stored neatly in your fridge or at your station.</li> </ul>	

## Day 2 Main Course and Dessert

<b>Description</b>	<p><b>Prepare four (4) portions of the following two (2) course menu</b></p> <p><b><u>Main Course:</u></b> Burger and a Roasted Potato Dish.</p> <ul style="list-style-type: none"> <li>• Demi-glace and derivative sauce made from Day 1 Espagnole (Brown Sauce)</li> <li>• Competitors will make a <b><i>roasted potato dish</i></b> to accompany their burger. Some examples of this are: seasoned roasted potatoes, oven roasted French fries, Duchess potatoes, Dauphinoise</li> </ul>
--------------------	---

	<p>potatoes, etc. <b><i>It is not permissible to use a deep fryer for the potato dish.</i></b></p> <ul style="list-style-type: none"> <li>• Must include <b><i>at minimum</i></b> 1 other modern, complimentary and appropriate garnish (minimum 1 sauce).</li> <li>• 6oz (180g) burger max. 1 ½ lbs. ground beef total / competitor.</li> </ul> <p><b><u>Dessert:</u></b> Brownie</p> <ul style="list-style-type: none"> <li>• Brownie dessert, to include a fruit based sauce.</li> <li>• Must include <b><i>at minimum</i></b> 1 other modern, complimentary and appropriate garnish.</li> <li>• <b>The maximum pan size that is permissible to use by competitors is a 9" x 9".</b></li> </ul>
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Total weight of main course cannot exceed 420 grams <ul style="list-style-type: none"> <li>○ Burger patty cannot exceed 180 grams</li> <li>○ Fries cannot exceed 100 grams</li> </ul> </li> <li>• Cooking temperature of meats must meet food safety standards</li> </ul>
<b>Available ingredients</b>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this day is included in the ingredient list document.</li> </ul>
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• 12" round white plates for main course- 2 each</li> <li>• 12" round white plates for dessert – 2 each</li> <li>• No service wares (china) permitted other than that provided</li> <li>• Service spoons, glasses, ramekins etc. are not allowed.</li> </ul>

## Appendix #1 – Recipes

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

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

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

Gisslen, Wayne. (2017). ***Professional Baking*** (7<sup>th</sup> 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.

#### PROCEDURES for Clarifying Butter

##### METHOD 1

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Carefully pour off the clear melted butter into another container, leaving the milky liquid at the bottom of the saucepan.

##### METHOD 2

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Turn the heat to very low to avoid burning the butter. Leave the pan on the heat and continue to skim the froth from the surface at intervals. The water in the bottom will boil and gradually evaporate.
4. When the butter looks clear and no longer forms a scum on top, strain off the butter through cheesecloth into another container.

You need 1¼ lb (625 g) raw butter to make 1 lb (500 g) clarified butter; 1 lb (500 g) raw butter yields 12–13 oz (about 400 g) clarified butter.



J. Gerard Smith/© John Wiley & Sons, Inc.  
(a) Skim the foam from the top of the melted butter.



J. Gerard Smith/© John Wiley & Sons, Inc.  
(b) Ladle off the clear, melted fat.



J. Gerard Smith/© John Wiley & Sons, Inc.  
(c) Continue until only the milky liquid remains in the bottom of the pan.

FIGURE 9.6 Clarifying butter

**Source:** Professional Cooking 9<sup>th</sup> edition. **Page:** 196



## Brownies

INGREDIENTS	U.S.	METRIC	PERCENTAGE	PROCEDURE
Unsweetened chocolate	1 lb	450 g	100 %	<b>Mixing:</b>  Sponge method. 1. Melt chocolate and butter together in a double boiler. Stir so that the mixture is smooth. Let it cool to room temperature. 2. Blend the eggs, sugar, and salt until well mixed, but do not whip. Add the vanilla. 3. Blend in the chocolate mixture. 4. Sift the flour and fold it in. 5. Fold in the nuts.  <b>Makeup:</b>  Sheet method. Grease and flour the pans or line them with parchment. Quantity of basic recipe is enough for 1 full sheet pan, 18 × 26 in. (46 × 66 cm), 2 half-size sheet pans, 4 pans measuring 9 × 13 in. (23 × 33 cm), or 6 square pans measuring 9 in. (23 cm) per side. If desired, batter may be sprinkled with an additional 50% (8 oz/255 g) chopped nuts after panning.  <b>Baking:</b>  325°F (165°C), about 60 minutes. For 2-in. (5-cm) square brownies, cut sheet pan 8 × 12 to yield 96 pieces.
Butter	1 lb 8 oz	675 g	150 %	
Eggs	1 lb 8 oz	675 g	150 %	
Sugar	3 lb	1350 g	300 %	
Salt	0.25 oz (1½ tsp)	7 g (7 mL)	1.5 %	
Vanilla	1 oz	30 mL	6 %	
Cake flour	1 lb	450 g	100 %	
Chopped walnuts or pecans	1 lb	450 g	100 %	
Total weight:	9 lb 1 oz	4087 g	907 %	
<b>Per 1 brownie:</b> Calories, 190; Protein, 3 g; Fat, 12 g (54% cal.); Cholesterol, 45 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 95 mg.				

### VARIATIONS

#### Butterscotch Brownies or Blondies

Omit chocolate. Use brown sugar instead of granulated sugar. Increase flour to 1 lb 6 oz (600 g).

**Source:** Professional Cooking 9<sup>th</sup> edition. **Page:** 988

## 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. \_\_\_\_\_

Recipe Name: **Brown Sauce**

Score: \_\_\_\_ / 15

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:						<b>0.500 litres</b>

## Appendix #3 – Precision Cuts

**Source:** Professional Cooking 9<sup>th</sup> edition

**Page:** 145

