



Project

Cooking

POST-SECONDARY

QUEBEC CITY

MAY 30 – 31, 2024

TEST PROJECT

COOKING - TRADE 34

Competition Chair:

Steve Bennis – CCC, NTC - Ontario

Competition Co-Chair:

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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

Steve Bennis at steven.benns@flamingcollege.ca

Curtis Bayne at curtis.bayne@mitt.ca

1 INTRODUCTION

The competition in Quebec City will comprise of 2 days of competition over **10.5 hours**. Mystery items and Test Items will be revealed at the competition on May 30th, 2024.

2 COMPETITION SCHEDULE

Competition Day 1 - Thursday May 30, 2024

- 8:30 AM** Arrival of candidates on site.
Introduction and brief discussion of Day 1 (**Module 1**) of the competition.
- 9:00 AM**
- **Mystery Basket items** are revealed. All items in the mystery basket must be prominently incorporated into the competitor's Day 2 menu.
 - **Pressure Test Time** will be drawn (The actual pressure test will be drawn at the start of day 2). Competitors must incorporate Pressure test timing into their work plan.
 - **Costing exercise** is assigned. (See Appendix A for an example.)
- 9:15 AM** Competitors complete the costing exercise, design menus, list menu elements, and produce a work plan for Day 2.
- Competitors are given 90 minutes for this segment of the competition. No electronic devices are permitted (besides what the NTC provides). No late submissions accepted.**
- 11:45 AM**
- Submit two (2) handwritten copies of the following: **work plan, menu, and menu element** documents using the templates provided.
 - Competitors may take one copy of their work plan, menu and menu elements to reference for day 2.
 - **Day 1 menu submissions are final. No additions or substitutions are allowed.**
 - Submit the **costing exercise**.
- 11:45 AM** Review of the competition schedule for Day 2.
Question and discussion period.
- 12:00 PM** Competitors leave the competition site.
Lunch is provided for competitors.

Competition Day 2 - Friday May 31, 2024

- 7:45 AM** Competitors arrive on site.
- 8:00 AM** Safety Orientation.
Expectations outlined for day 2 of competition.
Draw Pressure Test.
- 8:10 AM** Set up cooking stations. (No contact with food items at this time).
- 8:30 AM** Start of Competition.
- 11:00 AM** Presentation of Vegetable Precision Cuts.
- 11:45 AM** Clean up and inspection of workstations. (No cooking/prep at this time).
All food production and cooking must end.
- 12:00 PM** **Candidates leave the competition site.**
Lunch is provided for competitors.
- 12:55 PM** **Competitors return from lunch & NTC Briefing.**
- 1:00 PM** **Competition resumes.**
- 2:30 PM** Appetiser presentation.
- 3:30 PM** Main Course presentation.
- 4:00 PM** Dessert presentation.
Cleanup of station.
- 4:30 PM** Stations are inspected, competitors leave the site.

NOTES

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

Example – Appetiser Course must be served from 2:30 PM to 2:32 PM after which, marks will be deducted every minute until 2:42 PM. At 2:43 PM submitted work will no longer be accepted for judging.

3 DESCRIPTION OF PROJECT AND TASKS

3.1 Mystery Basket

Competitors will be provided with a ‘mystery basket’ containing six (6) items/ingredients. **All** of these items/ingredients must be featured prominently in their Canadian food inspired menu.

The mystery basket will include the following:

- Grain/Pulse
- Fruit
- Cheese
- Alcoholic Beverage
- Mushroom
- Herb/Spice

3.2 Pressure Test Items – Module 2A

Competitors will be assigned a skills “Pressure Test Item” that will allow competitors to showcase specific skills as selected by the NTC. At the start of the contest and in the presence of the competitors, the NTC will draw and announce the test item. The test item must be presented for judging at the time drawn.

Some pressure test items must be used in one of the modules and can be utilized in more than one course. As the menu will be written on day 1, the NTC will ask the competitors to clarify which module they will be adding their pressure test item to.

Time limit: Competitors will have a maximum of 30 minutes to complete the pressure test. After this time the NTC will not evaluate any food products.

One (1) of the eight (8) following test items will be drawn.

All competitors will perform the same test item.

Please refer to Appendix B for recipe examples for the pressure test

1	<p>French Omelette – 3 Eggs</p> <p>Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetiser, main course, and dessert.</p> <p>Directions for omelette preparation can be found in On Cooking or Professional Cooking.</p> <p>Note: Please review the French Omelette tutorial link from Rouxbe.com: https://www.youtube.com/watch?v=h8PcsmRypjk</p> <p>Present on a 12” plate, round white provided.</p>
2	<p>Italian Meringue</p> <p>On a parchment lined half-sized 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 the bake sheet.</p> <p><u>Quantity made will be half of the recipe guideline provided.</u></p> <p>Present on the half-sized bake sheet provided.</p> <p>Should the meringue test item be chosen, it is to be incorporated into the competitor’s <u>dessert</u> course.</p>
3	<p>Compound Butter</p> <p>Prepare 227 g (half pound) of compound of butter (competitor’s choice of flavour).</p> <p>Present as coins (3 cm in diameter, 1 cm thick) on the half-sized bake sheet provided.</p> <p>Should the compound butter test item be chosen, it is to be incorporated into the competitor’s <u>appetiser or main</u> course.</p>
4	<p>Boiled Sugar Derivative Garnish</p> <p>Create a sugar garnish utilizing items from the common table.</p> <p>Should the sugar garnish test item be chosen, it is to be incorporated into the competitor’s <u>dessert</u> course.</p>
5	<p>Velouté</p> <p>Prepare 500 mL of either chicken velouté or fish velouté that is a medium consistency that coats the back of a spoon. (Nappé).</p> <p>Present in the deli container provided.</p>

	<p>Should the velouté test item be chosen, it is to be incorporated into the competitor's <u>appetiser or main</u> course.</p>
6	<p>Biscuits Prepare six (6) biscuits (6 cm in diameter). Competitors may use any ingredients found on the common table to flavour their biscuits, if desired. Present on the half-sized bake sheet provided.</p> <p>Should the biscuit test item be chosen, it is to be incorporated into the competitor's <u>appetiser, main, or dessert</u> course.</p>
7	<p>Eggs Benedict – 2 egg single serving Hollandaise Sauce – Prepare using the classic method with a reduction, and proper ratio utilizing 227 grams (half pound) of butter. Soft Poached Eggs on a toasted English muffin, with Canadian Bacon. Directions for Hollandaise can be found in On Cooking or Professional Cooking.</p>
8	<p>Tempered Chocolate Garnish Temper a type of chocolate that is the competitor's choice from the common table. Competitors may use any tempering method that they choose fit, but microwaves are not permitted.</p> <p>Should the tempered chocolate test item be chosen, it is to be incorporated into the competitor's <u>dessert</u> course.</p>

Competencies – Module 2B

Description	<p>Vegetable precision cuts:</p> <p>Items are presented in individual containers (containers provided).</p> <p>100 g Julienne leek 100 g Brunoise carrot 100 g Tourné zucchini 100 g Tourné button mushrooms</p> <ul style="list-style-type: none"> • See Appendix C – precision cuts of vegetables. • <u>All vegetable competencies must be incorporated into the menu.</u> • Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. • Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines.
Available ingredients	<p>A list of all ingredients available for this module is included in the common food table document.</p>
Special equipment required	<ul style="list-style-type: none"> • 500 mL deli or compostable containers (provided by the NTC). • Test Item is to be presented in the appropriate plates, bowls, or containers (provided by NTC). • No service wares (China) permitted other than that provided by the NTC. • Service spoons, glasses, ramekins etc. are not allowed.

Appetizer – Module 3A

Description	<p>Prepare four (4) portions of a plated appetiser. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Rainbow Trout. • Must utilize at least two (2) items from the mystery basket. • A minimum of one (1) sauce • A minimum of one (1) functional edible garnish. • May include any of the vegetable competencies, and the pressure test item if appropriate.
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 150 - 200 grams. • Sauce is to be served on plates. The competitor must also provide one (1) sauce boat (90 mL) on the side for judges to evaluate. • Protein items must be cooked to a minimum of 60 C (140 F) – no raw preparations. • Appetiser can be hot or cold. (Plate temperature must be appropriate for the dish). <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white – 4 each • Sauce boat – 1 each
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.
Timing of Service	<ul style="list-style-type: none"> • Plates must be presented for judging at the time stated on the competition schedule.

3.5 Plated Main Course

Main Course – Module 3B	
Description	<p>Prepare four (4) main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Duck, demonstrating a minimum of two (2) different cooking methods. • At least two (2) items from the mystery basket. • A minimum of 3 Vegetable preparations, utilizing different cooking methods for each. • A minimum of 1 starch preparation. • A minimum of 1 sauce (served hot). • A minimum of one (1) cooked functional edible garnish. • May include any of the vegetable competencies, and the pressure test item if appropriate.
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 is to be served on plates, and on the side in one (1) 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 – 4 each • Sauce boat – 1 each
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. • May include any of the vegetable competencies, mystery basket items, and/or the pressure test item if appropriate.

Timing of Service	<ul style="list-style-type: none"> Plates must be presented for judging at the time stated on the competition schedule.
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3.6 Plated Dessert

<h2 style="text-align: center; background-color: #800000; color: white; padding: 5px;">Plated Dessert Creation – Module 3C</h2>	
Description	<p>Prepare four (4) dessert course plates. Visible components on the plate must include a:</p> <ul style="list-style-type: none"> Minimum of at least two (2) items from the mystery basket. Pastry (i.e., choux, puff pastry, pâte brisée, pâte sucrée, etc). Custard (i.e., pastry cream, crème Anglaise, Bavarois, etc). Must include either a chocolate, or sugar garnish. A minimum of one (1) sauce.
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 95 - 150 grams. No frozen components permitted. <p>Provided Service wares:</p> <ul style="list-style-type: none"> 12" plate, round white
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.
Timing of Service	<ul style="list-style-type: none"> Desserts must be presented for judging at the time stated on the competition schedule.



Appendix A Recipe Costing Exercise Example

This sample is for competitors to use as reference. 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)			Unit Cost (Cost per gram)	Recipe - Units Needed		Recipe Ingredient Cost
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount					
Onion, Spanish	20	kg	\$ 19.57	90%	18,000	gr	\$ 0.001	250	gr	\$ 0.25
Carrot	20	kg	\$ 16.85	93%	18,600	gr	\$ 0.001	125	gr	\$ 0.13
Celery	525	gr	\$ 1.91	82%	431	gr	\$ 0.004	125	gr	\$ 0.50
Eggs, whites	684	gr	\$ 3.48	40%	274	gr	\$ 0.013	250	gr	\$ 3.25
Lemons	576	gr	\$ 7.80	50%	288	gr	\$ 0.027	30	gr	\$ 0.81
Calculate the number of complete portions the recipe will yield, given a portion size (#, g, or ml).										
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 (\$)		\$ 4.94	
							Yielded Cost Per Portion (\$)		\$ 0.22	
							Suggested Selling Price (\$)		\$ 0.94	
							Food Cost %		23.5%	
							Gross Profit per portion (\$)		\$ 0.72	

Appendix B

Pressure Test 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.

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

- The recipes are intended as a guide and should 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 “Professional Cooking” or “Professional Baking” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module One and Module Two.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., procedure to make omelettes, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes provided by the Technical Committee Chair are to be utilized to produce the pressure test items. 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.

French Omelet

PC9 P784

Eggs	3
Salt	1 pinch
White pepper	1 pinch
Water (optional)	1 tbsp (15 mL)
Clarified butter	1 tbsp (15 mL)



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

1. Beat 3 eggs in a small bowl just until well mixed. Do not whip until frothy. Season with salt and pepper.
 - a. If desired, 1 tablespoon (15 mL) water may be added to make the omelet lighter.
2. Place an omelet pan over moderately high heat.
3. When the pan is hot, add about 1 tablespoon (15 mL) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot. Raw butter may be used, but great care is necessary to keep it from burning. Milk solids in the butter will brown, detracting from the appearance of the finished omelet.
4. Add the eggs to the pan. They should begin to coagulate around the edges and on the bottom in a few seconds.
5. With one hand (the left, if you are right-handed), vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrape the pan. This is the difficult part. The most common errors are not shaking and stirring vigorously enough and using heat that is too low. The purpose of this action is to keep the eggs in motion, so they coagulate uniformly.
6. Stop shaking and stirring when the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelet.
7. Tilt the handle up and shake the pan so the omelet slides to the opposite side of the pan and begins to climb up the opposite slope.
8. For a filled omelet, spoon the filling across the center of the egg, perpendicular to the handle.
9. With the fork, fold the sides of the omelet over the center. The omelet should now be resting in the corner of the pan and have an approximately oval shape.
10. Grasp the handle of the pan with your palm underneath and tilt the omelet out onto a plate so it inverts and keeps an oval shape.
 - a. The whole procedure should take less than 1 minute.
 - b. The finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.

Italian Meringue

PC9 P1012

Yield: 2 quarts (2 litres)

Egg Whites	8 oz	250 g	100%
Sugar	1 lb	500 g	200%
Water	4 fl oz	125 mL	50%

1. Heat the sugar and water in a saucepan until the sugar dissolves and the mixture boils. Boil until a candy thermometer placed in the mixture registers 240°F (115°C).
2. While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks.
3. With the machine running, very slowly beat the hot syrup into the egg whites.
4. Continue beating until the meringue forms firm peaks.
5. Pipe 12 rosettes on to a parchment lined half-sized bake sheet. All must be equal in size, identical in shape, and evenly spaced.
6. Example photos below are for shape reference.



Recipe: *Professional Cooking 9th edition*. Courtesy John Wiley and Sons, Inc.
Photos: Courtesy SAIT

Compound Butter

PC9 P196, 198

Compound butters are made by softening raw butter and mixing it with flavoring ingredients. The mixture is then rolled into a cylinder in waxed paper.

Compound butters have two main uses:

- Slices of the firm butter are placed on hot grilled items at service time. The butter melts over the item and sauces it.
- Small portions are swirled into sauces to finish them and give them a desired flavour.

Maître d'hôtel butter

Yield: 1 lb (500 g)

Butter (unsalted)	1 lb	500 g
Parsley, chopped	2 oz	60 g
Lemon juice	1½ fl oz	50 mL
Salt	2 tsp	10 mL
White pepper	1 pinch	1 pinch

1. Using a mixer with the paddle attachment, beat the butter at low speed until smooth and creamy.
2. Add remaining ingredients and beat slowly until completely mixed.
3. Roll the butter into a cylinder about 1 inch (2½ cm) thick in a sheet of parchment or waxed paper. Chill until firm.
4. To serve, cut slices ¼ inch (½ cm) thick and place on broiled or grilled items just before service.



Recipe: *Professional Cooking 9th edition*. Courtesy John Wiley and Sons, Inc.
Photo: Courtesy SAIT

Boiled Sugar Garnishes

PB7 P662-666

Spun sugar is a mass of thread-like strands of sugar.

Spun Sugar

Sugar	10 oz	300 g	100%
Water	5 oz	150 g	50%
Glucose	2 oz	60 g	20%
Colouring (optional)			

1. Make a syrup of the sugar, water, and glucose.
2. Boil to 225°F (125°C); add colouring if desired.
3. Continue to boil to 320°F (160°C), and then stop the cooking immediately by plunging the base of the pan into cold water for 2-3 seconds. Remove from the water and let stand for 2-3 minutes to thicken slightly.
4. Lightly oil a rolling pin or metal pole and suspend it horizontally. Place sheets of paper under the pole to catch drips.
5. Dip a cut-off wire whip into the syrup and flick it over the pole. Continue until the desired quantity is made.
6. Lift the spun sugar from the pole and shape as desired.



*Recipe and photos: Professional Baking 7th edition.
Courtesy John Wiley and Sons, Inc.*



Boiled Sugar Garnishes (continued)

PB7 P662-666

Caramel for sugar spirals and other shapes

Sugar	10 oz	300 g	100%
Water	10 oz	300 g	100%
Glucose	1.33 oz	40 g	13%

1. Make a syrup of the sugar, water, and glucose.
2. Boil to 320°F (160°C), and then stop the cooking immediately by plunging the base of the pan into cold water for 2-3 seconds. Remove from the water and let stand for 2-3 minutes to thicken slightly.

For spirals

3. Gather some caramel on a metal spoon. Wind a strand of caramel from the spoon onto an oiled wooden rod.
4. Slip the spiral off the rod when the sugar has hardened.

For other shapes

5. Wear rubber gloves to protect your hands from the hot syrup. Pour the syrup into a paper cone. Snip off the tip and pipe desired shapes onto a silicon mat or oiled work surface. Allow to cool.

*Recipe and photos: Professional Baking 7th edition.
Courtesy John Wiley and Sons, Inc.*



Velouté

PC9 P188

Yield: 2 QT (2 L)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
7. Strain through a China cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Biscuits

PC9 P946

Yield: 2 lb. 10 oz (1278 g)

Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12 g	2%
Sugar	1 oz	30 g	5%
Baking powder	1.2 oz	36 g	6%
Shortening or butter	7 oz	210 g	35%
Milk	13 oz	390 g	65%

Bake at 425°F (220°C) for approximately 15 minutes.

Biscuit Method:

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment. If preferred, you may cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles coarse cornmeal.
4. Combine the liquid ingredients. Biscuits may be prepared in advance up to this point. Portions of each mixture may then be scaled and combined just before baking.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined, and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees after each fold.
7. Repeat this procedure about 10 to 20 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over kneading toughens the biscuits. The dough is now ready for makeup.



Recipe and photo: *Professional Cooking 9th edition*. Courtesy John Wiley and Sons, Inc.

Eggs Benedict

PC9 P779

Yield: 1 portion (2 eggs)

English muffin	1 each	1 each
Butter	as needed	as needed
Egg, Fresh Grade A	2 each	2 each
Back Bacon or Ham, cooked	2 slices	2 slices
Hollandaise Sauce	3 fl oz	100 mL

1. Cut the muffin in half and toast. Spread it with butter and place on a serving plate.
2. Poach the egg according to the basic procedure given in this section.
3. While the egg is poaching, heat the Canadian bacon or ham for 1 minute on a hot griddle or in a sauté pan. Place the meat on the toasted muffin.
4. Drain the poached egg well and place it on the Canadian bacon.
5. Ladle the hot hollandaise over the top. Serve immediately.

Hollandaise Sauce

PC9 P200

Yield: 24 FL OZ (720 mL)

Butter	1 lb 4 oz	600 g
Peppercorns, crushed	1/8 tsp	0.5 mL
Salt	1/8 tsp	0.5 mL
White or wine vinegar	3 fl oz	90 mL
Water, cold	2 fl oz	60 mL
Egg yolks	6	6
Lemon juice	1-2 tbsp	15-30 mL
Salt	to taste	
Cayenne	to taste	

1. Clarify the butter. You should have about 1 pt (480 mL) clarified butter. Keep the butter warm but not hot.
2. Combine peppercorns, salt, and vinegar in a saucepan and reduce until nearly dry (au sec). Remove from heat and add the cold water.
3. Pass the diluted reduction through a fine strainer into a stainless-steel bowl. Use a clean rubber spatula to make sure you transfer all flavoring material to bowl.
4. Add the egg yolks to bowl and beat well.
5. Hold the bowl over a hot-water bath and continue to beat the yolks until thickened and creamy.
6. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in warm clarified butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice.
7. When all the butter is added, beat in lemon juice to taste, and adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
8. Strain through cheesecloth if necessary and keep warm (not hot) for service. Hold no longer than 2 hours.



Recipe and photo: *Professional Cooking 9th edition*. Courtesy John Wiley and Sons, Inc.

Tempering Chocolate

Courtesy Barry Callebaut
Callebaut.com

Whenever chocolate needs to have a beautiful satin gloss and a hard snap, tempering is absolutely crucial.

1. Melt your chocolate in a chocolate melter (turn the thermostat up to 45 °C).
2. Lower the thermostat (to $\pm 31^{\circ}\text{C}$ for dark chocolate or to $\pm 29^{\circ}\text{C}$ for milk chocolate and white chocolate) and immediately add 5% Callets™ at ambient temperature.
3. Stir the chocolate well to mix in the stable crystals of the Callets™ thoroughly and evenly. Do the Callets™ melt too quickly? That means your chocolate is still too hot. Add more Callets™ to lower its temperature and continue stirring.
4. You'll obtain a slightly thickened chocolate, which is ready and workable.

Or:

Tempering Chocolate

Courtesy Barry Callebaut
Callebaut.com

Whenever chocolate needs to have a beautiful satin gloss and a hard snap, tempering is absolutely crucial.














1. Melt chocolate and heat to 45°C (113°F).
2. Cool chocolate to 27°C (80.6°F) for dark chocolate, or to 29°C (84.2°F) for milk chocolate and white chocolate.
3. Heat chocolate to 31°C (87.8°F).
4. You'll obtain a slightly thickened chocolate, which is ready and workable.

Appendix C

Precision Cuts

Source: Professional Cooking 9th edition

Page: 145

	<p>(a) Tourné: 2 in. long × $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).</p>
	<p>(b) Large dice: $\frac{3}{4}$ in. × $\frac{3}{4}$ in. × $\frac{3}{4}$ in. (2 cm × 2 cm × 2 cm).</p>
	<p>(c) Medium dice: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{2}$ in. (12 mm × 12 mm × 12 mm).</p>
	<p>(d) Small dice: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × $\frac{1}{4}$ in. (6 mm × 6 mm × 6 mm).</p>
	<p>(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × $\frac{1}{8}$ in. (3 mm × 3 mm × 3 mm).</p>
	<p>(f) Fine brunoise: $\frac{1}{16}$ in. × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 1.5 mm).</p>
	<p>(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.</p>
	<p>(h) Paysanne: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).</p>
	<p>(i) Lozenge: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; diamond-shape).</p>
	<p>(j) Fermière: irregular shape, varied diameter or thickness.</p>
	<p>(k) Batonnet: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × 2 $\frac{1}{2}$-3 in. (6 mm × 6 mm × 6-7.5 cm).</p>
	<p>(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × 2 $\frac{1}{2}$ in. (3 mm × 3 mm × 6 cm).</p>
	<p>(m) Fine julienne: 2 in. long × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 5 cm).</p>

Appendix D

2024 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	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	
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. Service wares are free of spills, and fingerprints		M	
Dish fits the China used and shows negative space		M	
Appetiser Visual Presentation Appeal		J	
Main Course - Visual Presentation Appeal		J	
Dessert Creation Visual Presentation Appeal		J	
Modernistic and Contemporary Food Presentation style		J	
Overall Quality and Value of Food Presented		J	
Leeks - Julienne cut to industry standards		M	
Zucchini - 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	
Appetiser 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	
Appetiser - Showcase Required Elements		J	
Main Course - Showcase Required Elements		J	
Dessert Creation Showcase Required Elements		J	
Appetiser Texture & Doneness		J	
Main Course Texture & Doneness		J	
Dessert Creation Texture & Doneness		J	
Appetiser Flavour		J	
Main Course Flavour		J	
Dessert 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	