



Project

Cooking

SECONDARY

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COOKING TRADE

TEST PROJECT

Competition Chair:

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Competition Co-Chair:

Curtis Bayne, CAE, RSE - NTC Manitoba

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.bennis@flemingcollege.ca and

Curtis Bayne at curtis.bayne@mitt.ca

Competition Day **Thursday May 30, 2024 (6.5hrs.)**

Module A

8:00 a.m. - Competitors arrive on site.

8:10 a.m. - Competitors 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.

8:30 a.m. - Competition Starts

9:00 a.m. - Conversion Test, Submit Menu, Menu Elements, Work Plan (Module 1)

11:00 a.m. - Competencies: Precision Cuts, Tomato Sauce, Pizza Dough

11:30 a.m. - Present French Omelette
- Cleaning after Module 1.

12:00 p.m. – Lunch Break

Module B

12:50 p.m. – Competitors return for Module 2 Briefing

1:00 p.m. - Competition Resumes

1:30 p.m. - Submit Menu, Menu Elements, Work Plan (Module 2)

3:30 p.m. – Present Appetiser Course

4:00 p.m. – Present Main Course

4:30 p.m. – Present Dessert

4:30 – 5:00 p.m. – Clean Up and leave site.

Timing of Service:

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

Example: Dessert must be served from 4:30 p.m. to 4:32 p.m. after which, marks will be deducted every minute until 4:42 p.m. At 4:43p.m. submitted work will no longer be accepted for judging.

Module A Conversion Test, Competencies, and Breakfast Cookery	
Description	<ul style="list-style-type: none"> • Conversion Test (See Appendix #2) • Tomato Sauce Competency <ul style="list-style-type: none"> ▪ Prepare and present 1 litre of tomato sauce ▪ Tomato sauce must be used for the pizza in Module B. • Pizza Dough <ul style="list-style-type: none"> ▪ Prepare and present 0.908 kg of pizza dough. ▪ The pizza dough must be used in Module B. • Precision Cuts Competency: Competitors will produce the following: <ul style="list-style-type: none"> ▪ 200 g medium dice (using a vegetable/fruit from the mystery box or common table). ▪ 100 g small dice (using a vegetable/fruit from the mystery box or common table). ▪ 100 g julienne (using a vegetable/fruit from the mystery box or common table). ▪ All competencies must be utilized in Modules A or B ▪ You are encouraged (but not required) to use the full weights, but the ingredients should be showcased in some recognizable form. • French Omelette – Lacto-ovo <ul style="list-style-type: none"> ▪ Prepare two (2) each 2-egg French Omelettes ▪ Minimum of 2 fillings (4 maximum) including cheese, fruit or vegetables.
Service Details	<ul style="list-style-type: none"> • Recipes are provided. • Containers will be provided for the precision cuts and tomato sauce. • Stainless Steel bowl will be provided for the pizza dough. • 12” round white plates will be provided for the French Omelettes • 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 common table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.

Special equipment required	<ul style="list-style-type: none"> To promote sustainability The NTC has requested compostable containers for presentation of vegetable & sauce competencies. No service wares (China) permitted other than that provided by the committee.
<ul style="list-style-type: none"> All of vegetable cuts must 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 conversion test is completed. Module B Mise en place to be stored neatly in your fridge or at your station. 	

Module B Appetizer, Main Course, and Dessert

Description	<p>Prepare four (4) portions of the following three (3) course menu:</p> <p><u>Appetiser: Risotto.</u></p> <ul style="list-style-type: none"> Risotto appetizer must will include a minimum of: <ul style="list-style-type: none"> One (1) item from the common table One (1) item from the mystery box One (1) of the precision cuts Appropriate and modern functional garnish(es) must be created to accompany the risotto. <p><u>Main Course: Pizza with Side Salad</u></p> <ul style="list-style-type: none"> Pizza main course must include a minimum of: <ul style="list-style-type: none"> Pizza Dough (from Module A). Tomato sauce base (from Module A). Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce. One (1) item from the mystery box Two (2) vegetable/fruit preparations One (1) protein preparation (or protein substitute) One (1) type of cheese Side Salad accompaniment must include a minimum of: <ul style="list-style-type: none"> Three (3) types of lettuce and/or greens from common table One (1) precision cut (from Module A)
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	<ul style="list-style-type: none"> ▪ One (1) vinaigrette – competitor’s choice of flavour ▪ One (1) functional garnish that is modern, and complimentary. <p>Dessert: Italian Inspired Dessert</p> <ul style="list-style-type: none"> • Italian Inspired Dessert must include a minimum of: <ul style="list-style-type: none"> ▪ One (1) cookie preparation of the competitor’s choice. ▪ One (1) pastry cream (flavour of the competitor’s choice). ▪ One (1) fruit-based sauce. ▪ One (1) functional garnish of either sugar or chocolate
<p>Service Details</p>	<ul style="list-style-type: none"> • Appetiser: minimum 150 g to maximum 210 g • Main Course: The pizza must have a minimum diameter of 15 cm (6”) and a maximum of 20 cm (8”) or the equivalent surface area for other pizza shapes. The pizza must fit on the 12” plate provided (while not going onto the rim of the plate). Salad to be served on the side in the bowl provided. • Dessert: minimum 125 g to maximum 185 g • Cooking temperature must meet food safety standards
<p>Available ingredients</p>	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.
<p>Special equipment required</p>	<p>4 each of the following plate ware will be provided:</p> <ul style="list-style-type: none"> ○ 10” round white soup bowls for the Appetiser ○ 12” round white plates for Main Course ○ 10” round white soup bowls for Side Salad ○ 12” round white plates for Dessert <ul style="list-style-type: none"> • 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” or “Professional Cooking” 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 omelets, 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 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.
- There are three examples of cookie recipes provided by the NTC (shortbread, sugar, and biscotti). Competitors have a choice as to which type of cookie they wish to make and present on their dessert plate. Competitors can use these cookie recipes as they see fit but remember that you are under no obligation to use the cookie recipes provided.

Tomato Sauce II (Vegetarian II)

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Yield: 2 quarts (2 litres)

Portions: 16., 4-fluid ounce (120-millilitres)

1 fluid ounce	Olive oil	30 millilitres
4 ounces	Onion, medium dice	126 grams
4 ounces	Carrot, medium dice	125 grams
2 quarts	Tomatoes, canned or fresh, coarsely chopped	2 litres
1 quart	Tomato puree, canned	1 litre
Sachet:		
1 clove	Garlic, minced	1 clove
½ each	Bay Leaf	½ each
1/8 tsp	Thyme, dried	½ millilitre
1/8 tsp	Rosemary, dried	½ millilitre
1/8 tsp	Peppercorns, crushed	½ millilitre
To taste	Salt	To taste
To taste	Sugar	To taste

1. Heat the olive oil in a large saucepot.
2. Add the onions and carrots and celery and sauté until lightly softened, but do not brown.
3. Add the tomatoes and their juice, tomato puree, and the sachet. Bring to a boil and reduce the heat and simmer over very low heat, 1 ½ to 2 hours, or until reduced for the desired consistency.
4. Remove the sachet. Strain the sauce or pass it through a food mill.
5. Adjust the seasonings with salt and a little sugar.

Pizza Dough (Italian Bread Variation)

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Yield: 2 lb 14 oz (1.258 kg)

Portions: 10, 5 ounce (150 millilitre)

1 pound 12 ounce	Bread Flour	750 grams	100 %
1 pound 2 ounces	Water	480 grams	64 %
0.33 ounce	Yeast, instant	9 grams	1.2 %
0.5 ounce	Salt	15 grams	2 %
$\frac{3}{4}$ teaspoon	Malt Syrup	4 grams	0.5 %
Optional:			
0.63 ounces	Olive Oil	18 grams	2.5 %

1. Straight Dough Mixing Method: Combine all the ingredients in the mixing bowl and mix at speed 1 until combine. Turn the mixer to speed 2 for 8 to 10 minutes
2. Ferment at 80 F (27 C) for 1.5 hours at 80% humidity (or 2 hours at 75 F (24 C) until at least double in size.
3. Pound the dough down in the bowl and scale the dough to the desired weight:

Size:	8 inch	12 inch	14 inch	16 inch
Dough Weight:	7 – 8 oz	10 – 12 oz	13 – 15 oz	18 – 20 oz

4. Round the dough and let it rest on the bench. Roll out the dough to the desired size and thickness.
5. Add the tomato sauce, cheese, and toppings as desired.
6. Bake at 550 F (290 C) without proofing until the desired doneness (golden brown).

French Omelette

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Yield: 1 each 2-egg omelette

2 each	Eggs	2 each
To taste	Salt	To taste
To taste	Pepper	To taste
1 Tablespoon	Clarified Butter	15 millilitres
As desired	Filling Ingredients	As desired
Optional:		
1 Tablespoon	Water or milk	15 millilitres

1. Collect all the equipment and ingredients.
2. Beat the eggs in a small bowl just until well combined. Do not whip until frothy. Season with salt and pepper. If desired 1 tablespoon (15 ml) of water or milk can be added to make the omelette lighter.
3. Place the omelette pan over high heat.
4. When the pan is hot, add 1 tablespoon (15 ml) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot.
5. Add the eggs to the pan. They should begin to coagulate around the edges and the bottom in a few seconds.
6. With one hand, 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 scrap the pan.
7. Stop shaking and stirring.
8. Then the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelette.
9. Tilt the handle up and shake the pan so the omelette slides to the opposite side of the pan and begins to climb the opposite slope.
10. For a filled omelette, spoon the filling across the center of the eggs, perpendicular to the handle.
11. With the fork, fold the sides of the omelette over the center. The omelette should now be resting in the corner of the pan and have an approximately oval shape.
12. Grasp the handle of the pan with your palm underneath and tilt the omelette out onto the plate so it inverts and keeps an oval shape.

Note: Please review the French Omelette tutorial link from Rouxbe.com:

<https://www.youtube.com/watch?v=h8PcsmRypjk>

Risotto alla Parmigiana

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Yield: 1 ½ quarts (1.5 litres)

Portions: 10, 5 ounce (150 millilitre)

1 ounce	Butter	30 grams
1 fluid ounces	Vegetable oil	30 millilitres
1 ounce	Onion, chopped fine	30 grams
1 pound	Italian Arborio Rice	454 grams
1 ½ Quarts	Chicken Stock, hot	1.4 litres
1 ounce	Butter	30 grams
3 ounces	Parmesan Cheese, grated	90 grams
to taste	Salt	To taste

1. Heat the butter and oil in a large straight sided sauté pan. Add the onions and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with the fat.
3. Using a 6 oz (150 ml) ladle, add one ladle of stock to the rice. Stir the rice over medium heat until the stock is absorbed, and the rice is almost dry.
4. Add another ladle of sock and repeat the procedure. Do not add more than one ladleful of stock at a time. Stop adding the stock when the rice is tender but still firm. It should be moist and creamy, but not runny.
5. The cooking time should take about 30 minutes.
6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.

Basic Vinaigrette

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Yield: 1 quart (1litre)

1 cup	Wine Vinegar	250 milliliters
1 Tablespoon	Salt	15 milliliters
1 teaspoon	White pepper	5 milliliters
3 cups	Salad oil	750 milliliters

1. Mix the vinegar, salt, and white pepper until the salt is dissolved.
2. Using a wire whip, a mixing machine, or a blender, begin adding the oil a few drops at a time. Gradually increase the oil into a thin stream.
3. Mix again before using.

Fruit Coulis

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Yield: 10 - 11 oz (300 g)

Portions: 20, 1 Tbsp (15 millilitre)

7 ounces	Berries or other soft fruit	200 grams
3.5 ounces	Sugar, fine granulated	100 grams
1.33 ounces (8 tsp)	Water	40 grams
0.5 ounces (1 Tbsp)	Lemon Juice	15 grams
Optional:		
0.67 ounces (4 tsp)	Kirsch or other fruit brandy or liqueur	20 grams

1. Puree the fruit in a blender or food processor and pass through a fine sieve or chinois.
2. Warm the fruit puree in a saucepan.
3. Separately, make a syrup of the sugar and water and boil to 220 F (105 C). Mix into the fruit puree.
4. Return to a boil, strain, and mix in the lemon juice and optional alcohol. Cool.

Pastry Cream

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Yield: 1 1/8 quart (1.12 litres)

Portions: 35, 2 Tbsp. (30 millilitre)

2 pounds	Milk	1 litre
4 ounces	Sugar, fine granulated	125 grams
3 ounces	Egg yolks	90 grams
4 ounces	Whole eggs	125 grams
2.5 ounces	Cornstarch	75 grams
4 ounces	Sugar, fine granulated	125 grams
2 ounces	Butter	60 grams
0.5 ounces (1 Tbsp.)	Vanilla Extract	15 millilitres

1. In a heavy sauce pot, dissolve the sugar in the milk and bring just to a boil.
2. With a whip beat the egg yolks and whole eggs in a stainless-steel bowl.
3. Sift the cornstarch and the sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
5. Return the mixture to the heat and bring to a boil, stirring constantly.
6. When the mixture comes to a boil continue to stir constantly and boil for up to 2 minutes, until the cream has no raw, starchy taste.
7. Remove from the heat. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.
8. Pour into a clean, sanitized hotel pan or other shallow pan. Cover with plastic film placed directly in contact with the surface of the cream to prevent a crust from forming. Cool and chill as quickly as possible.
9. For filling pastries such as eclairs and napoleons. Whip the chilled pastry cream until smooth before using.

Shortbread Cookies

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Yield: 10 ounces (315 grams)

3 ounces	Butter	90 grams	75 %
2 ounces	Sugar	60 grams	50 %
1/8 teaspoon	Salt	0.5 millilitres	0.75 %
1 ounce	Egg yolks	30 grams	25 %
4 ounces	Pastry flour	125 grams	100 %

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs and blend at low speed.
4. Sift in the flour. Mix until just combined.
5. Roll dough 1/4 inch thick.
6. Use greased or parchment-lined baking sheets.
7. Bake at 350°F (175 C) about 15 minutes.

Sugar Cookies

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Yield: 1 pound 5 ounces (668 grams)

8 ounces	Butter	250 grams	40 %
10 ounces	Sugar	310 grams	50 %
$\frac{3}{4}$ teaspoon	Salt	5 grams	0.8 %
2 ounces	Eggs	60 grams	10 %
2 ounces	Milk	60 grams	10 %
0.25 ounces	Vanilla Extract	8 grams	1.25 %
1 pound 4 ounces	Cake flour	625 grams	100 %
0.625 ounce	Baking Powder	18 grams	3 %

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs, milk, and vanilla, and blend at low speed.
4. Sift in the flour and the baking powder. Mix until just combined.
5. Roll dough $\frac{1}{4}$ inch thick. Before cutting wash with milk and sprinkle with sugar.
6. Cut out to desired shapes and place on greased or parchment-lined baking sheets.
7. Bake at 375°F (190 C) for about 8 - 10 minutes.

Almond Biscotti

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Yield: 2 pound 1.5 ounces (1024 grams)

5 ounces	Eggs	150 grams	35 %
9 ounces	Sugar	275 grams	65 %
0.25 ounce	Salt	7.5 grams	2 %
0.15 ounce	Vanilla extract	4 millilitres	1 %
1 teaspoon	Grated orange zest	2 grams	0.5 %
14 ounces	Pastry flour	425 grams	100 %
0.35 ounce	Baking powder	10 grams	2.5 %
5 ounces	Blanched almonds, whole	150 grams	35 %

1. Combine the eggs, sugar and salt. Stir over hot water to warm the mixture. Whip until light and fluffy.
2. Fold in the vanilla and the orange zest.
3. Stir together the flour and the baking powder. Fold in the egg mixture.
4. Mix in the almonds
5. Shape into logs about 2- 2 ½ inches (6 cm) thick. Dust your hands and the workbench with flour. The dough will be soft, sticky, and difficult to handle, but the logs do not have to be perfectly shaped. Egg wash.
6. Bake at 325°F (160 C) for about 30 - 40 minutes, until lightly golden.
7. Let cool slightly. Slice diagonally about ½ inch (12 mm) thick. Place slices cut side down on sheet pans. Bake at 275°F (135 C) until toasted and golden brown, about 30 minutes.

Appendix #2 - Recipe Conversion Exercise Instructions & 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 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	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.500 litres

Appendix #3 – Precision Cuts

Source: Professional Cooking 9th edition

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(a) Tourné: 2 in. long × $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).



(b) Large dice: $\frac{3}{4}$ in. × $\frac{3}{4}$ in. × $\frac{3}{4}$ in. (2 cm × 2 cm × 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{2}$ in. (12 mm × 12 mm × 12 mm).



(d) Small dice: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × $\frac{1}{4}$ in. (6 mm × 6 mm × 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × $\frac{1}{8}$ in. (3 mm × 3 mm × 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 1.5 mm).



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



(h) Paysanne: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).



(i) Lozange: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × 2 $\frac{1}{2}$ -3 in. (6 mm × 6 mm × 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × 2 $\frac{1}{2}$ in. (3 mm × 3 mm × 6 cm).



(m) Fine julienne: 2 in. long × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 5 cm).