



**SKILLS CANADA**  
**CANADIAN SKILLS COMPETITION 2012**  
**EDMONTON, ALBERTA**

# **POST-SECONDARY**

**COOKING TRADE**  
TEST PROJECT

**National Technical Committee**

Chair: Stanley Townsend (stant@nait.ca)  
Media Representative: Sean Kettley  
Safety Representative: Steve Bennis  
Logistic Specialist: Travis Stewart  
Canadian Expert and Translator: Eric Harvey  
Workshop Supervisor: Ian Campbell

# General Information

## **Important:**

This test project is based on the scope document for the Skills Canada National Competition.

**It is important for all participants to review the technical description; many general instructions are only in the scope document.**

This test project is information about the contest itself, whereas the technical description will inform on such topics as material to bring, equipment on site etc.

To be well informed about the contest, consult the document **<Skills Canada National Competition / Scope Document / Cooking>**, available from Skills Canada's Website.

If you have questions, please contact the Chair Stanley Townsend at [stant@nait.ca](mailto:stant@nait.ca) (all questions must be addressed to the Chair)

- **Day1 – Module 1** Prepare and present a Quail Starter for 4 people.
- **Day 2 – Module 2** Prepare and present a Fish Main Course for 4 people.
- **Post-Secondary Competitors must complete a requisition of product needed to complete the 2 modules 1 week prior to the competition** (see scope for more details). Requisitioned items will be in the students work station and fridge at the start of the competition.
  - Common food items will be available in limited amounts. They will include some dry goods, herbs, alcohols, spices, and stocks. Common table items and requisitioned items will be outlined in the common table document.
  - The National Technical Committee reserves the right to limit requested quantities of ingredients. Only requisition and request what you are going to use for the 2 modules. You will be marked according for over requisitioning of products
- Day 1 and Day 2 - Competitor's must submit a menu which is carefully hand written or typed, providing appropriate terminology and descriptors of the cooking methods and the ingredients used. Do not include your name or your province/territory name on the menu"
- The schedule for the two days of competition is to be followed exactly, both for the work schedule and for service times.
- During the contest, all communications between candidates and persons outside the site are not permitted.
- If a candidate must leave the site, the Technical Chair must be advised.

## Post-secondary Competition Schedule:

### Day One

**12:00 pm.** Contestant Orientation

- Review of test project
- Instructions for the day
- Question period

Introduction of the judges

Judge's orientation

**12:30 pm.** Set-up work station

**1:00 pm.** Start of Competition

**1:30 pm** Submit your menu (English or French).

### **4:30 pm – Presentation of Quail Appetizer**

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes – after which plates will NOT be accepted for judging.

Therefore, the Quail Appetizer must be served between 4:30 pm. to 4:35 pm. At 4:36 one point will be deducted per minute until 4:40 pm. At 4:41 pm plates will no longer be accepted for judging.

**4:30 pm** Clean-up work station

**5:00 pm** Competitors leave the site

<b>Module 1</b> 4 hours total		<b>Module – Quail Starter</b> 3.5 hours of preparation time	<b>Skill 34</b> <b>Cooking</b>
	<b>Description</b>	Prepare four (4) portions of the Quail starter completed 2 ways: <ul style="list-style-type: none"> <li>• One component must be served hot</li> <li>• One component must be served cold</li> </ul> The dish must include a minimum of: <ul style="list-style-type: none"> <li>• One farce (or forcemeat)</li> <li>• One sauce\dressing</li> <li>• One garnish of choice</li> </ul>	
	<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Portion size of starter course - 80g minimum</li> <li>• Service temperatures for courses served hot must be 50-55°C minimum, for cold max 15*c</li> <li>• 4 portions of each dish must be served on the plates provided as per the infrastructure list.</li> </ul>	
	<b>Main ingredients required</b>	<ul style="list-style-type: none"> <li>• 8 whole quail per competitor for 4 appetizers</li> </ul>	
	<b>Common ingredients</b>	<ul style="list-style-type: none"> <li>• Ingredients are limited to the ingredients available on the requisition/common table document</li> <li>• A requisition needs to be submitted to the Technical Committee Chair and the Shop Master from each contestant one week prior to the competition.</li> <li>• Common table items and requisitioned items will be outlined in the common table document</li> </ul>	
	<b>Equipment required</b>	<ul style="list-style-type: none"> <li>• No service equipment permitted other than that provided as per the infrastructure list (see the Contest Scope)</li> </ul>	

**Expectations:**

- Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.
- Three plates are to be presented to the judge's table (two for tasting & one for design reference). One plate is for display at the public table.
- Reference books and recipes may be consulted all day long.
- All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

## Post-secondary Competition Schedule:

### Day two

- 7:00 am** Arrival of competitors and judges  
Instructions for the day  
Set-up work station
- 7:30 am** Start of competition
- 8:00 am** Submit your menu (English or French).

### **11:30 am.** Presentation of Salmon & Scallop Main Course

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes – after which plates will NOT be accepted for judging.

Therefore the Salmon & Scallop main course must be served from 11:30 am to 11:35 am. At 11:35 am one point will be deducted per minute until 11:40 am. At 11:41 am plates will no longer be accepted for judging

**11:30 am.** Cleaning and packing

**12:00 pm.** Competitors leave the contest area

<b>Module 2 Fish 4.5 hours total</b>		<b>Salmon and Scallop Main Course 4 hours of preparation time</b>	<b>Skill 34 Cooking</b>
	<b>Description</b>	<p>Prepare four (4) portions of a main course using farm raised Salmon, Scallops, and green asparagus</p> <p>Main Course should be served hot and must include:</p> <ul style="list-style-type: none"> <li>• Salmon (farm raised)</li> <li>• Scallops</li> <li>• Green asparagus</li> </ul> <p>The dish must include a minimum of:</p> <ul style="list-style-type: none"> <li>• One (1) farce (or forcemeat)</li> <li>• One (1) sauce included</li> <li>• Two (2) vegetable</li> <li>• One (1) starch</li> </ul>	
	<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Portion size of main course - 180g minimum</li> <li>• Service temperatures for courses served hot must be +50C minimum on sauce and vegetable</li> <li>• 4 portions of each course must be served on plates provided as per the infrastructure list.</li> </ul>	
	<b>Main ingredients required</b>	<p>The following ingredients must be included :</p> <ul style="list-style-type: none"> <li>• Salmon(farm raised)</li> <li>• Scallops</li> <li>• Green asparagus</li> </ul>	
	<b>Basic ingredients</b>	<ul style="list-style-type: none"> <li>• Ingredients are limited to the ingredients available on the requisition/common table document</li> <li>• A requisition needs to be submitted to the Technical Committee Chair and the Shop Master from each contestant one week prior to the competition.</li> <li>• Common table items and requisitioned items will be outlined in the common table document</li> </ul>	

## Expectations:

- Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.
- Three plates are to be presented to the judge's table (two for tasting & one for design reference). One plate is for display at the public table.
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## Marking Criteria

<u>%</u>	<u>Title</u>	<u>Judging Criteria</u>
15 %	<b>Sanitation</b>	Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods
10 %	<b>Organization &amp; Product Utilization</b>	Professional use of tools and equipment Food wastage – full utilization of requisitioned food Energy and water efficient utilization Time Management - posted work plan Proper planning and execution of tasks Menu to be submitted at proper time as outlined in the contest project
25 %	<b>Preparation and Technical Skill</b>	Proper use of the tools and equipment Application of correct cooking techniques and methods
15 %	<b>Presentation</b>	Portion size in accordance with the test project Clean plates Harmonious colours Appetizing and artistic presentation of food Appropriate and complementary garnishes (compatibility)
35 %	<b>Taste and Required Menu Components</b>	Proper textures of foods Correct degree of doneness Balanced taste and seasonings Flavours match the menu specifications and descriptions Food served at proper temperatures as specified in the test project & in accordance with industry standards Respect timetable in regards to serving times All required elements outlined in the test project and the competitors menu appear on the plate.

All categories are marked on a scale from 1 to 10. The marks are then multiplied with the multiplication factor (% breakdown) to determine the competitor's final mark