



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

**SECONDARY**

**COOKING TRADE**  
TEST PROJECT

**National Technical Committee**

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## General Information

**Important:**

This test project is based on the scope document for the Canadian Skills 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 **<Canadian Skills Competition / Scope Document / Cooking>**, available from Skills Canada's Website.

If you have questions, please contact Chair Stanley Townsend [stant@nait.ca](mailto:stant@nait.ca)

### Day1 – Module 1

Prepare and present two (2) portions of eggs Benedict, precision cuts, a stock and a sauce.

### Day 2 – Module 2

Prepare and present a four (4) portion - 3 course menu consisting of a soup, main course, and dessert.

- Common food items including dry goods, fine herbs, spices, and stocks will be provided.
- 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 competition 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.
- All questions regarding the contest must be directed only to the Technical Committee Chair.

## Secondary Competition Schedule:

### Day One

<b>7:00 am</b>	Arrival of competitors and judges Instructions for the day
<b>7:30 am</b>	Set-up work station
<b>8:00 am</b>	Start of competition
<b>8:30 am</b>	Submit your menu(English or French). (Translations can be made by the Canadian expert)

**11:15 am** Presentation of  
Eggs Benedict

**11:30 am** Presentation of  
Precision Cuts, Stock and a Sauce

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 Egg Benedict course must be served from 11:15 am to 11:20 am. At 11:21 am one point will be deducted per minute until 11:25 am. At 11:26 am plates will no longer be accepted for judging.

**11:30 am** Clean-up work station

**12:00 pm** Competitors leave the site

<b>Module Day 1</b> <b>4 hours total time</b>	<b>Competencies and Breakfast Cookery</b> <b>3.5 hours preparation time</b>	<b>Skill 34</b> <b>Cooking</b>
<b>Description</b>	<p>Prepare two (2) plates of the following breakfast entrée:</p> <ul style="list-style-type: none"> <li>• Eggs Benedict ( 2 eggs per plate )</li> <li>• Must include and edible garnish (see recipe for details)</li> </ul> <p>Prepare the following stock, sauce, and precision cuts:</p> <ul style="list-style-type: none"> <li>• <u>Stock and Sauce Preparation</u></li> <li>• Chicken Stock – 2 litres</li> <li>• Brown Sauce (Espagnole) – 1 litre</li>   <li>• <u>Precision Cuts</u></li> <li>• Batonnet – Carrot – 12 each</li> <li>• Paysanne – Celery – 100 grams</li> <li>• Brunoise – Onions - 100 grams</li> <li>• Concasse - Tomato – 2 each</li> <li>• Small Dice – Zucchini – 100 grams</li> </ul>	
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• After evaluation, precision cuts , stock and sauce are reserved for incorporation to Day Two recipes</li> <li>• Service containers will be provided for the chicken stock and the brown sauce</li> <li>• Tray and bowls will be supplied for precision cuts</li> <li>• Stocks, sauces, and precision cuts presented to the judging table</li> <li>• Plates will be supplied for the Eggs Benedict</li> <li>• 1 plate is judged &amp; 1 plate will be for public display</li> </ul>	
<b>Main ingredients required</b>	<ul style="list-style-type: none"> <li>• Follow recipes supplied by the committee adapted from “On Cooking” 4<sup>th</sup> edition</li> <li>• A list of all ingredients available for this module is included in the common food table document</li> </ul>	
<b>Basic ingredients</b>	<ul style="list-style-type: none"> <li>• Use ingredients from the common table</li> </ul>	
<b>Equipment required</b>	<ul style="list-style-type: none"> <li>• No service equipment permitted other than that provided as per the scope document</li> </ul>	

## **Expectations**

- The presentation should be modern and clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.
- Competitors are free to consult recipes during the contest.
- All plates will be presented to the judge's table. After judging one E eggs Benedict plate will be taken to the public display tables.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.

**Secondary Day Two**

- 12:00 pm.** Arrival of competitors and judges  
Instruction for the day
- 12:30 pm.** Set-up work station
- 1:00 pm.** Start of competition
- 1:30 pm.** Submit your menu (English or French).  
(Translations can be made by the Canadian expert)

- 3:30 p.m.** Presentation of Soup
- 4:00 p.m.** Presentation of Main Course
- 4:30p.m.** Presentation of Dessert

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 Soup course must be served from 3:30 pm to 3:35 pm. At 3:36 pm one point will be deducted per minute until 3:40 pm. At 3:41 pm plates will no longer be accepted for judging.

- 4:30 pm.** Cleaning and packing
- 5:00 pm.** Competitors leave the site

**OFFICIAL VERSION FOR PUBLICATION**

<b>Module Day 2</b> 5 hours total time		<b>Three courses menu</b> 3.5 hours kitchen time	<b>Skill 34</b> <b>Cooking</b>
<b>Description</b>	Prepare four (4) portions of the following three (3) course menu <ul style="list-style-type: none"> <li>• <u>Starter</u></li> <li>• Minestrone Soup</li> <li>• <u>Main Course</u></li> <li>• Beef Roulade</li> <li>• Braised red cabbage</li> <li>• Steamed broccoli</li> <li>• Duchesse potatoes</li> <li>• <u>Dessert</u></li> <li>• Chocolate Mousse</li> <li>• Must include 1 fruit, 1 sauce and 1 garnish of choice</li> </ul>		
<b>Service details</b>	<ul style="list-style-type: none"> <li>• Portion size of the soup 250 ml</li> <li>• Portion size of beef roulade cannot exceed 200 grams</li> <li>• Total weight of main course cannot exceed 420 grams</li> <li>• Portion size of dessert must be a minimum of 100 grams</li> <li>• Cooking temperature of meats must meet food safety standards</li> <li>• Present four plates for each course</li> <li>• 2 plates are judged &amp; 2 plates will be for public display</li> </ul>		
<b>Main ingredients</b>	<ul style="list-style-type: none"> <li>• Follow recipes supplied by the committee that come from “On Cooking” 4<sup>th</sup> edition</li> <li>• A list of all ingredients available for this module is included in the common food table document</li> <li>• Beef provided sliced from Beef Inside Round – 60 to 70 grams per portion and a size of 20 cm x 7 cm x 0.5 cm</li> </ul>		
<b>Basic ingredients</b>	<ul style="list-style-type: none"> <li>• Use ingredients from the common table</li> </ul>		
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• No plates or containers (service equipment) permitted other than that provided as per the scope document</li> </ul>		

Expectations :

- For all plates, the presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors are free to consult recipes during the contest.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.



## Marking Criteria

<u>%</u>	<u>Title</u>	<u>Judging Criteria</u>
15 %	<b>Sanitation</b>	<ul style="list-style-type: none"> <li>Proper and professional clothes</li> <li>Personal hygiene and cleanliness</li> <li>Work Station, floor and fridge cleanliness</li> <li>Cutting board hygiene</li> <li>Proper food storage methods</li> </ul>
10 %	<b>Organization &amp; Product Utilization</b>	<ul style="list-style-type: none"> <li>Professional use of tools and equipment</li> <li>Food wastage – full utilization of requisitioned food</li> <li>Energy and water efficient utilization</li> <li>Time Management - posted work plan</li> <li>Proper planning and execution of tasks</li> <li>Menu to be submitted at proper time as outlined in the contest project</li> </ul>
25 %	<b>Preparation and Technical Skill</b>	<ul style="list-style-type: none"> <li>Proper use of the tools and equipment</li> <li>Application of correct cooking techniques and methods</li> </ul>
15 %	<b>Presentation</b>	<ul style="list-style-type: none"> <li>Portion size in accordance with the test project</li> <li>Clean plates</li> <li>Harmonious colours</li> <li>Appetizing and artistic presentation of food</li> <li>Appropriate and complementary garnishes (compatibility)</li> </ul>
35 %	<b>Taste and Required Menu Components</b>	<ul style="list-style-type: none"> <li>Proper textures of foods</li> <li>Correct degree of doneness</li> <li>Balanced taste and seasonings</li> <li>Flavours match the menu specifications and descriptions</li> <li>Food served at proper temperatures as specified in the test project &amp; in accordance with industry standards</li> <li>Respect timetable in regards to serving times</li> <li>All required elements outlined in the test project and the competitors menu appear on the plate.</li> </ul>

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

## COOKING

# SECONDARY, RECIPES - MODULE ONE & TWO

Recipes can be found in

"On Cooking: A Textbook of Culinary Fundamentals, Fourth Edition"

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- The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities
- 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 the 3 course menu.
- 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 menus preparation (e.g. procedure to prepare brown sauce, braising vegetables, pan searing, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes were converted by the Technical Committee Chair. These recipes are to be used to produce the requested menu items for each of the modules. The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- **Note:** The recipe for the Chocolate Mousse is courtesy of the Technical Chair, **not** from the "On Cooking" textbook.

## Minestrone Soup

Recipe yield - 1 Litre

### Ingredients

Dry white beans	40 grams
Olive oil	10 ml
Onions	30 g
Garlic, minced	1 clove
Celery, paysanne	40 grams
Carrot, paysanne	40 grams
Zucchini, small dice	60 grams
Green Beans ½ inch	40 grams
Cabbage diced	60 grams
White stock	600 ml
Tomato, concasse	2 each
Tomato Paste	15 ml
Orzo pasta cooked	20 grams
Fresh oregano	5 ml ( to taste )
Fresh Basil	5 ml
Fresh parsley	15 ml
Salt & pepper	To taste

### Procedures

1. Soak the beans in cold water over night, drain
2. Cover beans with water simmer until tender , about 40 minutes
3. Sauté onions , add garlic celery and carrot cook 3 minutes
4. Add the remaining vegetables one type at a time, briefly cook
5. Add stock, tomatoes and tomato paste simmer 45 minutes
6. Add cooked white beans and orzo
7. Stir in chopped herbs , season to taste
8. Simmer soup 15 minutes , serve in hot bowls , garnish as desired

## Beef Roulade

Recipe yield - 4 portions of 2 pieces per portion

### Ingredients

- Lean ground beef 125 grams
- Egg, beaten 1 each
- Salt and pepper To taste
- Beef inside round 8 X 60 grams app. (Sliced thin)
- Sliced bacon 8 slices
- Dijon mustard 30 ml
- Dill pickle wedges 8 each
- Carrots, batonnet 8 each
- Onions, julienne 100 grams
- Onions, brunoise 45 grams
- Canola oil 30 ml
- Flour as required
- Beef stock 175 ml
- Brown sauce 700 ml ( or enough to cover )
- Sachet (to include):
  - Peppercorns 5 ml
  - Thyme (dry) 5 ml
  - Marjoram 5 ml
  - Oregano (dry) 5 ml
  - Bay leaf 1 each

### Procedures

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area , season with salt & pepper
3. Brush each slice with Dijon mustard
4. Place bacon on each slice **lengthways**
5. Divide ground beef into 8 portions and place on beef slice
6. Place dill pickle, carrot batonnet, and onion portion next to ground beef
7. Roll the meat snugly into a tight closed roll , tie with string if desired
8. Heat appropriate sized braising pan and add oil
9. Dredge roulades in flour and brown
10. Remove roulades sauté onion brunoise
11. Deglaze pan with brown stock , add brown sauce, & sachet, bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (approx. 1 hour )

13. For service the roulades may be served whole or sliced

## **Brown Sauce**

**Recipe Yield – 1 Litre**

### **Ingredients**

- Celery - small dice 40 grams
- Carrots – small dice 40 grams
- Onion – small dice 40 grams
- Butter or margarine 50 grams
- Flour 50 grams
- Tomato paste 15 ml
- Beef stock 1.2 litre
- Thyme, ground pinch

### **Procedures**

1. Sauté the vegetables in butter or margarine until well caramelized
2. Add the flour and cook to make brown roux
3. Add the tomato paste, stir well and continue cooking
4. Add the beef stock, whisk until smooth and bring to boil
5. Reduce to simmer, add thyme and cook 1 – 1 1/2 hours to reduce
6. Strain the sauce through a cheese cloth and adjust the seasoning

## **Duchesse Potatoes**

**Recipe Yield – 4 x 100 gram portions**

### **Ingredients**

- Potatoes, peeled and quartered 500 grams
- Whole butter 25 grams
- Nutmeg to taste
- Salt & pepper to taste
- Egg yolks 2

### **Procedures**

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks, blending well

## OFFICIAL VERSION FOR PUBLICATION

6. Pipe **all** potato mix into desired portions, Utilise four portions for plates, reserve remainder for kitchen judges inspection

### **Braised Red Cabbage**

**Recipe Yield – 420 grams**

**For consistency in cooking, this recipe will produce more than the required amount. Present 4 x 60 gram portions and reserve remainder.**

#### **Ingredients**

Red cabbage	400 grams
Butter	40 grams
Onions sliced	80 grams
Sugar	15 ml + (to adjust taste )
Red currant jelly	15 ml
Chicken stock	120 ml
Apple cored , diced	100 grams
Cloves	pinch
Cinnamon stick	1 each (or 2ml ground )
Red wine vinegar	200 ml

#### **Procedures**

1. Core the cabbage and cut into shreds
2. Melt the butter in a heavy pot, add onions and sugar cook until tender
3. Add the cabbage and stir until coated with fat
4. Add the stock, jelly and spices cover and cook until tender, approx. 30 minutes
5. Add vinegar and simmer another 10 minutes
6. Taste and correct the seasoning

*\*May be thickened slightly with a small amount of cornstarch dissolved in water*

### **Steamed Broccoli**

**Recipe Yield – 4 portions at 60 grams each**

#### **Ingredients**

Broccoli, fresh	240 grams
Salt and pepper	to taste
Butter	to taste

#### **Procedures**

1. Wash, peel, trim and cut the broccoli into uniform shapes and sizes
2. Place the vegetables into a perforated pan and place them over the boiling liquid
3. Cover the pan and cooked to desired doneness

4. Remove from the pan and finish with butter and season with salt & pepper

## **Chocolate Mousse**

**Recipe Yield – 500 grams**

**For consistency in preparation, this recipe will produce more than the required amount; determine your portion size and reserve extra. Present 4 portions with a minimum size of 100 grams.**

### **Ingredients**

Dark Chocolate	190 grams
32 % Cream (Hot)	125 ml
Egg Yolks	2 each
Sugar	15 ml
32 % Cream	190 ml

### **Procedures**

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks .Fold cream into the ganache

## **Eggs Benedict**

**Recipe Yields – 2 portions of 2 each**

### **Ingredients**

English muffin, split	2 each
Canadian back bacon	4 slices
Eggs, poached	4 each
Hollandaise sauce	200 ml

### **Procedures**

1. Toast English muffin
2. Heat bacon slices until warm
3. Poach eggs **soft**, remove eggs from poaching liquid, drain
4. Place bacon slices on muffins
5. Place eggs on bacon slice
6. Cover with Hollandaise sauce
7. If desired, gratinee until golden
8. Serve eggs Benedict with an edible garnish, not more than 7 cm (3.75”) in diameter. Garnish should provide contrast in colour and texture, and must be compatible in flavour.

## Hollandaise Sauce

**Recipe Yields – 300 ml**

### Ingredients

Black peppercorns crushed	6
White wine vinegar	20 ml
Lemon juice	10 ml
Water	30 ml
Egg yolks	2
Clarified butter, warm	250 ml
Lemon juice	TT
Salt & pepper	TT
Cayenne pepper	TT

### Procedures

1. Place peppercorns vinegar lemon juice and water in a small sauce pan, and reduce by  $\frac{1}{2}$
2. Place the egg yolks in a stainless steel bowl .Strain the reduction and add to egg yolks. There should be about 30 ml reduction.
3. Place the bowl over a double boiler containing hot water, whipping continuously
4. When the yolks thicken, remove bowl from double boiler and gradually add the warm butter to the egg yolk mixture. Once an emulsion has started add butter more quickly. Do not over mix. Season to taste.