



SkillsCompétences
Canada
Moncton2016



TEST PROJECT
PROJET D'ÉPREUVE

COOKING CUISINE

SECONDARY
NIVEAU SECONDAIRE

CONTINUOUS LEARNING



FORMATION CONTINUE

DIGITAL



COMPÉTENCES NUMÉRIQUES

DOCUMENT USE



UTILISATION DE DOCUMENTS

NUMERACY



CALCUL

ORAL COMMUNICATION



COMMUNICATION ORALE

READING TEXT



LECTURE

WORKING WITH OTHERS



TRAVAIL D'ÉQUIPE

WRITING



RÉDACTION

THINKING



CAPACITÉ DE RAISONNEMENT

General Information

Important:

This test project is based on the Contest Description document for the Canadian Skills Cooking Competition.

It is important for all participants to review the technical description; many general instructions are found only in the "Contest Description" document.

This test project is information about the contest itself, whereas the contest (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 / Contest Description Document / Cooking”

All relevant Documents are available on the Skills Canada’s Website.

If you have questions, please contact the Competition Chair, Dave Irvin at dave.irvin@nbcc.ca.

Day1

Module 1 – Present competencies, a cake using a muffin method preparation and prepare and present three (3) portions of Mussel Provençale.

Day 2

Module 2 - Prepare and present three (3) portions of a fish chowder, (3) portions main course and (3) portions, cake

General Contest Details

- Common food items including dry goods, fine herbs, spices, and stocks will be provided. Please see the "Common Food Table:" document for item availability
- 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 Competition Chair must be advised prior to leaving the contest site.
- All questions regarding the contest must be directed only to the National Technical Committee Chair.

Day 1 – Module 1	Competencies and Mussels 4.5 hours total time
Description	Competencies and Shellfish. Mise en place for day 2 – Time permitting
Service Details	<p>Competencies: <i>Carrot cake (muffin Method)</i> – doneness & colour, pans to be provided <i>Demi-glace</i> 500ml Presented in 750ml deli container (container provided) <i>Vegetable precision cuts</i> Presented in individual 500ml deli containers with lids (container provided)</p> <ul style="list-style-type: none"> • Potato - macedoine • Carrot – batonnet • Onion – small dice • Leek - fine julienne – (to be used as garnish for day 2) <p>Vegetable quantities must reflect the amounts stated in the recipe.</p> <p>Mussels Provençale – Present 3 bowls @ 225g each of mussels in shell.</p>
Main ingredients required	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document
Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided by the committee • Please review the Contest Description for "new" equipment that will be available at this year's skills competition

Secondary Competition Schedule

Module One – Monday June 6, 2016

- 12:00 pm** Arrival of competitors and judges
Instruction for the day
- 12:30 pm** Set-up work station - Equipment only
- No contact with food permitted at this time
 - No assistance is permitted at this time
- 1:00 pm** Start of competition and menu submission
- 4:30 p.m** Present Competencies and Mussels

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 competencies and mussels must be served from 4:30 p.m. to 4:35 p.m. After which one point will be deducted per minute until 4:40 p.m. At 4:41 p.m. plates will no longer be accepted for judging

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

Module 2 - Day 2 4.5 hours total time	Three course menu 3.5 hours kitchen time
Description	<p>Prepare three (3) portions of the following three (3) course menu</p> <ul style="list-style-type: none"> • <u>Appetizer</u> <ul style="list-style-type: none"> ○ Fish chowder • <u>Main Course</u> <ul style="list-style-type: none"> ○ Roasted Pork tenderloin ○ Black peppercorn sauce ○ Gratin dauphinoise ○ Sautéed spinach ○ Carrot batonnet • <u>Dessert</u> <ul style="list-style-type: none"> ○ Carrot Cake with complementary frosting, dessert sauce of competitor's choice and two (2) garnishes
Service Details	<ul style="list-style-type: none"> • <u>Appetizer</u> <ul style="list-style-type: none"> ○ Chowder 3 portions 250ml • <u>Main Course- 3 portions</u> • Each plate must consist of: <ul style="list-style-type: none"> ○ Roasted pork tenderloin ○ Black peppercorn sauce (utilizing Demi-glace from Day 1) ○ Gratin dauphinoise ○ Sautéed spinach ○ Carrot batonnet ○ <i>Complete plates not to exceed 350g</i> • Cooking temperature of meats must meet industry standards • Three (3) plates will be presented, two (2) to the judges & one (1) plate for public display • <u>Dessert – 3 portions</u> • Dessert portions must not exceed 150g • Three (3) plates will be presented, two (2) to the judges & one (1) plate for public display • Service-ware (plates) will be provided; please refer to the “Contest Description Document”
Main ingredients required	<ul style="list-style-type: none"> • Recipes supplied by the committee • A list of all ingredients available for this module will be included in the common food table document.

Special equipment required	<ul style="list-style-type: none">• No service equipment permitted other than that provided by the committee• Please review the Contest Description for equipment that will be available at the competition
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Secondary Competition Schedule

Module Two – Tuesday June 7, 2016

- 7:00 am** Arrival of competitors and judges
Instructions for the day
- Set-up work station - Equipment only.
- No contact with food permitted
 - No assistance is permitted
- 7:30am** Start of competition and menu submission
- 10:00 am** Presentation of Chowder
- 10:30 am** Presentation of Main Course
- 11:00 am** Presentation of Carrot Cake

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 cake must be served from 11:00 a.m. to 11:05 a.m. After which one point will be deducted per minute until 11:10 a.m. At 11:11 a.m. plates will no longer be accepted for judging.

- 11:00 am** Clean-up work station
- 11:30 am** Competitors leave the site

Marking Criteria

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none"> Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods
10 %	Organization & Product Utilization	<ul style="list-style-type: none"> Food wastage – full utilization of requisitioned food Energy and water - efficient utilization Time Management - posted work plan Proper planning and execution of tasks
25 %	Preparation and Technical Skill	<ul style="list-style-type: none"> Proper and professional use of the tools and equipment Application of correct cooking techniques and methods
15 %	Presentation	<ul style="list-style-type: none"> Portion size in accordance with the test project Clean plates Harmonious colours Appetizing and artistic presentation of food Appropriate and complementary garnishes
35 %	Taste and Required Menu Components	<ul style="list-style-type: none"> 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 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

SECONDARY RECIPES - MODULE ONE & TWO

- Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
- The recipes are intended to be followed to produce the appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this “test project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional 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.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.

* Exported from OnCooking *

Provençal Sauce Yield – 500 ml

Amount	Measure	Ingredient -- Preparation Method
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65	ml	Yellow onion -- julienne
15	ml	Olive oil
15	gr	Garlic -- sliced very thin
25	ml	De-alcoholized white wine
150	gr	Tomato puree
125	gr	Tomato concassé -- medium dice
38	gr	Red bell pepper -- roasted, peeled, and julienned
38	gr	Yellow bell pepper -- roasted, peeled, and julienned
38	gr	Green bell pepper -- roasted, peeled, and julienned
38	gr	Black olives – pitted and sliced
5	ml	Tomato paste
80	ml	Fish stock
5	ml	Fresh basil -- chiffonade
		Salt and pepper -- to taste

Directions:

1. Sauté the onions in the olive oil until transparent. Add the garlic and sauté without browning for 2 minutes.
2. Add the wine and deglaze. Add the tomato purée and the tomato concassé, bring to a simmer and cook for 5 minutes.
3. Add the bell peppers, olives, tomato paste and stock. Bring to a low simmer and cook until the flavours are blended and it reaches the proper consistency, approximately 30 minutes. Add the basil and season with salt and pepper.

* Exported from OnBaking *

Carrot Cake Yield – 1, 8” Round

Amount	Measure	Ingredient -- Preparation Method
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94	gr	Vegetable oil
94	gr	Granulated sugar
1		Egg
113	gr	Carrots -- shredded
76	gr	Crushed pineapple -- with juice
3	gr	Baking soda
1/2	tsp	Cinnamon -- ground
1/4	tsp	Ginger
1/8	tsp	Allspice
1/8	tsp	Nutmeg
2	gr	Salt
1/2	tsp	Baking powder
117	gr	Cake flour
34	gr	Coconut -- shredded
20	gr	Walnut pieces

Directions:

1. Blend the oil and sugar in a large mixer bowl fitted with the paddle attachment.
2. Add the eggs, beating to incorporate.
3. Blend in the carrots and pineapple.
4. Sift the dry ingredients together, and then add them to the batter.
5. Stir in the coconut and walnuts.
6. Transfer the batter into greased and floured pan.
7. Bake at 340°F (170°C) for 40 – 45 minutes until springy to the touch and a cake tester comes out almost clean.
8. Allow the cakes to cool, before unmolding.

Fish Chowder

Amount	Measure	Ingredient -- Preparation Method
1	strip	Bacon, fine dice
1	clove	Garlic, minced
80	gr	Onions, small diced
60	gr	Celery, small diced
10	gr	Butter
10	gr	Flour
Pinch		Dried thyme
600	ml	Fish stock
170	gr	Potatoes, small diced
225	ml	Milk
100	ml	Cream
120	gr	Salmon, medium diced
120	gr	Haddock, medium diced
To taste		Salt and pepper to taste

Directions:

1. Sauté bacon.
2. Add butter, garlic, onions, celery and thyme. Cook until soft.
3. Add flour and stir to make a roux. Cook the roux slowly for 2 to 3 minutes do not brown.
4. Slowly stir the stock into the roux. Bring to a boil, stirring constantly to make sure the liquid is smooth. Simmer for 3 to 5 minutes.
5. Add the potatoes and milk. Simmer until potatoes are tender.
6. Add cream and seafood. Simmer until seafood is cooked. Do not boil.
7. Season with salt and pepper.
8. Garnish with fresh chopped herbs.

Sift the dry ingredients together, and then add them to the batter. Stir in the coconut and walnuts.

Espagnole (Brown Sauce)

Equal parts finely diced:

Amount	Measure	Ingredient -- Preparation Method
40	gr	Celery, finely diced
40	gr	Onion, finely diced
40	gr	Carrot, finely diced
50	gr	Butter or margarine
50	gr	Flour
15	ml	Tomato paste
1	litre	Beef stock
	pinch	Ground thyme

Directions:

1. Sauté vegetables in butter or margarine until well caramelized.
2. Add flour and cook to make brown roux.
3. Add tomato paste, stir well continue cooking.
4. Add beef stock, whisk until smooth, and bring to boil.
5. Reduce to simmer, add thyme cook 1-1.5 hours to reduce.
6. Strain sauce through cheesecloth, adjust seasoning.

Demi Glace

Espagnole 500ml

Beef Stock 500ml

Directions:

1. Combine sauce and stock in a saucepan and simmer until reduced by half.
2. Strain

Peppercorn Sauce - Yield: Approximately 600ml

Amount	Measure	Ingredient -- Preparation Method
15	gr	Salt pork, diced
30	ml	Water
175	gr	Mirepoix, small dice
1		Garlic clove
1		Bay leaf
1	tsp	Thyme leaves, fresh
2		Parsley stems
10		Peppercorns, whole
250	ml	De-alcoholized red wine
65	ml	Red wine vinegar
500	ml	Demi-glacé
3	ml	Peppercorns, coarsely ground
30	gr	Whole butter

Directions:

1. Simmer the salt pork over low heat until the water evaporates and fat begins to render.
2. Sweat the mirepoix in the pan with the rendered fat and cooked pork.
3. Add the garlic clove, bay leaf, thyme, parsley stems and whole peppercorns in the form of a sachet.
4. Add the wine and vinegar and reduce by half over medium heat.
5. Add Espagnole sauce and simmer 10 to 15 minutes.
6. Strain through a fine chinois return to heat
7. Add ground peppercorns and simmer briefly.
8. Finish with whole butter.
9. Adjust seasonings as needed.

Dauphinoise Potatoes - Yields 4,105 g portions

Amount	Measure	Ingredient -- Preparation Method
125	ml	Whipping cream
125	ml	Milk, 2%
3		Garlic cloves, crushed fine
500		Potatoes, russets, peeled and slice ¼ inch thick.
60	gr	Gruyère cheese, grated
To taste		Salt and pepper to taste
To taste		Nutmeg to taste

Directions:

1. Heat oven to 350 °F.
2. Peel and slice the potatoes very finely, about ¼ thick.
3. Lightly butter an 8 inch tin pan on the bottom and sides.
4. Rub the crushed garlic around the sides and bottom.
5. Arrange potatoes in pan in a single layer, slightly overlapping.
6. Season with salt, pepper and nutmeg.
7. Repeat layers until all potatoes are used.
8. Mix the cream, milk into a bowl.
9. Slowly add mixture over potatoes till just covered.
10. Scatter over the cheese.
11. Bake for 70 minutes until the potatoes are soft and browned – increase the heat and bake for an additional 5 minutes if not brown.