

2010 Calgary Regional Skills Canada Competition

Scope Document

SAIT

March 20, 2010

EVENT: Culinary Arts	LEVEL: Secondary
START TIME : Orientation – 8:30 a.m.	LOCATION: SAIT Polytechnic Room L403, Burns Building 1301 – 16 th Avenue NW, Calgary Due to construction, please visit http://sait.ca/pages/Campus_map.shtml for updated campus parking map
THEORY EXAM: No	DURATION: 4 Hours (1 Day)
WORLDSKILLS TRADE #: 34	REGIONALIZED EVENT: Yes

GENERAL DESCRIPTION:

Purpose of the Challenge:

To evaluate each contestant's preparation for employment, and to recognize outstanding students for excellence and professionalism in their field. Industry safety standards must be practiced at all times.

Description:

This competition has a four hour time limit.

Each participant will prepare and present a set menu of two courses for two people. To compliment your food basket, tables with common food items including dry goods, fine herbs, alcohols, spices and stock bases will be provided. Menu is provided.

Instructions:

Each participant will be required to make use of all required food items. The food items do NOT have to be used entirely – but you will be asked to show all food remaining after completion. Food items listed as par stock will be made available to all participants and be held in a common area. Judges reserve the right to limit quantities. Carefully note the presentation items for all courses. All food will be presented on plates provided.

The schedule for the 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 has to leave the site, the Coordinator has to be advised. For all questions regarding the contest, only the Technical Chair will answer the candidates.

All competitors are responsible for the clean up of their work areas, stoves, sinks and refrigerators before they leave the floor at the end of the competition. Points will be deducted for competitors who do not comply.

RELATED CAREER AND TECHNOLOGY STUDIES MODULES:

Module FOD 1020: Baking Basics

Module FOD 2070: Stocks, Soups & Sauces

Module FOD 2080: Vegetable, Fruits, Grains

Module FOD 2090: Creative Cold Foods

Module FOD 2100: Basic Meat Cookery

Module FOD 3080: Advanced Meat Cookery

Descriptions of all modules are located at the following website:

<http://www.education.gov.ab.ca/cts/foods/>

Module FOD 2110: Fish

Module FOD 2150: Food Safety & Sanitation

Module FOD 3050: Advanced Soup & Sauces

Module FOD 3060: Food Presentation

EQUIPMENT & MATERIALS:

Competitors must supply the following for their own use:

Equipment:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, small sauté pan, metal bowls, assorted small sauce pans, meat mallet, hand blender, small china cap, custard cups, cutting board.

(Contestants may bring any other tools if they wish).

Reference book "On Cooking", Labensky 3rd or 4th edition

Clothing:

Proper kitchen uniform without school identification or company logo. White double-breasted chef jacket, checked or dark black pants, apron, hairnet as required. Skills Canada Alberta will provide a chef's hat, which must be worn at all times.

COMMITTEE MEMBERS:

Chef Sean Toner, SAIT Polytechnic

Chef James McWilliams, SAIT Polytechnic

Chef Maxwell Lawrence, SAIT Polytechnic

Chef Blake Chapman, Calgary Academy of Chefs and Cooks

CULINARY COMPETITION TASKS:

Prepare and present the following menu for two people:

Main Course: **Chicken Breast Supreme stuffed with Mushroom Duxelles**
Risotto
Pan Gravy
Maple Glazed Carrots
Green Beans Almandine

Dessert: **Your Choice: Recipe must use Choux Pastry**

The plates must be prepared from items on the common food table. You should not waste any food items from the common tables; waste will be marked accordingly.

4 – white, 12 inch dinner plates will be provided
 Present one plate of each course for judges tasting
 Present one plate of each course for presentation.
 All recipes are referenced in “*On Cooking*” Pearson – Prentice Hall

Agenda/Schedule:

Group A

- 8:30 – 9:00 a.m. Orientation
- 12:00 p.m. Present 1st course
- 12:30 p.m. Present 2nd course
- 12:30 – 1:00 p.m. Cleanup

Group B

- 8:30 – 9:00 a.m. Orientation
- 12:30 p.m. Present 1st course-
- 1:00 p.m. Present 2nd course
- 1:15 – 1:45 p.m. Cleanup

Judging will take place after clean up. Medal and award presentation to be held in Macdonald Hall, Heritage building, beginning at 4:00 p.m.

Par-Stock List:

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Cornstarch	Whole green beans *	Chicken Stock	Vanilla extract
AP flour	Garlic	Brown chicken stock	Lemon juice
Salt	Ginger		Bay leaf
Tabasco	Russet potatoes	Dairy	Sliced almonds
Worcester Sauce	Carrots	Eggs	Common dry spices
White, brown & icing sugar	Celery	Butter ,unsalted	Maple syrup
Arborio Rice	Onions	Butter, salted	Raspberries *
Cocoa Powder	Shallots	Parmesan Cheese	
Canola oil	Strawberries	Milk	Fresh Herbs
White Chocolate **	Kiwi	Cream	Parsley
Dark Chocolate * *	Oranges		Rosemary
Tomato paste	Lemons	Meat Items	Thyme
	Mushrooms	Double Chicken Breast	Sage

*frozen

** Callebaut or similar

Marking Criteria:

Sanitation: 15%

- Hand washing
- Professionally attired including chef's hat and apron - no running or open toed shoes
- Hair restrained
- No watches, rings, jewellery
- Cleaning/sanitation of work area
- Cutting board sanitation
- Cleanliness of work tools
- Correct food handling and storage
- Personal hygiene
- Other _____

Organization: 20%

- Follow work sheet
- Station maintained in neat and orderly manner
- Follow recipe steps
- Demonstrate good communication skills
- Demonstrate safe working practices,
- Correct knife skills /applications
- Follow production timetable
- Maintain correct temperature controls
- Tool boxes orderly & correctly stored
- Effective food utilization - wastage.
- Effective time management
- Apply appropriate cooking methods

- Other _____

Timing: 10%

- All products presented at noted time. Five minute grace period allowed. Presentation after grace period results in 0 marks out of possible five.

Temperature: 5%

- Hot food served hot on heated plates
- Cold food served cold on chilled plates

Presentation: 15%

- Portion size/balance
- Visual appeal, food placement
- Clean plates, neatness
- Originality
- Technical skills (slicing, dicing, turning, etc)
- Other _____

Marking Criteria (continued)

Taste: 25%

- Proper texture of foods, consistency of product /sauces
- Degree of doneness (not overly cooked or under cooked)
- Balanced taste and flavours (enhanced natural flavours not bland, under seasoned, over seasoned, not salty, sour, overly sweet, burnt, metallic, aftertaste, excessively hot or spicy)
- Other _____

Clean-up: 10%

- Tables and entire work area cleaned and sanitized as instructed
- Adjacent common areas, sinks, cupboard refrigerators cleaned
- Adjacent floors swept
- All extra/ unused product identified and stored where indicated
- Garbages not overfilled, bags tied and moved to doorways
- **Please note:** All competitors to remain at their station until areas are inspected
- Other _____

Recipes - Recipes are provided as guidelines and may be reduced or modified as required

Chicken Supreme - reference *On Cooking* page 379 & 380

Boneless chicken breast with the first wing bone attached, may be served skin on or off

Mushroom Duxelles

Mushrooms - 250 grams
 Shallots 15 ml
 Garlic 1 clove , chopped
 Butter 10 ml
 Salt & pepper to taste

1. Chop mushrooms finely
2. Saute shallots and garlic in butter until tender, add mushrooms and sauté until dry
3. Season with salt and pepper , add parsley, cool
4. *Make slit in chicken breast and use duxelles as stuffing
5. Stuffed Chicken breast seared first in hot oil, finish cooking in oven at 375 F

Pan Gravy – reference *On Cooking* page 216

1. Place a small mirepoix of 30 ml small diced carrots , 30 ml small diced celery and 30 ml small diced onion into the saute pan that the chicken was seared in
2. Add 30 ml of butter and cook slowly until vegetables begin to slightly brown .
3. Add 30 ml of flour and continue cooking for 5 minutes
4. Let pan cool, whisk in 250ml brown chicken stock
5. Continue cooking until thickened – if too thick thin out with additional chicken stock
6. Strain & season to taste

Risotto

Butter 30 ml
 Onion chopped fine 1/3 medium onion
 Arborio rice 170 ml
 Chicken stock 500 ml
 Parmesan Cheese 45 ml
 Cream 30 ml

1. In a heavy bottomed pot melt butter and slowly sauté onions
2. Add Arborio rice stirring with a wooden spoon
3. Add 1/3 of the chicken stock, stir until all liquid is completely absorbed , continue to add stock in 1/3 increments until completely absorbed .
4. Add Parmesan cheese and cream
5. Risotto should be tender and creamy, but still a little firm to the bite

Maple Glazed Carrots

Carrots	350 grams
Butter	25 grams
Salt & pepper	to taste
Maple syrup	30 ml
Parsley, chopped	15 ml

1. Peel carrots and cut into desired shapes
2. Parboil carrots in salt water and fresh in cold water – carrots should be firm
3. Saute carrots in butter until tender
4. Season with salt and pepper, add maple syrup
5. Garnish with chopped parsley

Green Beans Amandine

Whole green beans	200 grams
Salt & pepper	to taste
Butter	15 ml
Sliced almonds	15 ml

1. Blanch green beans in boiling salted water until almost tender
2. Refresh under cold water , drain well
3. Melt butter in saute pan lightly toast almond until just turning brown
4. Toss beans with almond until heated through, season to taste with salt & pepper

Choux Paste – reference *On Cooking* page 838, 39

Milk, 2 %	60 ml
Water	40 ml
Butter	40 grams
Bread flour	60 grams
Eggs	2

1. Preheat oven to 425 F
2. Put milk water and butter in saucepan bring to rolling boil
3. Remove from heat add flour
4. Mix rigoursly until comes away from side of pan
5. Transfer to mixing bowl and allow to cool briefly
6. Mix in eggs (using a paddle at # 2 speed) one at a time until mixture is shiny but firm
7. Pipe into desired shapes on parchment paper lined tray
8. Bake immediately for 10 minutes , reduce heat to 375 F
9. Bake until shapes are brown and dry on inside