

2010 North East Regional Skills Canada Competition

Scope Document

Portage College, Lac La Biche

April 17, 2010

EVENT: Culinary Arts	LEVEL: Secondary
START TIME REGISTRATION: 8:30 AM COMPETITION: 10:00 AM	LOCATION: Portage College, Lac La Biche
THEORY EXAM: No	DURATION: 3.5 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.

Description:

The contest lasts 3.5 hours.

Each participant will prepare and present a set menu of 2 courses for 2 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 each day's 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 SUPPLIED BY THE COLLEGE:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, small sauté pan, metal bowls, assorted small sauce pans, small china cap, cutting board.

Equipment and Materials Competitors Must Supply:

Equipment:

Meat mallet, hand blender, custard cups. Any special equipment needed for your choice dish.

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

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

Clothing:

Proper kitchen uniform. White double-breasted chef jacket, chef hat, checked or dark black pants, apron, hairnet as required.

COMMITTEE MEMBERS

Fatima Tarrabain

Vern Yackimec

Carol Hebert

Denise Cadieux-Dolan

Jason Sachko

Ovide Langevin

Rick Sprecker

Tom Lander

Course One

Following provide recipes Prepare and present the following menu for 2 people:

Main Course: **Chicken Breast Supreme stuffed with Mushroom Duxelles**

Risotto

Pan Gravy

Maple Glazed Carrots

Green Beans Almandine

Dessert: **Your Choice using 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

Schedule:

- 9:30 AM Orientation
- 11:30 AM ½ hour break
- 2:00 PM Present 1st course
- 2:30 PM Present 2nd course
- 2 :45 PM Cleanup

Par-Stock List

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

*frozen ** Callebault or similar

Marking Criteria

Sanitation: 15 % includes

- Hand washing
- Professionally attired, hats , aprons, ,no running 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% includes

- Follows work sheet
- Station maintained in neat and orderly manner
- Follows recipe steps
- Demonstrates good communication skills
- Demonstrates safe working practices,
- Correct knife skills /applications
- Follows a production timetable
- Maintains correct temperature controls
- Tool boxes orderly &correctly stored
- Effective food utilization- wastage.
- Effective time management
- Applies appropriate cooking methods
- Other _____

Timing: 10 % includes

All products presented at noted time (5 minute period of grace) any later results in zero

Temperature: 5% includes

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

Presentation: 15 % includes

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

Taste: 25 % includes

- Proper textures 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 / spicy
- Other _____

Clean-up: 10 % includes

- 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
- All competitors to remain 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, maybe 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 immediatly for 10 minutes , reduce heat to 375 F
9. Bake until shapes are brown and dry on inside