



2010 SW Regional Skills Canada Competition

Scope Document

Lethbridge College

Thursday, April 29, 2010

EVENT: Culinary Arts (Team of 2)	LEVEL: Secondary
START TIME Check in: 7:30 – 8:00 a.m. Orientation & Set Up: 8:10 – 9:00 a.m. Contest: 9:00 – 1:10 p.m. Clean up: 1:10 – 2:00 p.m.	LOCATION: Lethbridge College GMS Lab (AN 1635)
THEORY EXAM: No	DURATION: 5 hours
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.

It should be noted that the Provincial Skills Canada competition is an individual event in culinary arts. Skills Alberta organizers have allocated two spots at the Provincial competition for the gold medalists from the SW regional competition. Should the regional team decide to send only one member to Provincials, the second spot would be offered to a regional silver medalist. The provincials are scheduled for May 12 & 13 at the Northlands Agricom in Edmonton, Alberta. Travel expenses and preparation for the provincials are the competitor's responsibility. Please see www.skillsalberta.com for details.

Description:

Each participant will prepare and present a set menu of 3 courses for 4 people. **Menu and recipes are provided.** (see attached)

Students may bring garnish for their dishes to demonstrate creativity but should try to stay true to the recipes.



Instructions

- Upon arrival at Lethbridge College, all competitors must report to the check-in desk located in the Canbra Room. Competitors will be escorted to the competition. Competitors **should not** bring their equipment to the GMS Lab until they have checked in and received permission from a contest organizer to proceed to the contest area.
- 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 competitors and persons outside the site are not permitted. If a competitor has to leave the site, the Coordinator has to be advised.
- Competition commences upon approval of judges which should take place by 9:00 a.m. First course served at 12:30, main course at 12:50 a.m. and dessert course at 1:10 p.m.
- All food washing and preparation is expected to be done at the competition (with the exception of stock, which may be prepared in advance).
- Competitors are responsible for cleanup of their work areas (which includes washing the dishes used by the dining room guests/judges) before they leave the competition area. Points will be deducted for competitors who do not comply.
- Competitors are expected to participate in the spirit of fair competition. Any emotional outbursts directed at fellow colleagues, competitors, judges or organizing committee members will result in immediate disqualification.
- Competitors are responsible for supplying all of their own ingredients. Each participating program/school will be reimbursed \$50.00 per competitor to help cover the cost of the ingredients required for the competition and preparation.

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

Module FOD 2110: Fish
Module FOD 2150: Food Safety & Sanitation
Module FOD 3050: Advanced Soup & Sauces
Module FOD 3060: Food Presentation

Descriptions of all modules are located at the following website:

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



EQUIPMENT AND MATERIALS

Equipment and Materials Supplied by the Committee:

- Cooking facilities for each station include a gas stove, oven, prep area, refrigeration, freezer, sinks, deep fryer, salamander (broiler), overhead warmer, a wide selection of pots, pans, bowls, cutting boards, cooking utensils, and dishes
- An apron, a chef's jacket, side towels and a hat will be provided for use and must be returned at the end of the competition

Equipment and Materials Competitors Must Supply:

- Black pants (no jeans allowed), light coloured undershirt, clean footwear (non-slip runners are acceptable)
- Each competitor should bring their own knives, spatulas and any small equipment or appliance not supplied by the committee **but necessary to prepare menu items**.
- Competitors are free to bring any of their own equipment (ie: vegetable peelers, zesters, pot and pans, double boilers, etc.) as they may feel more comfortable using their own equipment.
- Competitors **may not** bring their own plating dishes. All competitors will use the plating dishes supplied by Lethbridge College.
- Please note that Career Transitions and/or Lethbridge College are not responsible for those items brought by the competitor.

Contestants may bring one reference text book to assist in preparing their menu ("On Cooking", Labensky 3rd or 4th edition recommended).

JUDGING CRITERIA

The criteria will include:

Overall Fundamental Skills	Menu Component (for each item)
Waste & product handling	Colour
Sanitation/cleanliness	Texture/consistency
Safety/organization	Portion size
Professional appearance	Taste
	Temperature
	Timeliness
	Originality/presentation

Students may converse with the judges but are not allowed outside assistance during the competition hours.



Tie Breaking Procedure

A nine question, multiple choice exam will be administered in the event of a tie.

SCHEDULE (Tentative)

7:30	<ul style="list-style-type: none"> Competitors should check in at the Canbra Room and wait to be escorted to the competition area Competitors should NOT bring their supplies to the competition area until a competition organizer directs them to do so. Competitors should be prepared to wait in the competitor lounge with their supplies (including perishables) until directed to the competition area
8:00	Students will be escorted to competition area – volunteers will be on hand and a limited number carts will be provided to transport supplies to competition area
8:10	Orientation for Students Students may begin to set up their workstation once direction has been given by the Skills Expert
9:00	Competition begins – teachers must leave the competition area
12:30	First Course presented
12:50	Main Course presented
1:10	Dessert Course presented Team may begin clean up Judging
2:00	Students receive feedback from judges
3:30	Awards ceremony (gymnasium) – open to the public

*due to the nature of the competition a designated time for a competitor lunch break has not been set. Lunch will be delivered to the kitchen and teams should decide amongst themselves when to have lunch.

COMMITTEE MEMBERS

Charles Parker	Lethbridge College Culinary Program
Doug Overes	Lethbridge College Culinary Program
Yoda Taylor	Matthew Halton High School
Jamie Moore	Cardston High School
Konny Nelle	Willow Creek Composite High School
Roberta Clemis	Crazy Cakes
Barton Branch	Firestone Restaurant
Brianne Martin	Career Transitions
Deanna Gonnely	Career Transitions



Menu

Following provided recipes prepare and present the following menu for **4 people**:

First Course: Risotto Milanese

Main Course: Chicken Breast Supreme stuffed with Mushroom Duxelles
Pan Gravy
Maple Glazed Carrots
Green Beans Almandine
Your Choice of Starch

Dessert: Your Choice using Choux Pastry

4 white 12 inch dinner plates, 4 white 9 inch dessert plates and 4 white dishes with under liner plates will be provided

Present one plate of each course for judges tasting

Present three plates to be served to invited guests

Schedule:

- 12:30 PM Present First Course
- 12:50 PM Present Main Course
- 1:10 PM Present Dessert Course



Approved Recipe Ingredients

Competitors are responsible for bringing the following items

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



Recipes

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

Risotto Milanese

- 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

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

Maple Glazed Carrots

- Carrots 350 grams
 - Butter 350 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 sauté 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