

2010 Provincial Skills Canada Competition

Scope Document

Edmonton Expo Centre, Edmonton

May 12 & 13, 2010

EVENT: Culinary Arts	LEVEL: Post Secondary
START TIME Schedule Posted Separately	LOCATION: Hall B, Edmonton Expo Centre, Edmonton
THEORY EXAM: No	DURATION: 8 Hours (two days)
WORLDSKILLS TRADE #: 34	REGIONALIZED EVENT: Yes

GENERAL DESCRIPTION

Purpose of the Challenge:

To evaluate each contestant's culinary competencies, and to recognize outstanding students for excellence and professionalism in their field.

Description:

The contest lasts 8.0 hours, divided into two days.

DAY ONE:

Each participant will prepare and present:

- A vegetarian starter, incorporating lentils and tofu (hot or cold, 4 portions on 25cm round bowl plates, 80g minimum portion weight each).
- A hot or cold lacto/ovo main course (4 portions on 30 cm round presentation plates, 180g minimum portion weight each).
- Both dishes must contain a minimum of one sauce. Service temperatures for courses served hot must be 70°C minimum, for cold max 10°C.

Tables with common food items including dry goods, fine herbs, alcohols, spices and stock bases will be provided. Each course must be presented with **2 copies** of a clearly written or typed descriptive menu.

DAY TWO:

Each participant will prepare and present:

- A Duck starter (hot or cold, 4 portions on 30 cm round plates (12"), 80g minimum portion weight each), must include two (2) garnishes of choice
- Must include one (1) sauce made from mystery ingredient
- Must include one (1) meat farce (forcemeat)
- A Duck consommé (4 portions of consommé served hot in soup plates, plated individually. Serving size 200ml- Service temperature must be 70°C minimum).

Each course must be presented with **2 copies** of a clearly written or typed descriptive menu.

***Do not include your name or school on the menus.**

Instructions

Food items listed as par stock will be made available to all participants and be held in a common area. All food products are subject to availability and quality. 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 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 has to leave the site, the Technical Committee has to be advised.
- For all questions regarding the contest, only the Technical Committee will answer the candidates.

All competitors are responsible for the cleanup 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.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors must Supply:

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 required.

Contestants may bring one reference text book to assist in preparing their menu. "On Cooking", Labensky (recommended).

Clothing:

White double-breasted chef jacket, checkered or dark black pants, apron, hairnet as required. Skills Canada Alberta will provide a chef's hat, which must be worn at all times. Non-absorbent shoes (solid uppers) with a non-skid sole are required (they need to be oil resistant, no runners or shoes with toes exposed)

COMMITTEE MEMBERS

Helmut Schoderbock (Chair)	Southern Alberta Institute of Technology
Charles Parker	Lethbridge Community College
Ian Campbell	Northern Alberta Institute of Technology
Matthew Stinson	Camrose Composite High School
Jason Morphy	Alberta Apprenticeship & Industry Training
Gerd Steinmeyer	Southern Alberta Institute of Technology
Randy Kozak	Paul Kane High School, Edmonton
Thierry Meret	Southern Alberta Institute of Technology
Jeff Lerouge	Notre Dame High School (Red Deer)
Robert Legere	Northern Alberta Institute of Technology
Maynard Kolskog	Northern Alberta Institute of Technology

Competition Schedule: TBA

There is a 5-minute window to present your product.
Therefore, the starter served at, for example, 3:30 to 3:35 is considered on time.
Marks will be deducted for both early and late plates.

For all plates, 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 the menu must be respected and used to prepare the required dishes.

Preparations (mise en place) for day two may be made on day one.

Work sheets and recipes may be consulted all day long.

All plates will be presented to the judge's table. After judging, the display plate will be taken to the public display tables.

All items are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.

Module 1 Post Secondary	Vegetarian Menu 3.5 hours kitchen time	Skill 34 Cooking
Description	Prepare two (2) varieties of vegetarian food: <ul style="list-style-type: none"> • Starter – must be vegan (4 portions) • Main course – must be lacto/ovo vegetarian (4 portions). • Mystery basket and guidelines to be selected by Chief Judge. Dishes can be served hot or cold • Minimum one sauce (1) included in each course • Must include complementary garnish/decoration on each plate 	
Service Details	<ul style="list-style-type: none"> • Portion size of starter course – 80g minimum • Portion size of main course – 180g minimum • Service temperatures for courses served hot must be 60°C minimum, for cold max 15°C. • 4 portions of each course must be served on plates provided as per the scope document 	
Main ingredients required for starter	<ul style="list-style-type: none"> • Tofu – firm and soft available • Lentils • A list of ingredients available for this module is provided in this document. 	
Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 	
Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as per the scope document. 	

Module 2 Post Secondary	Duck Variation 3.5 hours kitchen time	Skill 34 Cooking
Description	<p>Part 1: Duck starter preparation (hot or cold)</p> <ul style="list-style-type: none"> • Must include two (2) garnishes of choice • Must include one (1) sauce made from mystery ingredient • Must include one (1) meat farce / forcemeat <p>Part 2: Duck Consommé</p> <ul style="list-style-type: none"> • Garnish of your choice 	
Service Details	<ul style="list-style-type: none"> • Duck preparation – four (4) portions appetizer size- minimum total weight 80g per portion - four portions served on four (4) individual plates. • 4 portions of consommé served hot, plated individually. Serving size 200ml - Service temperature must be 70°C minimum. • Bowls and plates provided as per the scope document. 	
Main ingredients required	<p>The following ingredients must be included in both courses:</p> <ul style="list-style-type: none"> • One whole duck 	
Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table • Use mystery ingredient for one sauce 	
Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as infrastructure list 	

Common Food Table – Post Secondary

MEAT	FRESH VEGETABLES	FRESH HERBS & SPICES	Balsamic vinegar White Wine Vinegar
Whole Duck (Post secondary only)	Avocado	Basil	Red wine vinegar
	Spinach	Chervil	Rice wine vinegar
	Bok Choy	Chives	Brown sugar
Chicken Breasts (Bone in with wings attached) Secondary only	Broccoli	Cilantro / Coriander	White Sugar
	Beetroot	Dill	Baking powder
	Carrots	Mint	Cornstarch
Pork Tender Loin	Parsnip	Oregano	Whole Wheat Flour
Pork back fat	Celery	Parsley	Flour, all Purpose
DAIRY PRODUCTS	Fennel bulb	Rosemary	Bread Flour
Milk 3%	Eggplant	Sage	Semolina Flour
Fresh Cream 35% (whipping)	Zucchini (green)	Tarragon	Rice flour
	Cucumber (English)	Thyme	Buckwheat flour fine
Unsalted butter	Red & yellow pepper	Fresh Ginger	Buckwheat whole
Ricotta cheese	Jalapenos (fresh)	Lemon Grass	Bulgur grain
Emmental	Tomatoes	DRY FOODS	Polenta/Corn Meal
Whole Parmesan cheese	Cherry Tomatoes	Agar-agar	Spelt/wheat whole grain
Sour cream	Green Asparagus	Long Grain Rice	Bread Crumbs
Plain yogourt	Green French beans	Arborio rice	DRIED SPICES & HERBS
Large eggs (60 G)	Green onions	Sushi rice	
PANTRY	Potatoes, Russet & new	Wild rice	Black pepper corns
Tofu Firm	Butternut squash	Kalamata olives	Black sesame seeds
Tofu soft (silken)	Red cabbage	Green olives	Cinnamon sticks
Wonton Wrappers	Savoy cabbage	Navy Beans (soaked)	Cloves, whole
Phyllo Pastry	Red onion	Red Lentils	Curry powder
Spring Roll wrappers	Shallots	Green Lentils	Nutmeg whole
WINES & ALCOHOL	Garlic (fresh)	Quinoa	Paprika
	White onion	Vegetable oil	Saffron
Madeira	Leeks	Olive oil	Salt
Cognac	White Mushrooms	Sesame oil	Sea salt
Grand Marnier	Portobello mushrooms	Hazelnut oil	Star anise
White Vermouth	Shitake mushrooms	Dijon mustard	White pepper
Port	Arugula	Honey	Wasabi Powder
Red wine	FRESH FRUITS	Gelatine leaves	Paprika
Dark rum	Lemons	Dried yeast	Nutmeg whole
White wine	Limes	Sliced almonds	Coriander seed
	Orange	Pecan nuts	Cumin
STOCKS	Mango	Walnuts	Turmeric
White Chicken Stock	Strawberries	Pine Nuts	Mustard
	Apples, Granny Smith	Pistachio nuts	Bay Leaves
CHOCOLATE	DRIED FRUITS	Morels	Oregano
White	Apricots	Nori	Thyme
Milk	Cranberries	Soya sauce	Basil
Dark		Coconut milk	
		Tomato paste	

ALL ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE, DEPENDING ON QUALITY AND AVAILABILITY

Marking Criteria

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.

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: 30 % *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: 5 % *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