



Trades and Technology Competition
Friday March 2, 2011
Culinary Arts
Post Secondary Level

Purpose of Challenge:

- Evaluating professional culinary skills of candidates by having them prepare hot and cold dishes in accordance with established trade rules.
- Present the visiting public with a view into our trade and to show new culinary trends

Skills and knowledge to be tested:

The competition will consist of 2 separate items. Each competitor will prepare 4 plates of each item to submit for judging.

- Competitors are free to consult reference books of their choice during the contest. Culinary terms must be respected
- The items will be presented later in this document.
- No coaches/instructors will be allowed in the competition area after the competition begins. Coaches/instructors will be allowed to help with set up.
- Arrival of competitors and judges 7:00 am, Friday March 2nd ,
 - Instructions for the day
 - Set up work stations
- Each competitor must complete a menu, and work plan.
- The menu must be neat and legible, with appropriate wording, spelling and descriptions.
- The menu sheets will describe the items to be produced and the work plan describes the order and timing of these items.
- There will be room for 9 contestants

INGREDIENTS

- . All items are subject to change without notice.
- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only food provided can be used
- The table with common food items is available to all competitors, including a selection of fresh herbs, wine, spirits and stocks.
- It is not permitted to bring any foodstuffs to the contest. Only the food provided can be used.

The common stock table will remain available till 11:30; after this time additional ingredients will be available at the discretion of the Kitchen Judge.

Competition Schedule

NS Skills Competition – Friday, March 2nd 2012- Akerley Campus

Friday April 8, 2011

- | | |
|-------------------|--|
| 7:00 a.m. | Arrival of competitor and judges
Instructions for the day
Set up work stations |
| 7:30 a.m. | Set up work stations |
| 8:00 a.m. | Start of Competition |
| 12:00 p.m. | Presentation Quail- 4 portions |
| 12:30 p.m. | Presentation of Salmon and Scallops – 4 portions |

Equipment, tools, supplies, clothing:

MATERIALS SUPPLIED BY THE ORGANIZING COMMITTEE

- Gas ranges – min 4 burners (each contestant)
- 6 Griddle sections – shared
- 6 Salamanders – shared
- Conventional & Convection ovens- shared
- Individual work stations
- Sink in each work station
- Shared gas grills
- Shared fridge space
- Shared freezer space
- Soap, detergents and disinfectants
- Pot Sink with hot water – shared

Serving plates will be supplied by the college

- 10” Dinner Plates
- 12” Dinner Plates

EQUIPMENT AND MATERIALS SUPPLIED BY THE COMPETITOR

- A personal tool box with knives, ladles, spatulas, piping bags and tips, rolling pins etc. Competitors may bring any tool deemed necessary with them.
- Competitors may bring basic pots and pan set, including sauté pans, stewing pans, trays, bowl, china caps, cutting boards, molds etc.
- Competitors may also bring all needed equipment with them, including items such as plastic wrap, aluminum foil, wax paper, plastic containers to store food as well as a scale, kitchen towels and dishtowels, oven mitts, sanitizing spray bottles and or pails.
- **Please note, all equipment has to fit on the workstation.**
- Tool boxes and equipment that does not fit in or on the work station will have to be stored and **cannot** be used during the contest. All material should be dishwasher proof and clearly marked for easy identification

CLOTHING REQUIREMENTS:

Competitors must wear professional uniforms.

- Chefs jacket
- Proper foot ware-Safety approved black, non skid shoes. (**no running shoes**)
- Apron
- Side towel
- Checked or black professional pants
- Chef's Hat
- Necktie
- (Hair net if required)

A change of clothes in case of spills is recommended

Black or White uniforms are acceptable, but note National may have different clothing requirements

Point Breakdown:

EVALUATION

10	Perfect	5	Acceptable
9	Outstanding	4	Needs Improvement
8	Excellent	3	Insufficient
7	Very Good	2	Insufficient
6	Good	1	Insufficient

KITCHEN EVALUATION: CATEGORIES

- SAFETY/SANITATION
- INTERPRETATION OF RECIPES
- ORGANIZATIONAL SKILLS
- USE OF INGREDIENTS
- CLEAN WORK SPACE
- PROPER WORKING POSITION
- CLEAN UNIFORM
- PROPER WORKING TECHNIQUES
- UTILIZATION OF WORK TIME
- PUNCTUAL COMPLETION

Contestant may be eliminated if they fail the Hygiene/sanitation section of the Kitchen work. They may also be disqualified if they perform dangerously in the Kitchen

Some limited ware washing help is available, but contestants **are** responsible for the cleaning of their station and equipment.

DINING ROOM EVALUATION

EACH COURSE IS MARKED WITH THE SAME CRITERIA

- TECHNIQUES/SKILLS
- PRESENTATION
- TASTE
- COMPOSITION

Technical Committee Member and Judges:

NTC- Sean Kettley
PTC- Robert Mitchell
Peter Dewar

Kitchen Judges

Peter Dewar
Sean Kettley

Tasting Judges

Module 1		Module – Quail Starter	Skill 34 Cooking
	Description	<p>Prepare four (4) portions of the Quail starter completed 2 ways:</p> <ul style="list-style-type: none"> • One component must be served hot • One component must be served cold <p>The dish must include a minimum of:</p> <ul style="list-style-type: none"> • One farce (or forcemeat) • One sauce\dressing • One garnish of choice 	
	Service Details	<ul style="list-style-type: none"> • Portion size of starter course - 80g minimum • Service temperatures for courses served hot must be 50-55°C minimum, for cold max 15°C • 4 portions of each dish must be served on the plates provided as per the infrastructure list. 	
	Main ingredients required	<ul style="list-style-type: none"> • 6 whole quail per competitor for 4 appetizers 	
	Common ingredients	<ul style="list-style-type: none"> • Ingredients are limited to the ingredients available on the requisition/common table document • A requisition needs to be submitted to the Technical Committee Chair and the Shop Master from each contestant one week prior to the competition. • Common table items and requisitioned items will be outlined in the common table document 	
	Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as per the infrastructure list (see the Contest Scope) 	

- Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.
- Three plates are to be presented to the judge's table (two for tasting & one for design reference). One plate is for display at the public table.
- Reference books and recipes may be consulted all day long.
- All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

Module 2 Fish		Salmon and Scallop Main Course	Skill 34 Cooking
	Description	<p>Prepare four (4) portions of a main course using farm raised Salmon, Scallops, green asparagus, red cabbage, couscous.</p> <p>Main Course should be served hot and must include:</p> <ul style="list-style-type: none"> • Salmon (farm raised) • Scallops • Green asparagus • Red cabbage • Couscous <p>The dish must include a minimum of:</p> <ul style="list-style-type: none"> • One (1) farce (or forcemeat) • One (1) sauce included • Two (2) vegetable • One (1) starch 	
	Service Details	<ul style="list-style-type: none"> • Portion size of main course - 180g minimum • Service temperatures for courses served hot must be +50C minimum on sauce and vegetable • 4 portions of each course must be served on plates provided as per the infrastructure list. 	
	Main ingredients required	<p>The following ingredients must be included in the dish</p> <ul style="list-style-type: none"> • Salmon(farm raised) • Scallops • Green asparagus • Red cabbage • Couscous 	
	Basic ingredients	<ul style="list-style-type: none"> • Ingredients are limited to the ingredients available on the requisition/common table document • A requisition needs to be submitted to the Technical Committee Chair and the Shop Master from each contestant one week prior to the competition. • Common table items and requisitioned items will be outlined in the common table document 	
	Special equipment provided	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as per the infrastructure list 	

- Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.
- Three plates are to be presented to the judge's table (two for tasting & one for design reference). One plate is for display at the public table.
- Reference books and recipes may be consulted all day long.

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



**Requisition - Skills Canada - Edmonton
34 - Cooking - Post Secondary**

Due:	
Competitor's Name:	
Competitor's Province:	

Submit to:		
-------------------	--	--

- These items will not be available on the common food table
- They must be requisitioned 1 week prior to the competition.
- They will be in the competitor's station at the start of the competition (Day 1 - Module 1).
- Any competitor that does not complete a requisition cannot be guaranteed the products will be available.
- Please see Tab #2 - Common table items for items that are supplied at the event.

PRODUCE - VEGETABLES

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Asparagus - Green		bunch		
Avocado		each		
Baby spinach		kg		
Beans - Green		kg		
Beetroot - small, fresh		kg		
Bok Choy - small		kg		
Broccoli		bunch		
Butternut squash		kg		
Cabbage - Green		kg		
Cabbage - Red		kg		

Cabbage - Savoy		kg		
Carrots		kg		
Celeriac		bulb		
Celery		kg		
Eggplant		kg		
Fennel bulb		each		
Garlic, fresh		kg		
Ginger, fresh		kg		
Leeks		each		
Lemon grass		each		
Mushrooms - Button		kg		
Mushrooms - Shitake		kg		
Onions - Red		kg		
Onions - Shallot		kg		
Onions - Yellow		kg		
Pepper - Red		kg		
Pepper - Yellow		kg		
Potatoes - Russet - mini		kg		
Snow Peas Flat (Mange tout)		kg		
Tomato - Cherry		pint		
Tomato - Roma		each		
Zucchini		kg		
Couscous				

PRODUCE - FRUIT				
<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Apples - Green (sour)		each		
Kiwi		each		
Lemon		each		
Lime		each		
Mango		each		
Orange		each		
Raspberries		pint		
Strawberries		pint		

HERBS - FRESH

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Basil		bunch		
Chervil		bunch		
Chives		bunch		
Cilantro		bunch		
Dill		bunch		
Mint		bunch		
Oregano		bunch		
Parsley		bunch		
Rosemary		bunch		
Sage		bunch		
Tarragon		bunch		
Thyme		bunch		

DAIRY

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Butter - unsalted		kg		
Cheese - Parmesan		kg		
Cream - 35% - fresh (whipping)		litre		
Eggs - large		each		
Milk - 2%		litre		

PROTEINS AND STOCKS

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Bacon - Double Smoked - Slab		kg		
Chicken breast - Boneless/skinless random		kg		
Ground pork		kg		
Quail - 135 grams each	6	each		
Salmon filet, pin and rib bones in, skin on, scales removed, from a 4 - 6 lb fish.		kg		
Scallops, fresh, (10 - 20 count)		kg		
Stock - Chicken		litre		

Stock - Fish		litre		

DRY GOODS

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Chocolate - Dark		kg		
Chocolate - Milk		kg		
Chocolate - White		kg		
Dried yeast		kg		
Gelatine - Leaves		each		
Gelatine - Powder		kg		
Glucose		kg		
Honey		kg		
Nuts - Almonds, sliced		kg		
Nuts - Pecans		kg		
Nuts - Pistachio		kg		
Oil - Sesame		litre		
Sugar - Isomalt		kg		
Vanilla Bean Pods		each		
Wonton skin		each		
White bread - sliced		slice		

SPICES - DRY

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Saffron		kg		

ALCOHOL

<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Beer - Ale		litre		
Curacao		litre		
Brandy		litre		
Grand Marnier		litre		
Madeira		litre		
Noilly Prat		litre		
Port (LBV)		litre		

Whisky - Alberta Springs				
Wine - Red		litre		
Wine - White		litre		

FROZEN ITEMS				
<i>Item</i>	<i>Amount</i>	<i>Unit</i>	<i>Price</i>	<i>Extension</i>
			<i>For Skills Canada Use Only</i>	
Blueberries, IQF		kg		
Raspberries, IQF		litre		
Filo pastry		each		