



2012 Nova Scotia Skills Competition

Official Competition Name: **Culinary Arts**

Competition Level: **Secondary**

Competition Location: **Nova Scotia Community College, Akerley Campus NS**

Competition Date: Thursday March 1st, 2012

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

Number of Stations:

6

Skills and knowledge to be tested:

- The competition will be comprised of two (2) portions of eggs Benedict, precision cuts, a stock and a sauce
- Above items are mandatory
- - Competitor's must submit a menu which is carefully hand written or typed, providing appropriate terminology and descriptors of the cooking methods and the ingredients used. Do not include your name or your province/territory name on the menu
- Each competitor will prepare 2 plates of each course.
- The first plate is for Judging and the 2nd plate will be for visual display.

- Culinary terms must be respected. The necessary ingredients will be provided.

- No coaches/instructors will be allowed in the competition area the morning of the competition. Competitors must set up by themselves

- The menu, work plan must be neat and legible, with appropriate wording, spelling and descriptions.

- Contestants are responsible for all aspects of cleanliness including, but not limited to pots, pans, work stations (areas) utensils etc

- **Contestants will be disqualified should they not adhere to the above.**

Prerequisites:

Competitors must not be a certified Journey person in the contest area in which they wish to compete at the time of the competition.

Equipment, tools, supplies, clothing:

INGREDIENTS

- The table with common food items (as listed) is available to all competitors
- 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 may be used
- Read the common stock list carefully. If it is not listed, it will **NOT** be available.

MATERIALS SUPPLIED BY THE ORGANIZING COMMITTEE

8 Stations:

- Gas ranges- 8 burner
- Deep Fryer (one for all contestants)
- Salamander
- 1 regular and 1 convection oven
- Basic pots, pans
- Shared fridge space
- Individual work stations
- Shared freezer space
- Soap, detergents and disinfectants
- Wash sink with hot water – shared
- Individual work station with sink(prep),
- GFI outlet

Selection of small wares available (competitors may wish to bring their own):

- Measuring devices and scales

Serving plates will be supplied by the college:

- 10 and 12 inch dinner plates

EQUIPMENT AND MATERIALS SUPPLIED BY THE COMPETITOR

- A personal toolbox with knives, ladles, spatulas, piping bags and tips, rolling pins etc.
Competitors may bring any tool deemed necessary with them.
- Competitors may also bring all needed equipment with them, such as mini-choppers, small mixer, pasta roller etc.
- Competitors may bring any pots, pans or items with them
- Bring items such as Plastic-wrap, aluminum foil, wax paper, as well as a scale, kitchen towels and dish towels

CLOTHING REQUIREMENTS:

- Cook's Jacket
- Proper foot ware
- Apron
- Checked, white or black cooks pants
- Chef's Hat
- (Hair net if required)
- Side t

Identification of school/business/province on jackets shall be tasteful. A change of clothes in case of spills is recommended

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

Point Breakdown:

See attached

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

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Proposed Event Times:

Secondary Competition Schedule:

7:00 am	Arrival of competitors and judges Instructions for the day
7:30 am	Set-up work station
8:00 am	Start of competition
8:30 am	Submit your menu

11:15 am	Presentation of Eggs Benedict
11:30 am	Presentation of Precision Cuts, Stock and a Sauce

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes – after which plates will NOT be accepted for judging.

Therefore the Egg Benedict course must be served from 11:15 am to 11:20 am. At 11:21 am one point will be deducted per minute until 11:25 am. At 11:26 am plates will no longer be accepted for judging.

11:30 am	Clean-up work station
12:00 pm	Judging

Module Day 1 4 hours total time	Competencies and Breakfast Cookery	Skill 34 Cooking
Description	<p>Prepare two (2) portions of the following breakfast entrée</p> <ul style="list-style-type: none"> • Eggs Benedict • Must include and edible garnish (see recipe for details) <p>Prepare the following stock, sauce, and precision cuts as per the amounts outlined below:</p> <ul style="list-style-type: none"> • <u>Stock and Sauce Preparation</u> • Chicken Stock – 2 litres • Brown Sauce (Espagnole) – 1 litre • <u>Precision Cuts</u> • Batonnet – Carrot – 12 each • Paysanne – Celery – 100 grams • Brunoise – Onions - 100 grams • Concasse - Tomato – 2 each • Small Dice – Zucchini – 100 grams 	
Service Details	<ul style="list-style-type: none"> • Service containers will be provided for the chicken stock and the brown sauce • Tray and bowls will be supplied for precision cuts • Plates will be supplied for the eggs Benedict • Stocks, sauces, and precision cuts to be presented to the judging table. • After evaluation, precision cuts, the stock, and the sauce should be reserved • 1 plate is judged & 1 plate will be for public display 	
Main ingredients required	<ul style="list-style-type: none"> • Follow recipes supplied by the committee adapted from “On Cooking” 4th edition • A list of all ingredients available for this module is included in the common food table 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 	

- 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 menu must be respected and used to prepare the required dishes.
- Competitors are free to consult recipes during the contest.
- All plates will be presented to the judge’s table. After judging one eggs Benedict plate will be taken to the public display tables.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.

Judges:

KITCHEN JUDGE: TBA
DINING ROOM JUDGES: TBA

PTC Chair, Robert Langille
Cobequid Educational Centre
34 Lorne Street
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Sean Kettley
Robert Mitchell

Additional Information:

See attached information:

Mandatory Recipes
Food items- See national list
Judging Criteria

Canadian Skills Competition 2012

Edmonton, Alberta

Cooking

SECONDARY, RECIPES

Recipes can be found in
"On Cooking: A Textbook of Culinary Fundamentals, Fourth Edition"
Copyright: "© 2009 by Prentice-Hall, Inc."

- The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities
- Although recipes are included in this "contest project" we recommend that you refer to the "On Cooking" text book. The "On Cooking" text book also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the menu preparation (e.g. procedure to prepare brown sauce, braising vegetables, pan searing, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes were converted by the Technical Committee Chair. These recipes are to be used to produce the requested menu items for each of the modules. The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Brown Sauce

Recipe Yield – 1 Litre

Ingredients

Celery - small dice	40 grams
Carrots – small dice	40 grams
Onion – small dice	40 grams
Butter or margarine	50 grams
Flour	50 grams
Tomato paste	15 ml
Beef stock	1.2 litre
Thyme, ground	pinch

Procedures

1. Sauté the vegetables in butter or margarine until well caramelized
2. Add the flour and cook to make brown roux
3. Add the tomato paste, stir well and continue cooking
4. Add the beef stock, whisk until smooth and bring to boil
5. Reduce to simmer, add thyme and cook 1 – 1 1/2 hours to reduce
6. Strain the sauce through a cheese cloth and adjust the seasoning

Eggs Benedict

Recipe Yields – 2 portions of 2 each

Ingredients

English muffin, split	2 each
Canadian back bacon	4 slices
Eggs, poached	4 each
Hollandaise sauce	200 ml

Procedures

1. Toast English muffin
2. Heat bacon slices until warm
3. Poach eggs **soft**, remove eggs from poaching liquid, drain
4. Place bacon slices on muffins
5. Place eggs on bacon slice
6. Cover with Hollandaise sauce
7. If desired, gratinee until golden
8. Serve eggs Benedict with an edible garnish, not more than 7 cm (3.75”) in diameter. Garnish should provide contrast in colour and texture, and must be compatible in flavour.

Hollandaise Sauce

Recipe Yields – 300 ml

Ingredients

Black peppercorns crushed	6
White wine vinegar	20 ml
Lemon juice	10 ml
Water	30 ml
Egg yolks	2
Clarified butter, warm	250 ml
Lemon juice	TT
Salt & pepper	TT
Cayenne pepper	TT

Procedures

1. Place peppercorns vinegar lemon juice and water in a small sauce pan, and reduce by ½
2. Place the egg yolks in a stainless steel bowl .Strain the reduction and add to egg yolks. There should be about 30 ml reduction.
3. Place the bowl over a double boiler containing hot water, whipping continuously
4. When the yolks thicken, remove bowl from double boiler and gradually add the warm butter to the egg yolk mixture. Once an emulsion has started add butter more quickly. Do not over mix. Season to taste.



Common Table Items - Skills Canada - Edmonton

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DRY GOODS
Apricot jam
Arborio rice
Baking powder
Beans - White
Bread Crumbs
Chocolate - Dark
Chocolate - Milk
Chocolate - White
Cocoa powder
Cornstarch
Dijon mustard
English muffins
Flour - All Purpose
Flour - Bread
Flour - Semolina
Gelatin - Leaves
Gelatine - Powder
Glucose
Green Lentils
Honey
Nuts - Almonds, sliced
Nuts - Pecans
Nuts - Pistachio
Oil - Cooking

PROTEIN & STOCKS
Bacon - Canadian Back
Beef - Ground
Beef - Inside Round - Sliced
Chicken Bones (backs)
Stock - Beef

DAIRY
Butter - unsalted
Cheese - Parmesan
Cream - 35% - fresh (whipping)
Eggs - large
Milk - 2%

PRODUCE - VEGETABLES & FRUIT
Apples - Green (sour)
Beans - Green
Broccoli
Cabbage - Green
Cabbage - Red
Carrots
Celery
Garlic, fresh

Oil - Olive
Orzo
Pickles - Baby Dill
Red Currant Jelly
Rice - Long
Rice - Wild
Soya sauce
Sugar - Brown
Sugar - Icing
Sugar - Isomalt
Sugar - White
Tabasco
Tomato paste
Vanilla - Extract
Vinegar - Balsamic
Vinegar - Red wine
Vinegar - Rice wine
Vinegar - White wine
White bread - sliced
Worcestershire sauce

SPICES - DRY
Allspice
Bay leaves
Cinnamon, ground
Cloves, ground
Curry powder
Maldon Sea salt
Marjoram
Nutmeg, ground
Oregano
Paprika
Pepper - Cayenne
Peppercorns - Black

Grapes - Green
Kiwi
Lemon
Mango
Onions - Yellow
Orange
Potatoes - Russet - mini
Raspberries
Strawberries
Tomato - Roma
Zucchini

HERBS - FRESH
Basil
Chervil
Chives
Cilantro
Dill
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

MISCELLANEOUS
Butcher's twine
Cheesecloth

FROZEN ITEMS
Blueberries, IQF

Peppercorns - White
Salt
Star anise
Thyme

Raspberries, IQF
Filo pastry