

2010 Provincial Skills Competition

Attention Competitors

**At the 2010 Provincial Skills Competition
Safety is # 1**

**Each Event Area Will Have Safety Equipment
and Requirements That Competitors Must
Adhere To**

Important Must Read!!!!

**Competitors Must Meet All Safety Requirements
To Compete At The Provincial Skills Competition**

**Please Consult The Scope Document To
Determine The Safety Requirements For Your
Area**

**It Is Recommended That Competitors Check The
Scope Document To Ensure You Meet All Safety
Requirements**

Scope Documents May Be Updated Until January 8th, 2010

2010 Provincial Skills Competition

Scope Document

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| EVENT: COOKING | LEVEL: SECONDARY |
| START TIME: 12:30 PM April 16th, 2010 (Orientation at 11:45am) | LOCATION: SIAST WOODLAND CAMPUS Kitchen |
| INTERNATIONAL TRADE #: 34 | DURATION: 3 1/2hrs |

PURPOSE OF THE CHALLENGE:

Evaluate Professional Culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules. Present and promote to the public a view of the trade Cook/Chef and to demonstrate new culinary trends

Make sure to check skills Canada web site for more information

SKILLS AND KNOWLEDGE TO BE TESTED:

THEORY EXAM: - NO

- **3 course menu (to be supplied by Skills Saskatchewan)**
- **2 servings, one for tasting- one for presentation. Times to be followed**
Starter – Risotto Milanese 3:00 pm Presentation
Main course- Supreme/Breast of Chicken stuffed with Duxelle
 Pan gravy
 Maple Glazed Carrots
 Green beans Amandine
Parsnip Puree – 3:30 presentation
Dessert- Your choice utilizing “Choux Paste” 4:00 presentation
Cleaning and packing to follow and leave the site.

You must use recipes from “On Cooking “ 4th edition (also found on Skills Canada web site.)

TOOLS AND EQUIPMENT

Supplied by Committee:

- All food for the contest and the common table
- Presentation Plates (white, round)
- Presentation Bowls (white , round)
- Sauce boats
- 1 stove with oven
- Table
- Fridge and freezer space
- Sink with hot & cold water
- Electrical outlet
- Display area for finished plates
- Garbage bins dedicated to workstation

TOOLS

Supplied by Competitor: (minimum)

- *It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil spray or any other consumable product. Only the food supplied can be used.*
- Competitors may bring any tool or equipment deemed necessary.
- All of the tools and equipment must fit on the workstation(nothing may be stored on the floor)
- Knives, ladles, whips, spatulas, piping bags, tips, rolling pin etc.

- **Basic pots, pans, cutting board, sheet pans, molds etc.**
- **Mixers, blender, food processor etc**
- **Kitchen towels, dish cloths, oven mitts**
- **Recipe and reference books.**
- **Cleaning supplies, pails, scouring pads**
- **All equipment to be marked clearly for easy identification.**

PERSONAL PROTECTIVE EQUIPMENT

Competitor Must Provide:

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc)
- Black or checked chef trousers
- Double breasted chef jacket(can have embroidery to identify competitor, school etc)
- White apron
- Side towels
- White neck tie
- Chef hat

JUDGING CRITERIA:

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| • Hygiene | 150 |
| •Time and product utilization | 100 |
| •Preparation | 250 |
| •Presentation | 150 |
| •Taste | 300 |
| •Set items | 50 |

Marks will be deducted for extra material used

ADDITIONAL NOTES: ORIENTATION WILL TAKE PLACE April 16th, 2010, 45 MINUTES BEFORE START TIME (7:15 AM), AT COMPETITION SITE.

COMMITTEE MEMBERS:

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|----------------------|------------------------|
| Fred German | SIAST Palliser |
| Kevin Mardell | SIAST Woodlands |