



## 2012 Saskatchewan Regional Skills Canada Competition

### Scope Document

SIAST Palliser Campus – Moose Jaw, SK

March 16<sup>th</sup>, 2012

<b>EVENT:</b> Culinary Arts	<b>LEVEL:</b> Post Secondary
<b>TIMES:</b> Orientation/Registration: 7:00 Competition Start Time: 7:45 AM	<b>LOCATION:</b> SIAST Palliser Campus – Main Kitchen Cafeteria
<b>DURATION:</b> 3.5 Hours	<b>REGIONALIZED:</b> N/A

#### 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.

#### PROJECT DESCRIPTION

Each participant will prepare and present :

- Two different quail appetizers on room temperature plates – 2 portions of each
- Each appetizer will have one chilled component of quail and one hot component of quail on the same plate. Each presentation must include a minimum of one farce, one sauce and one garnish of choice.

Each participant will prepare and present :

- Two different salmon entrees – 2 portions of each
- Each portion of salmon shall include a farce or mousse, and be accompanied by green asparagus, scallops, two vegetables, and one or more sauces.

Common food items, including dry goods, fine herbs, alcohols, spices, and stock bases will be provided. Please see below for a detailed list.

#### WORKPLAN AND MENU

Workplans must be available for the judges to view during the competition, they should be clearly written or typed.

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

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

Please Note: On or before March 5<sup>th</sup> 2012 competitors must request their specific products (within reasonable expense) for their creations not found on the common stock list. Please submit these by email in the form of product and amount required to [loyd.frank@siast.sk.ca](mailto:loyd.frank@siast.sk.ca)

Skills Canada Saskatchewan reserves the right to limit product quantity and incurred expenses. A confirmation email will be sent to verify those products will be available.



## INSTRUCTIONS

Food items listed as par stock will be made available to all participants and 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 times for both components. All food will be presented on plates provided.

- The schedule is to be followed as exactly both for the work schedule and service times.
- During the contest, all communications between candidates and persons outside the site are not permitted
- Cell phones will not be allowed in the competition area.
- If the candidate has to leave the site, the technical chair must be advised.
- For all questions regarding the contest, only the technical committee will answer the candidates.

All competitors are responsible for the clean up of their work areas, stoves, sinks and refrigerators before they leave the floor at the end of the 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. Large Star Tip & Piping bag. Bamboo steamer, Potato Ricer, sanitizer bottles

(Contestants may bring any other tools if they wish).

Contestants may bring in one reference text book to assist in preparing their menu.

#### Clothing:

Proper kitchen uniform without school identification or company logo. White double-breasted chef jacket, checked or dark black pants appropriately hemmed, apron, **hairnet as required**. Skills Saskatchewan will provide a chef's hat, which must be worn at all times. Non absorbent, non skid shoes- no runners or open toed shoes. No watches, facial or visible jewelry.

A 20<sup>th</sup> year Skills Logo uniform package is available for purchase from Chef Hat's Inc. Contact [lisa@chef-hat.com](mailto:lisa@chef-hat.com)

### Equipment and Materials Supplied by the Committee:

A small work area that includes walk-in fridge, freezer and sink access, commercial stove and oven. A large rotary bake oven will available to all participants. It will be at a temperature of 350 degrees Fahrenheit only.

## SAFETY

The health, safety and welfare of all individuals involved with Skills Canada are of vital importance. Safety is a condition of participation with Skills Canada and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.



**SCHEDULE:**

**Post Secondary Group**

- 7:00 AM Orientation–Classroom # 3.210 (change rooms provided)
- 7:30 AM Set up work station
- 7:45 AM Start competition
- 11: 15 AM Present Quail component
- 11:45 AM Present Salmon component
- 11:45 am – 12:15 PM Cleanup and leave the site

**COMMITTEE MEMBERS**

Lloyd Frank C.C.C  
Ben Stanford C.C.C.  
Rose Katernynch  
Moe Mathieu

**Judges**

Anthony McCarthy - Executive Chef – Saskatoon Club  
Ryan Katchuk C.C.C. - Executive Chef – Casino Regina & Moose Jaw  
Keith McMeekin C.C.C. - Executive Chef - Temple Gardens Mineral Spa Resort  
Wayne Patterson – Culinary Arts Instructor – Siasst Palliser Campus

Common table Ingredients

<b>Dry Goods</b>	<b>Dry Goods con't</b>	<b>Produce con't</b>	<b>Spices – Dry</b>
Apricot jam	Rice – long grain	Lemon	Cloves, ground
Baking powder	Rice – wild	Mango	Curry powder
Beans – white	Rice - Arborio	Onions - yellow	Sea salt
Bread crumbs	Soya sauce	Onions - red	Marjoram
Chocolate -dark	Sugar - brown	Oranges - navel	Nutmeg, ground
Chocolate – milk	Sugar - icing	Potatoes – russet	Oregano
Chocolate - white	Sugar - Isomalt	Potatoes – new red	Paprika
Cocoa powder	Sugar - white	Raspberries	Pepper- cayenne
Cornstarch	Tabasco	Strawberries	Peppercorns - black
Dijon mustard	Tomato paste	Tomatoes - roma	Peppercorns - white
English muffins	Vanilla extract, pure	Zucchini – green	Star anise
Flour – all purpose	Vinegar - balsamic	<b>Herbs – fresh</b>	Thyme leaves
Flour - bread	Vinegar – rice	Basil	<b>Proteins &amp; stocks</b>
Flour - semolina	Vinegar - white	Chervil	Bacon - back
Gelatin sheets	Vinegar – red wine	Chives	Bacon - sliced
Glucose	White bread - sliced	Cilantro	Beef - ground
Green lentils	Worcestershire	Dill	Beef – inside round
Honey	<b>Produce</b>	Mint	Chicken bones
Nuts -almonds, slcd	Apples – green	Oregano	Stock - beef
Nuts - hazelnuts	Beans - green	Parsley – Italian	<b>Dairy</b>
Nuts - pinenuts	Broccoli	Rosemary	Butter- unsalted
Nuts - pistachios	Cabbage - green	Sage	Cheese –parmesan
Oil - canola	Cabbage - red	Tarragon	Cream – 35%
Oil - olive	Carrots - orange	Thyme	Eggs - large
Orzo	Celery	<b>Spices - Dry</b>	Milk - 2%
Pickles- baby dill	Garlic- fresh	Allspice	<b>Frozen</b>
Red currant jelly	Grapes - green	Bay leaves	Filo pastry
	Kiwi	Cinnamon ground	

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<b>Part One - Post Secondary</b>	<b>Quail Appetizers' 3.5 hrs Kitchen time</b>	<b>#34 - Culinary Arts</b>
<b>Description</b>	<p>Part One</p> <p>Prepare (2) different plated quail appetizers 4 portions of each Each competitor will receive 4 whole quails</p> <p>Each Plate must include:</p> <ul style="list-style-type: none"> <li>• Two cooking methods of quail, one hot, one cold.</li> <li>• One farce – (forcemeat)/ dressing</li> <li>• 1 sauce - minimum</li> <li>• Portion size 80 gram minimum</li> </ul>	
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Ready and on plate at 11:15 am</li> <li>• 2 portions of each dish presented on 10 inch white round plates</li> </ul>	
<b>Basic Ingredients</b>	<ul style="list-style-type: none"> <li>• Use ingredients from common table. Additional required ingredients(within reason) must be requisitioned to <a href="mailto:lloyd.frank@siast.sk.ca">lloyd.frank@siast.sk.ca</a></li> </ul>	
<b>Special equipment required</b>	No plates etc. permitted other than that provided as per the scope document.	

### **Please Note**

There is a five minute window to present your product. For example the quail component served between 11:15 am – 11:20 am is considered on time and no points will be deducted. Marks will be deducted for both early and late plates

<b>Part Two - Post-Secondary</b>	<b>Salmon Entree 3.5 hrs. Kitchen time</b>	<b>#34 - Culinary Arts</b>
<b>Description</b>	<p><b>Part Two</b></p> <p>Prepare (2) different salmon, scallop &amp; green asparagus entrees  Each competitor will receive 8 – 180 gram skin off fillet portions of fresh salmon.  Each Plate must include:</p> <ul style="list-style-type: none"> <li>• One (1) farce (forcemeat)</li> <li>• One (1) sauce</li> <li>• Two (2) vegetables</li> <li>• One (1) starch</li> <li>• 4 portions of each entrée presented on 12 in” round white plates</li> <li>• Minimum portion size of 180 gram</li> </ul>	
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Ready and on plate at 11:45 am</li> <li>• 4 portions of each dish presented on 10 inch white round plates</li> </ul>	
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## 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, and 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

In case of tie, score with the highest marks in taste will prevail .