



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2009
SIAST PALLISER MOOSE JAW
POST-SECONDARY

COOKING TRADE
TEST PROJECT

Saskatchewan Technical Committee
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General Information

Important:

This test project is based on the scope document for the Canadian Skills Competition – Cooking Trade

It is important for all participants to review the technical description, many general instructions are only in that other document.

This test project is information about the contest itself, whereas the technical description will inform on such topics as material to bring, equipment on site etc.

To be well informed about the contest, consult the document <National Regulations>, available from Skills Canada's Website.

Prepare and present four portions of a hot duck dish and two portions of a trio of desserts on plates.

Tables with common food items including dry goods, fine herbs, alcohols, spices, and stock will be provided.

The schedule for the day of competition is to be followed exactly, both for the work schedule and for service times.

Menu to be presented at specified time, on 8.5x 11 white paper. No name of the competitor is allowed, identification only by number supplied day of competition. Menus can be written in French or English but not both languages.

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 Chair must be advised.

Refer all questions regarding the contest, only to the Technical Committee.

Production Schedule

13 h 00 Arrival of competitors and judges
Instruction for the day

13h 30 Start of competition
Present Menu

16 h 00 Presentation Hot main duck dish

17 h 30 Presentation of dessert trio

17 h 30 End of competition

18 h 00 Competitors leave the site

		Poultry- duck	Trade 34
	Description	Prepare 1 main course hot duck dish <ul style="list-style-type: none"> • 2 cooking methods minimum • Two varieties vegetable • One variety starch • 1 sauce minimum • To be included breast and leg meat in final dish 	
	Service Details	4 portion plated	
	Main ingredients required	The following ingredients must be included in the dish <ul style="list-style-type: none"> • Whole fresh duck 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table • Use ingredients from common table 	
	Special equipment provided	<ul style="list-style-type: none"> • White 12 inch presentation plates • White crockery sauce boat 	

/Per competitor

<i>Poultry</i>		
Fresh duck	Piece	1

Module 4		Dessert trio	Trade 34
	Description	Prepare a 2 plates of 3 varieties miniature dessert items (cold) <ul style="list-style-type: none"> • 1 must include a pastry item • 1 must include a bavarois/mousse cream • 1 own choice • One plate for service in tasting room • One plate for service on display • Sauce and decoration can added to this plate 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table • Use ingredients from the module table 	
	Special equipment provided	<ul style="list-style-type: none"> • Two 12 inch plates 	

Ingredients list for MODULE:

• **DESSERT TRIO**

/Per competitor

<i>FRUITS</i>		
Blueberry	Kg	0.300
Green apple	Kg	0.500
Raspberry	Kg	0.300
<i>DRIED GOODS</i>		
Maple syrup	L	0.20

Instructions:

For all plates, the presentation should be modern and clean.

The portion sizes should be appropriate for a 3-course menu.

Menu titles and recipes must be respected.

Culinary terminology and traditional culinary techniques must be respected.

The menu must be prepared from the items on the common food table.

You should not waste any food items from the common tables; waste will be marked accordingly.

Composting and recycling principals will be employed.

Two rectangular platters approximately 17 inches by 8 inches are provided.

Two 12 inch plates are provided for the dessert.

Eight 12 inch plates will be provided for the fish and duck.

Sauce boats will be provided.

All the platters and plates will be presented to the judges on time.

Reference books and recipes can be consulted all day long.

All food items will be available for use on the first day if required by the competitor.

All items are subject to changes without notice, depending on availability and quality.

Basic ingredient for common table

BUTCHERY		
DAIRY PRODUCTS		
Whole milk	L	1
Fresh cream	L	0.50
Salted butter	Kg	1
Unsalted butter	Kg	1.500
Large eggs	Piece	24
Grated cheese (Ementhal type)	Kg	0.150
Grated Parmesan cheese	Kg	0.100
Whole Parmesan cheese	Kg	0.100
Sour cream	L	0.25
VEGETABLES & FRESH HERBS		
Carrots	Kg	1.000
Onions	Kg	0.500
White onion	Kg	0.250
Red onion	Kg	0.250
Green onion	Bunch	1
Shallots red or white	Kg	0.300
Garlic (fresh)	Kg	0.050
Celeriac	Kg	0.250
Celery	Bunch	½
Green cabbage (Savoy)	Piece	½
Red cabbage	Piece	½
Bok Choy	Piece	1
Brocoli	Piece	1
Large tomatoes	Kg	1.250
Garnish tomato 50 g	Piece	8
Aubergine	Kg	0.400
Courgette (green)	Kg	0.400
Red pepper	Kg	0.250
Green pepper	Kg	0.250
Yellow pepper	Kg	0.250
Snow peas	Kg	0.200
Cucumber	Piece	1
Green asparagus (500g)	Bunch	1
White potatoes	Kg	1.000
Red potatoes	Kg	1.000
Mushrooms		0.350
Cherry tomatoes	Kg	0.100
Beetroot (small)	Kg	0.250
Chilies (fresh)	Kg	0.050
Fresh ginger	Kg	0.050
Parsley	Bunch	1
Chives	Bunch	1

Thyme	Bunch	½
Bay leaves	Bunch	¼
Dill	Bunch	½
Basil	Bunch	1
Rosemary	Bunch	½
Chervil	Bunch	1
Coriander	Bunch	½
Mint	Bunch	½
<i>FRUITS</i>		
Green apples	Piece	3
Red apples	Piece	3
Bananas	Piece	2
Kiwi	Piece	5
Black grapes	Kg	0.150
Lemon	Piece	6
Orange	Piece	5
Pineapple	Piece	1
Raspberries	Kg	0.125
Strawberries	Kg	0.250
Blue berries	Kg	0.250
Mango	Piece	2
Pear	Piece	4
<i>DRY FOODS</i>		
Castor sugar	Kg	0.500
Icing sugar	Kg	0.250
Brown sugar	Kg	0.200
Isomalt sugar	Kg	0.100
Glucose	Kg	0.150
Strong flour	Kg	0.500
Pastry flour	Kg	0.300
Maiz flour	Kg	0.150
Baking powder	Kg	0.050
Gelatine leaves	Piece	10
Sliced almonds	Kg	0.200
Almonds powder	Kg	0.200
Cocoa powder	Kg	0.100
Vanilla pod	Piece	2
Honey	Kg	0.150
Chocolate 75 %	Kg	0.200
Chocolate 50 %	Kg	0.300
White chocolate 27 %	Kg	0.300
Olive oil	L	1
Vegetable oil	L	1
Cooking oil	L	1
White wine vinegar	L	0.25
Red wine vinegar	L	0.25
Balsamico vinegar	L	0.25

Dijon mustard	Kg	0.075
Xérès vinegar	L	0.25
Tomato paste	Kg	0.250
Tabasco	L	0.02
Soya sauce	L	0.10
Worcester sauce	L	0.05
Wild rice	Kg	0.150
Long rice	Kg	0.200
Arborio rice	Kg	0.150
Kidney bean	Kg	0.100
White bean	Kg	0.100
Very fine semolina	Kg	0.150
White slice bread	Kg	0.250
<i>FROZEN FOODS</i>		
<i>STOCKS & PREPARED FOOD</i>		
Fish stock	L	2
Brown veal stock	L	2
White stock	L	2
<i>WINES & ALCOOL</i>		
Red wine	L	1
White wine	L	1
Rum	L	0.20
Port	L	0.20
Cognac	L	0.10
Noilly Prat	L	0.20
Madeira	L	0.20
Grand Marnier	L	0.10

A selection of Common Dry Herbs and Spices will be available

All items are subject to changes without notice, depending on quality and availability.

Marking criteria

<u>%</u>	<u>Title</u>	
15 %	Sanitation	<ul style="list-style-type: none"> Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none"> Food wastage Energy and water wastage Wasted time Proper planning of tasks
25 %	Preparation	<ul style="list-style-type: none"> Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none"> Portion size and disposition of food Harmonious colours Clean plates Appetizing, modern and artistic
30 %	Taste	<ul style="list-style-type: none"> Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu Respected timetable in regards to serving times
5 %	Set items	<ul style="list-style-type: none"> Presentation In concordance With the demanded dishes

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

Notation:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very good	2	Insufficient
6	Good	1	Insufficient