

**OFFICIAL VERSION FOR PUBLICATION**



**SKILLS CANADA**  
**SASKATCHEWAN SKILLS COMPETITION 2009**  
**REGINA SK**

**SECONDARY**

**COOKING TRADE**  
TEST PROJECT

**Saskatchewan Technical Committee**

**Fred German**

## General Information

**Important:**

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

**It is important that all participants consult 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 required materials to bring, equipment on site etc.

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

Preparation of a set 3- course menu for two persons (soup, main course & dessert). Titles of dishes are provided with recipes. Competitors must follow recipes and directions provided for this day.

Common food items including dry goods, fine herbs, alcohols, spices, and stocks will be provided.

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

Menus can be written in either 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 must leave the competition site, the Technical Chair must be advised.

Please refer all questions regarding the contest, to the Technical Chair.

**There is a 5-minutes window to present your product.**

**One point will be removed for each minute late up to five points.**

**After 10 minutes, the contest will be closed and the plates and platters will not be judged.**

**All platters or plates of each course must be presented together at the same time**

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Prepare and present 2 portions of the following 3 course menu. Competitors must follow recipes in "On Cooking": a textbook of culinary fundamentals / Sarah R. Labensky, 3<sup>rd</sup> and 4<sup>th</sup> edition. Competitors must make appropriate recipe quantity conversions for two portions.

<b>Soup:</b>	<b>Gazpacho</b>
<b>Main Course:</b>	<b>Pork Loin with Prunes</b>
<b>Starch:</b>	<b>Rösti</b>
<b>Vegetable:</b>	<b>Asparagus Spears</b>
<b>Dessert:</b>	<b>Your Choice utilizing Crepes</b>

### Competition schedule:

08 h 00    Arrival of competitors and judges  
                  Introductions for the day

08 h 30    Set up of Station

08 h 30    Start of competition

**12 h 00    Soup Presentation**

**12 h 30    Main Course Presentation**

**01 h 00    Dessert Presentation**

01 h 10    End of competition / Cleaning and packing

01 h 40    Competitors leave the site

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

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

Appropriate recipe quantity conversions must be made for two portions of each course.

Menu titles and recipes must be respected.

Culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in menu must be used to prepare the food.

The menu must be prepared with 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.

Four 12 inch plates and 2 soup plates with 2 under liner plates are provided.

One plate of each menu item is presented to the judge's table. One plate is for the public display table.

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.

One plate of each course must be put on the judge's table to be tasted. The other is for the public display table.

**Basic ingredient for common table**

<b>BUTCHERY</b>		
<b>Pork loin / bone in</b>	Kg.	1
	Kg.	1.5
	Gg.	0.200
<b>DAIRY PRODUCTS</b>		
<b>Whole milk</b>	L	1
<b>Fresh cream</b>	L	0.50
<b>Salted butter</b>	Kg	.500
<b>Unsalted butter</b>	Kg	.500
<b>Large eggs</b>	Piece	18
<b>Sour cream</b>	L	0.25
<b>VEGETABLES &amp; FRESH HERBS</b>		
<b>Carrots</b>	Kg	1.000
<b>Onions</b>	Kg	0.500
<b>White onion</b>	Kg	0.250
<b>Red onion</b>	Kg	0.250
<b>Green Onion</b>	Bunch	1
<b>Shallots red or white</b>	Kg	0.300
<b>Garlic (fresh)</b>	Kg	0.050
<b>Celeriac</b>	Kg	0.250
<b>Celery</b>	Bunch	½
<b>Green cabbage (Savoy)</b>	Piece	½
<b>Red cabbage</b>	Piece	½
<b>Spinach</b>	Kg	0.150
<b>Bok Choy</b>	Piece	1
<b>Brocoli</b>	Piece	1
<b>Large tomatoes</b>	Kg	1.250
<b>Garnish tomato 50 g</b>	Piece	8
<b>Aubergine</b>	Kg	0.400
<b>Courgette (green)</b>	Kg	0.400
<b>Courgette (yellow)</b>	Kg	0.400
<b>Red pepper</b>	Kg	0.500
<b>Green pepper</b>	Kg	0.500
<b>Yellow pepper</b>	Kg	0.250
<b>Snow peas</b>	Kg	0.200
<b>Avocado</b>	Piece	4
<b>Cucumber</b>	Piece	1
<b>Green asparagus (500g)</b>	Bunch	1
<b>White potatoes</b>	Kg	1.000
<b>Mushrooms</b>		0.350
<b>Cherry tomatoes</b>	Kg	0.100
<b>Beetroot (small)</b>	Kg	0.250
<b>Red potatoes</b>	Kg	1.000
<b>Chilies (fresh)</b>	Kg	0.050
<b>Fresh ginger</b>	Kg	0.050
<b>Parsley</b>	Bunch	1
<b>Chives</b>	Bunch	1
<b>Thyme</b>	Bunch	½

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<b>Bay leave</b>	Bunch	¼
<b>Dill</b>	Bunch	½
<b>Basil</b>	Bunch	1
<b>Rosemary</b>	Bunch	½
<b>Chervil</b>	Bunch	1
<b>Coriander</b>	Bunch	½
<b>Mint</b>	Bunch	½
<b>Lemon Grass</b>	Bunch	½
<b>Lime leaves</b>	Kg.	0.010
<b><i>FRUITS</i></b>		
<b>Green apples</b>	Piece	3
<b>Red apples</b>	Piece	3
<b>Bananas</b>	Piece	2
<b>Kiwi</b>	Piece	5
<b>Black grapes</b>	Kg	0.150
<b>Lemon</b>	Piece	6
<b>Orange</b>	Piece	5
<b>Pineapple</b>	Piece	1
<b>Raspberries</b>	Kg	0.125
<b>Strawberries</b>	Kg	0.250
<b>Blue Berries</b>	Kg	0.250
<b>Mango</b>	Piece	2
<b>Pear</b>	Piece	4
<b><i>DRY FOODS</i></b>		
<b>Castor sugar</b>	Kg	0.500
<b>Icing sugar</b>	Kg	0.250
<b>Brown sugar</b>	Kg	0.200
<b>Isomalt sugar</b>	Kg	0.100
<b>Glucose</b>	Kg	0.150
<b>Maple Syrup</b>	Kg	0.200
<b>Strong flour</b>	Kg	0.500
<b>Pastry flour</b>	Kg	0.300
<b>Maiz flour</b>	Kg	0.150
<b>Baking powder</b>	Kg	0.050
<b>Gelatine leaves</b>	Piece	10
<b>Sliced almonds</b>	Kg	0.200
<b>Almonds powder</b>	Kg	0.200
<b>Cocoa powder</b>	Kg	0.100
<b>Vanilla pod</b>	Piece	2
<b>Honey</b>	Kg	0.150
<b>Chocolate 75 %</b>	Kg	0.200
<b>Chocolate 50 %</b>	Kg	0.300
<b>White chocolate 27 %</b>	Kg	0.300
<b>Olive oil</b>	L	1
<b>Vegetable oil</b>	L	1
<b>Cooking oil</b>	L	1
<b>Sesame oil</b>	L	0.100
<b>White wine vinegar</b>	L	0.25
<b>Red wine vinegar</b>	L	0.25

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Balsamico vinegar	L	0.25
Rice wine vinegar	L	0.100
Dijon mustard	Kg	0.075
Xèrès vinegar	L	0.25
Tomato paste	Kg	0.250
Tabasco	L	0.02
Soya sauce	L	0.10
Dried Prunes	Kg	.200
Worcester sauce	L	0.05
Wild rice	Kg	0.150
Long rice	Kg	0.200
Arborio rice	Kg	0.150
Very fine semolina	Kg	0.150
White slice bread	Kg	0.250
Tomato Juice	L	.750
Bay Leaves	each	5
Apple Juice	L	.250
Kosher salt	Kg	.100
Iodized Salt	Kg	.100
<b><i>FROZEN FOODS</i></b>		
Filo pastry	Kg.	0.300
<b><i>STOCKS &amp; PREPARED FOOD</i></b>		
Fish stock	L	2
Brown veal stock	L	2
White stock	L	2

A selection of Common Dry Herbs and Spices will be available

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

## Marking criteria

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