



SKILLS SASKATCHEWAN
SASKATCHEWAN SKILLS COMPETITION 2004
PRINCE ALBERT SASKATCHEWAN

POST-SECONDARY

COOKING TRADE
TEST PROJECT

Committee Chair: Fred German

General Information

Important:

This test project is based on the scope document for the 10th Canadian Skills Competition.. **It is important for everyone concerned with this test project also to consult the technical description, because many general instructions are only in that other document.** This test project is more like information about the contest itself, whereas the technical description will inform on such topics as material to bring, equipment on site etc. If you need a copy, please contact me.

To be well informed about the contest, It would be also a good idea to consult the document <National Regulations>, available from Skills Canada's Website.

- you have to cook a set menu of 4 courses for 2 people.
- To complement your food basket, tables with common food items like dry goods, fine herbs, alcohol's, spices, and stock bases will be provided.
- The schedule for the competition is to be followed exactly, both for the work schedule and for service times.
- 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 has to be advised.
- For all questions regarding the contest, only the Technical Chair will answer candidates.

Competition schedule :

Day

7 h 00 Arrival of competitors and judges
instructions for the day

7 h 30 Start of competition

11 h 00 Presentation of Soup

11 h 30 Presentation of cold fish starter

12 h 00 Presentation of main course

12 h 30 Presentation of dessert

12 h 30 Cleaning and packing

1 h 00 Competitors leave the site

Judges marking

For all plates, the presentation should be modern and clean.
The portions should be for a main course menu.

The platter and plate must be prepared from the food basket and items on the common food table. All ingredients from the food basket must be used. You should not waste any food items from the common tables; waste will be marked accordingly.

plate for display will be provided.

The single plate must be put on the judge's table. The other is for the display table.

Reference books and recipes can be consulted all day long.

You have to prepare the following menu for 2 people :

Vegetarian Starter: Using Portabello Mushrooms

1 Sauce

1 Garnish

Fish Course: Poached Pickeral (Waleye) with Burre Blanc

**Main Course : Braised Beef Short Ribs
Battonet of Vegetables
Spatzle**

**Dessert : Profiteroles
Crème Anglaise
One artistic chocolate decoration**

Instructions:

For all plates, the presentation should be modern and clean.
The portions should be for a 4-course menu. Decoration is free, but the menu titles should be respected.

The menu has to be prepared from the food basket and items on the common food table. You should not waste any food items from the common tables; waste will be marked accordingly.

To dress the plates, 6 plates and 2 soup plates with are provided.

One plate of each service has to be put on the judge's table. The other is for the display table.

Reference books and recipes can be consulted all day long.

Beef short ribs

Portabello Mushrooms
Pickeral

All quantities of items in food basket and on common table will be made public only during the competition.

All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

Common Food Table

Flour, assortment (minimum 3 kinds)
Cornstarch
Baking Powder
Sugars, assortment (minimum 3 kinds)
Maple syrup
Honey
Vanilla extract
Cocoa powder
Chocolate, couverture (minimum 3 kinds)
Gelatine powdered and sheets
Assortment of oils (minimum 2 kinds)
Assortment of vinegars (minimum 3 kinds)
Salt
Spices and condiments
Fresh fine herbs, minimum 6 kinds
Stocks
Wines, including fortified wines
Assortment of alcohols
Onions, shallots and garlic, Ginger
Lemon, Lime, Oranges
Assortment of Lettuce
Potatoes
Carrots
Rutabagas
Parsnips
Celery
Leeks
Tomatoes
Peppers, red, yellow, green
Eggs
Pine nuts, Almonds-sliced
Red Lentils
Barley
Dijon Mustard
Parmaesan
Gyere
Apples – Granny Smith
Bread Crumbs

Marking criteria

<u>%</u>	<u>Title</u>	<u>Explication</u>
10 %	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 %	Economy & Timing	<ul style="list-style-type: none"> Food wastage Energy and water wastage Wasted time Respected timetable in regards to serving times Proper planning of tasks
20 %	Preparation	<ul style="list-style-type: none"> Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment
20 %	Presentation	<ul style="list-style-type: none"> Portion size and disposition of food Harmonious colours Clean plates Appetizing, modern and artistic
25 %	Taste	<ul style="list-style-type: none"> Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu
5 %	Set items	Presentation In concordance with the demanded dishes
10%	Written Test	

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

Notation:

10	Perfect	5	Medium
9	Very good	4	Weak
8	Good	3	Insufficient
7	Rather good	2	Insufficient
6	Sufficient	1	Insufficient