



**SKILLS CANADA**  
**SASKATCHEWAN SKILLS COMPETITION 2004**  
**PRINCE ALBERT SK**

**SECONDARY**

**COOKING TRADE**  
TEST PROJECT

**Technical Committee**

Committee Chair: Fred German

## General Information

### Important:

This test project is based on the scope document of 10<sup>th</sup> Canadian Skills Competition – Cooking Trade. **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 3 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 one day of 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

1 h 00      Arrival of competitors and judges  
Presentation of test project  
Instructions for the day  
Question period  
Presentation of judges

1 h 30      Start of competition

**4 h 30      *Presentation of starter***

**5 h 00      *Presentation of main course***

**5 h 30      *Presentation of dessert***

5h 30Cleaning

6:00 -      Competitors leave the site

6 h 00      Start of marking by judges

6 h 30      End of marking by judges

**Day 1**

You have to cook the following menu for 2 people:

**Hot Starter : Minestrone**

**Main Course : Chicken Cordon Bleu**  
Duchesses Potatoes  
**Battonettes of Carrot**  
**Asparagus**

**Dessert : Chocolat Mousse with a Sablé**

Instructions:

For all plates, the presentation should be modern and clean.  
The portions should be for a 3-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, 4 plates and 2 soup plates with outside diameter of 11 inches 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.

**Milk**  
**Cream 35%**  
**Butter**  
**Strawberries**  
**Kiwi**

**Double Breast of Chicken with wing bone**  
**Potatoes**  
**Ham Black Forest**  
**cheese**

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

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.

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 vinegar's (minimum 3 kinds)  
Salt  
Spices and condiments  
Fresh fine herbs, minimum 6 kinds  
Stocks  
Wines, including fortified wines  
Assortment of alcohol's  
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  
Guyere  
Apples – Granny Smith

## Marking criteria

<u>%</u>	<u>Title</u>	<u>Explication</u>
10 %	<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>Economy &amp; Timing</b>	<ul style="list-style-type: none"> <li>Food wastage</li> <li>Energy and water wastage</li> <li>Wasted time</li> <li>Respected timetable in regards to serving times</li> <li>Proper planning of tasks</li> </ul>
20 %	<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>
20 %	<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>
25 %	<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> </ul>
5%	<b>Set items</b>	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