

Attention Competitors

**At the 2005 Provincial Skills Competition
Safety is # 1**

**Each Event Area Will Have Safety Equipment
and Requirements That Competitors Must
Adhere To**

Important Must Read!!!!

**Competitors Must Meet All Safety Requirements
To Compete At The Provincial Skills Competition**

**Please Consult The Scope Document To
Determine The Safety Requirements For Your
Area**

**It Is Recommended That Competitors Check The
Scope Document To Ensure You Meet All Safety
Requirements**

**Scope Documents May Be Updated Until January
15th**



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2005
SIAST Palliser campus Moose Jaw Saskatchewan

SECONDARY

COOKING TRADE
TEST PROJECT

Committee Chair: Fred German

General Information

Important:

This test project is based on the scope document of 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, alcohols, spices, and stock bases will be provided.
- The schedule for the 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 :

- 12 h 30 Arrival of competitors and judges
Presentation of test project
Instructions for the day
Question period
Presentation of judges
- 13 h 00 Start of competition

16 h 30 *Presentation of starter*

17 h 00 *Presentation of main course*

17 h 30 *Presentation of dessert*

18 h 00 Cleaning

18 h 30 - Competitors leave the site

18 h 00 Start of marking by judges

17 h 00 End of marking by judges

You have to cook the following menu for 2 people:

Hot Starter: Cream of Spinach Soup (Veloute Base)

**Main Course: Chicken Ballonttine with rice stuffing
Sauce Chasseur
Duchesse Potatoes
Batonnet Vegetables (Minimum of 2)
Asparagus**

**Dessert : Apple Strudle (Phyllo Dough)
Creme Anglaise**

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, 6 plates and 2 soup plates with outside diameter of 10 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.

Basket Day 1

Milk

Cream 35%

Butter – unsalted and salted

Chicken Legs (2)

Potatoes

Spinach

Apples

Asparagus

Rice

Phyllo

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.

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

The 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.

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

plates for display will be provided.

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

Reference books and recipes can be consulted all day long.

Common Food Table

Flour, assortment (minimum 2 kinds)
Cornstarch
Baking Powder
Sugars, assortment (minimum 3 kinds)
Honey
Vanilla extract
Vanilla Beans
Cocoa powder
Chocolate, couverture (minimum 3 kinds)
Assortment of oils (minimum 2 kinds)
Assortment of vinegar's (minimum 3 kinds)
Salt
Spices and condiments
Fresh fine herbs, minimum 6 kinds
Stocks
Sauce Espagnole
Wines, including fortified wines
Assortment of alcohol's
Onions, shallots and garlic, Ginger
Lemon, Lime, Oranges
Potatoes
Carrots
Rutabagas
Parsnips
Celery
Leeks
Tomatoes, Plum
Zucchini
Peppers, red, yellow, green
Eggs
Red Lentils
Dijon Mustard
Parmesan
Bread Crumbs
Raisins

Marking criteria

<u>%</u>	<u>Title</u>	<u>Explication</u>
15 %	Hygiene	<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
15 %	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

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