



**SKILLS SASKATCHEWAN**  
**SASKATCHEWAN SKILLS COMPETITION 2006**  
Saskatoon Saskatchewan

**POST-SECONDARY**

**COOKING TRADE**  
TEST PROJECT

**National Technical Committee**

Committee Chair: Fred German

## General Information

**Important:**

This test project is based on the scope document for the 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, alcohols, spices, and stock bases will be provided.
- you will have to provide a menu.
- 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 :

- 7 h 00      Arrival of competitors and judges  
Instruction for the day
- 7 h 30      Start of competition
- 8h 00        Handing in menu in French or English. Only  
one language is to be used. Menu of platter  
has to be on the form provided by the  
National Chair.

- 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
- 13 h 00      Competitors leave the site
- 11h 00        Start of marking by judges
- 12 h 30      End of marking by judges

You have to prepare the following menu for 2 people

**Vegetarian Starter: - Ovo Lacto**

**Fish Course: Mussels, Shrimp, Scallops**

**Main Course: Rack of Lamb**

**One Sauce**

**Gnocchi any style**

**Your Choice of 3 vegetables one must be turned, one must be green.**

**Dessert: Savarin**

**Fresh fruit**

**One artistic chocolate or sugar 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.

Fish Course and Vegetarian Starter can be prepared either hot or cold.

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, 8 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

Scallops – (size) 20 –30

Shrimp –(size) 21 –25

Quinoa

Lamb Rack

Mango

Strawberries

Kiwi

Frozen Blueberries

Goat Cheese (fresh)

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.**

Name : \_\_\_\_\_

Number : \_\_\_\_\_

Day \_\_\_\_\_

My Menu:

## 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  
Wines, including fortified wines  
Assortment of alcohol's  
Onions, shallots and garlic, Ginger  
Lemon, Lime, Oranges  
Potatoes 2 kinds  
Carrots  
Rutabagas  
Parsnips  
Celery  
Leeks  
Tomatoes, Plum  
Peppers, red, yellow, green  
Zucchini  
Beets  
Green Beans  
Eggs  
Red Lentils  
Dijon Mustard  
Parmesan  
Bread Crumbs  
Fruit Pure  
Yeast

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

## Marking criteria

<u>%</u>	<u>Title</u>	<u>Explication</u>
15 %	<b>Sanitation</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>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>
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> </ul>
5 %	<b>Set items</b>	<ul style="list-style-type: none"> <li>Presentation In concordance</li> <li>With the demanded dishes</li> </ul>

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