



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2006
SASKATOON SASKATCHEWAN

SECONDARY

COOKING TRADE
TEST PROJECT

National Technical Committee

1

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, and then write safety and sanitation test.
- 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.
- A menu for the day will need to be handed in on form provided
- 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

- 13 h 00 Arrival of competitors and judges
Presentation of test project
Instructions for the day
Question period
Presentation of judges
- 13 h 30 Start of competition Hand in menu on form to
chair person

16 h 00 *Presentation of starter*

16 h 30 *Presentation of main course*

17h 00 *Presentation of dessert*

17 h 00 Cleaning

17:30 Competitors leave the site

16 h 00 Start of marking by judges

17 h 30 End of marking by judges

You have to cook the following menu for 2 people:

Hot Starter: Cream of Mushroom Soup

Main Course: Chicken Breast - Stuffed (your choice)
Jus
Rice Pilaf
Batonnet of Carrot
Green Beans

Dessert : Crémé Caramel
Fresh Fruit Garnish
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, 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.

Milk 500ml for both days

Cream 35% - 1000ml for both days

Butter – unsalted and salted – 454g for both days

Chicken Whole – Fryer 1.1 – 1.5 kg

Mango

Kiwi

Strawberries

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, Sea 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
Field Mushrooms
Portobello Mushrooms
Shitake Mushrooms
Carrots
Rutabagas
Parsnips
Celery
Leeks
Tomatoes, Plum
Zucchini
Peppers, red, yellow, green
Eggs
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
10 %	Time & Product Utilization	<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
30 %	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	<ul style="list-style-type: none"> 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