



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2007

POST-SECONDARY

SIAST Kelsey Campus Room 138.17

COOKING TRADE
TEST PROJECT

National Technical Committee

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.

- Day1, 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.
- Day 1 your menu and recipes are provided.
- The schedule for the two days 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

- 11 h 30 Presentation of test project
Instructions for the day
Question period
Presentation of judges arrival of competitors
and judges orientation
- 12 h 30 Set up of personal work station
- 13 h 00 Start of Competition

15 h 30 – Presentation of Soup

16 h 00 – Presentation of Main Course

16 h 30 – Presentation of Desert

There is a 5-minute window to present your product after which it will be counted as late. E.g. (soup at 15h 30 to 15h 35 is considered on time)

- 16 h 30 Cleaning Station
- 18 h 00 Competitors Leave the site
- 18 h 00 Start of marking by judges
- 19 h 00 End of marking by judges

Day 1

You have to prepare 3 course menu as prescribed below

Soup Course : Puree of Carrot and Ginger

Main course: Roast Chicken Leg stuffed with a wild and white rice.

Sauce - grande mere

Asparagus Spears

Tomato Provencal

Dessert: Crème Brule

For all plates, the presentation should be modern and clean.
The portions should be for a 3 course menu.

Competitors must complete form "my menu" prior to or within first 30 minutes of the competition

The recipes and title must be respected all products must be made from 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 required dishes.

Plates 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.

Basket

Milk 500 ml –Cream 35% - 1000 ml
Butter – unsalted and salted – 454g each

Day 1
Double Chicken Legs (back attached)
Wild Rice
Long Grain White Rice
Pearl Onions

All basket items will be available for use on the first day if required by the competitor.

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 oil's (sesame, olive, canola)
Assortment of vinegar's (minimum 3 kinds)
Salt, Sea Salt
Spices and condiments (sesame seeds)
Fresh fine herbs, minimum 6 kinds
Stocks (fish, chicken)
Demi - Glace
Wines, including fortified wines
Assortment of alcohol's
Onions, shallots and garlic, Ginger
Lemon, Lime, Oranges
Potatoes – 2 kinds
Field Mushrooms
Portobello Mushrooms
Shitake Mushrooms
Carrots
Rutabagas
Parsnips
Celery
Leeks
Beets
Tomatoes, regular, cherry
Zucchini
Peppers, red, yellow, green
Spinach
Fennel
Asparagus
Pearl Onions
Strawberries
Eggs
Dijon Mustard
Parmesan (ungrated)

Panko
Baguettes
Goat Cheese
Tofu (firm)
Bacon (sliced)
Frozen – raspberries
Frozen – Blueberries
Quinoa
Tamari (soya sauce)
Oyster Sauce
Barley (pearl)
Red Lentils
Garbanzo Beans (canned)

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 % | 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 % | 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 |
| 25 % | Preparation | <ul style="list-style-type: none"> Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment |
| 15 % | 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 |