



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2007
SASKATOON, SASKATCHEWAN

SECONDARY

SIAST Kelsey Campus Room 138.16

COOKING TRADE
TEST PROJECT

Saskatchewan Technical Committee

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.

- Day 1, you have to cook a set menu of 2 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 two days of competition is to be followed exactly, both for the work schedule and for service times.
- A menu for each 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

07 h 00 Arrival of competitors and judges
Orientation
Presentation of test project
Instructions for the day
Question period
Presentation of judges
Set up of Station

08h 00 Start of competition

10 h 30 *Presentation of starter*

11 h 00 *Presentation of main course*

12 h 00 Clean up of site

12 h 30 Competitors leave the site

13 h 00 Start of marking by judges

15 h 00 End of marking by judges

Day 1

You have to cook the following menu for 2 people:

Soup: Cream Spinach (veloute based)

**Main Course: Chicken Breast Pan Seared
Sauce Chasseur
Rice Pilaf
Batonnet of Carrot
Asparagus**

Instructions:

For all plates, the presentation should be modern and clean. The portions should be for a 2-course menu. Decoration is free, but the menu titles and recipes should be respected.

The menu has to be prepared from the food basket, recipes 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 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 500ml

Cream 35% -

Butter – unsalted and salted –

Chicken Double Breast – Fryer

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)

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
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	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