



SKILLS CANADA
SASKATCHEWAN SKILLS COMPETITION 2008
SASKATOON

SECONDARY

COOKING TRADE
TEST PROJECT

Technical Committee

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General Information

Important:

This test project is based on the scope document of Canadian Skills Competition – Cooking Trade. It is important that all participants consult the technical description: many general instructions are only in that other document. This test project is information about the contest itself, whereas the technical description will inform on such topics as required materials to bring, equipment on site etc. If you need a copy, please contact Technical Chair Stanley Townsend, stant@nait.ca

To be well informed about the contest, please consult the document <National Regulations>, available from Skills Canada's Website.

- Day 1, Prepare and present a set menu of 2 course for 2 people.
- Tables with common food items including 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.

Please refer all questions regarding the contest, to the Technical Committee members

Competition schedule:

Day 1

March 14th, - Mount Royal Collegiate 2220 Rusholme Rd.
Room 139 & Kitchen

- 08 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 30 Start of competition

11 h 00 *Presentation of soup*

11 h 30 *Presentation of main course*

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

Day 1

Prepare and present the following menu for 2 people:

Soup: Garden Vegetable Soup with Pistou

**Main Course: Chicken Supreme Cordon Bleu
Wild and Long Rice medley
Tomato stuffed with Creamed Spinach
Asparagus Spears**

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 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 menu item is presented to the judge's table. The other is for the display table.

Reference books and recipes can be consulted all day long.

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

OFFICIAL VERSION FOR PUBLICATION

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
		Veal stock	Cinnamon Sticks
Chocolate, couverture	Apples, Granny Smith	Chicken Stock	Star Anise
Chocolate, dark	Fresh Mangoes	Fish Stock	Vanilla, Beans
Bread Crumbs	Carrots		Vanilla, Extract
Chocolate, White	Celery		Quinoa
Cocoa powder	Fennel	Dairy	
Corn Starch	Frozen Blueberries	Butter – Salted	
Dijon Mustard	Frozen Raspberries	Butter – Unsalted	Fresh Herbs
Flour, A.P	Fresh spinach	Goat cheese	Basil
Gelatin, Granular/sheets	Garlic/ ginger	Parmesan grated	Chives
Salt, sea salt	Beets	Cheese, Emmanthaler	Dill
Honey	Green Beans	Cream, Whipping	Mint
Baking powder	Kiwi	Eggs	Parsley
Oil, Canola,olive	Leeks	Tofu firm	Rosemary
Garbanzo beans -dry	Lemon	Milk	Tarragon
Corn meal	Lettuce, Butter	Yoghurt, Plain	Thyme
Rice, long grain	Lime		cilantro
Wild rice	Onions – red, white, green	Meat Items	
Semolina	Green Beans	Bacon,sliced	
Kikkoman Soya sauce	Oranges	Ham, Black Forest	
Barley	Parsnips	Chicken breasts arm on	
Sugar, Brown	Peppers, Assorted	Pork Tenderloin	
Sugar, Granulated	Potatoes - Baker	Alberta beef Strip loin	
Sugar, Icing	Potatoes - New	Atlantic Salmon Fillets skin on	
Tabasco	Potatoes – Yukon Gold		
Tomato Paste, small can	Rutabagas	Nuts	
Vinegar, Balsamic	Cabbage, green ,red	Almonds Sliced	
Vinegar, Red	Shallots	Whole hazelnuts	
Vinegar, White	Strawberries	Mushrooms	
Lentils green or brown	Tomatoes , medium, cherry	Shitake	
Worcester Sauce	Zucchini	Field	
Spaghettini	Asparagus	Portabello	
	Swiss Chard		

A selection of Common Dry Herbs and Spices will be available

All food products are subject to availability and quality

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