

2012 Central Regional Skills Canada Competition

Scope Document

Red Deer College

April 14, 2012

EVENT: Culinary Arts	LEVEL: Secondary
TIMES: Orientation/Registration: 8:00 AM Competition Start Time: 8:30 AM Lunch will be provided when kitchen clean up is done.	LOCATION: Cornerstone Dinner Room Rm.1500
DURATION: 3.5 Hours	REGIONALIZED: Yes
Number of Competitors That Will Qualify for the 2012 Provincial Skills Canada Competition: 2	

GENERAL DESCRIPTION

Purpose of the Challenge:

To evaluate each contestant's preparation for employment, and to recognize outstanding students for excellence and professionalism in their field.

PROJECT DESCRIPTION

Each participant will prepare and present a set menu of 2 courses for 4 people. To compliment your food basket, tables with common food items including dry goods, fine herbs, spices and stocks will be provided. Menu is provided.

INSTRUCTIONS

Each participant will be required to make use of all required food items. The food items do NOT have to be used entirely – but you will be asked to show all food remaining after completion. Food items listed as par stock will be made available to all participants and be held in a common area. Judges reserve the right to limit quantities. Carefully note the presentation items for all courses. All food will be presented on plates provided.

The schedule for the 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 Coordinator has to be advised. For all questions regarding the contest, only the Technical Chair will answer the candidates.

All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the kitchen at the end of the competition.

Points will be deducted for competitors who do not comply.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

Equipment:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, small sauté pan, metal bowls, assorted small sauce pans, meat mallet, hand blender, small china cap, custard cups, cutting board. Large Star Tip & Piping bag. Bamboo steamer, Potato Ricer, sanitizer bottles.

(Contestants may bring any other tools if they wish).

Reference book "On Cooking", Labensky 3rd or 4th edition

Clothing:

Proper kitchen uniform without school identification or company logo. White double-breasted chef jacket, checked or dark black pants appropriately hemmed, apron, **hairnet as required**. Skills Alberta will provide a chef's hat, which must be worn at all times. Non absorbent, non skid shoes- no runners or open toed shoes. No watches, facial or visible jewelry.

Equipment and Materials Supplied by the Committee:

All food items required to complete the competition event.

SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

<http://www.education.gov.ab.ca/cts/foods>

Module FOD 1020: Baking Basics

Module FOD 2070: Stocks, Soups & Sauces

Module FOD 2080: Vegetable, Fruits, Grains

Module FOD 2090: Creative Cold Foods

Module FOD 2100: Basic Meat Cookery

Module FOD 3080: Advanced Meat Cookery

Module FOD 2110: Fish

Module FOD 2150: Food Safety & Sanitation

Module FOD 3050: Advanced Soup & Sauces

Module FOD 3060: Food Presentation

SCHEDULE:

- 8:00 AM Orientation and Station Set Up
- 8:30 AM Starting Time
- 11:30 AM Present 1st course (main course)
- 12:00 PM Present 2nd course (dessert)
- 12:45 PM Cleanup Finished

COMMITTEE MEMBERS – CONTACT IF YOU HAVE ANY QUESTIONS

Garnett Schoettler

Jeff Lerouge (jlerouge@rdcrd.ab.ca)

PAR STOCK LIST

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Cornstarch			
AP flour	Broccoli	Brown stock	Vanilla extract
Salt	Garlic	Brown sauce	Cinnamon
Tabasco	Red Cabbage		Bay leaf
Worcester Sauce	Russet potatoes		Sliced almonds
White, brown & icing sugar	Carrots	Dairy	
Baby Dill pickles	Celery	Eggs	Common dry spices
White Pepper	Onions	Butter ,unsalted	Raspberries *
Cocoa Powder	Apples		Blueberries *
Canola oil	Strawberries		Nutmeg
White Chocolate **	Kiwi	Milk	Cinnamon
Dark Chocolate **	Oranges	Cream	Cloves
Tomato paste	Lemons		
Dijon Mustard		Meat Items	Fresh Herbs
Red Currant Jelly			Parsley
Red Wine Vinegar		Beef Roulades 60-70 grams	Rosemary
		Sliced bacon	Thyme
		Lean ground beef	

*Frozen

**Callebault or Similar

RECIPES

Recipes are provided as guidelines and may be reduced or modified as required

Beef Roulade (yields 4 portions, each 2 pieces per portion)

Ingredients

Lean ground beef	125 grams
Egg, beaten	1 each
Salt and pepper	to taste
Beef inside round	8 x 60 g (approximate, sliced thin)
Dijon mustard	30 ml
Bacon strips, par cooked	8 each
Dill pickle wedges	8 each
Carrots, batonnet	8 each
Onions, julienne	100 grams
Onions, brunoise	45 grams
Canola oil	30 ml
Flour	as required
Beef stock	125 mL
Brown sauce	700 mL (enough to cover roulade)
Sachet (to include):	1 each
Peppercorns	5 ml
Thyme (dry)	5 ml
Marjoram	5 ml
Oregano (dry)	5 ml
Bay leaf	1 each

Procedures

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area, season with salt & pepper
3. Brush each slice with Dijon mustard
4. Place bacon on each slice **lengthways**
5. Divide ground beef into 8 portions and place on beef slices
6. Place dill pickle, carrot batonnet, and onion portion next to ground beef
7. Roll the meat snugly into a tight closed roll, tie with string if desired
8. Heat appropriate sized braising pan and add oil
9. Dredge roulades in flour and brown
10. Remove roulades sauté onion brunoise
11. Deglaze pan with brown stock, add brown sauce and sachet, bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (approximately 1 hour)
13. For service the roulades may be served whole or sliced

Brown Sauce (yields 1 L)

Ingredients

Celery - small dice	40 g
Carrots – small dice	40 g
Onion – small dice	40 g
Butter or margarine	50 g
Flour	50 g
Tomato paste	15 mL
Beef stock	1.2 L
Thyme, ground	pinch

Procedures

1. Sauté the vegetables in butter or margarine until well caramelized
2. Add the flour and cook to make brown roux
3. Add the tomato paste, stir well and continue cooking
4. Add the beef stock, whisk until smooth and bring to boil
5. Reduce to simmer, add thyme and cook to reduce **1/2-1 hour**
6. Strain the sauce through a cheese cloth and adjust the seasoning

Duchesse Potatoes (yields 4 x 100 g portions)

Ingredients

Potatoes, peeled and quartered	500 grams
Whole butter	25 grams
Nutmeg	to taste
Salt & pepper	to taste
Egg yolks	2

Procedures

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks, blending well
6. Pipe **all** potato mix into desired portions, Utilise four portions for plates, reserve remainder for kitchen judges inspection

Braised Red Cabbage (yields 420 g)

For consistency in cooking, this recipe will produce more than the required amount; present (4) 60 g portions and reserve the remainder. The yield is a guideline and depends on how long you cook the cabbage.

****Ground cinnamon must be substituted for cinnamon sticks.**

Ingredients

Red cabbage	400 g
Butter	40 g
Onions sliced	80 g
Sugar	15 mL + (adjust to taste)
Red currant jelly	15 mL
Chicken stock	120 mL
Apple, cored, diced	100 g
Cloves	pinch
Cinnamon stick **	1 each
Red wine vinegar	200 mL

Procedures

1. Core the cabbage and cut into shreds
2. Melt the butter in a heavy pot, add onions and sugar cook until tender
3. Add the cabbage and stir until coated with butter
4. Add the stock, jelly and spices cover and cook until tender, approx. 30 minutes
5. Add vinegar and simmer another 10 minutes
6. Taste and correct the seasoning

*May be thickened slightly with a small amount of cornstarch dissolved in water

Steamed Broccoli (yield 4 x 60 g portions)

Ingredients

Broccoli, fresh	240 g
Salt and pepper	to taste
Butter	to taste

Procedures

1. Wash, peel, trim and cut the broccoli into uniform shapes and sizes
2. Place the broccoli into a steamer and place them over the boiling liquid
3. Cover the pan and cooked to desired doneness
4. Remove from the pan and finish with butter and season with salt & pepper

Chocolate Mousse (yield 500 g)

For consistency in preparation, this recipe may produce more than the required amount; Present 4 portions with a minimum size of 100 grams, reserve remainder.

Ingredients

Dark Chocolate	190 g
32 % Cream (Hot)	125 mL
Egg Yolks	2 each
Sugar	15 mL
32 % Cream	190 mL

Procedures

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks. Fold cream into the ganache

MARKING CRITERIA

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.

Sanitation: 15 % includes

- Hand washing
- Professionally attired, hats ,aprons, no running shoes
- Hair restrained
- No watches, rings, jewellery
- Cleaning / sanitation of work area
- Cutting board sanitation
- Cleanliness of work tools
- Correct food handling and storage
- Personal hygiene
- Other

Organization: 20 % includes

- Follows work sheet
- Station maintained in neat and orderly manner
- Follows recipe steps
- Demonstrates good communication skills
- Demonstrates safe working practices
- Correct knife skills/applications
- Follows a production timetable
- Maintains correct temperature controls
- Tool boxes orderly & correctly stored
- Effective food utilization – wastage
- Effective time management
- Applies appropriate cooking methods
- Other

Timing: 10 % includes

- All products presented at noted time (5 minute period of grace), any later results in zero

Temperature: 5 % includes

- Hot food served hot on heated plates
- Cold food served cold on chilled plates

Presentation: 15 % includes

- Portion size /balance
- Visual appeal , food placement
- Clean plates, neatness
- Originality
- Technical skills (slicing, dicing, turning etc)
- Other

Taste: 30 % includes

- Proper textures of foods, consistency of product /sauces
- Degree of doneness not overly cooked or under cooked
- Balanced taste and flavours – enhanced natural flavours not bland , under seasoned , over seasoned ,
- Not salty, sour, overly sweet, burnt, metallic, aftertaste, excessively hot/spicy
- Other

Clean-up: 5 % includes

- Tables and entire work area cleaned and sanitized as instructed
- Adjacent common areas, sinks, cupboard refrigerators cleaned, and adjacent floors swept.
- All extra/ unused product identified and stored where indicated
- Garbages not overfilled, bags tied and moved to doorways
- All competitors to remain until areas are inspected
- Other

In the case of a tie, the score with the highest marks in taste will prevail.