

2012 Calgary Regional Skills Canada Competition

Scope Document

SAIT Polytechnic, 1301 - 16 Ave NW. Calgary

March 17, 2012

EVENT: Culinary Arts	LEVEL: Secondary
TIMES: Orientation/Registration: 8:00 AM (Both Groups Must Attend) Competition Start Time: Group A – 8:30 AM & Group B – 8:45 AM	LOCATION: Senator Burns Building – Room L 405 Contact – Sean Toner – 403 210-4018
DURATION: 3.5 Hours	REGIONALIZED: Yes
Number of Competitors That Will Qualify for the 2012 Provincial Skills Canada Competition: 4	

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:

Group A 1-8

- 8:00-8:15 AM Orientation–O-122D
- 8:30 AM **Starting Time**
- 11:30 AM Present 1st course
- 12:00 PM Present 2nd course
- 12:15- 12:45 PM Cleanup

Group B 9-16

- 8:00 -8: 15 AM Orientation – O122D
- 8:45 AM **Starting Time**
- 11:45 AM Present 1st course-
- 12:15 PM Present 2nd course
- 12:30 -1:00 PM Cleanup

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 - 4 portions of 2 pieces per order (110-120 grams each)

Ingredients

- Lean ground beef 160 grams
- Egg, beaten 1 each
- Salt and pepper to taste
- Beef inside round 8 X 60 grams app. (Sliced thin)
- Dijon Mustard 30 ml
- Bacon , par cooked 8 slices
- Dill pickle wedges 8 each
- Carrot batons 8 each
- Onion, julienne 80 grams
- Onions brunoise 100 grams
- Canola oil 45 ml
- Flour as required
- Beef stock 200 ml
- Brown sauce 600 ml or to cover
- Sachet – 5 ml each peppercorns, dry thyme, marjoram, dry oregano 1 bay leaf- tied in cheesecloth

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 6 portions and place on beef slice
6. Place dill pickle carrot baton 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, & sachet – bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (app 1 hour)
13. For service the roulades may be served whole or sliced

Duchesse Potatoes - 4 portions of 100 grams

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

Braised Red Cabbage - Present 4 portions of 60 grams, reserve remainder

Ingredients

- Red cabbage 400 grams
- Butter 40 grams
- Onions sliced 80 grams
- Sugar 15 ml + (to adjust taste)
- Red Currant jelly 15 ml
- Chicken Stock 120 ml
- Apple cored , diced 100 grams
- Cloves pinch
- Cinnamon stick 1
- 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 fat
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 – yields 4 X 60 grams

- Clean and portion broccoli into 60 gram portions
- Steam until tender
- Brush with melted butter and season to taste with salt & pepper

Chocolate Mousse - Present 4 portions Minimum size 100 grams

Ingredients

- Dark Chocolate 190 grams
- 32 % Cream (Hot) 125 ml
- Egg Yolks 2
- Sugar 15 ml
- 32 % Cream 190 grams

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
5. Present with one sauce and a fruit garnish

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.