

# 2019 REGIONAL SKILLS CANADA COMPETITION



## 2019 Edmonton Regional Skills Canada Competition

*Project Description (Scope Document)*

NAIT - Main Campus

Saturday April 6, 2019

<b>EVENT:</b> Culinary Arts	<b>LEVEL:</b> Secondary																
<b>DURATION OF CONTEST:</b> 3 HOURS <b>PLEASE NOTE: THE ERNEST DOORS (OFF OF 118AVE.) AT THE NAIT MAIN CAMPUS DO NOT OPEN UNTIL 6:30AM. PLEASE DO NOT ARRIVE EARLIER THAN 6:30AM.</b>	<b>LOCATION:</b> NAIT 11762 -106 ST NW O120, O122 K, G, P																
<b>COMPETITION SCHEDULE:</b> <table border="1"> <thead> <tr> <th>GROUP A #1-11</th> <th>GROUP B #12-22</th> </tr> </thead> <tbody> <tr> <td>7:00am - 7:30 am Orientation</td> <td>11:30am - 12:00 Orientation</td> </tr> <tr> <td>7:30am - 8:00 am Set up</td> <td>12:00am - 12:30pm Set up</td> </tr> <tr> <td>8:00am Competition Starts</td> <td>12:30pm Competition Starts</td> </tr> <tr> <td>10:30am <b>Entrée</b> Presentation</td> <td>3:00pm <b>Entrée</b> Presentation</td> </tr> <tr> <td>11:00am <b>Dessert</b> Presentation</td> <td>3:30pm <b>Dessert</b> Presentation</td> </tr> <tr> <td>11:00am – 11:30pm Clean up</td> <td>3:30pm – 4:00pm Clean up</td> </tr> <tr> <td>11:00am – 1:00pm Lunch for both groups</td> <td></td> </tr> </tbody> </table>	GROUP A #1-11	GROUP B #12-22	7:00am - 7:30 am Orientation	11:30am - 12:00 Orientation	7:30am - 8:00 am Set up	12:00am - 12:30pm Set up	8:00am Competition Starts	12:30pm Competition Starts	10:30am <b>Entrée</b> Presentation	3:00pm <b>Entrée</b> Presentation	11:00am <b>Dessert</b> Presentation	3:30pm <b>Dessert</b> Presentation	11:00am – 11:30pm Clean up	3:30pm – 4:00pm Clean up	11:00am – 1:00pm Lunch for both groups		<b>REGIONALIZED:</b> YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
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<b>AWARD CEREMONY INFORMATION:</b> Awards Ceremony to follow at the NAIT Main Campus. Location to be confirmed at competitor registration on April 6, 2019.																	

### CONTEST INTRODUCTION

The competition will evaluate each competitor’s culinary competencies and creativity while recognizing outstanding students for excellence and professionalism in their field.

### SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menu items as outlined in this scope. The practical test challenges both culinary knowledge and creativity. This scope outlines what is required from each competitor each day and how marks are awarded.



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## PROJECT DESCRIPTION

3 Hrs. Total Kitchen Time	
<b>Description</b>	<p><b>Prepare two (2) portions of the following two (2) course menu:</b></p> <p><b><u>Main Course:</u></b>  <b>Chicken Cacciatore on hand cut Pappardelle</b></p> <ul style="list-style-type: none"> <li>• Completed plates not to exceed 350g per plate             <ul style="list-style-type: none"> <li>▪ Prepare two (2) portions each presented on 12" dinner plates (plates provided)</li> <li>▪ Italian Tomato Sauce</li> <li>▪ Hand cut Pappardelle</li> <li>▪ Chicken Cacciatore with sauce</li> </ul> </li> </ul> <p>**Cooking temperature must meet industry safety standards.</p> <p><b><u>Dessert:</u></b>  <b>Chocolate Mousse</b></p> <ul style="list-style-type: none"> <li>• Fruit sauce of competitor's choice</li> <li>• Completed plates not to exceed 200g per portion             <ul style="list-style-type: none"> <li>• Prepare two (2) portions each presented on 12" dinner plates (plates provided)</li> </ul> </li> </ul>
<b>Special Equipment Required</b>	No service equipment permitted other than that provided by the committee. Please review contest description for equipment that will be available at the competition.
<b>Main Ingredients Required</b>	Recipes supplied by the committee. Recipes should be scaled up or down according to required amounts. Recipes meet the competitions' foundational competencies, though may be built upon in regards to seasoning and garnish. A list of all ingredients available for this module will be included in the common food table document.

- Plate presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.



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## EQUIPMENT AND MATERIALS

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Equipment and Materials <b>Competitors Must</b> Supply:	
<p><b>Basic equipment such as:</b></p> <ul style="list-style-type: none"> <li>- Knives</li> <li>- Piping bag and tips</li> <li>- Ladles</li> <li>- Rolling pin</li> <li>- Spatulas</li> <li>- Scale</li> <li>- Whips</li> <li>- Recipes and reference books.</li> <li>- Pasta roller</li> </ul>	<ul style="list-style-type: none"> <li>- Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, china caps, cutting boards, molds etc.</li> <li>- Kitchen towels and dishtowels</li> <li>- Side towels or oven mitts</li> <li>- Sanitizing equipment (spray bottles and/or pails).</li> </ul>
<p><b>Required clothing (Provided by Competitor):</b></p> <ul style="list-style-type: none"> <li>- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)</li> <li>- Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted.</li> <li>- Side Towels</li> <li>- Black or checked chef trousers</li> <li>- White Apron</li> <li>- White Neck Tie</li> <li>- Uniforms for 1 working day</li> </ul>	

**\*Note:**

- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service ware & china, skewers, shot glasses etc. are not acceptable for presentation on the judged plates.
- Competitors may bring any tool and/or equipment deemed necessary. All of the tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- A chef hat will be supplied by Chef’s Hat Inc. to be used for the two days of competition.



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- Professional Chef Uniforms are available at your cost through Chef's Hat Inc. – please contact [lisa@chefs-hat.com](mailto:lisa@chefs-hat.com) to order. Uniforms **may not** be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta or Skills Canada logo jackets are permitted.
- Domestic stoves to be used on the competition site. Please bring trays and pans that will fit into the oven.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**

EQUIPMENT & MATERIALS Supplied by the Committee:	
<ul style="list-style-type: none"> <li>- All food from the contest and the common table</li> <li>- Work station</li> <li>- Available sink with hot &amp; cold water</li> <li>- Stove with an oven (potentially shared)</li> </ul>	<ul style="list-style-type: none"> <li>- Adequate fridge and freezer space</li> <li>- Garbage, recycling and organics/- compost bins</li> <li>- 1 Electric outlet per workstation</li> <li>- 1 Display area for finished plates</li> </ul>

## SCHEDULE

The schedule for the competition is to be followed exactly. Work schedule and service times are to be respected. There is a five (5) minute window to present your product. There will be a point per minute deduction for every extra minute of lateness up to 5 minutes – after which plates will not be accepted for judging though feedback may still be provided. For example:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	11:00 to 11:05	11:06	11:07	11:08	11:09	11:10	11:11

## Time and cleaning

It is compulsory that all competitors be on time to access their station assignments. All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the competition area. Points will be deducted for competitors who do not comply. Station must be inspected by a RTC or PTC member before leaving site.



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## JUDGING CRITERIA

<b>Sanitation</b>	<ul style="list-style-type: none"> <li>• <b>Proper and professional clothes</b></li> <li>• <b>Personal hygiene and cleanliness</b></li> <li>• <b>Work station, floor and fridge cleanliness</b></li> <li>• <b>Cutting board hygiene</b></li> <li>• <b>Proper food storage methods</b></li> </ul>	<b>15%</b>
<b>Organization &amp; Product Utilization</b>	<ul style="list-style-type: none"> <li>• Food wastage – full utilization of requisitioned food</li> <li>• Energy and water – efficient utilization</li> <li>• Time Management – posted work plan</li> <li>• Proper planning and execution of tasks</li> <li>• Menu to be submitted at proper time as outlined in the contest description</li> </ul>	<b>10%</b>
<b>Preparation &amp; Technical Skill</b>	<ul style="list-style-type: none"> <li>• Proper and professional use of the tools and equipment</li> <li>• Application of correct cooking techniques and methods</li> </ul>	<b>25%</b>
<b>Presentation</b>	<ul style="list-style-type: none"> <li>• Portion size in accordance with the test project</li> <li>• Clean Plates</li> <li>• Contemporary plating design</li> <li>• Harmonious colours</li> <li>• Appetizing and artistic presentation of food</li> <li>• Appropriate and complementary garnishes</li> </ul>	<b>15%</b>
<b>Taste &amp; Required Menu Components</b>	<ul style="list-style-type: none"> <li>• Proper textures of food</li> <li>• Correct degrees of doneness</li> <li>• Balanced taste and seasonings</li> <li>• Flavours match the menu specifications and descriptions</li> <li>• Food service at proper temperature as specified in the test project &amp; in accordance with industry standards</li> <li>• Respect timetable in regards to serving times</li> <li>• All required elements outlined in the test project and the menu appear on the plate</li> <li>• Temperature as per marking rubric</li> <li>• Temperature are taken at competitor table</li> </ul>	<b>35%</b>
<b>Overall Total</b>		<b>100%</b>

\*In the case of a tie, the highest score in the taste section will prevail.



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## **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. All jewelry including facial, earrings, watches and rings must be removed to comply with sanitation regulations.

## **RELATED CAREER AND TECHNOLOGY STUDIES COURSES**

Descriptions of all modules are located at the following website:

[https://education.alberta.ca/media/160519/fod\\_sum.pdf](https://education.alberta.ca/media/160519/fod_sum.pdf)

## **ADDITIONAL INFORMATION**

Lunch will be provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.

Parking information & venue maps: <http://www.nait.ca/49823.htm>

Regulations & Policies: A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <https://skillsalberta.com/policies-and-procedures>

## **PTC COMMITTEE MEMBERS**

Ian Campbell (Chair)

Jason St. Laurent (Co-chair)

Helmut Schoderbock

Peter Keith

Christopher Bunter

Micheline Woods

Matthew Stinson

Robert Champ

Andrew Springett

Mallory Bowes

Carmen Wasyluniuk

Andrew Hess

Garnett Schoettler

Jamie Williams

Jennifer Steele-Watts

Jeff Lerouge

Sabrina delBen





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## COOKING SECONDARY RECIPES - MODULE ONE & TWO

- Recipes are provided by the Provincial Technical Committee and will reference the textbook(s) that the recipe was adapted from.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module One and Module Two.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications.
- Recipes, provided by the Provincial Technical Committee, are to be utilized as a guideline for procedure and techniques. Portion sizes are critical and the competitor must scale up or down to produce required portions.



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## Italian Tomato Sauce for Pasta

Professional Cooking 8 – 399A

Sauces

Yield: 1.5 quarts (1.5 litres)

Portions: 16, 3-fluid ounce (90 millilitres)

8 fluid ounces	Olive oil	240 millilitres
4 ounces	Carrot, fine brunoise	110 grams
4 ounces	Onion, fine brunoise	110 grams
4 ounces	Celery, fine brunoise	110 grams
3 pounds	Canned, whole tomatoes	1360 grams
1 clove	Garlic, minced	1 clove
0.5 ounce	Salt	15 grams
1.5 teaspoons	Sugar	7 millilitres

1. Heat the olive oil in a large saucepot. Add the onions, carrots and celery and sauté lightly for a few minutes. Do not let vegetables brown.
2. Add remaining ingredients. Simmer uncovered, about 45 minutes, until reduced and thickened.
3. Pass through a food mill, taste and adjust seasonings
4. For service, this sauce should be tossed with freshly cooked pasta in a bowl before being plated, rather than simply ladled over the pasta.





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## Fresh Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

1 pound	Bread flour	450 grams
5	Eggs	5
½ Fluid ounce	Olive oil	15 millilitres
Pinch	Salt	Pinch

1. Mound the flour on the work surface. Make a well in the center and add the eggs, oil and salt.
2. Working from the centre outward, gradually mix the flour in the into the eggs to make a dough.
3. When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is too sticky when all the flour is incorporated, add more flour, a little at a time. Knead for at least 15 minutes.
4. Cover the dough and let rest at least 30 minutes.
5. Cut the Dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine folding them into thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
6. Working with one piece of dough at a time, decrease the width between the rollers one notch and pass them through again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook

### Notes:

**Pappardelle:** Cut by hand, using a fluted cutting wheel, into long noodles about ¾ inch (18 millimetres wide)

**\*image enlarged to show shape**



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## Chicken Cacciatore

Professional Cooking 3 – 313

Poultry - Chicken

Yield: 25, 8-10-ounce (250 – 300 gram) Chicken, Approximately 100 ounces (3 litres) of sauce

15 – 17 pounds	Broiler-fryers, disjointed	7.5 – 8 kilograms
1 pound	Flour	500 grams
2 tablespoons	Salt	30 millilitres
1 ½ teaspoons	Pepper	7 millilitres
8 ounces	Oil	250 millilitres
1 ¼ pounds	Onion, julienne	600 grams
1 pound	Green pepper, bâtonnet	500 grams
5 ounces	Celery, bâtonnet	150 grams
5 ounces	Carrot, brunoise	150 grams
2 tablespoons	Garlic, fine brunoise	30 millilitres
2 ½ quarts	Tomatoes (canned) crushed with juice	2.5 litres
1 cup	White wine or Marsala	250 millilitres
8 ounces	Tomato paste	250 grams
2 each	Bay leaves	2
½ teaspoon	Basil	2 millilitres

1. Cut chicken into eighths. (Refer to reference images)
2. Place the flour in a pan and season with salt and pepper.
3. Dredge the chicken in flour. Shake off excess.
4. Heat the oil in a large sauté pan or skillet. Add the chicken pieces and brown well on all sides over high heat.
5. Remove the chicken from the pan and place in a brazier
6. Pour about 5 ounces (150 millilitre) of the oil used to brown the chickens into a sauce pot. (discard the rest of the oil but keep the used sauté pan close by.)
7. Add the onion, green pepper, celery, carrot and garlic. Sweat until nearly tender
8. Add the wine, tomatoes, tomato paste, and herbs, bring to boil.
9. Add a ladleful of the sauce to the pan in which the chickens were browned. Deglaze the pan and pour the liquid back into the sauce. Simmer about 5 minutes.
10. Pour the sauce over the chickens. Bring to a boil. Cover and finish cooking in a 300F (150C) oven or over low heat on the stove. Cooking will take 30 to 45 minutes or until the internal temperature of the chicken is 165F (74C)
11. When the chicken is tender, remove it from the sauce and place in a hotel pan.
12. Degrease the sauce. Reduce the sauce over high heat until thickened to desired consistency. Adjust seasoning. Pour over the chicken



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## Chocolate Mousse

Professional Cooking 8 - 1021

Dessert - Mousse

Yield: 2  $\frac{3}{4}$  pounds (1.25 kilograms) or 2  $\frac{1}{2}$  pints (1.25 litres)

Portions: 12, 4  $\frac{1}{2}$  fluid ounce (145 millilitre)

1 pound	Bittersweet Chocolate	500 Grams
4 ounces	Butter	125 grams
6 ounces	Egg yolks	180 grams
8 ounces	Egg whites	250 grams
2 $\frac{1}{2}$ ounces	Sugar	75 grams
8 fluid ounces	Heavy cream	250 millilitres

1. Melt the chocolate over hot water using a double boiler.
2. Remove from the heat and add the butter. Stir until the butter is melted and completely mixed in.
3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat.
5. Fold the egg whites into the chocolate.
6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture.
7. Spoon the mousse into serving dishes, or use a pastry bag fitted with a star tube.
8. Chill the mousse well before serving.



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## Cutting chicken into quarters and eighths, bone in



- Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.
- Spread the chicken open and spread through the bones on one side of the backbone.



- Cut off the backbone completely and save for stocks.
- Cut through the skin between the leg and the breast.



- Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.
- To cut into eighths, cut the drumstick and thigh apart at the joint.



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- Cut the breast and wing quarter into two equal pieces. Another method is simply to cut off the wing.
- The chicken cut into eighths. Note that the first joint of each wing has been cut off.



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## SUGGESTED DICING GUIDELINES

	(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozange: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).



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## Common Table Items

The Regional and Provincial Technical Committees reserve the right to change or limit food items without notice, depending on availability and quality. You will be marked according for over-use, or waste of products. ONLY the foods provided by Skills Canada Alberta are permitted for use. Absolutely no outside food products are to be brought into the contest.

### Common Table Chart

Fresh Produce	Fresh Herbs	Dry Herbs & Spices
Yellow onion	Parsley - curly	Salt - fine
Red onion	Parsley – flat leaf	Salt - kosher
Green Pepper	Basil	Black pepper - ground
Shallots	Thyme	Peppercorns- black whole
Garlic	Chives	White pepper - ground
Carrot	<b>Dairy</b>	Basil - dried
Celery	Butter - salted	Thyme - dried
Lemons	Butter - unsalted	Bay leaves
<b>Protein</b>	Eggs, large	<b>Non Food Items</b>
Chickens, Whole, Boiler Fryers	Cream - half & half	Paper towels
	Cream - 35%	Aluminum foil
<b>Stock</b>	Parmesan	Butchers twine
White stock	<b>Dry Storage</b>	Cheesecloth
	White wine - De-alcoholised	Disposable gloves
<b>Fresh Fruit</b>	Red wine - De-alcoholised	
Raspberries	White wine vinegar	
Black Berries	Olive Oil	
Blue Berries	Honey	Parchment paper
Strawberries	Tomato Paste	Plastic wrap
	Canned Tomatoes - whole	Pan spray
	Flour – All Purpose	
	Flour – Bread	
	Flour – Pastry	
	Crushed Tomatoes	
	Canola oil	
	Sugar – White granulated	
	Sugar - icing	
	Chocolate - Bittersweet	
	Chocolate – Milk	
	Chocolate - Dark	



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