

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## CONTEST DESCRIPTION

<b>CONTEST AREA: CULINARY ARTS</b>			<b>LEVEL:</b> Secondary
<b>COMPETITION SCHEDULE:</b>			<b>REGIONALIZED: YES</b> Students must qualify through a Regional Skills Canada Competition (RSCC) to earn a position in the Culinary Secondary competition at the Provincial Skills Canada Competition (PSCC).
<b>WEBEX LIVE STREAM TEST</b>	Monday, April 12, 2021	1:00 – 2:00 PM <b>CANCELLED!</b>	
<b>REGISTRATION ORIENTATION</b>	Tuesday, April 20, 2021	7:45-8:00 AM 8:00 - 8:30 AM	
<b>COMPETITION:</b>	Tuesday, April 20, 2021	8:30 AM – 12:00 PM, 1:00 PM – 3:30 PM	
<b>DURATION: 7.5 HOURS (5.5 HOURS OF COOKING TIME)</b>			<b>LOCATION: COMPETITOR'S SCHOOL. SEE COMPETITION FORMAT INFORMATION BELOW</b>
<p><b>COMPETITION FORMAT: (VIRTUAL/ IN SCHOOL)</b> All secondary competitors will be competing with in their school environment and must arrange in advance with a teacher for a safe competition location, according to their school's Covid-19 safety policies. They will need to prepare their competition space with all of the required tools, equipment, materials, and technology (as listed below) that will be needed to complete the competition. Teachers and competitors will need to work together to ensure the competitor is ready for success on their competition day.</p> <p>Each competitor must have a teacher/ supervisor available throughout the day, in case of incident. (Teacher/Supervisor must be present at the competition orientation.)</p> <p>Competitors and Teachers should be prepared to receive additional information about the competition projects, livestreams, shipping, etc. prior to the competition. Please ensure you are double checking for emails from Skills, including checking junk mail.</p>			
<p><b>WEBEX LIVESTREAMS:</b> <b>Tech Check:</b> A "Tech Check" will take place prior to the competition with the purpose of giving the competitor an opportunity to ensure they have all of the necessary technology in place to join in their virtual orientation meeting the morning of their competition. On the competition day, there will be no time to work out technology issues. This is the opportunity work out any unforeseen issues and to start your competition day off prepared. There may also be an opportunity to ask questions regarding the competition day if time allows. <b>An email with the WebEx link will be sent out in advance of the competition.</b></p>			

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



**Competition Orientation:** The competition will begin with a virtual orientation. Competitors will join the assigned videoconference link that will be emailed to all registered competitors for the competition orientation. Camera's MUST be on and competitors visible on the camera during the orientation.

**Live Streamed Competition:** Competitors must film their competition throughout the entire day. Camera's MUST be on and competitors visible on the camera, as well as mics working. Competitors must consider their camera angle and lighting in advance of the competition. It is the competitors responsibility to ensure they are prepared for a day long livestream. Please ensure you are on a strong and reliable network. If video communication is lost for an extended period, the competitor may have to forfeit the competition. This will be at the discretion of the PTC and Skills Alberta.

#### **Camera & Video Requirements:**

Camera shot must be within 3-4 ft of competitor work area with competitor number clearly visible. Angle should be unobstructed; competitor and workstation should be clearly visible. Avoid bright light behind the competitor.

#### **Honesty & Integrity:**

It is the goal of Skills Alberta and the PTC to conduct a fair and equitable competition for all parties involved. A virtual competition relies on competitor and coach conducting themselves honestly & professionally at all times. A competitor should not be talking to anyone outside of camera view during the competition. We understand that during presentation coaches/teachers can assist with photos and submissions. If a competitor is seen talking to people off camera during the working competition time they will face point deductions and potential disqualification. This also applies to the teacher submitted objective tasting rubric on Jotform. Competitors should have whenever possible someone other than their teacher or coach taste their dishes and fill out the tasting rubric.

## **PROJECT SUBMISSION DEADLINES LISTED BELOW**

#### **PROJECT SUBMISSION LINK:**

- <https://form.jotform.com/SkillsAB/2021PSCC>
- Multiple files can be uploaded at once, each file has a maximum size of 1G. If file sizes are larger than 1G, please follow alternate instructions through the submission link.
- Please submit your Menu and Workplan via the above link by 3pm on Monday April 19, 2021. Please be sure to include your competitor number which Skills Alberta will advise.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



**ACCEPTED FILE TYPE:** pdf, doc, docx, xls,xlsx, csv, txt, rtf, html, zip, mp3, wma, mpg, flv, avi, jpg, jpeg, png, gif. If you would like to submit a different type of file, please place it in a zip folder.

To create a zip folder – Select all the files that you would like to submit and right-click your mouse, a menu will open, select Send To, and then click on Compressed (zipped) folder. A zip file will then be created containing your submission documents.

## **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.

**Safety Checklist:** It is the responsibility of each competitor and teacher to review the Safety Checklist (<https://skillsalberta.com/additional-2021-competition-resources/>) in advance of the competition and ensure they are able to meet all safety requirements. During the orientation, the safety checklist will be formally reviewed.

**AWARDS CEREMONY INFORMATION:** Please join us for a live virtual awards ceremony on May 13<sup>th</sup> at 6:30PM.

**Please note:** This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in red.

## **CONTEST INTRODUCTION**

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

## **SKILLS AND KNOWLEDGE TO BE TESTED**

Competitors will prepare the competencies and 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, and how marks are awarded.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## PROJECT DESCRIPTION

<p>6.5 Hrs. Total Kitchen Time</p>	<p><b>Part One (8:00 AM – 12:00 PM)</b>              8:00 AM: All competitors check-in and attend <b>Mandatory</b> Online Orientation              8:30 AM – 9:00 AM Set up (no food prep allowed)              9:00 AM: Start Competition              9:30 AM: Submit Recipe Yield Conversion Exercise</p> <p><b>(No food is to be contacted until conversion exercise is submitted. Conversion exercise may be submitted prior to the 30 min deadline then competitors may start cooking) You will have a 5 min window to submit the conversion exercise to the judges as indicated. After that time you will be facing a deduction for a late assignment until 10 min past deadline. At 11 min past the submission deadline your assignment will no longer be accepted for judging.</b></p> <p>11:00 AM: Presentation of vegetable competencies              11:30 AM: Presentation of omelette and salad</p> <p>11:30 AM – 12:00 PM: Cleanup              12:00 PM – 1:00 PM: <b>Mandatory Lunch break</b>  <i>* Mise en place for <b>part two of the competition</b> may also be carried out anytime during the morning, just not during lunch break.</i></p> <p><b>Part Two (1:00 PM – 3:30 PM)</b>              1:00 PM: Start Part Two Competition              1:30 PM: Presentation of Whole Chicken Butchery              3:00 PM: Presentation of Main Course Thai Green Curry Chicken Stir-Fry              3:00 PM - 3:30 PM: Cleanup              (Station should be checked by proctor before leaving)</p>
------------------------------------	---

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



	<p><b>Submission Summary</b> 9:30 AM: Submit Recipe Yield Conversion Exercise</p> <p><b>3:15 PM: Submit Photos of Vegetable competencies, Omelette and Salad, Chicken Butchery, Thai Chicken Stir-Fry, and complete Tasting Rubric link for Omelette and Salad, Thai Green Curry.</b></p>
	<p><b>Submissions for Judging (Screenshots and Photos to Submit)</b></p> <p>At the indicated time, all competitors must be hands off and wait for the judges to see their dishes and then competitors can take their photos to submit for judging.</p> <p><b>You will have a 5 min window to present your plate to the judges as directed. After that time, you will be facing a deduction for a late dish until 10 min past deadline. At 11 min past the presentation deadline your dish will no longer be accepted for judging.</b></p> <p><b>Early plated dishes will be marked a NO for timing but will still be judged for Taste and Presentation. They will also be a NO for Temperature if applicable.</b></p> <p><b>At the conclusion of each section, competitors will need to allow the judges to take a screenshot of their final plates and competencies, as directed through the livestream.</b></p> <p>In addition, the competitors need to submit FOUR photographs of their final plates/products WITHIN 15 MINUTES of the competition deadline. For the photos, please submit:</p> <ul style="list-style-type: none"><li>○ one photo with both plates to show consistency of presentation</li><li>○ one close up overhead shot of one plate to show presentation details</li><li>○ one close up side shot or angle shot to show presentation details</li><li>○ a photo of one plate on a scale to show portion size - make sure you zero your scale so that you are only weighing the food presented and the weight can be clearly seen on the scale</li><li>○ Make sure your competitor number is clearly visible in each photo using a white label or masking tape i.e. on the plate rim, baking sheet ect.</li></ul> <p><b>*Proctor/Teacher can assist competitors with taking photos and submitting required photos and documents to ensure a seamless competition.</b></p>

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



<p><b>Description</b></p>	<p><b><i>Vegetable precision cuts</i></b> – Presented on cutting board clearly separated and photographed for submission</p> <p>150 g each of:</p> <ul style="list-style-type: none"> <li>● Green Pepper – lozenge</li> <li>● Eggplant– large dice</li> <li>● Zucchini– medium dice <ul style="list-style-type: none"> <li>➤ <b>to be incorporated into the chicken stir-fry and sauce.</b></li> </ul> </li> <li>● Carrot – small dice</li> <li>● Onion – brunoise</li> <li>● Celery – small dice <ul style="list-style-type: none"> <li>➤ <b>to be incorporated into the rice pilaf.</b></li> </ul> </li> <li>● Tomato – Concassé – small dice <ul style="list-style-type: none"> <li>➤ <b>to be incorporated into the side salad.</b></li> </ul> </li> </ul>
<p><b>Description</b></p>	<p><b>Prepare two (2) portions of the following:</b></p> <p><b><i>Classic French Filled Omelette</i></b></p> <ul style="list-style-type: none"> <li>● 2 egg omelette</li> <li>● Filling to consist of Cheddar Cheese &amp; Button Mushroom</li> <li>● <b>Side Green Salad</b> accompaniment with Emulsified French Dressing – also 100 mL Salad should be tossed in dressing</li> <li>● Prepare two (2) portions each presented on 12” White Dinner Plate</li> </ul>
<p><b>Description</b></p>	<p><b>Whole Chicken Butchery</b></p> <ul style="list-style-type: none"> <li>● <b>1</b> Whole chicken broken down into <b>8 - Cut</b>, presented on a baking sheet &amp; photographed for submission</li> <li>● Both boneless breast and deboned thigh meat should be included in the Stir-Fry</li> </ul>



# 2021 PROVINCIAL SKILLS CANADA COMPETITION



<p><b>Description</b></p>	<p><b>Prepare two (2) portions of the following one (1) course menu:</b></p> <p><b><u>Main Course:</u> <i>Thai Green Curry Chicken Stir-Fry</i></b></p> <ul style="list-style-type: none"> <li>• Chicken stir-fry with Thai green curry sauce. (Must include deboned thigh and breast meat. 60-90g)</li> <li>• Brown (short grain) rice pilaf.</li> <li>• Only items listed on the common table are available to be used in the stir-fry.</li> <li>• Appropriate portion size presented in a 9” pasta bowl. Portion size not to exceed 350 g per portion. (Based on the new Canada Food Guide proportions.)</li> <li>• Edible garnish that contributes to the dish.</li> </ul>
<p><b>Special Equipment Required</b></p>	<ul style="list-style-type: none"> <li>• 9” White Pasta Bowl will be provided by the competitors school</li> <li>• 12” White Dinner Plate will be provided by the competitors school</li> </ul>
<p><b>Main Ingredients Required</b></p>	<p>Recipes are supplied by the committee. <u>Recipes must be scaled up or down according to the required amounts.</u> Recipes meet the competition’s foundational competencies; however, they may be built upon in regards to seasoning and garnish.</p> <p>A list of all ingredients available for this project will be included in the common food table document.</p>

- 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.

## EQUIPMENT & MATERIALS

### Skills Canada Alberta Provided Tools, Materials, and Equipment

<p>Chef Hats</p>		
------------------	--	--

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Equipment and Materials **Competitors and School Must Supply:**

### Basic equipment such as:

- Knives
- Piping bags and tips
- Ladles
- Rolling pin
- Spatulas
- **Digital Scale (Must Have)**
- Whips
- Recipes/reference books
- **Basic 4 Function Calculator**

- Basic pots and pan set, including sauté pans, stewing pots, sheet pans, bowls, china caps, cutting boards, molds etc.
- Kitchen towels and dish towels
- Side towels or oven mitts
- Sanitizing equipment (spray bottles and/or pails)
- **All plateware detailed in the project description**
- Good quality Camera or Smartphone for video streaming
- Computer or laptop for Submissions

### Required clothing (Provided by Competitor):

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
- 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.
- Side Towels
- Black or checked chef trousers
- White Apron
- White Neck Tie

\*Competitors and schools will need to work together to arrange for the tools, equipment, and materials provided by the competitor. If a competitor and/or school is not able to procure a certain item, please contact [mikes@skillsalberta.com](mailto:mikes@skillsalberta.com) to inquire if additional arrangements can be made.

### VIRTUAL COMPETITION RESOURCE SUPPORT FORM

A \$40 competition resource subsidy is available to all competitors. It is intended for items that were purchased to support competitors (e.g. food supplies, materials, technical equipment, tools, etc.). The form can be accessed at the following link: <https://skillsalberta.com/additional-2021-competition-resources/>

### SHIPPING INFORMATION

Any tools and equipment provided by Skills Canada Alberta will be shipped to your school by: **April 13, 2021**. If you do not receive your shipment by this time, please contact: [whitneyk@skillsalberta.com](mailto:whitneyk@skillsalberta.com).



# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## JUDGING CRITERIA

<b>Sanitation</b>	<ul style="list-style-type: none"> <li>• Proper and professional clothes</li> <li>• Personal hygiene and cleanliness</li> <li>• Workstation, floor, and fridge cleanliness</li> <li>• Cutting board hygiene</li> <li>• Proper food storage methods</li> </ul>	15%
<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 the proper time as outlined in the contest description</li> </ul>	10%
<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>	35%
<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>	25%
<b>Taste &amp; Required Menu Components</b>	<ul style="list-style-type: none"> <li>• Correct degrees of doneness</li> <li>• Appropriate seasonings</li> <li>• Food service at proper temperature as specified in the test project &amp; in accordance with industry standards</li> <li>• Respect timetable in regard to serving times</li> <li>• All required elements outlined in the test project and the menu appear on the plate</li> </ul>	15%
<b>Overall Total</b>		<b>100%</b>

## TIE BREAKING PROCESS

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

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## COOKING

### SECONDARY RECIPES

- 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”. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques necessary for this project.
- Many textbooks include photographs, text, and online content that will illustrate proper and safe working techniques as well as important aspects of the project’s 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,
- 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 for procedures and techniques. Portion sizes are critical and the competitor must scale up or down to produce the required portions.
- \*Competitors will be provided sufficient ingredients to prepare 2 portions of each item only.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## French Dressing

Professional Cooking 8 – 666A

Salad Dressing

Yield: 1 quart (1litre)

1	Egg	1 gram
1 ½ teaspoon	Salt	7 millilitres
1 ½ teaspoon	Paprika	7 millilitres
1 ½ teaspoon	Dry mustard	7 millilitres
¼ teaspoon	Ground pepper	1 millilitre
1 ½ pints	Salad oil	700 millilitres
4 fluid ounces	Cider vinegar	125 millilitres
2 fluid ounces	Lemon juice	60 millilitres
As needed	Vinegar, lemon juice, or water	As needed

1. Place the egg in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise.
8. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 millilitres)

1 fluid ounce	Vegetable oil	30 millilitres
1 ½ ounces	Green curry paste (PC8 211A) recipe included	45 millilitres
2 fluid ounces	Water or stock	60 millilitres
14 fluid ounces	Coconut milk, canned, unsweetened	410 millilitres
1 ½ ounces	Nam pla (Thai fish sauce)	45 millilitres

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer, and simmer several minutes to blend flavours.

**Note:** in Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavored with a curry paste, and stew the meat in the sauce with the desired vegetables.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

5 ounces	Serrano chilies, seeded and chopped	150 grams
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro, leaves, stems and roots	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 millilitres
1 teaspoon	Nutmeg	5 millilitres
3 fluid ounces	Vegetable oil	90 millilitres

1. Combine all ingredients in a food processor or blender.
2. Blend until a smooth paste is produced.
3. Refrigerate and use as needed to make curry sauces.

**Note:** Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste.

\*If it is not available use fresh ginger.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Chicken in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 millilitres
2 ½ pounds	Chicken Breast and DeBoned thigh - Breakdown from Whole Chicken.	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 211A)	525 millilitres
2 ½ pounds	Mixed vegetables (including eggplant, zucchini, green pepper and carrot) – previously blanched  *other vegetables from the common table may be added	1 kilogram

1. Heat a sauté pan or wok over high heat.
2. Add the oil.
3. Add the shrimp and stir-fry until well seared.
4. Add the vegetables, and continue to stir-fry a few minutes longer. Add the sauce, and simmer until the shrimp are completely cooked.
5. Serve with rice.



# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds (1.36 kg)

2 ounces	Butter	60 grams
3 ounces	Brunoise and small diced mirepoix vegetables <i>*carrot, onion, and celery from part one of the project.</i>	90 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 litre
To taste	Salt	to taste

1. Heat a heavy saucepan on medium heat. Add the butter and vegetables and sauté until they begin to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice.
4. Cover tightly and place the pot in a 350°F (175°C) oven and bake for 1 hour, or until the liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, continue to cook it in the oven until it is tender. Season to taste.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Appendix I

### PROCEDURE for Converting Total Yield

1. Calculate the conversion factor as explained in the procedure given above.
2. Multiply each ingredient quantity by the conversion factor:

$$\text{Old quantity} \times \text{Conversion factor} = \text{New quantity}$$

**Note:** In order to do this in the U.S. system, you may have to convert all weights to ounces and all volumes to fluid ounces. (This is not necessary in the metric system.)

**Example 1:** You have a recipe for 10 portions of Broccoli Mornay requiring 3 lb AP broccoli and 2½ cups Mornay Sauce. Convert to 15 portions.

$$\frac{\text{New yield}}{\text{Old yield}} = \frac{15}{10} = 1.5$$

Broccoli: 3 lb = 48 oz

$$48 \text{ oz} \times 1.5 = 72 \text{ oz} = 4 \text{ lb } 8 \text{ oz}$$

Sauce: 2½ cups = 20 fl oz

$$20 \text{ fl oz} \times 1.5 = 30 \text{ fl oz} = 3\frac{3}{4} \text{ cups}$$

**Example 2:** You have a recipe for 10 portions of Broccoli Mornay requiring 1,500 grams AP broccoli and 600 mL Mornay Sauce. Convert to 15 portions.

$\frac{\text{New yield}}{\text{Old yield}} = \frac{15}{10} = 1.5$
Broccoli : $1,500 \text{ g} \times 1.5 = 2,250 \text{ g}$
Sauce : $600 \text{ mL} \times 1.5 = 900 \text{ mL}$

# 2021 PROVINCIAL SKILLS CANADA COMPETITION

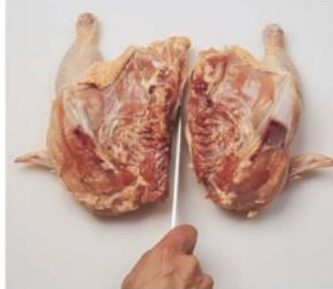


CUTTING UP CHICKEN 533

FIGURE 17.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife, as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)
















(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Appendix III

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

# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## Common Table Items

You will be marked for overuse, or waste of products. ONLY the foods indicated on the Common Table are permitted for use. Absolutely no outside food products are to be brought into the contest.

### Secondary Food Common Table

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Carrot	Honey	Butter - unsalted	Basil - dried
Celery	Oil Canola	Cream - half & half	Bay leaves
Eggplant	Oil Olive	Cream - 35%	Cinnamon Ground
Galangal	Rice Brown Short Grain	Eggs, large	Mace
Garlic	Sugar White Granulated	Milk 3.25	Nutmeg
Ginger Root	Thai Fish Sauce Nam Pla	Cheddar Cheese	Peppercorn Black Ground
Lemongrass	Tomato Can Crushed		Peppercorn Black Whole
Onions Red	Apple Cider Vinegar		Peppercorn White Ground
Onions Shallots	White Vinegar	<b>Non Dairy</b>	Salt - fine
Onion Yellow	White Wine Vinegar	Coconut Milk	Salt - kosher
Peppers Green	Flour		Thyme - dried
Peppers Red	Cornstarch		Dry Mustard
Peppers Serrano Chili		<b>Herbs Fresh</b>	Paprika
Cherry Tomatoes		Basil	
Zucchini		Chives	
Cucumber		Cilantro	
White Button Mushrooms		Parsley - curly	<b>Non Food Items</b>
Crimini Mushrooms		Parsley – flat leaf	Aluminum foil
Shallots		Thyme	Butcher's twine
Salad Greens (Mesclun)			Cheesecloth
Roma Tomatoes	<b>Proteins</b>	<b>Stock</b>	Disposable gloves
Field Tomatoes	Whole Chicken	Chicken Stock	Pan spray
<b>Fresh Fruit</b>			Paper towels
Black Berries			Parchment paper
Raspberries			Plastic wrap
Lemons			
Limes			



# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## 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

### Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

### Competitor Registration

Competition Registration will open online at <https://portal.skillsalberta.com/> on January 12, 2021 at 8:30AM for the Regional Skills Canada Competition and on January 14, 2021 at 8:30 AM for the Provincial Skills Canada Competition (PSCC)

### Lunch

Lunch will be provided by Skills Canada Alberta

### Virtual Awards Ceremony

The Virtual Awards Ceremony will take place **Thursday, May 13<sup>th</sup> at 6:30PM**. A link will be made available on the website with additional information.

### Team Alberta Information

Team Alberta will be selected from competition Gold medalists who will then be eligible to participate at the Skills Canada National Competition (SCNC) in a virtual format May 25-30, 2021. It is recommended that competitors review the SCNC contest description to be familiar with the national contest description and project at <http://www.skillsCanada.com/>.

### Ethical Conduct

We recognize that participants will be competing individually in their own unique environments. We expect all competitors to compete fairly, respecting and abiding by the established rules in the true spirit of Skills Canada Alberta.

### Letter of Participation

Competitors who participate in the 2021 Provincial Skills Canada Competition are eligible for a Letter of Participation that can be downloaded on the Registration Portal after the competition ends.



# 2021 PROVINCIAL SKILLS CANADA COMPETITION



## COMMITTEE MEMBERS

Jason St. Laurent	Jeff Lerouge	Jennifer Steele-Watts
Ian Campbell	Jason Sachko	Matthew Stinson
Rob Champ	Helmut Schoderbock	Carmen Wasyluniuk
Sabrina DelBen	Garnett Schoettler	Jamie Williams
Peter Keith	Andrew Springett	Christopher Bunter