



SkillsXibition

GET WIRED FOR TRADES AND TECH!

Presented by: **Suncrude**

We are excited that you'll be joining us for SkillsXibition this year! Below are a few important pieces of information that you will want to read to ensure you are ready for your activity! All pre-recorded demonstration videos will be posted online by May 26th.

REQUIRED MATERIALS & SUPPLIES

Skills Canada Alberta Supplied Materials:

Skills Canada Alberta will provide a \$50 gift card per student or group for the required ingredients from the below recipe.

School Supplied Materials:

Students will need the following utensils and cookware:

- Stove or hot plate
- 1 medium stock pot
- 1 medium sauce pot
- 1 small sauce pot
- 1 large bowl
- 1 casserole dish or deep and wide saucepan
- Knives for paring and dicing
- Grater
- Sieve
- Spoons to stir
- 2 baking sheets

Schools are responsible for collecting the below recipe's ingredients for the session. Students can complete the recipe on their own or in teams or groups, depending on your cookware availability.

Dill Garlic Cream Sauce

- 1L of whipping cream (35%)
- 2 tbsp minced garlic
- 1 tbsp dried dill
- 1 tbsp lemon juice

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- 1 tbsp unsalted butter
- salt and pepper to taste

Rice

- 1 cup basmati rice
- 1 $\frac{3}{4}$ cups water
- 1 $\frac{1}{2}$ tbsp unsalted butter
- $\frac{1}{2}$ tsp kosher salt

Vegetable Filling

- 2L grated cremini mushrooms (raw)
- 500 ml small diced yellow onion
- 2 tbsp minced garlic
- 1 tbsp dried porcini or mushroom powder
- 1 tbsp dried dill
- 2 tbsp canola oil
- Salt and pepper to taste

Soured Cabbage

- 1 medium head of sour cabbage

BEFOREHAND REQUIRED PREPARATION

- Have all vegetables for filling grated, minced and diced before starting the activity.
- Use a paring knife to core the cabbage then gently pull apart the individual leaves. Have leaves soaking in cool water.

SAFETY PRECAUTIONS

Ensure that students are using all hot surfaces and sharp utensils safely. Students should be wearing close-toed non slip shoes and an apron during cooking.

ACTIVITY DIRECTIONS (supplementary to the demonstration video)

The live session will walk through the below steps in more detail.

- 1) Prepare rice – Rinse rice with cold water in a sieve until water runs clear. Then in a medium sauce pot bring all ingredients to a boil, stir well then cover and lower heat to a simmer for

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about 20 minutes until the water is absorbed. Check to make sure rice is ready then let sit for 5 minutes covered, then fluff with a fork. Spread rice out on a baking sheet to cool.

- 2) Prepare vegetable filling – Peel and dice one large onion and add to a small sauce pot with the canola oil. Sauté until golden and then add the garlic, grated mushrooms and dill. Cook for another 5 minutes then season with salt and pepper. Spread out filling onto a baking sheet to cool.
- 3) Prepare dill garlic cream sauce – In a medium stock pot on medium heat cook the garlic and butter for about 3 minutes until translucent. Then add the ingredients and continue to simmer for at least 20 minutes to reduce.
- 4) Build cabbage rolls – Now that both filling components are cooled enough to work with, mix them together in a large bowl and then season with salt and pepper. Then on a clean work surface, take one cabbage leaf and depending on its size, add around 2 tbsp of filling. Fold in the sides and roll into tight rolls.
- 5) Presentation – Place the cabbage rolls close together in a casserole dish and cover with the dill garlic cream sauce. For this presentation we will use a deep and wide saucepan to heat up the cabbage rolls and present on a plate.

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