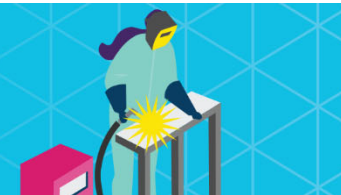




2023 Provincial Skills Canada Competition



Contest Description

Edmonton Expo Centre, Edmonton

May 3 & May 4, 2023

EVENT: Culinary Arts	LEVEL: Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
DURATION: 3.5 hours (3 hours and 30 minutes) day 1 and 3.25 hours (3 hours and 15 minutes) day 2. 6.75 hours total (6 hours 45 minutes total) ORIENTATION FOR ALL SECONDARY STUDENTS ON MAY 2, 2023, AT 4:30 PM AT CULINARY COMPETITION AREA OPENING CEREMONIES 6:00 PM	REGIONALIZED: YES Students must qualify through a Regional Skills Canada Competition (RSCC) to earn a position in the Culinary Arts competition at the Provincial Skills Canada Competition (PSCC).
COMPETITION SCHEDULE: May 3: Competition Day 1 11:40 AM Competitors arrive on site to provide assistance in changeover from post-Secondary event. 12:00 PM Safety briefing and final questions 12:20 PM Kitchen Set-Up – Equipment Only - No contact with food is permitted at this time. - Only competitors are permitted in the contest area. - No assistance is permitted at this time. 12:30 PM Competition starts – Conversion test 1:00 PM Submit Menus and Conversion test 1:30 PM Present Competencies, with the exception of Espagnole sauce. 3:00 PM Present Espagnole (Brown Sauce) competency. 4:00 PM Present the dish from the Indigenous/Cultural Research Project. 4:00 PM: End of food production. Clean-up. 4:30 PM: Candidates leave the site.	COMPETITION SCHEDULE: May 4: Competition Day 2 7:45 AM Competitors arrive on site. Safety briefing and final questions. 8:00 AM Kitchen Set-Up – Equipment Only - No contact with food is permitted at this time. - Only competitors are permitted in the contest area. - No assistance is permitted at this time. 8:15 AM Competition starts 8:45 AM Submit Menus 11:15 AM Presentation of Main Course. 11:45 AM Presentation of Dessert. 11:45 AM Clean-up and packing. 12:15 PM Competitors Leave site.

CONTEST INTRODUCTION

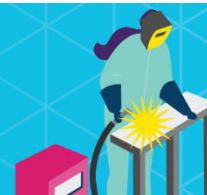
The competition will evaluate each competitor’s culinary competencies and creativity while recognizing outstanding students for excellence and professionalism in their field.

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menus (Module A and Module B) as outlined in this contest description. The practical test challenges both culinary knowledge and creativity. This contest description outlines what is required from each competitor each day, and how marks are awarded.



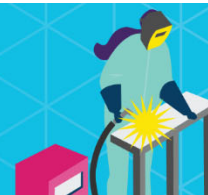
2023 Provincial Skills Canada Competition



Pre-Competition	Indigenous Research Project
Description	<p data-bbox="402 312 1481 449">For the Skills Alberta Provincial Competition in Edmonton, competitors will be required to submit a <u>Canadian Indigenous / Cultural Ingredient Research Project</u> as outlined below. This project is due to be submitted by April 26, 2023 at 9:00 AM, to Jeff Lerouge, Culinary PTC Member at jeff.lerouge@rdcrs.ca.</p> <p data-bbox="354 491 1252 522">Each competitor must submit their project in following the specified format:</p> <ul data-bbox="354 564 1529 963" style="list-style-type: none">• maximum length of 500 words or 2 pages• double-spaced• justified• Arial 14-point• 1 inch margins• PDF format• emailed to the following address: jeff.lerouge@rdcrs.ca• Please note, your recipe is NOT included in the 500 word/2 page maximum.• If you have not received confirmation within 24 hours that the project has been received, please email the PTC Chair Garnett.schoettler@rdpolyrtech.ca and then resubmit.• Students who do not submit research projects by the above deadline will receive a deduction. <p data-bbox="354 1005 1500 1142">The research project MUST contain collaborative research with an Indigenous leader, educator and/or knowledge keeper. This portion of the project will be conducted with an Indigenous group local to each competitor. Competitors should consult their teacher/coach at school for assistance with this.</p> <ul data-bbox="354 1184 1529 1892" style="list-style-type: none">• Using 1 (or several) items available on the common table <i>that are indigenous to Canada</i>, you will respond to five prompts, <i>giving details about the ingredient and its importance historically and contemporarily to Indigenous peoples in Canada</i>.• Please present your research organized around these five prompts with 3 to 5 sentences for each prompt:<ol data-bbox="402 1436 1500 1751" style="list-style-type: none">1. With whom did you complete your research? What are one or two key pieces of information you learned from them?2. Which ingredient(s) did you choose? Why did you choose them?3. What is the historical significance of the ingredient(s)? Has their importance changed with contemporary applications?4. What dish are you preparing to make? How did you arrive at this recipe? Is it based on another recipe or was it developed by you?5. How has this project impacted your perceptions of Indigenous ingredients and their use in contemporary Canadian cuisine?• You will use 1 (or more) ingredient(s) that are Indigenous to Canada that will be found on the Common Table document. <i>You <u>may only use</u> an ingredient (or ingredients) as found on this document.</i>

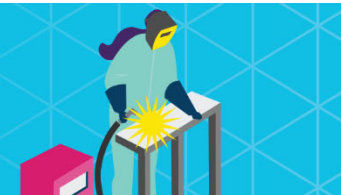


2023 Provincial Skills Canada Competition



	<ul style="list-style-type: none"> • Additionally, you must present a recipe for a dish you will produce at Skills Alberta Provincial Competition in Edmonton with your rationale behind developing that particular dish. • The dish can be either sweet or savory and must feature an Indigenous ingredient. • You will produce three (3) portions of the dish you researched/developed on Day 1 of Skills Alberta Provincial Competition in Edmonton on May 3, 2023. <p>The purpose of this project is to develop a deeper understanding of the relationship between Indigenous peoples and the food which is indigenous to Canada.</p>
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Day 1	Indigenous Dish, Conversion Test, and Competencies
Description	<p>Competitors must have two (2) copies of their menu (<i>one for the presentation table and one for use by judges</i>), in addition to a workplan at their station each day. The competitor’s working station copies can be drafted prior to competition day with the necessary adjustments.</p> <ul style="list-style-type: none"> • Conversion Test (see appendix #2 for an example of a conversion test.) <ul style="list-style-type: none"> • Prepare three (3) portions of a sweet or savory dish featuring an ingredient Indigenous to Canada found on the Common Table document. The dish can be sweet or savory and must feature a common table item that is indigenous to Canada. • Competencies: Presented in deli containers for judging. Competitors will produce the following: <ul style="list-style-type: none"> • 100 g onion, medium dice • 100 g carrots, medium dice • 100 g celery, medium dice • 100 mL clarified butter • All competencies must be utilized to make Espagnole (Brown Sauce). • Espagnole (Brown Sauce) Competency <ul style="list-style-type: none"> • Prepare and present 1 litre of Espagnole (Brown Sauce) • Espagnole must be used on Day 2 to prepare a classical demi-glace derivative sauce to be served with the main course.
Service Details	<ul style="list-style-type: none"> • <u>The only recipes the Provincial Technical Committee (PTC) Committee is providing are the recipes listed in this document.</u> • 11.25” dinner plates for Indigenous dish. • Deli containers provided for the vegetable (by the proctor). • No service wares (China) permitted other than that specified by the committee.



	<ul style="list-style-type: none"> • All of vegetable cuts and clarified butter to be presented in provided containers. • Conversion exercise will have a 30-minute deadline from the start of the contest. • Competitors may not gather food until the test is completed. • Day two Mise en place to be stored neatly and properly in your fridge or at your station.
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document below.
Special equipment required	<ul style="list-style-type: none"> • Deli containers for vegetable & sauce competencies will be provided. • 11.25" round white plates for the Indigenous dish • No service wares (China) permitted other than that provided by the committee.

Day 1 Competition Schedule in Detail

11:40 AM – Arrival of competitors and judges.

12: 00 PM – Instructions for the day.

- Recap of orientation and safety procedures.
- Review test project.
- Introduction of the Provincial Technical Committee (PTC) members and judges.
- Question period.

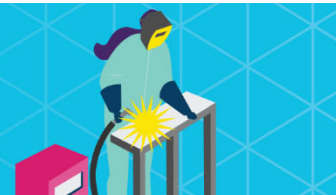
12:30 PM – Assign Conversion Test (See Appendix 2 for an example.)

- Worksheet and calculator provided by PTC.
- Competitors CANNOT use their own device for their calculations.
(i.e., smartphones, tablet, personal calculator, other programmable device, laptop, etc.)

No food is to be contacted until the costing exercise is completed. The costing exercise may be presented before the 30-minute deadline. Competitors can continue to set up their station at this time (equipment only).

1:00 PM – Submission of Conversion Test

- Pick up Conversion Test and calculator.
- Submit both copies of menu.
- Begin food preparation.
- Work plan must be displayed on the workstation.



1:30 PM – Present Competencies, with the exception of Espagnole sauce.

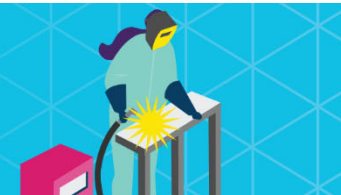
3:00 PM – Present Espagnole (Brown Sauce) competency.

4:00 PM – Present the dish from the Indigenous/Cultural Research Project.

4:00 PM – Food Production ends. Clean up, and Inspection of workstations.

4:30 PM – Competitors leave the site.

Day 2	Main Course and Dessert
Description	<p>Prepare three (3) portions of the following two (2) course menu</p> <p>Main Course: Burger and a Roasted Potato Dish.</p> <ul style="list-style-type: none"> • Classical Demi-glace derivative sauce made from Day 1 Espagnole (Brown Sauce) to compliment the main course. • Competitors will make an oven roasted potato element to accompany their burger. Some examples of this are: seasoned roasted potatoes, oven roasted French fries, Duchesse potatoes, Dauphinoise potatoes, etc. • <i>It is not permissible to deep fry the potato element. Deep-frying in a pot of oil on a stovetop is not allowed.</i> • Must include at minimum 1 other modern, complimentary, and appropriate garnish (minimum 1 sauce). • 600 g ground beef total/competitor. • Total weight of main course cannot exceed 420 grams. • Burger patty cannot exceed 180 grams. • <i>Competitors will be cooking on Electric domestic stoves. No electric/charcoal grills will be permitted. Competitors may bring a grill pan or sauté pan to cook their burgers.</i> • Potato element cannot exceed 100 grams. • <u>Cooking temperature of meats must meet food safety standards.</u> • Burger must include a bun. You can make your own bun or use a pre-baked bun from the common table. <p>Dessert: Brownie</p> <ul style="list-style-type: none"> • Brownie dessert, to include a fruit-based sauce.



	<ul style="list-style-type: none">• Must include at minimum 1 other modern, complimentary and appropriate garnish.• The maximum pan size that is permissible to use by competitors is a 9" x 9".
Service details	<ul style="list-style-type: none">• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.• Plates must be accompanied by 1 (one) sauce boat with a minimum of 90 mL of the classical demi-glace derivative sauce for the judges to evaluate.• Plates must be warm when plating food.• Molds are permitted for food production but cannot be used to present food.• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are <u>not</u> allowed.) <ul style="list-style-type: none">• Provided Service wares:<ul style="list-style-type: none">• Three (3) 11.25" plates, round, white for the main course• One (1) Sauce boat, white• Three (3) 11.25" plates, round, white for the dessert
Available Ingredients	<ul style="list-style-type: none">• A list of all ingredients available for this module is included in the common food table document below.

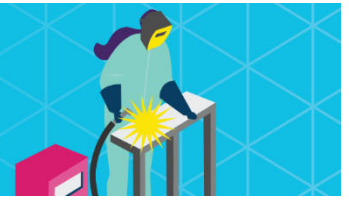
Day 2 Competition Schedule in Detail

7:45 AM – Competitors arrive on site. PTC briefing and questions.

8:00 AM – Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed competitors may set up their stations. (Equipment only, absolutely no food contact at this time.)



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8:15 AM – Food production begins.

11:15 AM – Presentation of Main Course.

11:45 AM – Presentation of Dessert.

11:45 AM – Clean-up and inspection of stations.

12:15 PM – Competitors leave the contest area with their equipment.

GENERAL CONTEST DETAILS

Common table

- Food items necessary to prepare the items in the test project including all required proteins, dairy, and produce items will be available in the common table area. A selection of dry goods, herbs, alcohol, and spices will also be available. Common table items will be specifically outlined in the common table document.
- The Provincial Technical Committee (PTC) reserves the right to change or limit food items without notice, depending on availability and quality. **You will be marked accordingly for over-use, or waste of products.** ONLY the foods provided by Skills Canada Alberta are permitted for use.

Work plan Submission

- One copy of the competitor's work plan is to be posted at the competitor's station. Competitors must submit two (2) copies of menus and work plans for both days of competition.
- Work plans can be legibly hand-written or printed using a word-processor. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
- Recipes may be consulted throughout the competition.

Menu Submission

To ensure continuity and so that the judges are evaluating submissions (food products) on an impartial and equal basis, the following guidelines must be followed for all menu submissions:

- A completed menu must be prepared and submitted separately for each day of competition.
- Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/college names cannot appear on the submitted menu.

Work Plan & Menu Infractions



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- The judging team will not evaluate any items served (or prepared) that are not specified on the menu. Depending on the severity of the infraction, plates may face deductions or may not be judged.

Professional Conduct and Point Deductions

- It is the primary intent of the PTC to provide a fair, equitable and transparent contest.
- Therefore, during the contest **communication between candidates and persons outside the competition are not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication. This includes the candidate’s coach/instructor.
- If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site. Candidates must consult a PTC member with any questions that arise during the competition. Some questions may require more than one PTC member to discuss the question/concern to reach a decision.
- The schedule for the two days of competition is to be followed exactly. Work schedule and service times are to be respected. There will be a two (2) minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness for up to 5 minutes, after which plates will not be accepted. See example below:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	10:45 to 10:47	10:48	10:49	10:50	10:51	10:52	10:53

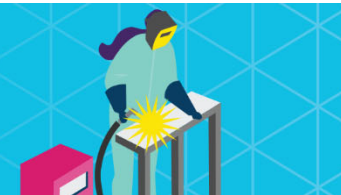
- All competitors are responsible for cleaning up their work areas, stoves, sinks, and refrigerators before they leave the competition area at the end of each day of competition.
- Points will be deducted for competitors that do not comply. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

Use of Precision Controlled Equipment

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment must be limited to **no more than ONE application over the two-day contest**.
- Any equipment capable of controlling temperature to a high degree of accuracy will be considered precision. (e.g., Immersion Circulators, Thermal Mixers)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.



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- *Competitors will be cooking on Electric domestic stoves. No electric/charcoal grills will be permitted. Competitors may bring a grill pan or sauté pan to cook their burgers.*
- *No deep fryers will be allowed. Deep-frying in a pot of oil on a stovetop is not allowed.*

Equipment Infractions

- Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

EQUIPMENT & MATERIALS

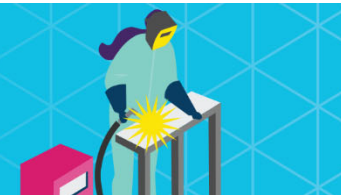
Equipment and Materials Competitors Must Supply:

Basic equipment such as:

Knives	Spatulas	All pots, frying pans, sheet pans, bowls, China caps, cutting boards, molds, etc.
Piping bag and tips	Scales	Kitchen towels and dishtowels
Ladles	Whips	Side towels, oven mitts
Rolling pin	Recipes and reference books	<i>Dish soap, sanitizing chemicals, and spray bottles or sani-buckets will be supplied by the PTC.</i>

Notes:

- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, plastic PVC tubes, canned oil sprays or other consumable products. Only the food provided can be used with no substitutions permitted.
- Service ware and 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 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.
- Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact lisa@chefs-hat.com to order. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Failure to comply with any rules on this document may result in an infraction. Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest.



Required Clothing provided by the Competitor:

Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)	Side towels	White apron
Double breasted long sleeve white chef jacket	Black or checkered chef pants	White necktie
Uniforms for two working days. Uniforms must not display any inscription or logo. Uniforms must be clean and in good repair.	Cleaning rags	

Equipment and Materials Supplied by the Provincial Technical Committee (per competitor):

All food from the recipes and the common table	Adequate fridge and freezer space	All Plate ware & Service ware
One worktable with one shelf	One electric stove with oven	Microwave
Available sink with hot & cold water	One electric outlet per workstation	Food processor with bowl and cutter blade
Garbage, recycling, and Organics/Compost bins	One display area for finished plates	Kitchen blender
Counter-top stand mixer (bowl, whip, paddle, dough hook)		

JUDGING CRITERIA

Sanitation	<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Work-station, floor, and fridge cleanliness • Cutting board hygiene • Proper food storage methods • All general food safety rules must be followed 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage – full utilization of requisitioned food • Energy and water – efficient utilization • Time Management – posted work plan • Proper planning and execution of tasks • Menu to be submitted at proper time as outlined in the contest description 	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> • Proper and professional use of the tools and equipment • Application & execution of correct cooking techniques and methods 	25%



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Presentation	<ul style="list-style-type: none">• Portion size in accordance with the test project parameters• Clean Plates• Plating & Design• Harmonious colours• Appetizing and artistic presentation of food• Appropriate and complementary garnishes	15%
Taste & Required Menu Components	<ul style="list-style-type: none">• Proper textures of food• Correct degrees of doneness• Balanced taste and seasonings• Flavours match the menu specifications and descriptions• Food service at proper temperature as specified in the test project and in accordance with industry standards• Respect timetable regarding serving times• All required elements outlined in the test project and the menu appear on the plate	35%
Overall Total		100%

TIE BREAKING PROCESS

In the case of a tie, the highest score in the **Taste** section will prevail. Competitors should taste often and correct flavours and seasoning to enhance their placement.

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 committee, 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 questions must be addressed to the Provincial Technical Chairs Jason St. Laurent at jstlaure@nait.ca, and Garnett Schoettler garnett.schoettler@rdpolytech.ca

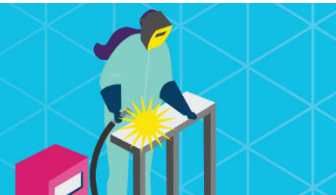
ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations
[Regional and Provincial Rules and Regulations](#)

Lunch

Lunch for competitors will be provided by Skills Canada Alberta on both competition days.

Parking & Venue Maps



<http://edmontonexpocentre.com/attend/parking/>

Opening Ceremonies / On-site Provincial Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 2, 2023, at 6:00 pm in Hall D of the Edmonton EXPO Centre. Admission is free, and everyone is welcome to attend. It is important to note that competitor registration will open immediately following the Opening Ceremony.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 4, 2023 at 6:30 pm in Hall D of the Edmonton EXPO Centre. Admission is free and everyone is welcome to attend. The Awards Ceremony will be shown live at <http://skillsalberta.com/>

Team Alberta Information

Team Alberta will be selected at the PSCC Awards Ceremony. Gold medalists will then be eligible to participate at the Skills Canada National Competition (SCNC) on May 24- 27, 2023 in Winnipeg MB. 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/>.

During the PSCC Awards Ceremony on Thursday May 4, 2023, gold medalists will be given their Team Alberta information package and will confirm their participation in the SCNC. Students must be present at the Awards Ceremony to claim their position on Team Alberta. If the Gold medalist is not able to attend SCNC, the next top-ranking individuals will be asked to participate. If a student is not able to attend the Awards Ceremony a letter confirming the student's interest in Team Alberta participation must be emailed to javierad@skillsalberta.com prior to the start of competition on May 3, 2023.

Please prepare your students in advance to accept a position on Team Alberta and outline how your school will support their participation.

NOTE

For the Skills Canada National Competition in Winnipeg the Team Alberta candidate will be required to submit a Canadian Indigenous / Cultural Ingredient Research Project

Note #1 – The research project must contain collaborative research with an Indigenous leader(s) / educator(s)/ knowledge keeper(s). This portion will be conducted with an Indigenous group local to each competitor.

- Using 1 (or several) items available on the common table *that is Indigenous to Canada* you will write a 5-paragraph essay *giving details about the ingredient and its importance historically and contemporarily Indigenous peoples in Canada.*



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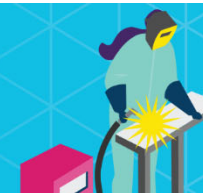
- You will use 1 (or more) ingredients that are Indigenous to Canada that will be found on the Common Table document. ***You may only use an ingredient (or ingredients) as found on this document.***
- The due date for this project is **Friday May 12, 2023, at 9am local time** for each competitor. Submissions are to be made to Travis Stewart, NTC for NT, (travis.stewart@yk1.nt.ca).
- It is to be presented in essay format with a minimum of **5 paragraphs**. Additionally, you must present a recipe for a dish you will produce at SCNC 2023 in Winnipeg and ***your rationale behind developing that particular dish***. The recipe will be in addition to the 5-paragraph essay.
- The dish can be either ***sweet or savory***.
- You will produce the dish you developed on Day 1 of SCNC 2023 in Winnipeg.
- You will also be slotted in for a 5-minute interview with members of the National Technical Committee to speak about and explain your reasoning behind picking your ingredient (ingredients) and how you developed your dish.
- The purpose of this project is to ***develop a deeper understanding of the relationship between Indigenous peoples and food which is Indigenous to Canada.***

Questions?

Please contact Kennedy Mayer kennedym@skillsalberta.com if you have any questions regarding the Contest Description.

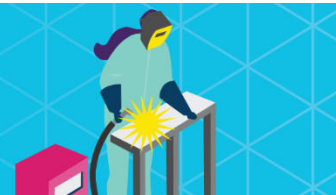
PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Jason St. Laurent (Co-Chair)	Peter Keith	Sabrina del Ben
Garnett Schoettler (Co-chair)	Jamie Williams	Robert Champ
Helmut Schoderbock	Andrew Springett	Jennifer Steele-Watts
Matthew Stinson	Michael Dekker	Christopher Bunter
Jeff Lerouge	Carmen Wasylynuik	Stephen Klassen
Ian Campbell		



Secondary Food Common Table

Produce	Nuts	Dry Goods
Beans, green	Hazelnuts, whole	Baking Powder
Blackberries	Pecans, halves	Baking Soda
Blueberries	Walnuts, halves	Breadcrumbs, Panko
Carrots	Fresh Herbs	Burger Buns, Brioche 75gr (4" - 5") (10 – 12 cm)
Celery	Basil	Chocolate, Dark, unsweetened
Citrus, Lemon, Lime, Orange	Chives	Chocolate, Callebaut, Milk, (33.6%)
Corn on the Cob	Cilantro	Chocolate, Callebaut, White, (28%)
Cucumber	Parsley – curly	Cocoa Powder
Garlic	Parsley – flat leaf	Corn starch
Ginger root	Thyme	Dry Active Yeast
Leeks		Flour, All-purpose, Bread, Cake
Lettuce	Spices	Honey
Mushrooms, Button #1	Bay Leaf	Maple Syrup
Onion, Green	Cayenne	Milk Powder
Onion, Yellow	Chile Powder	Molasses
Pepper, Jalapeno	Cumin, ground	Oil, Vegetable
Potato, Russet, Sweet, Yukon gold	Fennel Seed	Pickles, Dill
Raspberries	Garlic Powder	Salt, Fine
Shallots	Mustard Powder	Salt, Kosher
Squash, Buttercup	Mustard Seeds, yellow	Sesame seeds, white
Strawberries	Nutmeg	Shortening, Vegetable
Tomato, Cherry, Roma	Paprika	Soy sauce
Proteins and Stocks	Peppercorns, black, whole, and ground black pepper	Sugar, White, Powdered, Brown
Bacon	Peppercorns, white, and ground white pepper	Tomato Paste
Beef, Ground, Medium	Sumac	Vanilla Extract
Eggs, Large	Thyme, leaves	Vinegar, Cider, Red Wine, White
Salmonoid	Alcohol	White Bread
Stock, Veal, Brown	Non-Alcohol Wine, Red	Worcestershire Sauce
	Non-Alcohol Wine, White	Miscellaneous
Dairy		Cheese Cloth
Butter, slated, unsalted	Frozen	Bamboo Skewers, 6"
Cheese, Cheddar medium	Blackberries	Aluminum foil
Cheese, Goat	Blueberries, wild	Butcher's twine
Cheese, Swiss	Currants	Disposable gloves
Cream, 35%	Cranberries	Pan spray
Milk, 3.25%	Raspberries	Parchment paper
	Strawberries	Plastic wrap



Appendix #1 – Recipes

The recipes for this contest have been referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- The recipes are intended as a guide and may be adjusted as required to produce appropriate quantities, flavours and correct seasoning.
- Although some recipes are included in this “contest project” we recommend that you refer to the “Professional Cooking” or “On 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.
- The “Professional Cooking” or “On Cooking” textbook also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module’s preparation (e.g., procedure to make omelets, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

See Appendix #4 for guidelines on converting recipes.



PROCEDURES for Clarifying Butter

METHOD 1

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Carefully pour off the clear melted butter into another container, leaving the milky liquid at the bottom of the saucepan.

METHOD 2

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Turn the heat to very low to avoid burning the butter. Leave the pan on the heat and continue to skim the froth from the surface at intervals. The water in the bottom will boil and gradually evaporate.
4. When the butter looks clear and no longer forms a scum on top, strain off the butter through cheesecloth into another container.

You need 1¼ lb (625 g) raw butter to make 1 lb (500 g) clarified butter; 1 lb (500 g) raw butter yields 12–13 oz (about 400 g) clarified butter.



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(a) Skim the foam from the top of the melted butter.



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(b) Ladle off the clear, melted fat.

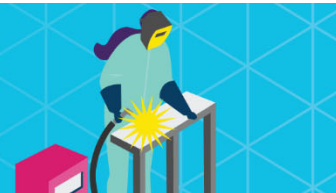


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(c) Continue until only the milky liquid remains in the bottom of the pan.

FIGURE 9.6 Clarifying butter

Source: Professional Cooking 9th edition. **Page:** 196



Brownies

INGREDIENTS	U.S.	METRIC	PERCENTAGE	PROCEDURE
Unsweetened chocolate	1 lb	450 g	100 %	Mixing: Sponge method. 1. Melt chocolate and butter together in a double boiler. Stir so that the mixture is smooth. Let it cool to room temperature. 2. Blend the eggs, sugar, and salt until well mixed, but do not whip. Add the vanilla. 3. Blend in the chocolate mixture. 4. Sift the flour and fold it in. 5. Fold in the nuts. Makeup: Sheet method. Grease and flour the pans or line them with parchment. Quantity of basic recipe is enough for 1 full sheet pan, 18 × 26 in. (46 × 66 cm), 2 half-size sheet pans, 4 pans measuring 9 × 13 in. (23 × 33 cm), or 6 square pans measuring 9 in. (23 cm) per side. If desired, batter may be sprinkled with an additional 50% (8 oz/255 g) chopped nuts after panning. Baking: 325°F (165°C), about 60 minutes. For 2-in. (5-cm) square brownies, cut sheet pan 8 × 12 to yield 96 pieces.
Butter	1 lb 8 oz	675 g	150 %	
Eggs	1 lb 8 oz	675 g	150 %	
Sugar	3 lb	1350 g	300 %	
Salt	0.25 oz (1½ tsp)	7 g (7 mL)	1.5 %	
Vanilla	1 oz	30 mL	6 %	
Cake flour	1 lb	450 g	100 %	
Chopped walnuts or pecans	1 lb	450 g	100 %	
Total weight:	9 lb 1 oz	4087 g	907 %	

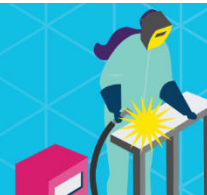
Per 1 brownie: Calories, 190; Protein, 3 g; Fat, 12 g (54% cal.); Cholesterol, 45 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 95 mg.

VARIATIONS

Butterscotch Brownies or Blondies

Omit chocolate. Use brown sugar instead of granulated sugar. Increase flour to 1 lb 6 oz (600 g).

Source: Professional Cooking 9th edition. **Page:** 988



Appendix #2 - Recipe Conversion Exercise Instructions & Example

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitor must supply writing implement – pen or pencil
- Competitor CANNOT use their own device for their calculations. (i.e.: smartphone, tablet, personal calculator, other programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

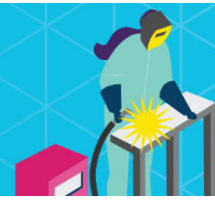
Competitor No. _____

Score: ____ / 15

Recipe Name: **Brown Sauce**

Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram or mL)
1	Carrot	0.250 kg	X		=	
2	Onion	0.500 kg	X		=	
3	Celery	0.250 kg	X		=	
4	Butter	0.250 kg	X		=	
5	Bread Flour	0.250 kg	X		=	
6	Beef Stock	6 litres	X		=	
7	Tomato Puree	0.250 kg	X		=	
8	Bay Leaf	0.008 kg	X		=	
9	Thyme	0.012 kg	X		=	
10	Parsley Stems	8 each	X		=	
Desired Total Yield:						0.500 litres



Appendix #3 – Precision Cuts



(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-cut, varied diameter or thickness.



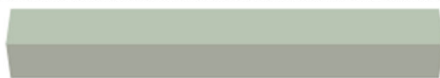
(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ 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.



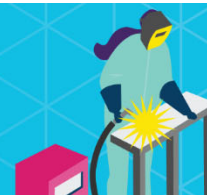
(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(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).



Appendix #4 Guidelines for converting recipes.

PROCEDURE for Calculating Conversion Factors

There is only one step in this procedure:

Divide the desired yield by the old yield stated on the recipe. This formula may be written like a mathematical calculation, as on a calculator, or as a fraction:

Mathematical Calculation : New yield \div Old yield = Conversion factor

Fraction : $\frac{\text{New yield}}{\text{Old yield}} = \text{Conversion factor}$

Example 1: You have a recipe with a yield of 8 portions, and you want to make 18 portions.

$$18 \div 8 = 2.25$$

Your conversion factor is 2.25. If you multiply each ingredient in your recipe by 2.25, you will prepare 18 portions, not the 8 of the original recipe.

Example 2: You have a recipe that makes 20 liters of soup, and you want to make 5 liters.

$$5 \div 20 = 0.25$$

Your conversion factor is 0.25. That is, if you multiply each ingredient by 0.25, you will prepare only 5 portions.

Notice in the second example the conversion factor is a number less than 1. This is because the recipe yield is decreased. You are making the recipe smaller. This is a good way to check your math. Decreasing the recipe yield will involve a conversion factor less than 1. Increasing the yield of a recipe will involve a conversion factor larger than 1.

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:

Old quantity \times Conversion factor = New quantity

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 g \times 1.5 = 2,250 g
Sauce : 600 mL \times 1.5 = 900 mL