



2023 Provincial Skills Canada Competition



Contest Description

Edmonton Expo Centre, Edmonton

May 3 to May 4, 2023

EVENT: Jr High Culinary Arts Challenge	LEVEL: Grade 9
DURATION: 1.5hrs (45 minutes cooking time) (Students will participate on either May 3 or May 4)	LOCATION: Hall B, Edmonton EXPO Centre, Edmonton
COMPETITION SCHEDULE:	
May 3:	May 4:
<i>ORIENTATION</i>	10:00 AM
COMPETITION	10:15 AM
PRESENTATION OF FOOD	11:00 AM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	11:30 AM
<i>ORIENTATION</i>	1:00 PM
COMPETITION	1:15 PM
PRESENTATION OF FOOD	2:00 PM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	2:30 PM

GENERAL DESCRIPTION

The Junior High Culinary Arts Challenge introduces students to the spirit of a professional cooking environment, in a fun and interactive way. Grade 9 students will prepare and present Soda Bread and use the ingredients provided to present their menu item. Before and after their participation in the Jr High Challenge, students will be inspired by watching competing senior high and post-secondary student chefs and bakers. The competitors may tour the Provincial Skills Canada Competition to learn more about careers in the trades and technologies and increase their motivation to participate in future Skills Canada Competitions.

Important Note: Without exception any competitor missing the start of the orientation will not be permitted to participate in the competition in order that our competition safety and time schedule may not be compromised.

Skills and Knowledge to be Developed:

- Ability to follow instructions for safety, sanitization and cooking recipes
- Professional etiquette of working in a kitchen
- Preparation and presentation of food items
- Using equipment skills
- Being comfortable cooking in a public environment
- Preparation of a Quick Bread in this case Soda Bread.



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PROJECT DESCRIPTION

Baking a Quick Bread

Each competitor will produce a Soda Bread that will be scored into quarters.

Quick Bread

Yield 2 loaves as described

All hand tools and cooking equipment and ingredients will be supplied for each participant.

Ingredients:

All Purpose Flour
Buttermilk
Baking Soda
Sugar
Salt

A common ingredient station containing a selection of dried fruits or berries.

Mystery item/s to be utilized as you wish but they must form part of your product for the judges to evaluate. The mystery ingredient/s will be portioned out for you and placed on your workstation.

Method and presentation:

1. The competitor may design the finished product to display their culinary skills while utilizing all the ingredients.

Cooking and Presentation Instructions

1. The competitor will be cooking on an electric oven using an 8 – inch Pizza pan supplied as the only cooking utensil.
2. The Soda Bread must be thoroughly cooked. The competitor will present 2 identical whole Soda Breads for judging on the plates supplied.
3. The Soda Bread is required to be described on a menu which may be neatly handwritten or typed and decorated appropriately for the occasion. This will be part of the judging criteria.
4. The judges' plate complete with One Soda Bread will be taken to the judging area by a kitchen helper when the time up is announced and as soon as the competitor raises their hand to indicate that their products are ready for judging.



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5. Do not eat the product in the second plate as the judges will need to check that 2 identical items were produced. During the presentation and judging of the food the student will be required to continue with the thorough cleanup of their work area as this is an important judging criterion.

Your extra Soda Bread may be packaged in the containers supplied.

Details to keep in mind:

- Use accurate measurements.
- Control the oven heat, (you will be using electric ovens)
- You will have to think on your feet in order to utilize the mystery ingredient/s
- The formula will have to be followed as described on your menu, the exception being the use of the mystery ingredient or your choice from the common ingredient table.

Tips

- Mix & bake your product so that they remain fresh and appetizing for the judges to evaluate.
- Practice preparing the Soda Bread often so that you find the correct texture for you
- A time for presentation will be given to you on the day of the competition.
- Explore professional baking websites for tips on baking ideas and presentation.
- Remember we eat with our eyes first, make your presentation eye appealing.
- Be adventurous and have fun with your creativity.

Project Description

Skills Canada Alberta Junior High school Challenge 2023

Skill to be tested:

Producing 2 Loaves of Soda Bread (Quick Bread) (Irish Soda Bread) (Cree Nations Bannock) (Also other Indigenous peoples Bannock)

Tools Required: Mixing Bowl, Measuring Cup, measuring tsp. 2 x 8-inch Pizza Pans, Knife, Cutting Board, Oven, Oven Mitts, 2 x display plates.



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Recipe /Formula

Ingredients:

4 x Cup all-purpose flour

2 x tsp Baking Soda

1 x Pinch salt

2 x T Granulated sugar

½ Lt Buttermilk

Method:

1. In a bowl mix together all the dry ingredients plus the sugar.
2. Make a well in the flour mixture and add enough of the buttermilk to form a wet dough.
3. Mix the dough very lightly.
4. Turn the dough onto a floured Board and Divide the dough into 2 equal parts.
5. Lightly Knead each piece into a mound.
6. Place the mixture onto a floured 8 x inch pizza pan.
7. Score each piece into 4 pieces cutting ½ the way through.
8. Bake in a preheated oven at 400 F until the bread is cooked through.
9. Your Soda Bread will have risen into a rounded loaf shape.
10. Place each cooled loaf on the plates provided for the judges to evaluate.
11. There will be a common ingredients table with various items placed there for the competitor to use any of the ingredients they wish,
12. The ingredient used may be mixed into the bread or used as a garnish the use of any ingredient/s must be minimal.
13. The competitor has the choice to use or not use the common ingredients.



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History of the Soda Bread

This type of bread was produced in many Irish homes as a quick method for presenting fresh bread.

Non processed buttermilk was used, sometimes sour milk was used.

The mid 1950s into the 1960s saw the decline of this traditional bread as industrial bakeries began to produce the product.

One famous bakery in Belfast actually began to develop breads directed at the needs of the working classes who required cheap and nutritious breads. (Barney Hughes Industrial Bakery, Ormeau Road Belfast, North of Ireland) saw this need and provided such options.

Most cooks, usually mothers, would adapt their own recipe and become efficient in producing this bread in a heart beat.

In many homes no accurate measuring devices would be used as they were not available in working class homes.

A cup could be one of several tea cups, a tsp would be a household teaspoon.

The bread would be baked in an oven as described in our method (gas ovens mostly).

The bread could also be baked on the stove top using a cast iron pan over a medium heat, the bread would be turned half way through the cooking process in order to complete the cooking process, the end product would be called a Soda Farle and it remains a popular breakfast item in Ireland to this day.

I had the ultimate pleasure of working with one of the Alberta Cree bands and we had several renditions of this Soda Bread referred to as Bannock by most of the Cree bakers (mostly mums). Every bread was alike but methods were not consistent, such is the skill in making Bannock.

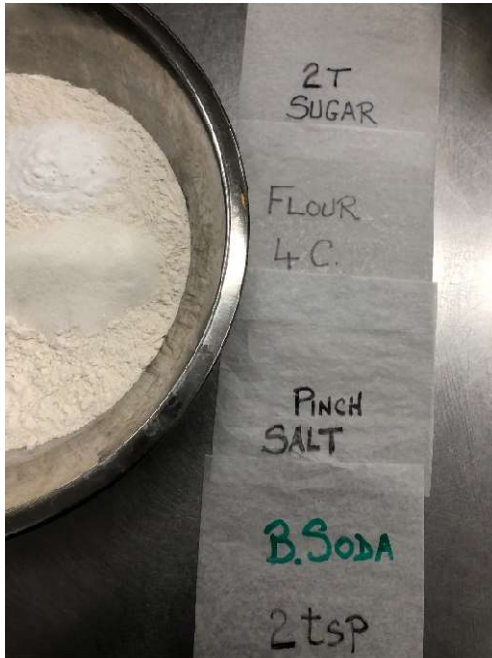
During one of the magnificent traditional dances at Maskwacis a couple of mums from up north honoured me with a share of their fried Bannock each portion being a little different in texture and flavour some had a hint of fruit.

My Irish mum would add a touch of dried fruits if available as a treat and to add an extra sweetness and nutrition to the bread, this addition can not be over done.

Enjoy practicing making this bread, we will present images to show the process.



Step 1. Add all the dry ingredients including the sugar to the flour.



Step 2. Thoroughly mix all the ingredients together in the flour.





Step 3. make a well in the center of the flour and pour in the buttermilk.



Step 4. mix the ingredients together with a fork to make a clinging dough.

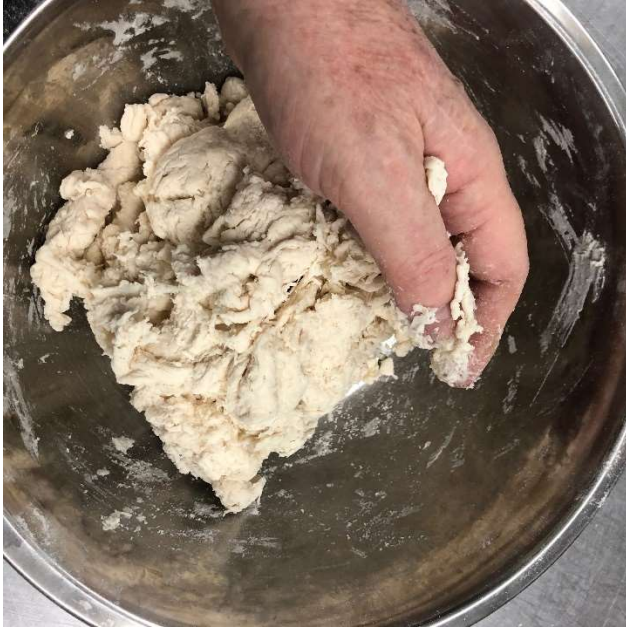




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Step 5. Mix the ingredients in the bowl gently kneading without pressing down on the dough.



Step 6. With the dough formed remove the dough to your cutting board.





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Step 7. Divide the dough into 2 equal batches by cutting the dough with your utility knife.



Step 8. Put one half of the dough aside and form your first batch of dough.





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Step 9. Gently knead the dough on the board into a circular mound of approximately 7 - inches in diameter, use dusting flour sparingly.



Step 10. The first batch of dough is formed and is ready to be placed on a lightly floured 8- inch pizza pan.





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Step 11. Dust your pizza pan with flour.



Step 12. Place the dough on the pizza pan.





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Step 13. Divide the panned dough into quarters by cutting halfway through the dough using the utility knife. Repeat the steps for panning the second batch of dough.



Step 14. The 2 panned doughs are ready to be baked in the 400 F preheated oven.





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Step 15. The time the bread went into the preheated oven.



Step 16. The dough is set in the center of the 400 F oven.





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Step 17. Bread is timed then tested for completion of baking.



Step 18. The Bread is tested for doneness by tapping on the bottom to hear a drum sound an indicator of bread baked.





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Step 19. The bread is removed from the oven.



A completed Loaf of Irish Soda Bread





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You can see how much the bread has risen using the hand in the picture as a guide.



An image of 2 completed Irish Soda Breads.





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EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

All necessary competition equipment and materials will be supplied by Skills Canada Alberta. Students may not bring outside material or food. Part of the challenge will be the students' ability to adapt to a new environment, with different supplies, equipment and tools. Please remember your handwritten or typed menu which can be worked on as part of a school or home component.

Equipment and Materials Supplied by the Committee:

- Each competitor will have the use of their own electric oven, sink, worktable, and refrigerator.
- All the food supplies will be provided to produce the Soda Bread.
- All the kitchen tools required to produce the Soda Bread portions will be present:
- Cutting board, Portion Containers, French knife, fork, small bowl, oven mitts, Common measuring tools.
- Disposable Bio-Degradable Presentation plates, 1 take out container for the competitors use to remove any food they wish to eat after the competition.
- Dish detergent & dish cloths for cleaning.

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.

Clothing Requirement Supplied by the Competitor

- Competitors are required to wear shoes that cover the entire foot and need to be slip proof.
- Competitors will be required to wear long pants or in the case of religious concerns have their legs covered for safety reasons if a dress is worn.
- Competitors are requested to wear the Skills Canada Alberta tee-shirt that will be supplied when you check in at the main event.
- Competitors will be issued a bib type apron to wear along with a hair net and chef hat to cover their head and hair. Long hair must be tucked.
- The competitors Skills Canada Alberta competitor ID must be present during the competition and can be placed on the competitor's workstation beside their table number.

JUDGING CRITERIA

- The judges will look to see if the written menu has been followed, including use of mystery ingredient.



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- The competitors baking skills of measuring, mixing, forming, seasoning, baking off and presenting a quick bread will be judged.
- The taste and tenderness of the products and how appealing they look will be judged.
- The competitor's safety and sanitization procedures will be judged.
- The menu presented will be judged.
- Safety and Sanitation Procedures.

How you will be marked

- Each competitor will be marked out of 10 for each of the following criteria:
 - Did the competitor wash their hands before work began and during work as required?
 - Did the competitor use safe work skills while in their work area?
 - Were all the correct ingredients used?
 - Were correct temperatures used for baking of the product?
 - Was each product baked to the required standard?
 - Were the instructions for forming the bread followed?
 - Was the finished bread stored in a sanitary manner before being plated for service?
 - Were the bread portions presented to look appealing?
 - Did the competitor clean as they went and leave a clean work area?
 - Was the menu hard copy present for the judges to view?

Orientation:

At the orientation the head judge or a designate will go over the requirements for the competitors, the competitors will have a short safety instruction and they will be required to sign the safety book attesting that the safety check was done. The competitors will be issued their commemorative aprons and hats and hairnets to wear. Questions will be asked for and answered by the person conducting the orientation. Final instructions will be given, and the mystery item will be announced, day 1 and day 2 will have different mystery ingredients.

Parents, teachers, coaches, friends, it is ok to cheer on your competitor **in this competition only** just don't shout instructions please. After the competition we will have presentations on the centre stage.

Outcome:

It is the committee's hope that each student will have gained experience and fun while baking and gained public demonstration skills, the experience will also have strengthened or added to the student's portfolio as part of a career and life management skill. The student will have a lifelong good experience to look back on. Each competitor will be given a review by the judges to prepare them for future competitions and work experiences. **THE JUDGES WILL BE AVAILABLE AFTER THE CENTRE STAGE PRESENTATION FOR THE COMPETITORS TO RECEIVE FEEDBACK.**



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ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Competitor Registration

Registration for Provincial Skills Canada Competition (PSCC) will open online on January 18, 2023 @ 8:30 AM. Please refer to this competitions event page for additional registration and competition information:

<https://skillsalberta.com/competition/>

Lunch

Lunch for accredited competitors will be provided by Skills Canada Alberta.

Parking & Venue Maps: <http://edmontonexpocentre.com/attend/parking/>

Opening Ceremonies / 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.

COMMITTEE MEMBERS

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