

Contest Description

Edmonton Expo Centre, Edmonton

May 8 & 9, 2024

EVENT: Culinary Arts	LEVEL: Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
<p>ORIENTATION FOR ALL SECONDARY STUDENTS ON MAY 7, 2024, AT 4:30 PM AT CULINARY COMPETITION AREA</p> <ul style="list-style-type: none"> • MYSTERY INGREDIENTS WILL BE REVEALED AT ORIENTATION <p>MAY 7, 2024, AT 6:00 PM - OPENING CEREMONIES</p> <p>DURATION: One Day Competition May 8, 2024, 7:45 AM – 5:00 PM Module A: 3.5 hours (3 hours and 30 minutes) Lunch Break: 1 hour Module B: 3.5 hours (3 hours and 30 minutes) 7 hours total (Competition time)</p>	<p>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).</p>

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 yellow.

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, and how marks are awarded.

CONVERSION EXERCISE (See Appendix 2 for an example.)

- Worksheet and calculator provided by the PTC.
- Competitors CANNOT use their own device for their calculations.
- Competitors must submit the costing exercise and calculator by 9:00 AM.

COMPETITION SCHEDULE IN DETAIL

Module A

7:45 AM - Competitors arrive on site.

- Safety Briefing
- Provincial Technical Committee (PTC) briefing and questions.

8:10 AM - Set-up cooking stations. (No contact with food items at this time.)

- Only competitors are permitted in the contest area. No assistance is permitted at this time.

8:30 AM - Start of competition. Post Work Plan. Begin Conversion Test.

- **Competitors must submit the conversion test by 9:00 AM.** After handing in the conversion test and calculator, competitors may begin food preparation.
- **Mystery boxes of ingredients are distributed at 8:30 AM.** Competitors will be provided with **four** mystery ingredients. Competitors must choose **three** of these ingredients that **must** be prominently incorporated into the competitor's menu where specified below.

9:00 AM - Submit Module A Menu. (2 copies)

11:00 AM - Present Competencies: Precision Cuts, Tomato Sauce, Pizza Dough.

11:30 AM - Present French Omelet. (See note below – Presentation window is open until 11:37. The window closes at 11:38 AM.)

11:30 AM - Clean Up after Module 1.

All food production must end. Competition site will be closed from 12:00 – 12:50 PM.

12:00 PM - Competitors leave the competition site.

Lunch is provided for the competitors

Module B

12:50 PM - Competitors return for Module B briefing.

1:00 PM - Competition Resumes

1:30 PM - Submit Module B Menu (including mystery ingredients). (2 copies)

3:30 PM - Present Appetizer Course

4:00 PM - Present Main Course

4:30 PM - Present Dessert

4:30 - 5:00 PM - Clean Up and leave site with all belongings and equipment.

***Competitors must clean, sanitize, and dry all their tools and equipment before packing them.**

Timing of Service: There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example: Omelet must be served from 11:30 AM to 11:32 AM After which one (1) point will be deducted per minute until 11:37 AM. At 11:38 AM submitted work will no longer be accepted for judging.

Module A Conversion Test, Competencies, and Breakfast Cookery

Description	<ol style="list-style-type: none"> 1. <u>Conversion Test</u> (see Appendix #2 for an example) 2. <u>Tomato Sauce Competency</u> <ul style="list-style-type: none"> ▪ Prepare and present 1 litre of tomato sauce. ▪ Tomato sauce must be used for the pizza in Module B. 3. <u>Pizza Dough Competency</u> <ul style="list-style-type: none"> ▪ Prepare and present 0.908 kg of pizza dough. ▪ The pizza dough must be used in Module B. 4. <u>Precision Cuts Competency</u>: Utilizing three of the four mystery ingredients, competitors will produce the following: <ul style="list-style-type: none"> ▪ 200 g medium dice (mystery ingredient precision cut #1) ▪ 100 g small dice (mystery ingredient precision cut #2) ▪ 100 g julienne (mystery ingredient precision cut #3) ▪ All mystery ingredient competencies must be utilized in Modules A or B where specified. ▪ You are encouraged (but not required) to use the full weights, but the ingredients should be prominently showcased in some recognizable form. 5. <u>French Omelet – Lacto-ovo</u> <ul style="list-style-type: none"> ▪ Prepare two (2) French Omelets (two-egg omelets) ▪ The mystery ingredient can be utilized in the filling or as the edible and functional garnish. ▪ A minimum of two (2) fillings, with four (4) maximum, including one (1) cheese, plus additional fruit or vegetables from the common table. ▪ One (1) edible and functional garnish that is modern and complimentary.
Service Details	<ul style="list-style-type: none"> • Recipes are provided. • Containers will be provided for the precision cuts and tomato sauce. • 11.25” round white plates will be provided for the French Omelets.

	<ul style="list-style-type: none"> No service wares (China) permitted other than that supplied by the committee.
Available ingredients	<ul style="list-style-type: none"> A list of all ingredients available for this module are included in the common table document. (Appendix #5) During orientation competitors will be given a list of four (4) MYSTERY BOX ingredients; competitors must choose three (3) of the ingredients that must be used in the precision cuts and that prominently incorporated into the competitor's menu: <ul style="list-style-type: none"> One mystery ingredient must be used for the omelets One mystery ingredient must be used in the risotto One mystery ingredient must be used on the pizza One mystery ingredient must be used in the side salad
Special equipment required	<ul style="list-style-type: none"> To promote sustainability The PTC has requested compostable containers for presentation of vegetable & sauce competencies. No service wares (China) permitted other than that provided by the committee.
<ul style="list-style-type: none"> All of mystery ingredient precision cuts must 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 conversion test is completed. Module B Mise en place is to be stored neatly in your fridge or at your station. 	

Module B Appetizer, Main Course, and Dessert

Description	<p>Prepare three (3) portions of the following three (3) course menu:</p> <p><u>Appetizer:</u> Risotto (3 portions)</p> <ul style="list-style-type: none"> Risotto appetizer must include a minimum of: <ul style="list-style-type: none"> One (1) item from the common table (other than rice, stock, and onions/garlic) One (1) item from the mystery ingredient precision cuts Appropriate and modern functional garnish(es) must be created to accompany the risotto garnish.
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	<p><u>Main Course:</u> Pizza with Side Salad (3 portions)</p> <ul style="list-style-type: none"> • Pizza main course must include a minimum of: <ul style="list-style-type: none"> ▪ Pizza Dough (from Module A). ▪ Tomato sauce base (from Module A). Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce. ▪ One (1) item from the mystery ingredient precision cuts ▪ Two (2) vegetable/fruit preparations ▪ One (1) protein preparation (or protein substitute) ▪ One (1) type of cheese ▪ One pizza be cut into at least four (4) slices. • Side Salad accompaniment must include a minimum of: <ul style="list-style-type: none"> ▪ Three (3) types of lettuce and/or greens from common table ▪ One (1) mystery ingredient precision cuts ▪ One (1) vinaigrette – competitor’s choice of flavour ▪ One (1) functional garnish that is modern, and complimentary. <p><u>Dessert:</u> Italian Inspired Dessert (3 portions)</p> <ul style="list-style-type: none"> • Italian Inspired Dessert must include a minimum of: <ul style="list-style-type: none"> ▪ One (1) cookie preparation of the competitor's choice ▪ One (1) pastry cream (flavour of the competitor's choice) ▪ One (1) fruit-based sauce ▪ One (1) functional garnish of either sugar or chocolate ▪ Frozen elements are not allowed and will not be judged.
<p>Service Details</p>	<ul style="list-style-type: none"> • Appetizer: minimum 150 g to maximum 210 g • Main Course: The pizza must have a minimum diameter of 15 cm (6”) and a maximum of 20 cm (8”) or the equivalent surface area for other pizza shapes. The pizza must fit on the 11.25” plate provided (while not going onto the rim of the plate). • Salad to be served on the side in the bowl provided. <ul style="list-style-type: none"> ○ Salad should be dressed. Do not serve dressing on the side. • Dessert: minimum 125 g to maximum 185 g. • Cooking temperature must meet food safety standards.
<p>Available ingredients</p>	<ul style="list-style-type: none"> • REMOVE, REPEAT FROM ABOVE • A list of all ingredients available for this module are included in the common table document. (Appendix #5) • During orientation competitors will be given a list of MYSTERY BOX ingredients that they must use during the competition day.

	<ul style="list-style-type: none"> ○ All items in the mystery basket must be prominently incorporated into the competitor's menu.
Special equipment required	<p>Three (3) each of the following plateware will be provided:</p> <ul style="list-style-type: none"> ○ 9" round white soup/pasta bowls for the Appetizers ○ 11.25" round white plates for Main Courses ○ 9" round white soup/pasta bowls for Side Salads ○ 11.25" round white plates for Desserts ● No service wares (China) permitted other than that provided ● Service spoons, glasses, ramekins etc. are not allowed.

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, flavourings, and spices will also be available. Common table items will be specifically outlined in Appendix #5.
- 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.**
- Unless otherwise stated, ONLY the foods provided by Skills Canada Alberta are permitted for use.

Work Plan Submission

- Competitors must submit two (2) copies of menus and work plans for the competition. It is recommended that competitors list how they are using the mystery box precision cuts.
- One copy of the competitor's work plan is to be posted at the competitor's station.
- Work plans can be legibly hand-written, or computer printed. 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:

- Two (2) copies of a completed menu must be prepared and submitted on the day of the competition. Competitors must indicate, by highlighting, where the mystery ingredient precision cuts are being used.

- Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/school/college names cannot appear on the submitted menu.

Work Plan & Menu Infractions

- 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.
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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.
- **Candidates cannot have cell phones, smart watches or other communication devices in the competition area.**
- 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 day 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, refrigerators, and tools before they leave the competition area at the end of the 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.

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	All hand tools used to prepare their menu items.

Notes:

- Bring only the tools that you plan to use. (i.e., if you don't need a rolling pin to prepare your menu, don't bring one.)
- 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 that is not provided on the **shared equipment list**. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- **Electric Equipment:** Competitors are only allowed to bring the following pieces of electric equipment: **digital scale, kitchen timer, electric beaters to use for cookie batter**. All other electric equipment is prohibited.
- One of the objectives of Skills Canada Alberta is the sustainability of the competition. As a result, the toolboxes brought by Competitors will be restricted to the following maximum specifications.
- **Competitors' toolboxes must not exceed 0.6 metres³ in volume.** It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. (60 cm x 60 cm x 60 cm)
- 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.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Competitors must clean/sanitize/dry all tools and equipment prior to packing and leaving the site.
- 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. This includes bringing toolboxes larger than 0.6 metres³ in volume.

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

All food from the recipes and the common table	Adequate fridge and freezer space
One worktable with one shelf	One electric stove with oven
Available sink with hot & cold water	One electric outlet per workstation
Garbage, recycling, and Organics/Compost bins	One display area for finished plates
All Plate ware and Service ware	<i>Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets</i>
Hand soap and paper towels	Proofer Box?
	Vacuum sealer?

Shared Equipment and Materials between Competitors – Provided by the Provincial Technical Committee:

Immersion blender	Microwave	Food processor with bowl and cutter blade
Kitchen blender	Spice grinder	Torch (propane or butane)
Plastic-wrap	Whippet cartridges	Aluminum foil
Butcher’s twine	Cheesecloth	Re-sealable bags
Parchment paper		Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids (1 sleeve maximum per competitor)
Proofer Box?	Vacuum sealer?	

*Shared Equipment must be cleaned and returned as soon as possible for other competitors to use. Judges may apply a penalty to any competitor that is monopolizing shared equipment.

It is not permitted to bring your own equipment from the Shared Equipment List.

- Competitors that bring equipment that is on the shared list will be asked to remove it from the contest area.

Grooming Standards

- Hands must be washed; nails must be trimmed, clean and free of nail polish while working with food. False nails are not permitted in the contest area.
- Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.

- Beards must be neat and trimmed or restrained with a beard net.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.
- In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time.
- The PTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.
- The PTC has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.

Required Clothing provided by the Competitor:

See Appendix 6 for pictures of appropriate clothing and footwear.

Black wipeable 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	Cleaning cloths/towels
Uniforms for one working day. Uniforms must not display any inscription or logo. Uniforms must be clean and in good repair.		

- A chef hat will be supplied to be used for the competition.
- Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact info@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.

JUDGING CRITERIA

Sanitation & Safety	<ul style="list-style-type: none"> • Proper and professional clothes (See Appendix #6) • Personal hygiene and cleanliness • Workstation, floor, and fridge cleanliness • Cutting board hygiene • Proper food storage methods • All general food safety rules must be followed • All tools/equipment must be cleaned/sanitized/dried before packing/leaving. 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage – full utilization of food (mystery box AND anything obtained from the common table) • Energy and water – efficient utilization • Time Management – <u>posted work plan</u> • Proper planning and execution of tasks • Menu to be submitted as outlined in the contest description 	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> • Proper and professional use of tools and equipment • Application & execution of correct cooking techniques and methods 	25%
Presentation	<ul style="list-style-type: none"> • Portion size in accordance with the test project parameters • Clean Plates • Appealing plating & contemporary 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 contest description, 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 jstlaure@nait.ca

Garnett Schoettler garnett.schoettler@rdpolytech.ca

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Contest Description change at the Competition

Where the contest description has been circulated to competitors in advance, PTC can change a maximum of 30% of the work content.

Lunch

Lunch for competitors will be provided by Skills Canada Alberta.

Parking & Venue Maps

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

Parking is FREE for all attendees.

Opening Ceremonies / On-site Provincial Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 7, 2024, 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 Ceremonies.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 9, 2024, 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 27- June 1, 2024, in Quebec City, QC. 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 9, 2024, 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 8, 2024.

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

Questions

Please contact Whitney Koop at whitneyk@skillsalberta.com if you have any questions regarding the Contest Description.

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

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

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.

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

- **The recipes are intended as a guide and may/should 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” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B.
- The “Professional Cooking” or “On Cooking” textbooks also include 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 must 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.
- There are three examples of cookie recipes provided by the PTC (shortbread, sugar, and biscotti). Competitors have a choice as to which type of cookie they wish to make and present on their dessert plate. Competitors can use these cookie recipes as they see fit but are under no obligation to use the cookie recipes provided.

See Appendix #4 for guidelines on converting recipes.

Tomato Sauce II (Vegetarian)

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Yield: 2 quarts (2 litres)

1 fluid ounce	Olive oil	30 millilitres
4 ounces	Onion, medium dice	126 grams
4 ounces	Carrot, medium dice	125 grams
2 quarts	Tomatoes, canned or fresh, coarsely chopped	2 litres
1 quart	Tomato puree, canned	1 litre
Sachet:		
1 clove	Garlic, minced	1 clove
½ each	Bay Leaf	½ each
1/8 tsp	Thyme, dried	½ millilitre
1/8 tsp	Rosemary, dried	½ millilitre
1/8 tsp	Peppercorns, crushed	½ millilitre
To taste	Salt	To taste
To taste	Sugar	To taste

1. Heat the olive oil in a large saucepot.
2. Add the onions and carrots and sauté until lightly softened, but do not brown.
3. Add the tomatoes and their juice, tomato puree, and the sachet. Bring to a boil and reduce the heat and simmer over very low heat, 1 ½ to 2 hours, **or until reduced to the desired consistency.**
4. Remove the sachet. Strain the sauce, or pass it through a food mill, or blend it with an immersion blender.
5. Adjust the seasonings with salt and a little sugar, if desired.

Pizza Dough (Italian Bread Variation)

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Yield: 2 lb 14 oz (1.258 kg)

1 pound 12 ounce	Bread Flour	750 grams	100 %
1 pound 2 ounces	Water	480 grams	64 %
0.33 ounce	Yeast, instant	9 grams	1.2 %
0.5 ounce	Salt	15 grams	2 %
$\frac{3}{4}$ teaspoon	Malt Syrup	4 grams	0.5 %
Optional:			
0.63 ounces	Olive Oil	18 grams	2.5 %

1. Straight Dough Mixing Method: Combine all the ingredients in a mixing bowl and mix to combine with a large spoon or spatula. Knead on a floured counter for 8 to 10 minutes until the dough has a smooth appearance.
2. Ferment at 80°F (27°C) for 1.5 hours at 80% humidity (or 2 hours at 75°F (24°C) until at least double in size.
3. Punch/fold the dough down in the bowl and scale the dough to the desired weight:
4. Round the dough and let it rest on the bench. Roll out the dough to the desired size and thickness.
5. Add the tomato sauce, cheese, and toppings as desired.
6. Bake at 450°F (232°C) without proofing until the desired doneness (golden brown).

Size:	6-inch	8-inch
Dough Weight:	5 – 6 oz (142 - 170 g)	7 – 8 oz (199 - 227 g)

French Omelet

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Yield: 1 each 2-egg omelette

2 each	Eggs	2 each
To taste	Salt	To taste
To taste	Pepper	To taste
1 Tablespoon	Clarified Butter	15 millilitres
As desired	Filling Ingredients	As desired
Optional:		
1 Tablespoon	Water or milk	15 millilitres

1. Collect all the equipment and ingredients
2. Beat the eggs in a small bowl just until well combined. Do not whip until frothy. Season with salt and pepper. If desired 1 tablespoon (15 ml) of water or milk can be added to make the omelette lighter.
3. Place the omelette pan over high heat
4. When the pan is hot, add 1 tablespoon (15 ml) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot.
5. Add the eggs to the pan. They should begin to coagulate around the edges and the bottom in a few seconds.
6. With one hand, vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrap the pan.
7. Stop shaking and stirring when the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelette.
8. Tilt the handle up and shake the pan so the omelette slides to the opposite side of the pan and begins to climb the opposite slope.
9. For a filled omelette, spoon the filling across the center of the eggs, perpendicular to the handle.
10. With the fork, fold the sides of the omelette over the center. The omelet should now be resting in the corner of the pan and have an approximately oval shape.
11. Grasp the handle of the pan with your palm underneath and tilt the omelette out onto the plate so it inverts and keeps an oval shape.

Note: Please review the French Omelette tutorial link from Rouxbe.com:

<https://www.youtube.com/watch?v=h8PcsmRypjk>

Risotto alla Parmigiana

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Yield: 1 ½ quarts (1.5 litres)

Portions: 10, 5 ounce (150 millilitres)

1 ounce	Butter	30 grams
1 fluid ounces	Vegetable oil	30 millilitres
1 ounce	Onion, chopped fine	30 grams
1 pound	Italian Arborio Rice	454 grams
1 ½ Quarts	Chicken Stock, hot	1.4 litres
1 ounce	Butter	30 grams
3 ounces	Parmesan Cheese, grated	90 grams
to taste	Salt	To taste

1. Heat the butter and oil in a large straight sided sauté pan. Add the onions and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with the fat.
3. Using a 6 oz (150 mL) ladle, add one ladle of stock to the rice. Stir the rice over medium heat until the stock is absorbed, and the rice is almost dry.
4. Add another ladle of sock and repeat the procedure. Do not add more than one ladleful of stock at a time.
5. Stop adding the stock when the rice is tender but still firm. It should be moist and creamy, but not runny. The cooking time should take about 17 - 25 minutes.
6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.

Basic Vinaigrette

Professional Cooking 9

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Yield: 1 quart (1litre)

1 cup	Wine Vinegar	250 milliliters
1 Tablespoon	Salt	15 milliliters
1 teaspoon	White pepper	5 milliliters
3 cups	Salad oil	750 milliliters

1. Mix the vinegar, salt, and white pepper in a small bowl, until the salt is dissolved.
2. Using a wire whip, begin adding the oil a few drops at a time. Gradually increase the oil into a thin stream.
3. (Optional) Add other ingredients for additional flavour.
4. Mix again just before serving.

Fruit Coulis

Professional Baking 7

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Yield: 10 - 11 oz (300 g)

7 ounces	Berries or other soft fruit	200 grams
3.5 ounces	Sugar, fine granulated	100 grams
1.33 ounces (8 tsp)	Water	40 grams
0.5 ounces (1 Tbsp)	Lemon Juice	15 grams

1. Puree the fruit in a blender or food processor and pass through a fine sieve or chinois.
2. Warm the fruit puree in a saucepan.
3. Separately, make a syrup of the sugar and water and boil to 220°F (105°C). Mix into the fruit puree.
4. Return to a boil, strain, and mix in the lemon juice. Cool.

Pastry Cream

Professional Baking 7

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Yield: 1 1/8 quart (1.12 litres)

Portions: 35, 2 Tbsp (30 millilitre)

2 pounds	Milk	1 litre
4 ounces	Sugar, fine granulated	125 grams
3 ounces	Egg yolks	90 grams
4 ounces	Whole eggs	125 grams
2.5 ounces	Cornstarch	75 grams
4 ounces	Sugar, fine granulated	125 grams
2 ounces	Butter	60 grams
0.5 ounces (1 Tbsp)	Vanilla Extract	15 millilitres

1. In a heavy sauce pot, dissolve the sugar in the milk and bring just to a boil.
2. With a whip beat the egg yolks and whole eggs in a stainless-steel bowl.
3. Sift the cornstarch and the sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
5. Return the mixture to the heat and bring to a boil, stirring constantly.
6. When the mixture comes to a boil continue to stir constantly and boil for up to 2 minutes, until the cream has no raw, starchy taste.
7. Remove from the heat. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.
8. Pour into a clean, sanitized hotel pan or other shallow pan. Cover with plastic film placed directly in contact with the surface of the cream to prevent a crust from forming. Cool and chill as quickly as possible.
9. For filling pastries such as eclairs and napoleons. Whip the chilled pastry cream until smooth before using.

Shortbread Cookies

Professional Cooking 9

Page 985

Yield: 10 ounces (315 grams)

3 ounces	Butter	90 grams	75 %
2 ounces	Sugar	60 grams	50 %
$\frac{1}{8}$ teaspoon	Salt	0.5 millilitres	0.75 %
1 ounce	Egg yolks	30 grams	25 %
4 ounces	Pastry flour	125 grams	100 %

Have all ingredients at room temperature.

1. Place the fat, sugar & salt in a mixing bowl. With electric beaters, cream these ingredients at low speed.
2. Add the egg yolks (one at a time) and blend at low speed.
3. Sift in the flour. Mix until just combined.
4. Refrigerate the dough until firm.
5. Roll dough $\frac{1}{4}$ inch (0.5 cm) thick.
6. Use greased or parchment-lined baking sheets.
7. Bake at 350°F (175°C) about 15 minutes.

Sugar Cookies

Professional Cooking 9

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Yield: 2 pounds 11 ounces (668 grams)

8 ounces	Butter	250 grams	40 %
10 ounces	Sugar	310 grams	50 %
$\frac{3}{4}$ teaspoon	Salt	5 grams	0.8 %
2 ounces	Eggs	60 grams	10 %
2 ounces	Milk	60 grams	10 %
0.25 ounces	Vanilla Extract	8 grams	1.25 %
1 pound 4 ounces	Cake flour	625 grams	100 %
0.625 ounce	Baking Powder	18 grams	3 %
	Milk (small amount to brush on top)		
	Granulated Sugar (small amount to sprinkle on top before baking)		

Have all ingredients at room temperature.

1. Place the fat, sugar and salt in a mixing bowl. With electric beaters, cream these ingredients at low speed.
2. Mix the eggs, milk, and vanilla together. Add the liquid a little at a time, blending at low speed.
3. Sift in the flour and the baking powder. Mix until just combined.
4. Refrigerate the dough until firm.
5. Roll dough $\frac{1}{4}$ inch (0.5 cm) thick.
6. Before cutting brush with milk and sprinkle with sugar.
7. Cut out to desired shapes and place on greased or parchment-lined baking sheets.
8. Bake at 375°F (190°C) for about 8 - 10 minutes

Almond Biscotti

Professional Cooking 9

Page 989

Yield: 2 pound 1.5 ounces (1024 grams)

5 ounces	Eggs	150 grams	35 %
9 ounces	Sugar	275 grams	65 %
0.25 ounce	Salt	7.5 grams	2 %
0.15 ounce	Vanilla extract	4 millilitres	1 %
1 teaspoon	Grated orange zest	2 grams	0.5 %
14 ounces	Pastry flour	425 grams	100 %
0.35 ounce	Baking powder	10 grams	2.5 %
5 ounces	Blanched almonds, whole	150 grams	35 %
	Eggs (small amount for egg wash)		

1. Combine the eggs, sugar and salt. Stir over hot water to warm the mixture. Whip until thick and light.
2. Fold in the vanilla and the orange zest.
3. Sift together the flour and the baking powder. Fold in the egg mixture.
4. Mix in the almonds.
5. Shape into logs about 2- 2 ½ inches (6 cm) thick. Dust your hands and the workbench with flour. The dough will be soft, sticky, and difficult to handle, but the logs do not have to be perfectly shaped. Egg wash.
6. Bake at 325°F (160°C) for about 30 - 40 minutes, until light golden.
7. Let cool slightly. Slice diagonally about ½ inch (12 mm) thick. Place slices cut side down on sheet pans.
8. Bake at 275°F (135°C) until toasted and golden brown, about 30 minutes.

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 Provincial Technical Committee.
- Competitor must supply writing implement – pen or pencil
- Competitors CANNOT use their own device for their calculations. (i.e., smartphone, tablet, personal calculator, or 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: half mark for each conversion factor, 1 mark for each new quantity.

Competitor No. _____

Competitor No. _____

Recipe Name: **Brown Sauce**

Score: ____ / 15

Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.5 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-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) 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 : $\text{New yield} \div \text{Old yield} = \text{Conversion factor}$

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 : $1,500 \text{ g} \times 1.5 = 2,250 \text{ g}$
Sauce : $600 \text{ mL} \times 1.5 = 900 \text{ mL}$

Appendix #5 Common Table Ingredients

Dry Goods	Frozen	Vegetables
Agar Agar	Blackberries	Green Beans, French
Apricot Glaze	Blueberries	Yellow beets
Baking Powder	Raspberries	Carrots
Baking Soda	Strawberries	Celery
Breadcrumbs, Panko		Cucumbers, long English
Capers	Fruit, fresh	Fennel
Chocolate Dark, Callebaut 54.5%	Blackberries	Garlic
Chocolate Milk, Callebaut C383	Blueberries	Ginger
Chocolate White, Callebaut 28%	Lemons	Leeks
Coffee, Instant	Limes	Arugula
Cocoa Powder	Oranges	Frisée
Cornstarch	Raspberries	Radicchio
Flour, All-purpose	Strawberries	Romaine
Flour, Bread		Spinach
Flour, Cake/Pastry blend	Dairy	Micro-Greens
Flour, Almond	Butter, unsalted	Mushrooms, Button #1
Gelatin Sheets	Cream, 35%	Green onions
Gelatin Powder	Milk, 3.25%	Red onions
Glucose	Sour Cream, 14%	Yellow onions
Honey	Cheese:	Shallots
Instant yeast	Mozzarella shredded 20%	Jalapeño peppers
Malt Syrup	Parmesan-Reggiano	Red Bell peppers
Milk Powder	Smoked Fontina	Yellow Bell peppers
Canola oil	Oka	Russet potatoes
Olive oil		Yukon Gold potatoes
Olives, Kalamata	Herbs and Spices	Daikon Radishes
Arborio Rice	Bay Leaves	Red Radishes
Table salt	Cayenne, ground	Squash, butternut
Sea salt	Cumin, ground	Cherry tomatoes
Kosher salt	Paprika, ground	Roma tomatoes
Sesame Seeds, white	Black peppercorns	Zucchini, green
Shortening	White peppercorns	
Soy Sauce	Rosemary	Fresh Herbs
Granulated sugar	Thyme	Basil
Powdered sugar		Chives
Brown sugar	Nuts	Cilantro
Canned tomatoes, whole	Almonds, whole	Dill
Tomato paste	Hazelnut, whole	Parsley, Italian



Tomato purée	Walnuts, pieces	Rosemary
Vanilla beans		Tarragon
Vanilla extract		Thyme
Balsamic vinegar	Proteins and Stocks	Miscellaneous
Cider vinegar	Bacon, sliced	Cheesecloth
Red wine vinegar	Back Bacon	English Muffins
White (distilled) vinegar	Eggs, large	Parchment Paper
	Beef stock	Smoking Chips
Alcohol	Chicken stock	White Bread
Secondary	Fish stock	Aluminum foil
Non-alcohol wine: red, white	Secondary	Butcher's twine
	Pepperoni, sliced	Disposable gloves
Post-Secondary	Prosciutto, sliced	Plastic wrap
Beer: IPA, Lager	Post-Secondary	Pan spray
Brandy VSOP	Duck, whole	Whippet charges
Wine Red: Cab Sauvignon, Shiraz	Rainbow Trout	
Wine White: Chardonnay, Riesling		

Appendix #6 Uniform Standards

Dress Code for All Skills Alberta Culinary Arts Competitions

Competitors are responsible for supplying the following clothing. This uniform must be worn at all times during the competition.

1. Double breasted long sleeve white chef's jacket
 2. Black or checkered chef pants
 3. White apron (Both short and long aprons are acceptable. Aprons must not be a tripping hazard.)
 4. Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
 5. White necktie?
- A chef hat will be supplied by *Chef's Hat Inc.* to be used for the competition.
 - Uniforms must be clean and in good repair.
 - Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets).
 - Skills Canada Logo jackets are permitted.

Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact <mailto:info@chefs-hat.com> to order.



Appendix 7: **Skills Canada Alberta Competitor Checklist**

Please use this checklist as a guideline to help competitors prepare for their competition.

- Read, and understand what is required for the contest description.
- Apron, Jacket, hairnet (if applicable). Uniforms cannot have any identifiable markings such as school logos or names.
- Hand towels, oven mitts/pads
- Black, Closed-toe, anti-slip shoes
- 2 copies of your menu. Menus cannot include markings such as school logos or names.
- 2 copies of your **detailed** work plan. Work plans cannot include markings such as school logos or names.
- All Mystery ingredients are being utilized appropriately.
- All appropriate tools and an appropriate tool box (which your tools fit into).
- **All required competencies** are accomplished.
- Weights on all produced/plated items are understood.
- No outside ingredients or plates/service ware
- No prohibited equipment (see contest description for details).
- Latex/Nitrile gloves (if desired).
- Understand that it is the competitor's responsibility to produce MINIMAL waste. This means that 10% waste is acceptable and over production will result in deductions. Recipes provided are guidelines and may need to be adjusted.
- Pen or pencil for the required conversion test.
- Competitors understand that shared equipment will have to be used and returned promptly for other competitors to use. This should factor into your work plan to allow enough time to use the equipment and allow for wait times.
- Dishes are to be washed and dried on site. Tool box checks may lead to infractions from unwashed dishes.
- Appropriate sized tool box is used for the competition (0.6 cubic meters). All competitor tools MUST fit into the tool box. Tools that do not fit into the toolbox cannot be carried in by hand or stacked on top. Tool boxes may be measured and point deductions may occur.
- Read and understand the judging criteria.
- Read and understand the appendices listed at the back of the contest description for recipes, conversion factor examples, and conversion factor practice. Precision cut examples, and uniform standards.