



2024 Lakeland Regional Skills Canada Competition

Project Description (Scope Document)

Lakeland College, Vermilion, AB

April 22, 2024

EVENT: Culinary Arts		LEVEL: Secondary												
DURATION OF CONTEST: 3.5 HOURS		LOCATION: TRADES CENTRE, TC 128												
COMPETITION SCHEDULE: <table><tr><td>ORIENTATION AND SET UP</td><td>11:45AM – 12:00PM</td></tr><tr><td>START COMPETITION</td><td>12:00PM</td></tr><tr><td>MAIN COURSE PRESENTATION</td><td>3:00PM</td></tr><tr><td>DESSERT PRESENTATION</td><td>3:30PM</td></tr><tr><td>CLEAN UP</td><td>3:30PM – 3:45PM</td></tr><tr><td>AWARDS CEREMONY</td><td>4:00PM</td></tr></table> <p><i>LUNCH:</i> Arrangements will be made to have lunch available for competitors prior to their competition.</p>		ORIENTATION AND SET UP	11:45AM – 12:00PM	START COMPETITION	12:00PM	MAIN COURSE PRESENTATION	3:00PM	DESSERT PRESENTATION	3:30PM	CLEAN UP	3:30PM – 3:45PM	AWARDS CEREMONY	4:00PM	REGIONALIZED: YES
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AWARD CEREMONY INFORMATION: Alumni Hall (AH Cafeteria)														
CONTEST INTRODUCTION <p>The competition will evaluate each competitor’s culinary competencies and creativity while recognizing the outstanding students for excellence and professionalism in their field.</p>														
SKILLS AND KNOWLEDGE TO BE TESTED <p>Competitors will prepare two menu items as outlined in this scope. The practical test challenges both culinary knowledge and creativity. This scope outlines what is required from each competitor each day and how marks are awarded.</p>														

PROJECT DESCRIPTION

3.5 Hours Total Kitchen Time	
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Description	<ol style="list-style-type: none"> 1. <u>Pizza</u> <ul style="list-style-type: none"> • Prepare 0.454 kg of pizza dough (hand-kneaded). • Prepare two (2) Pizzas. • Pizzas must include a minimum of: <ul style="list-style-type: none"> ▪ Pizza Dough ▪ Tomato sauce (provided). Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce. • Pizza to include four (4) toppings plus cheese and a garnish. <ul style="list-style-type: none"> ▪ Three (3) vegetable/fruit preparations ▪ One (1) protein preparation ▪ One (1) type of cheese 2. <u>Dessert: Italian Inspired Dessert (2 portions)</u> <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>A list of all ingredients available for this day is included in the ingredient list document.</p>
Additional Requirements	<p>Competitors must bring:</p> <ul style="list-style-type: none"> • Two copies of their menu, detailing the two courses they are serving. Menus should not state the name or school of the competitor. • Two copies of their work plan. One to be posted at their workstation, and the other to be handed in to the judges. Work plans must have the competitors name on them.
Service Details	<ul style="list-style-type: none"> • 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). • 11"/12" round white plates for main course – 2 each • 11"/12" round white plates for dessert – 2 each • No service wares (China) permitted other than that provided; service spoons, glasses, ramekins etc. are not allowed.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. <u>Recipes should be scaled up or down according to required amounts.</u> • Recipes meet the competitions' foundational competencies, though may be built upon in regards to seasoning and garnish.

- A list of all ingredients available for this module will be included in the common food table document.

EQUIPMENT & MATERIALS

Equipment and Materials **Competitors Must** Supply:

Basic equipment such as:

- Knives, spatulas, ladles, whips
- Rolling pins, piping bag and tips, scale
- Recipes/reference books.
- Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, China caps, cutting boards, molds etc.
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Sanitizing equipment (spray bottles and/or pails).

• Required clothing (provided by competitor):

- Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted.
- Side Towels
- Black or checked chef trousers
- White Apron
- Uniform for 1 working day

*Notes:

- Plate presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.
- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service ware & China, skewers, shot glasses etc. are not acceptable for presentation on the judged plates.
- **Competitors may not bring any electric equipment other than a set of electric beaters to prepare cookie batter. Digital scales, and kitchen timers** are also acceptable.
- Competitors may bring any tool and/or equipment (**non-electric**) deemed necessary. All of the 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.
- Professional Chef Uniforms are available at your 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 Alberta or Skills Canada logo jackets are permitted.
- Domestic stoves to be used on the competition site. Please bring trays and pans that will fit into the oven.
- 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 devices in the competition area.**
- All competitors are responsible for cleaning up their work areas, stoves, sinks, and refrigerators 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.

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.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**

EQUIPMENT & MATERIALS Supplied by the Committee:	
<ul style="list-style-type: none"> • All food from the project description and the common table. • Workstation • Available sink with hot & cold water • Stove with an oven (potentially shared) • Immersion blender 	<ul style="list-style-type: none"> • Adequate fridge and freezer space • Garbage, recycling and organics/compost bins • 1 Electric outlet per workstation • 1 Display area for finished plates

- Parchment paper
- Blender (countertop)

Schedule

The schedule for the competition is to be followed exactly. Work schedule and service times are to be respected. There is a five (5) minute window to present your product. There will be a point per minute deduction for every extra minute of lateness up to 5 minutes – after which plates will not be accepted for judging though feedback may still be provided. For example:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	3:00 – 3:05	3:06	3:07	3:08	3:09	3:10	3:11

Time & Cleaning

It is compulsory that all competitors be on time to access their station assignments. All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the competition area. Points will be deducted for competitors who do not comply. Station must be inspected by an RTC or PTC member before leaving site.

JUDGING CRITERIA

Sanitation & Safety	<ul style="list-style-type: none"> • Proper and professional clothes • 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%

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

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. All jewelry including facial, earrings, watches and rings must be removed to comply with sanitation regulations.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160519/fod_sum.pdf

TRAINING RESOURCES:

Visit the below web address for training videos (posted periodically, so check back!)

<https://skillsalberta.com/training-resources>

ADDITIONAL INFORMATION

Lunch will be provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator, Neil Napora, for more information. neil.napora@lakelandcollege.ca

Parking information & venue maps:

https://www.lakelandcollege.ca/en/resources/Vermilion_CampusMaps.pdf



Regulations & Policies: A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <https://skillsalberta.com/policies-and-procedures>

COMMITTEE MEMBERS

KARI DOUGAN	MONIQUE HART
KALI BRODBIN	EGISTO MARIANI

COOKING SECONDARY RECIPES

- Recipes are provided by the Provincial Technical Committee and will reference the textbook(s) that the recipe was adapted from.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’s preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- **Recipes, provided by the Provincial Technical Committee, are to be utilized as a guideline for procedure and techniques. Portion sizes are critical, and the competitor must scale up or down to produce required portions.**

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.

- 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.

- 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 #1 for guidelines on converting recipes.**

Pizza Dough (Italian Bread Variation)

Professional Baking 7

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Yield: 2 lb 14 oz (1258 g)

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)

Shortbread Cookies

Professional Cooking 9

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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: 1 pound 5 ounces (1336 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

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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.

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)

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, decrease the heat, and 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 plan. 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.

Appendix #1 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.

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

$$\text{Broccoli : } 1,500 \text{ g} \times 1.5 = 2,250 \text{ g}$$

$$\text{Sauce : } 600 \text{ mL} \times 1.5 = 900 \text{ mL}$$

Common Table Items

The Regional and Provincial Technical Committees reserve the right to change or limit food items without notice, depending on availability and quality. You will be marked according for over-use, or waste of products. ONLY the foods provided by Skills Canada Alberta are permitted for use. Absolutely no outside food products are to be brought into the contest.

Secondary Food Common Table

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Garlic	Baking Powder	Butter, unsalted	Paprika
Ginger	Baking Soda	Cream, 35%	Black peppercorns
Spinach	Dark chocolate	Milk, 3.25%	Rosemary
Mushrooms, Button	Milk chocolate	Mozzarella shredded 20%	Thyme
Red onions	White chocolate	Parmesan-Reggiano	
Yellow onions	Coffee, Instant		
Red peppers	Cocoa Powder		Frozen
Yellow peppers	Cornstarch		Blackberries
Cherry tomatoes	Flour, All-purpose		Blueberries
Roma tomatoes	Flour, Bread		Raspberries
	Flour, Cake/Pastry blend		Strawberries
Fruit, fresh	Honey		
Blackberries	Instant yeast		
Blueberries	Malt Syrup		
Lemons	Canola oil		Proteins and Stocks
Oranges	Olive oil		Bacon, sliced
Raspberries	Olives, Kalamata		Eggs, large
Strawberries	Table salt		Pepperoni, sliced
	Granulated sugar		Prosciutto, sliced
	Powdered sugar		
Fresh Herbs	Vanilla extract		
Basil	Tomato sauce		
Parsley, Italian	Almonds, whole		Miscellaneous
Rosemary	Hazelnut, whole		Cheesecloth
Thyme	Walnuts, pieces		Parchment Paper

			Plastic wrap
			Aluminum foil