



4th ANNUAL NWT-NORTH REGIONAL SKILLS COMPETITION

SCOPE DOCUMENT BAKING – Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION: 6 HOURS

To evaluate each contestants preparation for employment and to recognize outstanding students for excellence and professionalism in culinary area of small baking and pastry production

To demonstrate skills and encourage the highest possible standards for employment and to recognize outstanding students for excellence and professionalism in their field.

SKILLS AND KNOWLEDGE TO BE TESTED

The competition will be the preparation of the following items.

- **Small Production Bread making:** Six Assorted Plain Rolls – three shapes, two of each. 60 – 80 grams each, and one loaf – free form, 400 – 500 g weight
- **Decorated Cake:** using a 9" premade cake, cut, fill, assemble and decorate a three layer cake using a buttercream frosting, for one of the following occasions – high school graduation, five year old birthday (male or female), Mother's Day. Decoration should include an inscription and should be themed in keeping with the inscription.
- **Choux Paste:** Nine pieces, all similar size/weight – three different shapes. At least one shape to be filled with pastry creme, and one to be finished with chocolate glaze. Other fillings and decorations to be competitor's choice.
- **Lemon Meringue Pie:** Blind bake one 9' pie crust. Fill pie crust with lemon filling and once cooled bake meringue on top until golden brown serve cool.

Specific Requirements

Competitors may not bring any food type on the site. Only those ingredients provided by the technical committee will be allowed.

Competitors will supply their own recipes.

Ingredients

Only ingredients supplied by Skills Canada may be used.

No other ingredients are permitted to be brought to the competition site with the exception of the student's choice of food colourings.

Each student will be supplied with a choice of flours, shortenings, and sugars.

Common Table

Students will have unlimited access to all products provided:

Common Table

- Leavening agents: baking powder, baking soda, traditional dry yeast.
- Chocolate: Unsweetened, semisweet, white, cocoa powder
- Almonds: flaked, ground
- Jams: raspberry, apricot
- Flavourings: vanilla extract, peppermint, almond,
- Fresh fruits: lemons, kiwis, berries
- Other items: cornstarch, cream of tartar, salt
- Birthday cake candles

Refrigerator

- eggs
- cheese
- milk,
- cream
- egg whites

EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

To be provided by each contestant

- Personal tool kits containing knives, pastry bag with tips, etc.
- Contestants may bring any tools they find necessary.
- Any equipment deemed necessary may be brought to the competition.
- All equipment must be arranged at the workstation.
- **Uniforms:**
 - Contestants must wear professional cooking uniforms. Embroidery on the uniforms identifying the contestant, sponsors or territory must be tasteful.
 - Shoes with non-skid soles are mandatory.

Reference Materials:

- Contestants may bring and consult reference works of their choice, "Professional Baking", Gisslen and "On Cooking", Labensky are recommended.

Equipment provided by the technical committee to each student:

- 1 Electric stove
- 1 Workstation with basic baking/cooking equipment
- 1 Kitchen Aid stand mixer
- 2 Power outlets
- Refrigeration space
- Sinks with hot and cold water
- Soap and disinfectant (sanitizer)
- Bakeware, utensils and dishes required for the competition

Common equipment and supplies

- electric hand mixers
- baking parchment
- piping bags and tips
- aluminium foil
- plastic wrap
- doilies
- cake boards

SAFETY REQUIREMENTS

Non slip soled shoes must be worn at all times

POINT BREAKDOWN / 100

| | |
|--|-----|
| Hygiene, personal and work cleanliness | 20% |
| Economy, work planning and time management | 20% |
| Application and use of culinary methods & techniques | 20% |
| Presentation of final product | 20% |
| Taste of final product | 20% |

Rating Scale

| | |
|--------------|----|
| Perfect | 10 |
| Very good | 9 |
| Good | 8 |
| Rather good | 7 |
| Sufficient | 6 |
| Medium | 5 |
| Weak | 4 |
| Insufficient | 3 |
| Bad | 2 |
| Zero | 1 |

TECHNICAL COMMITTEE MEMBERS - JUDGES

Danny Jellema, Tech Chair

Samuel Hearne Secondary School--Inuvik