

4th ANNUAL NWT-NORTH REGIONAL SKILLS COMPETITION

SCOPE DOCUMENT COOKING - Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION: 3.5 HOURS

To evaluate each contestants preparation for employment and to recognize outstanding students for excellence and professionalism in culinary arts practices.

SKILLS AND KNOWLEDGE TO BE TESTED

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

9:30am - Secondary Cooking Competition Orientation & Workstation set up

10:00am - Kitchen Opens & Cooking Competition begins

12:30pm - Plate Presentation and Judging

1:30pm - Clean- up

Workstation and kitchen clean up, confirmed with technical chair before leaving kitchen area.

SKILLS AND KNOWLEDGE TO BE TESTED

The competition will be the preparation of a main course and desert pre-determined by the technical committee. Each competitor will produce two identical plates. One plate will be presented for the tasting judges, and one plate for public display on a timed schedule. The names and recipes for the dishes are provided.

Specific Requirements

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

Ingredients

On competition day, each contestant will receive a basket containing fresh meats, fruits, vegetables, and dairy products. Quantities are limited. There will also be a common table of ingredients for the use of all contestants. Three different cooking methods must be used in the preparation of the main course.

The technical committee will provide all ingredients for the fixed menu.

Main Course

Beef Roulade with Duchesse Potatoes,
Braised Red Cabbage and Steamed Broccoli

Dessert

Chocolate Mousse

The following recipes were taken from **On Cooking** by Sarah Labensky and Alan Hause. They are meant to be used as a guideline for competitors. Quantities and portions sizes should be taken into consideration.

Recipes are provided as guidelines and may be reduced or modified as required

Beef Roulade - 2 portions of 2 pieces per order (110-120 grams each)

Lean ground beef	80 grams
Egg, beaten	1 each
Salt and pepper	to taste
Beef inside round	4 X 60 grams app. (Sliced thin)
Dijon Mustard	15 ml
Bacon , par cooked	4 slices
Dill pickle wedges	4 each
Carrot batons	4 each
Onion, julienne	40 grams
Onions brunoise	50 grams
Canola oil	20 ml
Flour	as required
Beef stock	100 ml
Brown sauce	300 ml or to cover
Sachet – 5 ml each peppercorns, dry thyme, marjoram, dry oregano 1 bay leaf- tied in cheesecloth	

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area , season with salt & pepper
3. Brush each slice with Dijon mustard
4. Place bacon on each slice *lengthways*
5. Divide ground beef into 6 portions and place on beef slice
6. Place dill pickle carrot baton and onion portion next to ground beef
7. Roll the meat snugly into a tight closed roll , tie with string if desired
8. Heat appropriate sized braising pan and add oil
9. Dredge roulades in flour and brown
10. Remove roulades sauté onion brunoise
11. Deglaze pan with brown stock , add brown sauce, & sachet – bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (app 1 hour)
13. For service the roulades may be served whole or sliced

Duchesse Potatoes - 2 portions of 100 grams

Potatoes, peeled and quartered	250 grams
Whole butter	15 grams
Nutmeg	to taste
Salt & pepper	to taste
Egg yolks	1

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks , blending well
6. Pipe all potato mix into desired portions

Steamed Broccoli – yields 2 X 60 grams

1. Clean and portion broccoli into 60 gram portions
2. Steam until tender
3. Brush with melted butter and season to taste with salt & pepper

Braised Red Cabbage - Present 2 portions of 60 grams, reserve remainder

Red cabbage	200 grams
Butter	20 grams
Onions sliced	40 grams
Sugar	5 ml + (to adjust taste)
Red Currant jelly	5 ml
Chicken Stock	60 ml
Apple cored , diced	50 grams
Cloves	pinch
Red wine vinegar	100 ml

1. Core the cabbage and cut into shreds
2. Melt the butter in a heavy pot, add onions and sugar cook until tender
3. Add the cabbage and stir until coated with fat
4. Add the stock, jelly and spices cover and cook until tender, approx. 30 minutes
5. Add vinegar and simmer another 10 minutes
6. Taste and correct the seasoning

Chocolate Mousse - Present 2 portions Minimum size 100 grams

Dark Chocolate	100 grams
32 % Cream (Hot)	60 ml
Egg Yolk	1
Sugar	10 ml
32 % Cream	100 grams

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks .Fold cream into the ganache Present with one sauce and a fruit garnish

EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

Supplies provided by each contestant

Shoes with non-skid soles are mandatory and hair must be appropriately secured.

Reference Materials:

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

Equipment provided by the technical committee:

All ingredients, cookware, and dishes required for the competition

- 1 Electric stove
- 2 Burners, electric
- 1 Workstation, with dry storage space
- 1 Power outlet
- Sinks with hot and cold water
- Soap and disinfectant (sanitize)

Common Table

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Cornstarch	Broccoli	Brown stock	Vanilla extract
AP flour	Garlic	Brown sauce	Cinnamon
Salt	Russet potatoes	Dairy	Bay leaf
Tabasco	Carrots	Eggs	Sliced almonds
Worcester Sauce	Celery	Butter ,unsalted	Common dry spices
White, brown & icing sugar	Onions	Milk	Raspberries *
Baby Dill pickles	Apples	Cream	Blueberries *
White Pepper	Strawberries	Meat Items	Nutmeg
Cocoa Powder	Kiwi	Beef Roulades 60-70 g	Cinnamon
Canola oil	Oranges	Sliced bacon	Cloves
White Chocolate **	Lemons	Lean ground beef	Fresh Herbs
Dark Chocolate * *			Parsley
Tomato paste			Rosemary
Dijon Mustard			Thyme
Red Currant Jelly			
Red Wine Vinegar			

* **NOTE:** Common table items subject to change based on availability of ingredients. Please let the Technical Chair know if any further items are required.

POINT BREAKDOWN / 100 TOTAL

Sanitation	15%
<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Safety 	<ul style="list-style-type: none"> • Work station, floor and fridge cleanliness • Cutting board hygiene • Proper food storage methods
Time and Product Utilization	10%
<ul style="list-style-type: none"> • Food wastage • Energy and water wastage • Time management 	<ul style="list-style-type: none"> • Respected timetable in regards to serving • Proper planning of tasks
Preparation	25%
<ul style="list-style-type: none"> • Proper basic cooking techniques • Proper culinary methods 	<ul style="list-style-type: none"> • Professional use of tools and equipment
Presentation	15%
<ul style="list-style-type: none"> • Portion size and disposition of food • Harmonious colours 	<ul style="list-style-type: none"> • Clean plates • Appetizing, modern and artistic
Taste	30%
<ul style="list-style-type: none"> • Proper textures of foods • Degree of doneness 	<ul style="list-style-type: none"> • Balanced taste and seasonings • Taste according to menu
Set Items	5%
<ul style="list-style-type: none"> • Presentation in accordance with the required dishes 	

TECHNICAL COMMITTEE MEMBERS - JUDGES

Technical Chair – Patrick Gauley-Gale