



## 2<sup>nd</sup> ANNUAL BEAUFORT DELTA REGIONAL SKILLS COMPETITION – SCOPE DOCUMENT

### 34 –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.

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 an appetizer, 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.

Each Competitor will submit their menu detailing their selections prior to final plate presentation.

#### 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.

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

#### **Appetizer**

Risotto Florentine

#### **Main Course**

Chicken Supreme stuffed with Mushroom Duxelle  
Served with Pan Gravy  
Maple Glazed Carrots, Green Bean Almandine  
And Parsnip Puree

#### **Dessert**

Competitor Choice Utilizing  
Choux Paste

## **Risotto Florentine**

Serving Size : 24 Preparation  
Categories : Pilaf Method

Amount	Measure	Ingredient -- Preparation Method
2.5	litres	chicken stock
125	grams	butter
150	grams	onions -- minced
700	grams	Arborio rice
250	millilitres	dry white wine
125	grams	spinach puree
125	grams	parmesan cheese -- grated

1. Bring the chicken stock to a simmer.
2. Heat 3 ounces (90 grams) of the butter in a large, heavy saucepan. Add the onion and sauté without browning until translucent.
3. Add the rice to the onion and butter. Stir well to coat the grains with butter but do not allow the rice to brown. Add the wine and stir until it is completely absorbed.
4. Add the simmering stock, 4 ounces (120 millilitres) at a time, stirring frequently. Wait until the stock is absorbed before adding the next 4-ounce (120-milliliter) portion.
5. After approximately 18-20 minutes, all the stock should be incorporated and the rice should be tender. Remove from the heat and stir in the remaining 1 ounce (30 grams) of butter, the grated cheese and spinach puree. Serve immediately.

## **Duxelle**

Serving Size: 360 grams

Amount	Measure	Ingredient -- Preparation Method
500	grams	mushrooms
15	grams	whole butter
25	grams	tablespoons shallots -- minced
5	grams	garlic -- chopped
		Salt and pepper -- to taste
10	grams	fresh parsley -- chopped

1. Chop the mushrooms very finely.
2. Sauté the shallots and garlic in butter until tender. Add the mushrooms and sauté until dry.
3. Season with salt and pepper and add the parsley. Cool and then use the duxelles as a stuffing for vegetables or as a flavoring ingredient in other recipes.

## **Maple-Glazed Carrots**

Serving Size: 16

Amount	Measure	Ingredient -- Preparation Method
1.400	kilograms	carrots
100	grams	butter
100	millilitres	maple syrup
20	grams	tablespoons fresh parsley -- chopped
		Salt and pepper -- to taste

1. Peel the carrots and cut into a shape such as oblique, tournée or rondelle.
2. Parboil the carrots in salt water and refresh. The carrots should be very firm.
3. Sauté the carrots in butter until nearly tender.
4. Season with salt and pepper, and add the maple syrup. Cook briefly, tossing the carrots so that they are coated with the maple syrup. Garnish with the parsley.

**Basic Procedure for making Pan Gravy**

1. Remove the cooked meat or poultry from the roasting pan.
2. If mirepoix was not added during the roasting process, add it to the pan containing the drippings and fat.
3. Place the roasting pan on the stove top and clarify the fat by cooking off any remaining moisture.
4. Pour off the fat, reserving it to make the roux.
5. Deglaze the pan using appropriate stock. The deglazing liquid may be transferred to a sauce pan for easier handling or the gravy may be finished directly in the roasting pan.
6. Add enough stock or water to the deglazing liquid to yield the proper amount of finished gravy.
7. Determine the amount of roux needed to thicken the liquid and prepare it in a separate pan, using a portion of reserved fat.
8. Add the roux to the liquid and bring the mixture to a simmer. Simmer until the mirepoix is well cooked, the flavour is extracted and the flour taste cooked out.
9. Strain the gravy and adjust the seasonings

**Broccoli Almandine** (Note: substitute green beans for broccoli)

Serving Size: 6

Amount	Measure	Ingredient -- Preparation Method
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1	kilogram	broccoli -- fresh Salt and pepper -- to taste
50	grams	whole butter
25	grams	sliced almonds
5	grams	garlic clove -- minced
50	millilitres	lemon juice

1. Cut the broccoli into uniform spears. Rinse and sprinkle lightly with salt and pepper.
2. Place the broccoli in a single layer in a perforated hotel pan and cook in a convection steamer until tender but slightly crisp, approximately 3 minutes.
3. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the nuts are lightly browned.
4. Arrange the broccoli on plates for service and sprinkle with the lemon juice. Drizzle the almonds and butter over the broccoli and serve immediately.

## **Parsnip Purée**

Serving Size: 16

Amount	Measure	Ingredient -- Preparation Method
2	kilograms	parsnips
700	grams	russet potatoes
250	milliliters	heavy cream -- hot
125	grams	butter -- melted
		Salt and pepper -- to taste

1. Peel the parsnips and potatoes, and cut into large pieces of approximately the same size.
2. Boil the vegetables separately in salted water until tender.
3. Drain the vegetables well. Purée them together through a food mill.
4. Add the cream and butter and mix to combine. Adjust the consistency by adding cream as desired. Season the mixture with salt and white pepper and serve hot.

## **Choux Paste**

Amount	Measure	Ingredient -- Preparation Method
200	millilitres	milk
110	millilitres	water
125	grams	butter
180	grams	all purpose or bread flour
300	grams	eggs (5-6)

1. Preheat oven to 425 degrees F. Have a piping bag with a large plain tip ready.
2. Place the milk, water and butter in a saucepan. Bring to a rolling boil; make sure the butter is fully melted.
3. Remove from heat and immediately add all the flour. Vigorously beat the dough by hand. Put back on the heat and continue beating the dough until it comes away from the sides of the pan. The dough should be relatively dry.
4. Transfer to a mixing bowl and allow to cool briefly to a temperature of approximately 54 degrees C. Using the mixers paddle attachment, or a wooden spoon, begin beating in the eggs one at a time until incorporated fully.
5. Continue to add the eggs until the mixture is shiny but firm. It may not be necessary to use all the eggs. The paste should pull away from the sides of the bowl in thick threads; it will not clear the bowl.
6. Put a workable amount of dough into a piping bag and pipe onto the sheet pan in the desired shape at once.
7. Bake immediately, beginning at 425 for 10 minutes, than lower the temperature to 375 for another 10 minutes.
8. Cool completely, then fill if desired.

**Note to all competitors: The recipes must be scaled accordingly.**

## EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

### Supplies 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. Safety shoes with non-skid soles are mandatory.

Reference Materials:

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

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

### Equipment provided by the technical committee:

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)

All ingredients, cookware, and dishes required for the competition

## SAFETY REQUIREMENTS

Contestants must wear non-skid-soled shoes at all times.

## POINT BREAKDOWN / 100 TOTAL

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, Technical Chair – SHSS, Inuvik