



11th TERRITORIAL SKILLS COMPETITION - SCOPE DOCUMENT

34 –COOKING

Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION 3.0 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

Char Ceviche Served with a
Marinated Fennel Salad

Main Course

Muskox Stew
Served with Bannock

Dessert

Saskatoon Berry and
Pastry Cream Tart

NOTE: Recipes are suggested guidelines for the competitors.

Bannock

Ingredients:

4 cups all-purpose flour
¼ cup icing sugar
1 ½ tablespoons baking powder
½ tablespoon salt
½ cup oil
2 cups milk

Preparation:

In a bowl mix flour, icing sugar, baking powder and salt. Add oil and milk, mix until just combined. Transfer into a baking dish and bake at 350 for 30 to 45 minutes.

Double Crust Sour Cream Pastry

Ingredients:

2-1/2 cups (625 mL) all-purpose flour
1/2 tsp (2 mL) salt
1/2 cup (125 mL) cold butter, cubed
1/2 cup (125 mL) cold lard, cubed
1/4 cup (50 mL) ice water (approx)
3 tbsp (50 mL) sour cream

Preparation:

In large bowl, whisk flour with salt. Using pastry blender cut in butter and lard until in fine crumbs with a few larger pieces.

In liquid measure, whisk water with sour cream. Drizzle over flour mixture, tossing briskly with fork and adding a little more water if necessary, until ragged dough forms.

Divide in half; press into 2 discs. Wrap; refrigerate until chilled, 30 minutes

Pastry Cream

Ingredients:

4 egg yolks
1/2 cup (125 mL) granulated sugar
1/3 cup (75 mL) cornstarch
3 cups (750 mL) milk
2 tbsp (25 mL) butter
1 tsp (5 mL) vanilla

Preparation:

In bowl, whisk together egg yolks, sugar, cornstarch and 1/2 cup (125 mL) of the milk; set aside.

In heavy saucepan, heat remaining milk over medium heat until bubbles form around edge; whisk into yolk mixture. Return to pan and cook over medium-low heat, stirring, until thick enough to mound on spoon, about 5 minutes. Stir in butter and vanilla. Scrape into bowl. Place plastic wrap directly on surface; refrigerate just until cooled, about 2 hours.

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

Travis Stewart, Technical Chair

Yellowknife Association for Community Living, Yellowknife, NT