



14th TERRITORIAL 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.

9:30 A.M. – 10:00 A.M.

Secondary Cooking Competition Orientation
Foodservices Room, St. Pat's High School
Workstation set up

10:00 A.M. Kitchen Opens

Submit menu
Secondary level Cooking Competition begins

12:30 P.M.

Plate Presentation and Final Judging

12:30 P.M. – 1st course Presentation

1:00 P.M. – Main course Presentation

1:30 P.M. – Desert course Presentation

1:30 P.M. – 2:00 – Clean – up

All Plates Presented by 1:45 P.M.

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.

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. 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.

<p style="text-align: center;"><u>Main Course</u> Beef Roulade with Duchesse Potatoes, Braised Red Cabbage and Steamed Broccoli</p> <p style="text-align: center;"><u>Dessert</u> Chocolate Mousse</p>
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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

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

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

Ingredients

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

Steamed Broccoli – yields 2 X 60 grams

Clean and portion broccoli into 60 gram portions

Steam until tender

Brush with melted butter and season to taste with salt & pepper

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
5. Present with one sauce and a fruit garnish

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

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

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.
 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 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

Sanitation	15%
<ul style="list-style-type: none">• Proper and professional clothes• Personal hygiene and cleanliness• Safety• 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• 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• Professional use of tools and equipment	
Presentation	15%
<ul style="list-style-type: none">• Portion size and disposition of food• Harmonious colours• Clean plates• Appetizing, modern and artistic	
Taste	30%
<ul style="list-style-type: none">• Proper textures of foods• Degree of doneness• 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 - Mark Plouffe, CCC
Ecole St. Patrick High School, Yellowknife, NT