

Limestone District School Board

2017 QUALIFYING COMPETITION

CULINARY ARTS - SECONDARY LEVEL

DATE March 24th , 2017

LOCATIONS: St. Lawrence College

COMMITTEE MEMBERS: Doug James, Ian Montgomery

1st place winner from the LDSB will advance to the Ontario Qualifying competition.

***See the Competition Information Package for the Qualifying Competition eligibility criteria and rules and regulations**

Prepare and present a Three (3) Course Menu, comprised of a Pasta Appetizer, Fish Main Course and Custard Dessert.

PURPOSE OF THE CONTEST:

- Evaluate professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules.
- Present and promote to the public a view into the trade of Cook/Chef.
- Demonstrate new culinary trends.

SKILLS AND KNOWLEDGE TO BE TESTED:

- The competition will be a practical cooking and food presentation contest.
- Students will prepare a set 3 Course Menu for Three persons (Starter, Main Course and Dessert). Competitors must follow recipes and directions provided for this day.
- Each competitor must submit two copies of their menu in either French or English no later than 30 minutes after starting in the kitchen.
- Presentation of dishes is according to the attached time schedule.
- An official time clock will be designated.
- Competitors will present one plate to judges and one plate for display.

PRACTICAL 100%

JUDGING CRITERIA (Practical):

15% Sanitation

Proper and professional clothes

Personal hygiene and cleanliness

Safety

Work Station, floor and fridge cleanliness

Proper food storage methods

Cutting board hygiene

10% Organization & Product Utilization

Food wastage

Energy and water wastage

Time Management

Proper planning of tasks

Menu Submitted on time

25% Preparation

Proper cooking techniques

Proper culinary methods

Professional use of tools and equipment

15% Presentation

Portion size and disposition of food

Harmonious colours

Clean plates

Appetizing, modern and artistic

35% Taste and Required Components

Proper textures of foods

Degree of doneness

Balanced taste and seasonings

Flavours match the menu specifications and descriptions

Taste according to menu

Respected timetable in regards to serving times

Food served at proper temperature

Presentation in accordance with the demanded dishes

Every item is evaluated.

As the rules state, there are no ties. If the score is even after the contest, the taste component will be used as the tie breaker.

EQUIPMENT AND MATERIALS:

Supplied by Committee:

- Food supplies listed will be supplied
- All presentation plates
- Work table
- Standard size commercial oven, gas or electric
- Four (4) burners, gas
- Shared equipment – food processors, measuring scales
- Shared refrigeration
- Shared sink for food preparation, pot washing
- Presentation table for display of finished entrées
- Shared hand washing sinks
- Presentation equipment like skewers, and shot glasses are not acceptable and may not be used.
- Cutting Boards
- Plates / Bowls

Supplied by Competitor:

- Personal tool kits, including, but not limited to: knives, ladles, whips, spatulas, piping bag and tips and rolling pins, pots pans.
- Competitors may bring any tool and/or equipment deemed necessary with them. Please note that all equipment must fit on the workstation
- Basic pots and pan set, including sauté pans, trays, bowls, china caps, cutting boards and moulds
- Items such as Saran wrap, aluminium paper, wax paper, plastic food containers, scale, kitchen towels, oven mitts and sanitizing spray bottles
- All food items not supplied by Competition Committee

Recipes and reference books

* Toolboxes and equipment that does not fit in or on the workstation will have to be stored and **cannot** be used during the contest. All material should be dishwasher proof and marked clearly for easy identification.

REFERENCE BOOKS

Every competitor can bring and consult reference books, such as the “On Cooking” textbook, or his/her personal recipes during the contest. For any questions or disputes, professional practice will be the guide with the Larousse Gastronomique (latest edition) as the reference book for traditional culinary practices.

SAFETY:

Safety is a priority at the 2016 Limestone Competitions. At the discretion of the Judges and Committee Members, any competitor can be removed from the competition site for not having the proper safety equipment or for not acting in a safe manner. It is mandatory for all competitors to wear:

Suitable non-slip footwear (no running shoes, sandals, crocs, kitchen clogs)*

Jewelry such as rings, bracelets and necklaces, piercings, or any items deemed unsafe and unsanitary by competition judges, shall be removed.*

*Competition judges will have final authority on matters of safety.

**** Please note: Failure to wear personal protective equipment in an appropriate manner will result in loss of marks. The 3rd warning will result in competitor being disqualified from contest.**

RULES AND REGULATIONS:

- Acts inappropriately
- Shows disregard for the safety of themselves or those around them
- Breaks the established rules and regulations including:
- Uses equipment or material that is not permitted or in an unsafe manner
- Dishonest conduct (cheating)
- Speaks with those outside the contest area
- Arrives to the contest site late

CLOTHING REQUIREMENTS:

Competitors are to be dressed in a clean and appropriate manner. Competitors must supply and wear appropriate culinary/chef clothing.

The **mandatory** clothing requirements for this contest are as follows:

- White Cook's Jacket
- Apron
- Chef's Hat (hair net if required)
- Necktie
- Check or white cook's pants
- Side Towel
- Suitable non-slip footwear must be worn. No open-toe shoes or cloth shoes. No sandals or clogs. Shoes must be closed toe, have non-porous uppers and have anti-slip soles. Shoes should be "wipeable" and clean.

COMPETITION AGENDA:

8:00 a.m. 2:15 p.m. Contest

8:00-8:30 Move to Contest Areas

8:30- 8:45 Station Set-up

8:45-2:15 Competition

12:00–12:30 present starter

12:30 -1:15 present main course

1:15- 2:00 – present dessert

2:00-3:00 p.m. Final Clean-up

2:00-4:00 p.m. Final Judging and Results

Description	<p>2016</p> <p>Qualifying Competition Culinary Arts Menu and Recipes</p> <p>Prepare three (3) portions of the following three (3) course menu: •</p>
	Menu with descriptions
Appetizer	<ul style="list-style-type: none"> • Spinach & Ricotta Ravioli with Alfredo Sauce
Main Course	<ul style="list-style-type: none"> • Salmon poached in Court Bouillon • Bercy Sauce (1 litre) • Rice Pilaf with Tomato Concassé o • Red Pepper – Lozenge cut • Broccoli Florets • Carrot Batonnet
Dessert (Plated)	<ul style="list-style-type: none"> • Crème Caramel • Shortbread component (competitor`s choice) • Fruit component (competitor`s choice) • Minimum of one (1) garnish
Service Details	<p><u>Appetizer</u> Each plate must not exceed 180g</p> <p><u>Main Course</u></p> <ul style="list-style-type: none"> • Maximum weight for main course must not exceed 350 g • Each plate should consist of: <ul style="list-style-type: none"> • Poached Salmon in Court Bouillon • Bercy Sauce (extra served on side) • Rice Pilaf with Tomato Concassé • Red Pepper – Lozenge cut • Broccoli Florets • Carrot Batonnet <p><u>Dessert</u></p>

	<ul style="list-style-type: none"> • Each plate must not exceed 250 g
Main Ingredients required	<ul style="list-style-type: none"> • Dairy – each competitor is limited to 0.500 litre of 35% cream and 250 g butter • • Fish - Each competitor will receive one fillet of a Salmon. The Salmon fillet will have the skin on, pin bones in and weight between 0.900 kg and 1.3 kg (2 to 3 lbs)

Module Notes:

- Plate Presentation. Competitors must present three (3) plates for each course:
Two (2) plates to be presented to the judges One (1) plate will be for public display.
For all plates, the presentation should be clean and reflect industry standards.
- Do not waste any food items; waste will be marked accordingly.
- No service equipment permitted other than that provided by the committee
- Service Temperatures for courses that are served hot must be a minimum of 50 °C and should reflect industry standards.
- Service-ware will be provided for the menu, please refer to the “Contest Description Document” for detailed information on the service-ware provided.
- Common food items will be available in limited amounts. They will include some dry goods, herbs, alcohols, spices, and stocks.
Common table items will be outlined in the "Common Table - Secondary Document".
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- The Technical Committee reserves the right to limit quantities of ingredients to any single competitor. You will be marked according for over-use of products
- During the contest, all communications between contestants and persons outside the contest site is not permitted. Breach of this rule will result in disqualification of the competitor.
- Reference books and recipes may be consulted all day long.
- Use of Sous Vide Equipment

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods.

o Sous Vide technologies have made precisely controlled cooking easier – with final results more certain, than at any other time. Therefore, during the contest, use of Sous Vide technology and techniques must be limited to no more than one application over the two module contest, with regards to the cooking of the required proteins.

o This does not limit its use for other techniques or components the competitors may wish to include as part of their dishes – i.e. compressed fruits & vegetables, cooked egg yolks, etc.

CULINARY ARTS - SECONDARY RECIPES

The recipes for this contest have been referenced from either of the following textbooks:

Gisslen, Wayne. (2015). Professional Cooking for Canadian Chefs (8th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2013). On Cooking, A Textbook of Culinary Fundamentals (6th Canadian edition). New Jersey: Pearson.

Gisslen, Wayne. (2013). Professional Baking (6th edition). New Jersey: John Wiley & Sons.

Recipes were converted to reasonable quantities to produce approximately 4 portions by the Technical Committee. These recipes are to be used to produce the requested menu items for the module.

The recipes are intended as a guide, and should be adjusted as required to provide appropriate quantities, flavours, and correct seasoning.

Although recipes are included in this “contest project”, it is recommend that you refer to one of the suggested textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in the three (3) course menu.

☐ These textbooks also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the menus preparation (e.g. knife handling, reducing liquids, cooking roux, roasting meat, vegetable cookery, quick breads and guidelines for plate presentations).

☐ Common and correct cooking practices should be respected and are encouraged.

☐ Where ingredients may be unavailable or out of season, appropriate substitutions should be made

☐ Note:

☐ Please refer to the contest documents for Skills Canada National Competition (SCNC) for Cooks. Please review the Contest Description and the Secondary Project for examples of the recipes developed by the National Technical Committee. Please go to the following link for information about the national competition:

<http://skillscompetencescanada.com/en/scnc-2017-contest-descriptions/>

Contestants may not leave the competition site until released by the head judge.

No plates will be judged after 2:00

INSTRUCTIONS

INSTRUCTIONS

Portions:

- Portion size of the Appetizer cannot exceed 180 grams
- Portion size of Main Course cannot exceed 350 grams
- Portion size of Dessert Plate cannot exceed 250 grams

Dairy – each competitor is limited to 0.500 litre of 35% cream and 250 g butter •

Fish - Each competitor will receive 200 g of Salmon and 200 g of Haddock for the

Pork - Each competitor will receive three (3) whole pork tenderloins for the main course. Average size 450 g (1 lb)

o Internal cooking temperature of pork tenderloin must meet industry standards Suggested internal temperature of 60=63 c (140-1145 F)

Temperature:

- Service temperatures for the courses that are served hot must be a minimum of 50 C

Menu:

- Cooking methods and culinary terminology from the recipes stated in menu must be respected and used to prepare the required dishes; recipes supplied by National Technical Committee
- The menu must be prepared with the items on the common food table

Presentation:

- Present (3) for each course, and extra sauce in sauce boat
- (2) plates will be presented to the judges and then one (1) plate will be transferred to the public display area
- For all plates, the presentation should be clean
- No plates or containers (service equipment) will be permitted other than what is outlined in the qualifying scope document

Waste:

- Food items from the common tables should not be wasted; waste will be marked accordingly
- Composting and recycling principles will be employed

Additional:

- Reference books and recipes can be consulted all day long
- All items are subject to changes without notice, depending on availability and quality
- All questions regarding the contest must be directed only to the Qualifying Technical Committee
- If a candidate must leave the site, the Qualifying Technical Chair must be advised

All questions regarding the contest must be directed only to the Qualifying Technical Committee

If a candidate must leave the site, the Qualifying Technical Chair must be advised

Limestone District Skills Competition-Student _____	
Section 1 Kitchen	Marks
SAFETY & SANITATION: Professional clothing personal hygiene, Demonstrates proper use of equipment. Proper food / handling storage Cutting board hygiene. General cleanliness.	10
Organizational skills: Efficiency and organized mise en place. Demonstrates good planning of tasks.	10
Preparation: Techniques- eg Steaming, Braise, Knife cuts-dice, battonett	35
Waste- competitor utilized all ingredients , storage, proper handling of all food items	5
Menu- Describe menu and cooking methods	5
Finish -cleanup / station/ kitchen/	5
Total Section 1 (70)	
Section 2: Menu Presentation	
1 st course- Appetizer	
Presentation- Appearance, Garnish ,Creativity., Portion Size	5
Taste- Balance flavours, seasonings texture & taste according to menu.	5
Temperature- time-lines	5
2 nd Course Entree- Entreee cannot exceed 350g Total weight	
Presentation- appearance, garnish	10
Taste-Proper texture, degree of doneness,	15
Temperature- Time-lines	5
3 rd Course –Dessert	
Presentation- appearance garnish	5
Taste- Balance flavours, seasonings texture & taste according to menu.	5

Temperature- Time-lines Service	5
Total Section 2 Max 60	
Competencies	
Grand Total Max 130	

Fresh Pasta

Source: Professional Cooking 8th edition

Page: 400

Yield: 0.420 kg

Ingredients

Bread Flour 270 g

Eggs 3 each

Olive Oil 10 ml

Salt pinch

Procedure

1) Mound the flour on a work surface. Make a well in the center and add the eggs, oil and salt.

2) Working from the centre outward, gradually mix the flour into the eggs to make a dough.

3) When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the

dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead

well for at least 15 minutes.

4) Cover the dough and let it rest at least 30 minutes.

5) Cut the dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening.

Pass the pieces of dough through the machine folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece

through the machine until it is smooth.

6) Working with one piece of dough at a time, decrease the width between the rollers one notch

and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is

as thin as desired. The pasta is now ready to cut into desired shapes and to cook.

Ravioli with Spinach & Ricotta Filling

Source: Professional Cooking – variation of Ravioli with Cheese Filling

Page: 401

Yield: 3 x 0.150 kg uncooked

Ingredients

Ricotta Cheese 140 g

Parmesan Cheese – grated 35 g

Egg yolk 1 each

Parsley – chopped 5 g

Nutmeg to taste

Salt to taste

Pepper – White to taste

Fresh Pasta 300 g

Variation:

Spinach – Cooked 75 g

Onions – Fine dice 40 g

Garlic – Minced 4 g

Procedure:

- 1) Sweat the onions and garlic off until translucent. Cool and reserve.
- 2) Squeeze cooked spinach to remove all excess water. Chop spinach in a food processor until smooth and reserve.
- 3) Mix together the ricotta cheese, parmesan, egg yolk, spinach, parsley, seasonings and onion/garlic mixture.
- 4) Roll out the pasta into thin sheets.
- 5) Over half of the pasta, make small mounds of cheese filling, about 15 ml each, arranging them in a checkerboard pattern 4 - 5 cm apart.
- 6) Lay the remaining pasta over the top and press down between the mounds of cheese to

seal well. While doing this try to avoid sealing large air bubbles inside the ravioli. Note: if

the pasta is fresh and moist, the layers will seal together if pressed firmly. If it is dry, moisten the bottom layer lightly between the mounds of cheese, using a brush dipped in water. Do not get the pasta too wet.

7) Cut the pasta apart using a pastry wheel. Check each piece to make sure that it is completely sealed.

8) Cook them immediately in boiling salted water, keeping them slightly underdone. Drain

and rinse under cold water, drain, and toss with oil or melted butter. Spread in a singlelayer on a sheet pan and refrigerate. They can be reheated to order by sautéing them briefly in butter or oil or by dipping them in boiling water.

9) Serve with Alfredo sauce.

Alfredo Sauce

Source: On Cooking 5th edition

Page: 598

Yield: 3 portions

Ingredients

Butter 60 g

35% Cream 350 ml

Parmesan Cheese, Grated 60 g

Salt to taste

White Pepper to taste

Procedure

1) Combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly.

2) Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked.

3) Adjust the seasonings and serve.

Alfredo Sauce

Source: On Cooking 5th edition

Page: 598

Yield: 3 portions

Ingredients

Butter 60 g

35% Cream 350 ml

Parmesan Cheese, Grated 60 g

Salt to taste

White Pepper to taste

Procedure

- 1) Combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly.
- 2) Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked.
- 3) Adjust the seasonings and serve.

Fish Veloute

Source: Professional Cooking 8th edition

Page: 182

Yield: 1.000 Litre

Ingredients

Clarified Butter 63 ml

White Mirepoix, small dice 63 g

Flour 63 g

White Fish Stock 1.25 litre

Sachet

Bay Leaf 1 each

Thyme, dried 1 g

Peppercorns 1 g

Parsley Stems 2 each

Salt to taste

Peppercorns, white to taste

Procedure

1) Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the

vegetables without browning them.

2) Add flour and make a blond roux. Cool roux slightly.

3) Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly.

Reduce heat to a simmer.

4) Add the sachet.

5) Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary.

Add more stock if needed to adjust consistency.

6) If the Velouté is to be used as is, season to taste with salt and white pepper. But if it is to be

used as an ingredient in other preparations, do not season Velouté.

7) Strain through a china cap lined with cheesecloth. Cover or spread melted butter on surface

to prevent skin formation. Keep hot in a bain-marie, or cool in a cold water bath for later use.

Bercy Sauce

Source: Professional Cooking 8th edition

Page: 184

Yield: 1.000 Litre

Ingredients

Shallots, fine dice 60 g

White wine, dealcoholized 125 ml

Fish Velouté 1 litre

Butter 60 g

Parsley, chopped 30 ml

Lemon Juice to taste

Procedure

- 1) Reduce by $\frac{2}{3}$ chopped shallots and white wine.
- 2) Add fish velouté and reduce slightly.
- 3) Finish with raw butter, chopped parsley and lemon juice to taste.

Tomato Rice Pilaf (with tomato concassé)

Source: Professional Cooking 8th edition

Page: 384

Yield: 0.450 kg

Ingredients

Butter 20 g

Onions, fine dice 30 g

Long-grain rice 166 ml

Chicken Stock 125 - 160 ml

Tomato concassé with juice 230 ml

Salt to taste

Procedure

1) Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften.

Do not

brown.

2) Add the rice, without washing. Stir over heat until the rice is completely coated with butter.

3) Pour in the boiling liquid and crushed tomatoes. Return the liquid to a boil with the rice.

Taste and adjust seasonings; cover tightly.

4) Place in a 350°F (175°C) oven and bake for 18-20 minutes, until liquid is absorbed and rice is

dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.

5) Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents

further cooking. Keep hot for service.

6) If desired, additional raw butter may be stirred into finished rice.

Blanching & Refreshing Vegetables

Broccoli & Red Peppers

Source: Professional Cooking 8th edition

Page: 306

Yield: 3 portions

Ingredients

Broccoli florets 120 gram

Red Peppers, lozenge cut 21 pieces

Butter as needed

Salt and White Pepper to taste

Procedure

- 1) Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
- 2) Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
- 3) Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. Cook the vegetables to the desired doneness.
- 4) Remove the vegetables from the boiling water with a slotted spoon or drain through a colander.
- 5) Refresh / shock the vegetables in an ice water bath, drain and refrigerate until needed.
- 6) Reheat for service - add seasoning and butter as required

Carrot Batonnet

Source: Professional Cooking 8

th edition

Page: 315

Yield: 0.270 kg

Original Recipe - Variation: Glazed Carrots

Ingredients

Carrots (Batonnet) 400 g

Water as needed

Butter 20 g

Sugar 5 g

Salt 2 ml

Pepper – White to taste

Parsley (chopped) as needed

Procedure

- 1) Trim, peel and cut the carrots into batonnet
- 2) Place them in a straight sided sauté pan. Add water to barely cover. Add the butter, sugar and salt
- 3) Bring to a boil. Lower the heat and simmer until the carrots are tender and the water is nearly evaporated. If done properly, these should happen at the same time. Toss the carrots so that they are well coated with the glaze left in the pan.
- 4) Season with pepper. Garnish with chopped parsley.

Crème Caramel

Source: Professional Cooking 8th edition

Page: 1013

Yield: 3 x 150 g portions

Ingredients

Eggs 125 g

Sugar 65 g

Salt Pinch

Vanilla 4 ml

Milk 310 ml

Caramel

Sugar 90 g

Water 15 ml

Procedure

- 1) Combine the eggs, sugar, salt and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
- 2) Scald the milk in a double boiler or in a saucepan over low heat.
- 3) Gradually pour the milk into the egg mixture, stirring constantly.
- 4) Skim off all foam from the surface of the liquid.
- 5) Arrange custard cups in a shallow baking pan.
- 6) Caramel: Cook sugar and water until it caramelizes. Line the bottoms of the custard cups with the hot caramel. Be sure the cups are clean and dry.
- 7) Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
- 8) Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.

- 9) Bake at 325°F until set, about 45 minutes.
- 10) Carefully remove from the oven and cool. Store, covered, in the refrigerator overnight.
- 11) Unmold onto a plate for service.

Shortbread Cookies

Source: Professional Cooking 8th edition

Page: 975

Yield: 0.625 kg

Ingredients

Butter 90 g

Sugar 65 g

Salt Pinch

Egg Yolks 30 g

Pastry Flour 125 g

Procedure

- 1) Have all ingredients at room temperature.
- 2) Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
- 3) Add the eggs and blend at low speed.
- 4) Sift in the flour. Mix until just combined.
- 5) Roll dough ¼ inch thick.
- 6) Use greased or parchment-lined baking sheets.
- 7) Bake at 350°F about 15 minutes.

