

Refer to Limestone contest scope for Rules Materials and Marking Rubric.

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| Description      | <p>2016</p> <p>Qualifying Competition Culinary Arts Menu and Recipes Prepare three (3) portions of the following three (3) course menu: •</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Menu             | Menu with descriptions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Appetizer        | <ul style="list-style-type: none"> <li>• Spinach &amp; Ricotta Ravioli with Alfredo Sauce</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Main Course      | <ul style="list-style-type: none"> <li>• Salmon poached in Court Bouillon</li> <li>• Bercy Sauce (1 litre)</li> <li>• Rice Pilaf with Tomato Concassé o</li> <li>• Red Pepper – Lozenge cut</li> <li>• Broccoli Florets</li> <li>• Carrot Batonnet</li> </ul>                                                                                                                                                                                                                                                                                                                                                            |
| Dessert (Plated) | <ul style="list-style-type: none"> <li>• Crème Caramel</li> <li>• Shortbread component (competitor`s choice)</li> <li>• Fruit component (competitor`s choice)</li> <li>• Minimum of one (1) garnish</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                           |
| 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"> <li>• Maximum weight for main course must not exceed 350 g</li> <li>• Each plate should consist of: <ul style="list-style-type: none"> <li>• Poached Salmon in Court Bouillon</li> <li>• Bercy Sauce (extra served on side)</li> <li>• Rice Pilaf with Tomato Concassé</li> <li>• Red Pepper – Lozenge cut</li> <li>• Broccoli Florets</li> <li>• Carrot Batonnet</li> </ul> </li> </ul> <p><u>Dessert</u></p> <ul style="list-style-type: none"> <li>• Each plate must not exceed 250 g</li> </ul> |

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| Main Ingredients required | <ul style="list-style-type: none"> <li>• Dairy – each competitor is limited to 0.500 litre of 35% cream and 250 g butter •</li> <li>• 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)</li> </ul> |

### Recipes-

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 single layer 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  $\frac{1}{4}$  inch thick.
- 6) Use greased or parchment-lined baking sheets.
- 7) Bake at 350°F about 15 minutes.