

***LIMESTONE DISTRICT SCHOOL BOARD***

**2018 QUALIFYING COMPETITION**

**CULINARY ARTS - SECONDARY LEVEL**

**DATE March 23<sup>rd</sup>, 2018**

**LOCATIONS:** St. Lawrence College

**COMMITTEE MEMBERS:** Doug James, Ian Montgomery, Andrew Kirby

1<sup>st</sup> 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 Soup Appetizer, Beef Main Course and 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.

**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 molds.
- Items such as Saran wrap, aluminum 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 2018 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:

- 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 “wipe able” 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

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

No plates will be judged after 2:00

<b>Description</b>	2018 Qualifying Competition Culinary Arts Menu and Recipes Prepare three (3) portions of the following three (3) course menu: •
	<b>Menu with descriptions</b>
<b>Appetizer</b>	• Minestrone Soup

<b>Main Course</b>	<ul style="list-style-type: none"> <li>• Pan-Seared Beef Top Sirloin Cap Steak: <ul style="list-style-type: none"> <li>• Cooked Medium Rare – 57 C (135 F) o <ul style="list-style-type: none"> <li>• Raw weight maximum of 140 grams (5 oz)</li> </ul> </li> <li>• Sauce Béarnaise</li> <li>• Mashed Potatoes: <ul style="list-style-type: none"> <li>• Flavoured to competitor’s choice</li> </ul> </li> <li>• Asparagus Spears</li> <li>• Roasted Root Vegetables: <ul style="list-style-type: none"> <li>• A combination of the competitor’s choice o</li> <li>• A minimum of 3 vegetables must be used from the common table list of items</li> </ul> </li> </ul> </li> </ul>
<b>Dessert (Plated)</b>	<ul style="list-style-type: none"> <li>• Lemon Tart</li> <li>• Must include Pâte Sucrée</li> <li>• Must include Meringue – hard or soft (competitor`s choice)</li> <li>• Minimum of one (1) fruit sauce (competitor`s choice)</li> <li>• Minimum of one (1) garnish</li> </ul>
<b>Service Details</b>	<p><b><u>Appetizer</u></b></p> <ul style="list-style-type: none"> <li>• Each plate must not exceed 180g</li> </ul> <p><b><u>Main Course</u></b></p> <ul style="list-style-type: none"> <li>• Maximum weight for main course must not exceed 350 g</li> </ul> <p><b><u>Dessert</u></b></p> <ul style="list-style-type: none"> <li>• Each plate must not exceed 250 g</li> </ul>
<b>Main Ingredients required</b>	<ul style="list-style-type: none"> <li>• Dairy – each competitor is limited to 0.500 litre of 35% cream and 454 g butter •</li> <li>• Beef - Each competitor will receive one (1) Beef Top Sirloin Cap Steak. Please refer to the product Specification Sheet that is posted to the scope section of the Skills Ontario Website.</li> </ul>

**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.
  - 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.
  - 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.
  - 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

## **CULINARY ARTS - SECONDARY RECIPES**

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

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

**Labensky, Sarah et al. (2017). On Cooking, A Textbook of Culinary Fundamentals (7 th Canadian edition). New Jersey: Pearson.**

**Gisslen, Wayne. (2017). Professional Baking (7 th edition). New Jersey: John Wiley & Sons.**

- **Recipes have been provided by the Technical Committee. These 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 recommended 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 include 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 Scope 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/wpcontent/uploads/2017/08/SCNC18-34-TestProject\\_S\\_EN\\_15nov17.pdf](http://skillscompetencescanada.com/wpcontent/uploads/2017/08/SCNC18-34-TestProject_S_EN_15nov17.pdf)**

**Limestone District Skills Competition-Student \_\_\_\_\_**

Section 1 Kitchen	Marks
<b>SAFETY &amp; SANITATION:</b> Professional clothing personal hygiene, Demonstrates proper use of equipment. Proper food / handling storage	10
<b>Organizational skills:</b> Efficiency and organized mise en place. Demonstrates good planning of tasks. Cutting board hygiene. General cleanliness.	10
<b>Preparation: Techniques- Knife cuts-Lozenge, batonet, Dice/ Poaching/ Food Waste</b>	35
<b>Waste-</b> <i>competitor utilized all ingredients , storage</i> , proper handling of all food items	5
Menu- Describe menu and cooking methods	5
<b>Finish</b> -cleanup / station/ kitchen/	5
Total Section 1 ( 70)	
Section 2: Menu Presentation	
1 <sup>st</sup> course- Appetizer	
Presentation- Appearance, Garnish ,Creativity., Portion Size	5
Taste- Balance flavors, seasonings texture & taste according to menu.	10
Temperature- time-lines	5
2 <sup>nd</sup> Course Entree- Entree cannot exceed 350g Total weight	
Presentation- appearance, garnish	5
Taste-Proper texture, degree of doneness, all components on plate	15
Temperature- Time-lines	5
3 <sup>rd</sup> Course –Dessert	
Presentation- appearance garnish	5
Taste- Balance flavors, seasonings texture & taste according to menu.	5
Temperature- Time-lines Service	5
Total Section 2 Max 60	
Grand Total Max 130	



## Minestrone Soup

Source: Professional Cooking 8th edition Page: 263

Yield: 1.5 Litre (1.5 Quart)

Number of portions: 6

Portion Size: 250 ml (8 FL OZ)

<b>Ingredients</b>	<b>Metric</b>	<b>U.S.</b>
Olive oil	30 millilitre	fluid ounces
Onions, sliced thin	125 grams	4 ounces
Celery, small dice	63 grams	2 ounces
Carrots, small dice	63 grams	2 ounces
Garlic, chopped	3 millilitres	½ teaspoon
Green cabbage, shredded	63 grams	2 ounces
Zucchini, medium dice	63 grams	2 ounces
Canned tomatoes, crushed	125 grams	4 ounces
White stock	1.25 litres	1 ¼ quarts
Dried basil	1 millilitres	¼ teaspoon
Small macaroni, such as ditalini	45 grams	1.5 ounces
Drained, canned cannellini beans	188 grams	6 ounces
Chopped parsley	15 millilitres	1 tablespoons
Salt	To taste	To taste
Pepper	To taste	To taste
Parmesan cheese, grated	As needed	

### Procedure

1. Heat the oil in a heavy pot over medium heat.
2. Add the onions, celery, carrots and garlic, sweat them in the oil until almost tender. Do not brown.
3. Add the cabbage and zucchini. Stir to mix the vegetables. Continue to sweat another 5 minutes.

4. Add the tomatoes, stock and basil. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked. (Do not overcook. The soup will continue to cook when the pasta is added.)
5. Add the pasta and continue to simmer the soup until the pasta is cooked. (Alternatively, cook pasta separately and add to the soup just before serving.)
6. Add the beans and return soup to a boil.
7. Add the parsley. Season to taste with salt and pepper.
8. Just before service, top with the parmesan cheese, or serve cheese separately

**Pan Seared Top Sirloin Cap Steak** - Source: Skills Canada - National Technical Committee

**Ingredients:** Top Sirloin Cap Steak, Seasoning & Butter

**Procedure**

1. Trim meat as necessary.
2. Season steaks lightly all over.
3. Use a shallow oven-proof, stainless steel pan with a heavy bottom, large enough to cook the meat without over-crowding. Preheat the pan.
4. Heat the butter in the pan.
5. Place seasoned steak in the pan, cook and butter baste until a brown crust forms.
6. Flip the steak using tongs and sear the second side of the steak in the same manner.
7. Test doneness of the steak. If necessary, finish in the oven until the desired temperature is reached.
8. Remove steak to a cutting board and allow to rest.

Notes: It is strongly suggested that competitors review the chapters on meat cookery in either of the referenced textbooks. These chapters will explain the theory and the processes of pan seared and roasted meats. The following two (2) suggestions are additional resources that may be considered when developing competitor menus and plans:

1. Butter Basted, Pan Seared Thick Cut Steaks Recipe:

<http://www.seriousseats.com/recipes/2012/12/butter-basted-pan-seared-steaks-recipe.html>

2. Butter Basted Rib-Eye Steak:

<http://www.cooksscience.com/recipes/9440-butter-basted-rib-eye-steak/>

## **Béarnaise Sauce**

Source: Professional Cooking 8th edition Page: 195

Yield: 0.240 Liter (8FL OZ)

<b>Ingredients</b>	<b>Metric</b>	<b>U.S.</b>
Butter	210 grams	7 ounces
Shallots, Chopped	10 grams	2 teaspoon
White Wine Vinegar	45 mL	3 Tablespoons
Tarragon stems, chopped	1 each	1 each
Peppercorns, Crushed	1 mL	¼ teaspoon
Egg Yolks	2 each	2 each
Salt	To taste	To taste
Cayenne	To taste	To taste
Lemon Juice	To taste	To taste
Chopped Parsley	5 milliliters	1 teaspoon
Fresh tarragon, chopped	10 milliliters	2 teaspoons

### **Procedure**

1. Review the guidelines for preparing Hollandaise and Béarnaise.
2. Clarify the butter. You should have about 1 pound clarified butter. Keep the butter warm but not hot.
3. Combine the shallots, vinegar, tarragon, and peppercorns in a saucepan and reduce by three fourths. Remove from the heat and cool slightly.
4. To make it easier to beat with a wire whip, it is best now to transfer this reduction to a stainless steel bowl. Use a clean rubber spatula to make sure you get it all. Let the reduction cool a little.
5. Add the egg yolks to the bowl and beat well.
6. Hold the bowl over a hot-water bath and continue to beat the yolks until they are thickened and creamy.
7. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm, clarified butter. Add the butter drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice or warm water.
8. Strain the sauce through cheesecloth.

9. Season to taste with salt, cayenne, and a few drops of lemon juice. Mix in the parsley and tarragon.

10. Keep warm (not hot) for service. Hold no longer than 2 hours.

**Notes:**

1. For safety, pasteurized eggs are recommended.
2. If fresh tarragon is not available, use 1/3 teaspoon (2 millilitre) dried tarragon in place of the tarragon stems in the reduction, and use 1/5 teaspoon (1 millilitres) dried tarragon in place of the fresh leaves to finish the sauce.

**Mashed Potatoes**

Source: Professional Cooking 8th edition Page: 253

Yield: 0.750 kg (1 lb 14 oz)

Number of portions: 6

Portion Size: 150 g (5 oz.)

**Ingredients**

	<b>Metric</b>	<b>U.S.</b>
Potatoes	1 kilogram	2 lbs 4 oz
Butter	45 grams	1.5 ounces
Light cream, hot	65 mL	¼ cup
Milk, hot	As needed	As needed
Salt	To taste	To taste
White pepper	To taste	To taste

**Procedure**

1. Peel and eye the potatoes and cut them into uniform sizes. Simmer in water to cover until tender.
2. Drain well and let the potatoes steam dry for a few minutes.
3. Pass the potatoes through a food mill or ricer into the bowl of a mixer.
4. Beat in butter, then cream.
5. Add enough hot milk to bring potatoes to proper consistency. They should be soft and moist, but firm enough to hold their shape, not runny.
6. Add salt and white pepper to taste.
7. If desired, whip briefly at high speed until potatoes are light and fluffy. Do not over whip.

## Roasted Root Vegetables

Source: Professional Cooking 8th edition

Page: 332

Yield: 0.454 kg (1 lb)

Number of portions: 4

Portion Size: 114 g (4 oz.)

### Ingredients

	Metric	U.S.
Carrots, peeled	125 grams	4.5 ounces
Celery root, peeled	125 grams	4.5 ounces
Turnips, peeled	95 grams	3 ounces
Parsnips, peeled	95 grams	3 ounces
Shallots, peeled	3 each	3 each
Garlic cloves, peeled	3 each	3 each
Olive oil	45 mL	3 tablespoons
Dried thyme	2 mL	½ teaspoons
Coarse salt	2 mL	½ teaspoons
Coarsely ground black pepper	1 mL	¼ teaspoon

### Procedure

1. Cut the carrots, celery root, turnips, and parsnips into 1-inch (2.5 centimeter) dice.
2. Place these cut vegetables, plus the shallots and garlic cloves, in a baking pan.
3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt and pepper. Toss or mix until the vegetables are well coated with oil. Add more oil if necessary.
4. Bake at 375°F (190°C) about 45 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly. Do not allow them to become too browned or they may be bitter.

## Asparagus Spears

Source: On Cooking

Recipe Variation: Basic procedure for blanching & refreshing vegetables

Yield: 4 portions

<b>Ingredients</b>	<b>Metric</b>	<b>U.S.</b>
Asparagus	4 portions	4 portions
Butter	30 mL	2 Tablespoons
Salt	To taste	To taste
Pepper	To taste	To taste

### Procedure

1. Wash, peel, trim, and cut the asparagus into the desired size. You will need approximately 3 to 5 spears per order, depending on size of the asparagus.
2. Bring water to a boil. The liquid should cover the the vegetables and they should be able to move freely without overcrowding.
3. Add the asparagus to the boiling liquid. Do not cover.
4. Cook the asparagus to desired doneness. Remove and refresh in ice water.
5. Remove from the ice water and reserve for service.
6. Reheat in boiling water and toss with melted butter. Season to taste with salt and pepper.

## Pâte Sucrée

Source: Professional Baking 7th edition Page: 314 & 351

Yield: 0.426 kg (12.5 oz)

<b>Ingredients</b>	<b>Metric</b>	<b>U.S.</b>
Butter, softened	108 grams	3.25 ounces
Confectioners' sugar	66 grams	2 ounces
Salt	1 gram	¼ teaspoon
Lemon zest, grated	1 gram	½ teaspoon
Vanilla extract	2 drops	2 drops
Eggs, beaten	50 grams	1.5 ounces
Pastry flour	200 grams	6 ounces

### Procedure

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

### Making Baked Tart Shells

1. Remove dough from the refrigerator. Scale the dough as required:  
10 to 12 ounces 10 inch (25 centimetre) tarts 300 to 340 grams  
8 to 10 ounces 9 inch (23 centimetre) tarts 225 to 300 grams  
6 to 8 ounces 8 inch (20 centimetre) tarts 175 to 225 grams  
4 to 5 ounces 6 inch (15 centimetre) tarts 115 to 140 grams
2. Let the dough stand a few minutes, or work it briefly with the hands to make it pliable. Dough should be cold, but if it is too cold and hard, it is difficult to roll out without cracking.
3. Roll out the dough on a floured surface or floured canvas. Roll slightly less than ¼ inch (5 millimetres).
4. Place the dough in the tart pan. Allow the dough to settle into the pan and then press it into the corners without stretching it.
5. Trim off excess dough.

6. Refrigerate for at least 20 to 30 minutes before continuing. Prick the bottom of the dough all over with a fork. Line the shell with parchment and fill it with dried beans.
7. Bake at 400°F (200°C) until the shells are fully baked and lightly browned, about 20 minutes.
8. Cool the shell completely.

Steve Bennis & Tyrone Miller Page 15 of 33 Culinary Arts Contest

Ontario Technical Chair Secondary Level

Notes:

1. Please review recipe procedure variation “Small Tart Shells” at the bottom of Page 351.

### **Lemon Tart**

Source: Professional Baking 7th edition

Page: 353

Yield: one 10-inch (25 centimeter) tart

#### **Ingredients**

	Metric	U.S.
10-inch (25-cm) tart shell	1	1
Sugar	120 grams	4 ounces
Lemon zest, grated	15 mL	1 tablespoon
Eggs 4 4		
Lemon juice	175 mL	6 ounces
Heavy cream	60 mL	2 ounces

#### **Procedure**

1. Bake the tart shell until it is golden but not too brown. Cool.
2. In a mixer fitted with the paddle attachment, blend the sugar and zest together thoroughly.
3. Add the eggs. Mix until well combined, but do not whip.
4. Mix in first the lemon juice and then the cream. Pass the mixture through a strainer.
5. Pour the strained filling into the tart shell.
6. Bake at 325°F (165°C) just until the filling is set, no longer, about 20 minutes.