



2010
13th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST SCOPE
Thursday April 8th, 2010

CONTEST NAME: Culinary Arts

CONTEST NO: 34

LEVEL: Secondary

NOTE: Secondary Level: The kitchen can only accommodate 9 competitors, on a first come first served basis. 1 competitor per school.

CONTEST LOCATION: Red River College - Notre Dame Campus

CONTEST START TIME AND DURATION: 6:30 – 10:00 am - 3 ½, hours

Arrive 6:00 am.

Set up station until 6:20

Present Menu and Schedule

Final Instructions

6:30 Start competition

9:30 Serve Risotto

9:45 Serve Main Course

10:00 Serve Dessert

Clean kitchen

Note: Marks will be deducted if courses are served late.

There is a 5-minutes window to present your product.

One point will be deducted for each minute late after the 5 minute window up to five points.

After 10 minutes, the contest will be closed and the plates will not be judged.

Both plates of each course must be presented together at the same time.

PURPOSE OF CHALLENGE: To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in Culinary Arts.

SKILLS AND KNOWLEDGE TO BE TESTED: To demonstrate skills and competency in culinary arts by being able to produce a set three course meal for 2 persons within a three and half hour time frame.

The meal will include:

1. Risotto
2. Main Course
3. Dessert

Knowledge of current culinary trends and modern plate presentation will be taken into consideration. The competition will consist of sanitation, economy, and timing, technical skills, methods, presentation and taste.

Candidates are free to consult reference books of their choice during the contest however, for final correct preparation, if there is a dispute, On Cooking 4th, Edition will be viewed as correct.

Culinary terms must be respected.

Each competitor will prepare and cook 2 plates of soup, 2 plates of a main course and 2 plates of a dessert. Plate 1 will be for tasting, plate 2 will be for presentation. Both plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	150%
Economy and timing	100%
Preparation	250%
Presentation	150%
Taste	300%
Set Items	50%
Total	1,000%

EQUIPMENT, TOOLS, MATERIALS TO BE PROVIDED BY COMMITTEE:

1 stove, 1 worktable, fridge space, electric outlet, sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, 1 table for display of finished plates. All china and glass wear.

Competitors are not allowed to use their own china or serving platters.

EQUIPMENT, TOOLS, MATERIALS TO BE SUPPLIED BY COMPETITOR:

- A personal toolbox with knives, ladles, whips, spatulas, piping bag and tips, rolling pin, and any other items required to complete your menu.
- Competitors may bring any equipment/tool deemed necessary with them, including basic equipment such as a small mixer, food processor and timers.
- Competitors may also bring all needed equipment with them, including items such as Cling film, aluminum foil, wax paper, plastic containers to store food, as well as a scale, kitchen towels and dish towels.

Please note that all equipment has to fit on the workstation.

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 safe and marked clearly for easy identification.

WORKSITE SAFETY RULES / REQUIREMENTS: All articles to be worn are the sole responsibility of the contestant

- Cooks jacket, apron, necktie, hat
- Checkered or black pants (no jeans)
- Kitchen footwear with anti slip soles must be worn.
- Competitors may be disqualified for not being properly attired.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ingredients:

Competitors will receive protein, fruits and fresh vegetables alongside dairy products. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted. The table with common food items is available to all competitors including a selection of fresh herbs, wine, spirits, and stocks as listed in this document.

Competitors are not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.

ADDITIONAL INFORMATION:

For all plates, the presentation should be modern and clean.

The portion sizes should appropriate for a 3-course menu.

Appropriate recipe quantity conversions must be made for two portions of each course.

Menu titles and recipes must be respected.

Culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in menu must be used to prepare the food.

The menu must be prepared with the items on the common food table.

You should not waste any food items from the common tables; waste will be marked accordingly.

Composting and recycling principals will be employed.

Four 12 inch plates and 2 soup plates with 2 under liner plates are provided.

Reference books and recipes can be consulted all day long.

FOR MORE INFORMATION PLEASE CONTACT:

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Menu

Risotto:	Risotto Milanese
Main Course:	Supreme/Frenched Breast of Chicken stuffed with Duxelle with Pan Gravy
Vegetable	Maple Glazed Carrots
Vegetable	Green Beans Amandine
Vegetable	Parsnip Puree
Dessert:	Your choice utilizing "Choux Paste"

Basket:

Bone-in Chicken Breast with Wings attached	Bacon
Arborio Rice	Carrots
Green Beans	Parsnips

Common Food Table:

All items are subject to changes without notice, depending upon availability and quality, but all competitors will have the same conditions.

Basic ingredients for Common Table:

Meat			
Bone-in Chicken Breast			Bacon
Dairy Products			
Milk 2 – 4%	Whipping Cream	Salted Butter	Unsalted Butter
Ricotta Cheese	Emmenthal Cheese	Whole Parmesan Cheese	Sour Cream
Plain Yoghurt	Large Eggs		
Pantry			
Firm Tofu	Soft Tofu	Wonton Wrappers	Phyllo Pastry
Puff Pastry			
Wines & Alcohol			
Pilsner Beer	Brandy	Orange Liqueur	White Vermouth
Port	Red Wine	White Wine	Dark Rum
Stocks			
White Chicken Stock	Brown Duck Stock		
Chocolate			
White Chocolate	Bittersweet Dark Chocolate	Milk Chocolate	
Fresh Vegetables			
Avocado	Spinach	Bok Choy	Broccoli
Beets	Carrots	Parsnips	Celery
Fennel Bulb	Eggplant	Green Zucchini	Cucumber-English
Peppers-Red	Peppers-Yellow	Fresh Jalapenos	Tomatoes-Hot House
Tomatoes-Grape/Cherry	Asparagus-Green	French Green Beans	Peas Snow/Snap
Potatoes-Red	Potatoes-Yellow	Butternut Squash	Cabbage-Red
Cabbage-Savoy	Onions-Red	Onions-Spanish	Shallots
Garlic-Fresh	Leeks	Mushrooms-White	Mushrooms-Portobello
Fresh Fruits			
Lemons	Limes	Oranges	Mangoes
Strawberries	Royal Gala Apples		
Fresh Herbs & Spices			
Basil	Chervil	Chives	Cilantro/Coriander
Dill	Mint	Oregano	Parsley
Rosemary	Sage	Tarragon	Thyme
Ginger-Fresh	Lemon grass		

Dry Foods

Agar-Agar	Long Grain Rice	Sushi Rice	Wild Rice
Arborio Rice	Kalamata Olives	Green Olives	Navy Beans-soaked
Red Lentils	Green Lentils	Quinoa	Canola Oil
Extra Virgin Olive Oil	Sesame Oil	Hazelnut Oil	Dijon Mustard
Gelatin Leaves	Dried Yeast	Almonds-whole	Almonds-sliced
Hazelnuts	Pine Nuts	Pistachios	Morels
Nori	Soya Sauce	Coconut Milk	Tomato Paste
Balsamic Vinegar	White Wine Vinegar	Red Wine Vinegar	Rice Wine Vinegar
Brown Sugar	Red Currant Jelly	Maple Syrup	Granulated ugar
Baking Powder	Baking Soda	Cornstarch	Whole Wheat Flour
Bread Flour	Semolina Flour	Rice Flour	Buckwheat Flour-fine
Buckwheat-whole	Bulgur Grain	Corn Meal	Spelt/WW grain
Bread Crumbs			

Dried Spices & Herbs

Black Peppercorns	Sesame Seeds-Black	Sesame Seeds-White	Pepper-white
Cinnamon sticks	Cloves-whole	Curry Powder	Nutmeg-whole
Paprika	Saffron	Salt	Sea Salt
Star Anise	Wasabi Powder	Coriander Seed	Cumin
Turmeric	Mustard	Bay Leaves	Oregano
Thyme	Basil	Marjoram	

All items are subject to change without notice, depending on availability and quality. A selection of other Common Dry Herbs and Spices will be available.

Marking criteria

<u>%</u>	<u>Title</u>	
15 %	Sanitation	<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
10 %	Time & Product Utilization	<ul style="list-style-type: none"> Food wastage Energy and water wastage Wasted time Proper planning of tasks
25 %	Preparation	<ul style="list-style-type: none"> Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none"> Portion size and disposition of food Harmonious colours Clean plates Appetizing, modern and artistic
30 %	Taste	<ul style="list-style-type: none"> Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu Respected timetable in regards to serving times
5 %	Set items	<ul style="list-style-type: none"> Presentation In concordance With the demanded dishes

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.

Notation:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very good	2	Insufficient
6	Good	1	Insufficient



RECIPES:

Secondary Cooking Recipes

Recipes can be found in
“On Cooking: A Textbook of Culinary Fundamentals, 4th Edition”.

The recipes are intended as a guide.

- Although recipes are included in this “contest project” we recommend that you refer to the “On Cooking” text book. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in the set menu.
- The “On Cooking” text book also includes photographs that illustrate important aspects of the menus preparation (e.g. Procedure to prepare a Chicken Supreme / Frenched Breast).
- Common and correct cooking practices will be respected and encouraged.
- Competitors must make appropriate recipe quantity conversions to complete the required amount of portions with reasonable portion sizes.
- Competitors must make appropriate ingredient substitution to complete the menu as presented in this “contest project” document.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- Competitors must utilize the choux pastry recipe however the filling and garnishes are open to the competitor’s creativity.

Risotto Milanese

Serving Size: 24 portions

2.5 litres chicken stock
125 grams butter
150 grams onions -- minced
700 grams Arborio rice
250 millilitres dry white wine
0.5 grams saffron threads -- crushed
125 grams parmesan cheese -- grated

1. Bring the chicken stock to a simmer.
2. Heat 3 ounces (90 grams) of the butter in a large, heavy saucepan. Add the onion and sauté without browning until translucent.
3. Add the rice to the onion and butter. Stir well to coat the grains with butter but do not allow the rice to brown. Add the wine and stir until it is completely absorbed.
4. Add the saffron. Add the simmering stock, 4 ounces (120 millilitres) at a time, stirring frequently. Wait until the stock is absorbed before adding the next 4-ounce (120-milliliter) portion.
5. After approximately 18-20 minutes, all the stock should be incorporated and the rice should be tender. Remove from the heat and stir in the remaining 1 ounce (30 grams) of butter and the grated cheese. Serve immediately

Duxelles

Serving Size: 360 grams

500 grams mushrooms
15 grams whole butter
25 grams tablespoons shallots -- minced
5 grams garlic -- chopped
Salt and pepper -- to taste
10 grams fresh parsley -- chopped

1. Chop the mushrooms very finely.
2. Sauté the shallots and garlic in butter until tender. Add the mushrooms and sauté until dry.
3. Season with salt and pepper and add the parsley. Cool and then use the Duxelle as a stuffing for vegetables or as a flavoring ingredient in other recipes.

Basic Procedure for making Pan Gravy

1. Remove the cooked meat or poultry from the roasting pan.
2. If mirepoix was not added during the roasting process, add it to the pan containing the drippings and fat.
3. Place the roasting pan on the stove top and clarify the fat by cooking off any remaining moisture.
4. Pour off the fat, reserving it to make the roux.
5. Deglaze the pan using appropriate stock. The deglazing liquid may be transferred to a sauce pan for easier handling or the gravy may be finished directly in the roasting pan.
6. Add enough stock or water to the deglazing liquid to yield the proper amount of finished gravy.
7. Determine the amount of roux needed to thicken the liquid and prepare it in a separate pan, using a portion of reserved fat.
8. Add the roux to the liquid and bring the mixture to a simmer. Simmer until the mirepoix is well cooked, the flavour is extracted and the flour taste cooked out.
9. Strain the gravy and adjust the seasonings.

Maple-Glazed Carrots

Serving Size: 16

1.400 kilograms carrots
100 grams butter
Salt and pepper -- to taste
100 millilitres maple syrup
20 grams tablespoons fresh parsley -- chopped

1. Peel the carrots and cut into a shape such as oblique, tournée or rondelle.
2. Parboil the carrots in salt water and refresh. The carrots should be very firm.
3. Sauté the carrots in butter until nearly tender.
4. Season with salt and pepper, and add the maple syrup. Cook briefly, tossing the carrots so that they are coated with the maple syrup. Garnish with the parsley.

Broccoli Almandine (Note: substitute green beans for broccoli)

Serving Size: 6

1 kilogram broccoli -- fresh
Salt and pepper -- to taste
50 grams whole butter
25 grams sliced almonds
5 grams garlic clove -- minced
50 millilitres lemon juice

1. Cut the broccoli into uniform spears. Rinse and sprinkle lightly with salt and pepper.
2. Place the broccoli in a single layer in a perforated hotel pan and cook in a convection steamer until tender but slightly crisp, approximately 3 minutes.
3. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the nuts are lightly browned.
4. Arrange the broccoli on plates for service and sprinkle with the lemon juice. Drizzle the almonds and butter over the broccoli and serve immediately.

Parsnip Purée

Serving Size: 16

2 kilograms parsnips
700 grams russet potatoes
250 milliliters heavy cream -- hot
125 grams butter -- melted
Salt and pepper -- to taste

1. Peel the parsnips and potatoes, and cut into large pieces of approximately the same size.
2. Boil the vegetables separately in salted water until tender.
3. Drain the vegetables well. Purée them together through a food mill.
4. Add the cream and butter and mix to combine. Adjust the consistency by adding cream as desired. Season the mixture with salt and white pepper and serve hot.

Éclair Paste (Pâté à Choux)

Yield: 950 grams

200 milliliters Milk
110 millilitres Water
125 grams Butter
180 grams Bread flour
300 grams Eggs

1. Preheat the oven to 425°F (220°C). Line a sheet pan with parchment. Have a pastry bag with a large plain tip ready.
2. Place the milk, water, salt, sugar and butter in a saucepan. Bring to a boil. Make sure the butter is fully melted.
3. Remove from the heat and immediately add all the flour. Vigorously beat the dough by hand. Put the pan back on the heat and continue beating the dough until it comes away from the sides of the pan. The dough should look relatively dry and should just begin to leave a film on the saucepan.
4. Transfer the dough to a mixing bowl and allow it to cool briefly to a temperature of approximately 130°F (54°C) or lower. Using the mixer's paddle, begin beating in the eggs one at a time.
5. Continue to add the eggs one by one until the mixture is shiny but firm. It may not be necessary to use all seven eggs. The dough should pull away from the sides of the bowl in thick threads; it will not clear the bowl.
6. Put a workable amount of dough into the pastry bag and pipe onto the sheet pan in the desired shapes at once.
7. Bake immediately, beginning at 425°F (220°C) for 10 minutes, then lowering the heat to 375°F (190° C) for another 10 minutes, Continue gradually lowering the oven temperature every few minutes until it reaches about 200°F (90°C) or until the shapes are brown and dry inside. Open the oven door as little as possible to prevent rapid changes in the oven's temperature.