

14TH CANADIAN SKILLS COMPETITION
14^{ES} OLYMPIADES CANADIENNES DE LA FORMATION PROFESSIONNELLE ET
TECHNIQUE
2008 – Calgary, Alberta



34 – Cooking
Secondary Level - Recipes

Vegetable Stock

Yield:	1.5 liters
Onion	375 gm.
Carrot	180 gm.
Celery	90 gm.
Garlic	2
Fennel	60 gm.
Olive Oil	15 ml.
Bouquet Garni	1 large
Cold water	2 liters

1. Cut the vegetables as for mirepoix.
2. Sweat the vegetables in the olive oil until softened.
3. Cover with cold water and add the bouquet garni.
4. Bring to a boil and reduce to simmer for 30 to 45 minutes.
5. Strain and reserve.

Note:

Flavor builders and vegetable trimmings may be added to the stock as long as they are clean and appropriate to the finished soup preparation.

Pistou

Basil leaves picked	120 ml. / ¼ cup, tightly packed
Garlic cloves (puree)	10 ml.
Olive Oil	50 ml.
Salt	to taste

1. Combine the basil leaves, garlic puree and 1/3 of the oil and chop to a paste with a chef's knife.
2. Combine in the rest of the oil and the salt to taste.

French Vegetable Pistou Soup

White Navy Beans (soaked)	60 ml.
Olive Oil	15 ml.
Onion (fine dice)	70 ml.
Carrot (fancy Paysanne)	70 ml.
Celery (small dice)	50 ml.
Zucchini (fancy Paysanne)	70 ml.
Vegetable Broth	.800 liter
Tomato (concasse)	180 ml.
French Green Beans	90 ml.
(french beans are cut into one inch pieces on the bias)	
Swiss Chard (Chiffonade)	180 ml.
Salt & Pepper	to taste

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Note:

Fine dice = 1/8" by 1/8" by 1/8 or 3mm by 3mm by 3mm

Small dice = 1/4" by 1/4" by 1/4" or 6mm by 6mm by 6mm

Fancy Paysanne = Cut 1/4" by 1/4" or 6mm by 6mm batons any length. The batons are then cut on the bias in 1/4" / 6mm lengths to form a lozenge shape.

1. Bring the navy beans to a boil in water and simmer until just cooked. Drain and reserve.
2. Sweat the onion, carrot and celery and zucchini in the olive oil.
3. Add the vegetable stock, navy beans and tomatoes and simmer until the vegetables are softened.
4. Add the french beans and cook until tender.
5. Add the swiss chard and cook until just done.
6. Season with salt and pepper to taste.
7. garnish with pistou and serve.

Note:

Use your best judgement on the cooking times of the vegetables so they are tender and colourful but not mushy.

Chicken Cordon Bleu

Boneless chicken supremes 2 each
(With the fillet attached)
(150 gm each)

Ham (thin sliced) 30 gm.
Swiss Cheese 30 gm.

Seasoning to taste

Breading station (flour, egg wash, bread crumbs)

1. Debone the chicken supremes from the carcass.
2. Remove the skin.
3. Separate the fillet from the supreme and reserve.
4. Place the chicken supreme between two pieces of plastic wrap that has been moistened with water.
5. Use a meat mallet to gently pound the supreme into a flat schnitzel about 3/8 of an inch thick.
6. Repeat the process with the fillet.
7. Wrap grated cheese with the thin sliced ham to form a parcel.
8. Place the cheese parcel in the center of the chicken schnitzel and cover with the fillet.
9. Wrap the edges of the chicken supreme around the parcel to form an closed package.
10. Dredge the Cordon Bleu in flour.
11. Submerge the Cordon Bleu in egg wash.
12. Coat the Cordon Bleu in Bread Crumbs.
13. Shallow fry the Cordon Bleu in oil until a crisp golden brown coating forms and the chicken is fully cooked.

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Tomato stuffed with Spinach

Tomato	2 each (5-6 size)
Butter	15 ml
Onion, fine dice	50 ml
Garlic puree	2 ml.
Spinach (picked and cleaned)	200 gm.
Cream 35%	80 ml.
Nutmeg	to taste
Black Pepper	to taste
Salt	to taste

1. Sweat the onions and garlic in butter.
2. Cook the spinach with the onions until softened.
3. Remove the spinach from the pan and squeeze out the excess water
4. Reduce this liquid in your pan until syrupy.
5. Add the cream to the liquid and reduce until lightly thickened.
6. Return the spinach to the pan and season to taste with nutmeg, black pepper and salt.
7. Blanch the tomatoes in boiling water and refresh in ice water.
8. Peel the skin.
9. Cut the top off the tomato and scoop out the seeds.
10. Fill the tomato with the hot spinach preparation, garnish and serve hot.

Rice Pilaf with Wild Rice

Yield:	4 x 180 gm. Portions.
Butter	30 gm.
Onion (fine dice)	50 gm.
Bay leaf	1 each
Long grain white rice	200 gm.
Wild rice par cooked	60 gm.
Chicken Stock (Boiling)	450 ml.
Salt	to taste

1. Par cook the wild rice in simmering water until just al dente.
2. Sweat the onion in the butter.
3. Add the white rice and par cooked wild rice and stir until the rice is coated with the hot butter. Do not brown.
4. Pour in the hot chicken stock, add the bay leaf and season to taste.
5. Cover with a tight fitting lid and place in a 175 C. (350 F) oven until all the liquid is absorbed by the liquid. About 20 minutes.
6. Serve.