



2013
16th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST SCOPE
Thursday April 11th, 2013

CONTEST NAME: Culinary Arts

CONTEST NO: 34

LEVEL: Secondary

NOTE: The kitchen can only accommodate nine (9) competitors, on a first come first served basis. 1 competitor per school unless there are spots available.

CONTEST LOCATION:

Patterson Global Foods Institute

School of Hospitality & Culinary Arts

504 Main Street

Winnipeg, Manitoba, R3B-1B8

Contest Kitchen – Room 307A

Judging Room – Room 313 – Mixology Lab

A Walk-in cooler, a Reach-in freezer, and an Ice machine are available to the contestants.

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

Arrive 6:00 am

Set up station until 6:20

Present two (2) Menus and One (1) Schedule to the Organiser

Final Instructions

6:30 Start Competition

9:30 Serve First Course – 3-Egg Omelette Florentine Style with Tomato Salsa

10:00 Serve Main Course – Pan-Fried Chicken Breast with Pan Gravy, Potato Gnocchi, and Vegetable Bouquetiere

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.

Clean kitchen

SPECIAL STATEMENT – KITCHEN CLEANING:

Only the competitor and their instructor will be allowed in the kitchen prior to the contest to unpack equipment, but not to help set up the station. Again, only the instructor will be allowed into the kitchen to help clean up after the contest. The kitchen must be in the same spotless condition that it was prior to the start of the contest. This includes wiping down of ALL surfaces including stoves, tables, sinks, pot washing area, and common table. The floor in your station **MUST** be swept and/or mopped before the contest organizer agrees that the station/kitchen area is clean.

No competitor will be able to leave the kitchen until the *WHOLE* kitchen is clean.

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 an Omelette and a Main Course for 2 persons within a three and half hour time frame.

The meal will include:

1. 3-Egg Omelette Florentine Style with Tomato Salsa
2. Pan-Fried Chicken Breast with Pan Gravy, Potato Gnocchi, and Bouquetiere Vegetables to include Cauliflower Florette, Green Beans, and Carrot Batonnet.

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 and serve 2 Omelletes with Tomato Salsa, 2 plates of the Pan-Fried Chicken Main Course with Potato Gnocchi and Bouquetiere Vegetables. Plate 1 will be for tasting, plate 2 will be for presentation. Both plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Economy and timing	10%
Preparation	25%
Presentation	15%
Taste and Required	35%
Menu Components	
<hr/> Total	<hr/> 100%

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, dish towels, timers etc.

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 outside of the contest area 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 coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.

Food items and quantities are subject to change without notice, depending on availability and quality. All competitors will have the same conditions.

ADDITIONAL INFORMATION:

For all plates, the presentation should be modern and clean.
The portion sizes should be appropriate for a 2-course menu – see the contest scope.
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 the menu must be used to prepare the food.
The menu must be prepared with the items on the common food table.
Do not waste any food items from the common tables; waste will be marked accordingly.
Composting and recycling principals will be employed.
Four round plates and 2 optional side dishes are provided.
Reference books and recipes can be consulted during the competition.

FOR MORE INFORMATION PLEASE CONTACT:

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Menu

First Course	3-Egg Omelette Florentine Style with Tomato Salsa
Main Course:	Chicken Breast with Pan Gravy, Potato Gnocchi, and Bouquetiere Vegetables to include Cauliflower Florette, Green Beans, and Carrot Batonnet.

First Course	3-Egg Omelette Florentine Style with Tomato Salsa	
	Description	Prepare and present two (2) portions of the First Course
	Service Details	<ul style="list-style-type: none"> • Filled, Three-Fold, 3-Egg Omelette Florentine • Tomato Salsa to be served on the side • Plate in include one (1) fruit garnish of choice • 1 plate judged & 1 plate for display
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the Main ingredients & common table • Use ingredients from your station - provided
	Guidelines	<ul style="list-style-type: none"> • 2 round plates provided for the Omelette • 2 optional side dishes provided for the Tomato Salsa • No plates or containers (service equipment) permitted other than provided as per scope document
Main Course	Chicken Breast with Pan Gravy, Potato Gnocchi, and Bouquetiere Vegetables to include Cauliflower Florette, Green Beans, and Carrot Batonnet.	
	Description	Prepare and present two (2) portions of the Main Course
	Service Details	<ul style="list-style-type: none"> • Portion size of Chicken cannot exceed 220 grams in weight • Total weight of Main Course not to exceed 420 grams weight • Portion size of Gnocchi not to exceed 100 grams • Cooking and Service temperatures for main course must meet food safety standards • Must include complementary garnish/decoration on each plate • 1 plate judged & 1 plate for display • Follow the supplied recipes from "On Cooking" 4th Edition
	Main ingredients required	<p>The following ingredients must be included in the dish:</p> <ul style="list-style-type: none"> • 1 whole chicken provided, the breasts must be frenched and boneless(2 de-boned breasts with the drummette bone attached)
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the Main ingredients & common table. • Use ingredients from your station - provided
	Special equipment provided	<ul style="list-style-type: none"> • 2 round plates provided for the Chicken • No plates or containers (service equipment) permitted other than provided as per scope document.

Basket:

Eggs
Spinach
Fresh Tomatoes
One (1) whole fresh Chicken
Chicken Stock
Cauliflower
Green Beans
Carrots

Common Food Table:

Please download the Common Food Table Items – Vancouver 2013 National document available on the Skills Canada site.

**All items are subject to changes without notice, depending upon availability and quality, but all competitors will have the same conditions.
A selection of other Common Dry Herbs and Spices will be available.**

Marking criteria

%	Title	
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
35 %	Taste and Required Menu Components	<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

All categories are marked from 1 to 10 with up to two (2) decimal places and calculated in an Excel Spreadsheet.

Notation:

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

Secondary Cooking Recipes

Recipes provided are adapted from:

"On Cooking: A Textbook of Culinary Fundamentals, Fourth Edition"

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- The recipes are intended as a guide, and may be adjusted as required to produce appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this "contest project" we recommend that you refer to the "On Cooking" 4th, text book. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- The "On Cooking" text book also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the modules preparation (e.g. procedure to make omelettes, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items. Remember the recipes are intended as a guide, and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- Note: The recipe for the Bouquetiere of Vegetables is courtesy of the Technical Chair, not from the "On Cooking" textbook.



Filled Omelette Florentine

Recipe Yield – 1 omelette

Ingredients

Eggs 3
Cooked Spinach as Filling - 60 g
Cheddar or Parmesan Cheese - 30 gr
Salt and pepper - To Taste

Procedure

1. Before beginning cooking of the eggs, blanch and fully prepare any ingredients that will be incorporated as the omelette filling.
2. Heat an omelette pan over moderately high heat and add clarified butter.
3. Whisk the eggs together in a small bowl. Season with salt and pepper if desired. Many chefs add a small (25 gr) amount of cold water to the eggs at this time to promote fluffiness.
4. Pour the eggs into the pan and stir until they begin to set, approximately 10 seconds.
5. Pull cooked egg from the sides of the pan towards the centre, allowing raw egg to run underneath. Continue to do so for 20 to 30 seconds.
6. Spoon any fillings (Spinach, Cheese,) on top of the eggs.
7. When cooked as desired, flip one side of the omelette towards the centre with a spatula or a shake of the pan. Slide the omelette onto the serving plate so that it lands folded in thirds with the seam underneath.
8. Garnish as desired and serve immediately.
9. The inside of the omelette should be moist and soft; some would call it slightly undercooked.

Tomato Salsa (Pico de Gallo)

Recipe Yield – 325 mL

Ingredients

Tomatoes, seeded, small dice - 250 g
Green onions, sliced - 3 each
Garlic, cloves, minced - 5 g
Cilantro, chopped - 20 g
Jalapeno peppers, chopped fine - 1 each
Lemon juice - 20 mL
Cumin, ground – To Taste
Salt and pepper – To Taste

Procedure

1. Combine all ingredients and gently toss.
2. Adjust seasonings and refrigerate.

Pan-Fried Chicken with Pan Gravy

Recipe Yield – 2 1-piece servings (breast only)

Ingredients

Frenched Chicken Breasts - 2
Salt and Pepper – To Taste
Garlic powder - 5 g
Onion powder - 3 g
Dried oregano - 0.5 g
Dried basil - 0.5 g
Flour - 150 g
Buttermilk - 125 ml
Oil as needed
Onion, small dice - 65 g
Chicken stock - 375 ml

Procedure

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in no more than 1 cm of oil until done, approximately 40 minutes, turning so it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned, drain it and finish cooking in the oven.
6. To make the pan gravy, pour off all but 25 ml of oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 25 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain thoroughly, and adjust the seasonings.
11. Serve one Frenched chicken breast per person with 60 ml of gravy.

Potato Gnocchi

Recipe Yield – 750 g

Ingredients

Boiled Russet Potatoes - 500 g
Eggs - 1 each
Salt, Pepper, Nutmeg – To Taste
Flour, all-purpose - 200 g

Procedure

1. Place boiled potatoes on a tray and place in a warm oven to dry slightly, then rice in a food mill.
2. In mixing bowl, incorporate the potatoes, eggs and seasonings.
3. Add 175 g of the flour to the ingredients in the bowl, all at once.
4. Mix lightly and form a medium-soft dough.
5. If needed, add more flour to adjust the consistency.
6. Roll the dough to 1-cm thickness on a lightly floured table, than let it cool. Cut into 1.5 cm x 1.5 cm squares. Roll the squares over the back of a table fork to make indents, forming a shell shape.
7. Cook in simmering, salted water for 3 – 4 minutes, or until they double in size.

Bouquetiere of Vegetables

Recipe Yield – 4 portions

Ingredients

Cauliflower Florette - 12 each or as desired
Green Beans - 12 each or as desired
Carrot Batonnet - 12 each or as desired
Butter or other fat - as needed
Salt and 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. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colours always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.