

**2006 Ontario Technological Skills Competition  
Culinary Arts Contest  
Secondary Menu**

You have to cook the following menu for 2 people:

<b>Hot Starter:</b>	<b>Cream of Mushroom Soup</b>
<b>Main Course:</b>	<b>Chicken Breast - Stuffed (your choice)</b> <b>Jus</b> <b>Rice Pilaf</b> <b>Batonnet of Carrot</b> <b>Green Beans</b>
<b>Dessert :</b>	<b>Cremé Caramel</b> <b>Fresh Fruit Garnish</b> <b>Sablé</b>

Instructions:

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

The portions should be for a 3-course menu. Decoration is free, but the menu titles should be respected.

The menu has to be prepared from the food basket and items on the common food table. You should not waste any food items from the common tables; waste will be marked accordingly.

Plates are to be provided by the competitor.

One plate of each service has to be put on the judge's table. The other is for the display table.

Reference books and recipes can be consulted all day long.

## **Basket**

**Milk 500ml**

**Cream 35% - 500ml**

**Butter – unsalted and salted – 225 gm**

**Brown Chicken Stock - .75 litre**

**White Chicken Stock – 1.5 litre**

**Chicken Whole – Fryer 1.1 – 1.5 kg**

Mango

Kiwi

Strawberries

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