

Culinary Arts, Post Secondary Contest 2009 – Project Information



20TH ONTARIO TECHNOLOGICAL SKILLS COMPETITION

CONTEST NAME: Culinary Arts / POST SECONDARY LEVEL

Competition Date: Monday May 4th, 2009

Location: RIM Park and Manulife Financial Sportsplex, Waterloo
2001 University Avenue East, Waterloo, Ontario

TECHNICAL CHAIRS:

Tyrone Miller (Technical Chair) tyrone.miller@wcdsb.ca
Christopher Ennew (Head Judge) christopher.ennew@steannes.com

TECHNICAL COMMITTEE MEMBERS :

Olaf Mertens (Industry Liaison)
Robert Chick- (Culinary Advisor)
Brent Coakwell – (Technical Advisor)
Steven Bennis (Tabulator)
Trevor Ritchie (Contestant Liaison)

General Information

Important:

This test project is based on the scope document of the Ontario Skills Competition – Cooking Trade. **It is important that all participants consult the technical descriptions listed in the scope:** many general instructions are only in that other document. This test project is information about the contest itself, whereas the technical description will inform on such topics as required materials to bring, equipment on site etc. If you need a copy, please consult the document competition scope, available from Skills Ontario's Website <http://www.skillsontario.com>.

Prepare and present a three course meal for two persons (appetizer, main course & dessert).

Tables with common food items including dry goods, fine herbs, alcohols, spices, and stock will be provided.

The schedule for the competition is to be followed exactly, both for the work schedule and for service times.

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Two menus for the competitor's food must be presented on 8 ½ x 11 white stationary. Do not include competitor name or identification.

Menus can be written in French or English but not both languages.

During the contest, all communications between candidates and persons outside the site are not permitted. If a candidate has to leave the site, the Technical Chair must be advised.

Refer all questions regarding the contest, only to the Technical Chair.

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

One point will be removed for each minute late up to five points.

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

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

Competition schedule:

Post Secondary – Monday May 4th, 2009

Competitor Equipment Drop-off	8:00am
Post Secondary Orientation and Registration	8:30am
Practical Competition Start Time	9:00am
Presentation on Competitor Menu	9:30am
First Course Presentation	2:10pm – 2:15pm
Second Course Presentation	2:25pm – 2:30pm
Dessert Course Presentation	2:40pm – 2:45pm
Competition Finish Time	3:00pm
Competitor Debriefing	3:00pm – 3:30pm
Job Interviews will be scheduled	3:30pm – 4:00pm
No plates will be judged after 2:50pm.	
Contestants may not leave the competition site until released by the head judge.	

Post Secondary Contest

Prepare and present the following 3 course menu for 2 people:

Appetizer: Finger Food

-Asian Roll

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-Vegetarian Roll

Main course: Duck (Must be breast and leg meat)
-Two vegetable garnishes
-One starch garnish
-One Sauce

Dessert: Dessert Trio
-One pastry
-One bavarois
-One own choice

Instructions:

- For all plates, the presentation should be modern and clean.
- The portion sizes should be appropriate for a 3-course menu.
- Menu titles and recipes must be respected.
- Culinary terminology and traditional culinary techniques must be respected.
- The menu must be prepared from the items on the common food table.
- You should not waste any food items from the common tables; waste will be marked accordingly. Food scraps must be handled in a professional manner and may not be discarded until they have been inspected by the technical chair.
- Composting and recycling principals will be employed.
- Supplied by the competitor; 2 appetizer plates (10 inch diameter), 2 main course plates (12 inch diameter), 2 sauce boats with under-liner plates, 2 dessert plates (12 inch diameter).
- All the platters and plates will be presented to the judges on time.
- One plate of each course is presented to the judge's table. The other is for the public display table.
- Reference books and recipes can be consulted all day long.
- All items are subject to changes without notice, depending on availability and quality.

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Module 1		Finger food	Trade 34
	Description	<ul style="list-style-type: none"> • Prepare 2 x 3 items of finger food • All cold varieties • 1 Asian variety, 1 vegetarian variety • Present on two plates • Service spoons, glasses, ramekins etc not permitted • Size recommendation to be approx. 2 bites per piece 	
	Service Details	3 of each finger food item to be served on two (2) plates approximately 10 inches – Total pieces 12 – (6 pieces on each plate)	
	Main ingredients required	The following ingredients must be included in the dish <ul style="list-style-type: none"> • Shrimp 21-25, Sushi rice, dried seaweed – nori 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 	
	Guidelines	No use of spoons, shot glasses etc. everything must be free-standing Must be able to pick items up with 2 fingers Must be two bite size	

Module 2		Poultry- duck	Trade 34
	Description	Prepare 1 main course hot duck dish <ul style="list-style-type: none"> • 2 cooking methods minimum • Two varieties vegetable • One variety starch • 1 sauce minimum • To be included breast and leg meat in final dish 	
	Service Details	2 portions plated	
	Main ingredients required	The following ingredients must be included in the dish <ul style="list-style-type: none"> • Whole fresh duck 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 	
	Special equipment	<ul style="list-style-type: none"> • White 12 inch presentation plates • White crockery sauce boat 	

Module 3		Dessert trio	Trade 34
	Description	Prepare 2 plates of 3 varieties miniature dessert items (cold) <ul style="list-style-type: none"> • 1 must include a pastry item • 1 must include a bavarois/mousse cream • 1 own choice • One plate for service in tasting room • One plate for service on display • Sauce and decoration can be added to this plate 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 	
	Special equipment	<ul style="list-style-type: none"> • White 12 inch plates 	

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Common Food Table

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Chocolate, couverture	Apples, Granny Smith	Brown stock	Star Anise
Chocolate, dark	Fresh Mangoes	White Stock	Vanilla, Beans
Chocolate, White	Blueberries	Fish Stock	Vanilla, Extract
Cocoa powder	Raspberries		Nori (Seaweed)
Bread Crumbs	Strawberries	Dairy	Sesame seeds
Corn Starch	Kiwi	Butter – Salted	Fresh white Bread
Flour, A.P	Oranges, lemons, limes	Butter – Unsalted	Tomato Juice
Baking powder	Celery		Soya Sauce
Tomato Paste, small can	Carrots	Cream, Whipping 35%	Fresh Herbs
Dijon Mustard	Parsnips	Eggs	Basil
Gelatin, Granular/sheets	Garlic	Milk	Chives
Salt, sea salt	Shallots		Dill
Honey	Onions – red, white		Mint
Vinegar (Rice, White, Cider, Red)	Leeks		Parsley
Oil (Canola,Olive, Sesame)	Green onions		Rosemary
Rice, long grain	Potatoes - Baker		Tarragon
Sushi Rice	Cucumbers	Meat Items	Thyme
Sugar, Brown	Tomatoes , medium		Cilantro
Sugar, Granulated	Zucchini (green)	Fresh Salmon (may have bone-in) (secondary only)	Wines /Liquor
Sugar, Icing	Asparagus	Whole Duck (post secondary only)	Brandy
	Peppers(Green, Red Yellow)	Shrimp (21/25)	Raspberry eau de vie
	Egg plant	Nuts	Grande Marnier
	Mushrooms (cremini, porto bela)	Almonds Sliced	White Wine
	Fresh Ginger	Whole hazelnuts	Red Wine
	Chilies		Rum
A selection of Common Dry Herbs and Spices will be available			
All food products are subject to availability and quality			

Reference books:

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.

Every competitor can bring and consult reference books or his personnel recipes during the contest. The organiser will furnish recipes for the Secondary set menu. The organiser will not furnish recipes for the Post-secondary set menu.