



21ST ONTARIO SKILLS COMPETITION 2010

WATERLOO, ONTARIO

TUESDAY MAY 18TH

SECONDARY

CULINARY ARTS CONTEST

TEST PROJECT

TECHNICAL CHAIRS:

Tyrone Miller (Technical Chair) tyrone.miller@wcdsb.ca
Christopher Ennew (Head Judge)
Olaf Mertens (Industry Liaison)

TECHNICAL COMMITTEE MEMBERS :

Winston Lewis – (Professional Chef’s 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 for the Ontario Skills Competition.

It is important for all participants to review the technical description; many general instructions are only in the scope document.

This test project is information about the contest itself, whereas the technical description will inform on such topics as material to bring, equipment on site etc.

The scope can be found at <http://www.skillsontario.com>. Select Competitions, OTSC, Students and Scopes.

If you have questions, please contact Chair Tyrone Miller tyrone.miller@wcdsb.ca

Prepare and present a 3-course meal from the recipes provided (Risotto, Chicken Supreme and a dessert with Choux Paste).

Common food items including dry goods, fine herbs, alcohols, spices, and stock bases will be provided.

Competitors must present a menu which is carefully hand written or typed. Give a name to the dish and describe the cooking methods and the ingredients used .

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

During the contest, all communications between competitors and persons outside the site are not permitted.

If a competitor must leave the site, the Technical Chair must be advised.

All questions regarding the contest must be directed only to the Technical Committee.

Competition Schedule:

Secondary, Culinary Arts
Tuesday May 18th 2010

Competitor Equipment Drop-off	9:00am
Secondary Orientation and Registration	9:15am
Set-up work station	9:45am
Competition Start Time	10:00am
Presentation of Competitor Menu	10:15am
First Course Presentation	1:00pm – 1:05pm
Second Course Presentation	1:15pm – 1:20pm
Dessert Course Presentation	1:30pm – 1:35pm
Cleaning & Packing	1:35pm
Job Interviews will be scheduled	2:30pm – 3:00pm
Competitor Debriefing	3:00pm – 4:00pm
There is a 5-minute window to present your product. Therefore the first course served at 1:00 pm. to 1:05 is considered on time. Marks will be deducted for both early and late plates.	
No plates will be judged after 1:35pm.	
Contestants may not leave the competition site until released by the head judge.	

Module		Three courses menu	Culinary Arts
Secondary		3.5 hours kitchen time	
Description	<p>Prepare 2 portions of a 3 course menu;</p> <p><u>Starter</u> Risotto Milanese</p> <p><u>Main Course</u> Supreme / Frenched Breast of Chicken stuffed with Duxelle Pan Gravy Maple Glazed Carrots Green Beans Amandine Parsnip Puree</p> <p><u>Dessert</u> Your choice utilizing “Choux Paste”</p>		
Service Details	<ul style="list-style-type: none"> • Portion sizes must be appropriate for a 3 course meal • <u>Service</u> temperatures for chicken is 60°C minimum • <u>Cooking</u> temperature of meats must meet food safety standards • Present two plates for each course • 1 plate is judged & 1 plate will be for public display 		
Main ingredients required	<ul style="list-style-type: none"> • Follow recipes supplied by “On Cooking” 4th edition 		
Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 		
Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as per the scope document 		

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

Do not waste any food items; waste will be marked accordingly.

Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.

Reference books and recipes may be consulted all day long.

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

ONTARIO SKILLS COMPETITION 2010, WATERLOO, ONTARIO

COMMON FOOD TABLE

MEAT	FRESH VEGETABLES	FRESH HERBS & SPICES	DRIED SPICES & HERBS
Chicken Breasts (Bone in with wings attached) Secondary only	Carrots	Basil	Black pepper corns
	Parsnip	Chervil	Black sesame seeds
	Celery	Chives	Cinnamon sticks
	Red pepper	Cilantro / Coriander	Cloves, whole
	Tomatoes	Dill	Curry powder
	Green French beans	Mint	Nutmeg whole
	Red onion	Oregano	Paprika
	Shallots	Parsley	Saffron
DAIRY PRODUCTS	Garlic (fresh)	Rosemary	Salt
Milk 3%	White onion	Sage	Sea salt
Fresh Cream 35% (whipping)	Leeks	Tarragon	Star anise
	White mushrooms	Thyme	White pepper
Unsalted butter	Portobello mushrooms		Wasabi Powder
Whole Parmesan cheese			Paprika
Sour cream		DRY FOODS	Nutmeg whole
Plain yogourt		Arborio Rice	Coriander seed
Large eggs (60 G)		Vegetable oil	Cumin
	FRESH FRUITS	Olive oil	Turmeric
	Lemons	Dijon mustard	Mustard Bay Leaves
WINES & ALCOHOL	Limes	Gelatine leaves	Oregano
Cognac	Orange	Sliced almonds	
Grand Marnier	Mango	Whole almonds	Thyme
White Vermouth	Strawberries	Hazelnuts	Basil
Red wine	Apples	Pine nuts	
Dark rum		Soya sauce	
White wine		Tomato paste	
	CHOCOLATE	Balsamic vinegar	
	White	White wine vinegar	STOCKS
	Milk	Red wine vinegar	White Chicken Stock
	Dark	Rice wine vinegar	
		Brown sugar	
		Maple Syrup	
		White Sugar	
		Baking powder	
		Cornstarch	
		Flour, all Purpose	
		Bread Flour	
ALL ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE, DEPENDING ON QUALITY AND AVAILABILITY			

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*This document is only to be used in preparation for the Ontario Technological Skills Competition.
Ce document doit être utilisé que dans le cadre de la préparation aux Olympiades ontariennes des
compétences technologiques.*

SKILLS CANADA - ONTARIO
ONTARIO TECHNOLOGICAL SKILLS COMPETITION 2010
WATERLOO ONTARIO
CULINARY ARTS
SECONDARY, RECIPES - MODULE

Recipes can be found in
"On Cooking: A Textbook of Culinary Fundamentals, Fourth Edition"
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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 for module two.
- 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 Preparation
Categories : Pilaf Method

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
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

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
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 duxelles 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

Amount	Measure	Ingredient -- Preparation Method
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, tourn e or rondelle.
2. Parboil the carrots in salt water and refresh. The carrots should be very firm.
3. Saut e 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 Almondine (Note: substitute green beans for broccoli)

Serving Size: 6

Amount	Measure	Ingredient -- Preparation Method
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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

Amount	Measure	Ingredient -- Preparation Method
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2	kilograms	parsnips
700	grams	russet potatoes
250	millilitres	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 (Pâte à Choux)

Yield: 950 grams

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
200	millilitres	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.