2012 QUALIFYING COMPETITION

CULINARY ARTS - SECONDARY LEVEL

DATE: Saturday, April 14, 2012

LOCATIONS: Canadore College, Confederation College, Fanshawe College, Georgian College, Humber Institute, Niagara College and St. Lawrence College

COMMITTEE MEMBERS:

OTSC Representative – Steve Benns
Canadore College – Derek Lawday
Confederation College – Shane Warwick
Fanshawe College – Tracy Jones
Georgian College – Michael Bakogeorge
Humber Institute – Patrick Secord
Niagara College – Peter Blakeman
St. Lawrence College – Richard Hendy

** 1st, 2nd and 3rd place eligible* competitors will advance to the Ontario Technological Skills Competition, taking place May 1, 2012 in Waterloo

***See the Competition Information Package for the Qualifying Competition eligibility criteria, advancement, and rules and regulations**

For technical questions that are contest specific, please contact the Skills Canada – Ontario Competition Department at otsc@skillscanada.com.

PURPOSE OF THE CONTEST:

- Evaluate professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules.
- Present and promote to the public a view into the trade of Cook/Chef.
- Demonstrate new culinary trends.

SKILLS AND KNOWLEDGE TO BE TESTED:

- The competition will be a practical cooking and food presentation contest.
- Secondary competitors will prepare a set three Course Menu for four people (Soup, Beef Main Course and Chocolate Mousse Dessert). Competitors must follow recipes and directions provided for this day.
- Each competitor must submit **two copies** of their menu in either French or English no later than 30 minutes after starting the competition.
- Presentation of dishes is according to the attached time schedule.
- An official time clock will be designated.
- Contestants will present plates to the judges and also for public display.

PRACTICAL 100%

JUDGING CRITERIA (Practical):

15% Sanitation

Proper and professional clothes
Personal hygiene and cleanliness
Safely complete tasks
Work Station, floor and fridge cleanliness
Proper food storage methods
Cutting board hygiene

10% Organization & Product Utilization

Professional use of tools and equipment
Food wastage – full utilization of food
Energy and water efficient utilization
Time management – posted work plan
Proper planning and execution of tasks
Menu to be submitted at proper time as outlined in the contest project

25% Preparation

Proper use of tools and equipment
Application of correct cooking techniques and methods

15% Presentation

Portion size in accordance with the test project
Clean plates
Harmonious colours
Appetizing and artistic presentation of food
Appropriate and complementary garnishes

35% Taste and Required Menu Components

Proper textures of foods
Correct degree of doneness
Balanced taste and seasonings
Flavours match the menu specifications and descriptions
Respected timetable in regards to serving times
Food served at proper temperatures as specified in the test project and in accordance with industry standards
All required elements outlined in the test project and the competitors menu appear on the plate

Every item is evaluated on a scale of 1 to 10, and then converted by computer to reflect the percentages.

The Scale:

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

As the rules state, there are no ties. If the score is even after the contest, the taste component will be used as the tie breaker.

EQUIPMENT AND MATERIALS:

Supplied by Committee:

- All food and presentation plates for the contest
  - Common Table List (all food)
  - **Presentation Plates** (4 of each)
    - 10" white **round** bowls with an under liner plate (Appetizer)
    - 12" white **round** plates (Main)
    - 12" white **round** plates (Dessert)
- Standard size commercial oven, gas or electric
- Four (4) range burners, gas or electric
- Work table
- Shared equipment – food processors, measuring scales
- Shared refrigeration
- Shared sink for food preparation, pot washing
- Presentation plates
- Presentation table for display of finished entrées
- Shared hand washing sinks

*Competitors may not bring any food on the site, including: colouring agents, wood chips, beans and oil spray or any other consumable product. Only the food provided can be used.

Supplied by Competitor:

- **It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.**
- Equipment like skewers, shot glasses, etc. are not acceptable
- Competitors may bring any tool and/or equipment deemed necessary to complete their module(s)
- All of the tools and/or equipment must fit on the workstation (nothing may be stored on the floor)
- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Ricer or food mill
- Basic pots and pans, including sauté pans, stewing pans, sheet pans, bowls china caps, cutting boards, molds etc.
- Basic equipment such as a small mixer and food processor
- Saran-wrap, aluminum foil, wax paper, and plastic containers to store food
- Scale
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Sanitizing equipment (spray bottles and/or pails)
- Recipes and reference books
- Toolboxes and equipment that does not fit in or on the workstation will have to be stored and **cannot** be used during the contest
- All equipment must be marked clearly for easy identification

REFERENCE BOOKS:
Every competitor can bring and consult reference books, such as the "On Cooking" textbook, or his/her personal recipes during the contest. 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.

SAFETY:
Safety is a priority at the Qualifying Competitions. At the discretion of the Judges and Committee Members, any competitor can be removed from the competition site for not having the proper safety equipment or for not acting in a safe manner. It is mandatory for all competitors to wear:

- Suitable non-slip footwear (no running shoes, sandals, crocs, kitchen clogs)*
    - **For Humber Institute of Technology and Advanced Learning: CSA safety approved shoes are mandatory. Competitors in the Central Area Qualifying Competition are <u>not allowed to compete at Humber without CSA approved footwear</u>.***
    - All other Qualifying Competition Areas: closed toe, non-porous upper, non-slip shoes are mandatory.*

Jewellery such as rings, bracelets and necklaces, piercings, or any items deemed unsafe and unsanitary by competition judges, shall be removed.*

*Competition judges will have final authority on matters of safety.

** Please note: ***Failure to wear personal protective equipment in an appropriate manner will result in loss of marks. The 3rd warning will result in competitor being disqualified from contest.***

RULES AND REGULATIONS:
Please be sure to review all rules and regulations in the Complete Competitor Information Package, available online at www.skillsontario.com/compinfopkg.

New rules and regulations in the Competition Information Package that will be enforced for 2012 include:

- Plagiarism
- Registration Deadlines

Please review all rules and regulations and the registration process well in advance of the Qualifying.

Immediate disqualification may occur at the discretion of the technical chair if a competitor displays any one of the following:

- Acts inappropriately
- Shows disregard for the safety of themselves or those around them
- Breaks the established rules and regulations including:
    - Uses equipment or material that is not permitted
    - Dishonest conduct (cheating)
    - Speaks with those outside the contest area
    - Arrives to the contest site late

Sign-in for all contests will happen at the Qualifying host college the morning of the competition. Registration must take place prior to the deadline of March 23, 2012.

JOB INTERVIEW:
Please note that the job interview component has been removed from all Qualifying Competition contests. If the competitor advances to the Ontario Technological Skills Competition, the competitor will be required to participate in the job interview at that level. Please see the provincial scope for details.

CLOTHING REQUIREMENTS:
Competitors are to be dressed in a clean and appropriate manner. Competitors must supply and wear appropriate culinary/chef clothing. The **mandatory** clothing requirements for this contest are as follows:

- Black or Checked Chef Trousers
- Double Breasted White Chef Jacket
- White Apron
- Side Towels
- White Neck Tie
- Chef Hat
- Competitors are not permitted to wear jewellery such as rings, bracelets, necklaces, and piercings (Any items deemed unsafe and unsanitary by the competition judges must be removed)
- Suitable non-slip footwear must be worn. No open-toe shoes or cloth shoes. No sandals or clogs. Shoes must be closed toe, have non-porous uppers and have anti-slip soles. Shoes should be "wipeable" and clean.
    - **For Humber Institute of Technology and Advanced Learning: CSA safety approved shoes are mandatory. Competitors in the Central Area Qualifying Competition are not allowed to compete at Humber without CSA approved footwear.**
    - All other Qualifying Competition Areas: closed toe, non-porous upper, non-slip shoes are mandatory. Kitchen clogs are not allowed.

Competitors are not permitted to wear clothing with logos or printing. The exception to this rule is the logo of the school or school board the competitor is representing. ONLY the logo of the institution under which the space is registered can be visible. Corporate logos or names are not permitted on a competitor's clothing.

COMPETITION AGENDA:
Saturday, April 14, 2012
Qualifying Competitions

****Please note the agenda has changed from previous years**

8:30-9:00 a.m.	Sign-in and Announcements
9:00-9:10 a.m.	Move to Contest Areas
9:10-9:30 a.m.	Orientation Session
9:30 a.m.- 2:30 p.m.	Contest **1:45-2:00 – present starter** **2:00-2:15 – present main course** **2:15-2:30 – present dessert**
2:30-2:45 p.m.	Final Clean-up
2:45-4:00 p.m.	Final Judging and Results Compilation
3:30-4:00 p.m.	General Feedback Session
4:00 p.m.	General Location Presentation
5:30 p.m.	Awards Presentation and Advancement Meeting
***LUNCH: Competitors will be delivered lunch at approximately 12:00 noon and use their own discretion in terms of scheduling their individual lunch break. Contestants may not leave the competition site until released by the head judge.**	

- No plates will be judged after 2:30 p.m.
- There is a 15-minute window to present your product; therefore, the starter presented between 1:45 p.m. and 2:00 p.m. is considered on time.
- Marks will be deducted for both early and late plates.

2012 Qualifying Competition
Culinary Arts
Menu, Common Food Table and Recipes

MENU

Prepare and present the following three (3)-course menu for four (4) people:

Starter:	**Minestrone Soup**
Main Course:	**Beef Roulade** **Braised Red Cabbage** **Steamed Broccoli** **Duchesse Potatoes**
Dessert:	**Chocolate Mousse – must include one (1) fruit, one (1) sauce and one (1) garnish of choice**

INSTRUCTIONS

Portions:

- Portion size of the soup 250 ml
- Portion size of beef roulade cannot exceed 200 grams
- Portion size of dessert must be a minimum of 100 grams
- Total weight of main course cannot exceed 420 grams
- Beef is provided sliced from inside round (60-70 grams per portion and a size of 20 cm x 7 cm x 0.5 cm)

Temperature:

- Cooking temperature of meats must meet food safety standards

Menu:

- Cooking methods and culinary terminology from the recipes stated in menu must be respected and used to prepare the required dishes; recipes supplied from “On Cooking” 4th Edition textbook
- The menu must be prepared with the items on the common food table
- Competitors must submit two (2) copies of their menu either carefully hand written or typed no later than 30 minutes after starting the competition. Give a name to the dish and describe the cooking methods and the ingredients used (similar to a write-up found on a restaurant menu)

Presentation:

- Present four (4) plates for each course
- Two (2) plates are judged and two (2) plates will be for public display
- For all plates, the presentation should be clean
- No plates or containers (service equipment) will be permitted other than what is outlined in the scope document

Waste:

- Food items from the common tables should not be wasted; waste will be marked accordingly
- Composting and recycling principles will be employed

Additional:

- Reference books and recipes can be consulted all day long
- All items are subject to changes without notice, depending on availability and quality
- All questions regarding the contest must be directed only to the Qualifying Technical Committee
- If a candidate must leave the site, the Qualifying Technical Chair must be advised

COMMON FOOD TABLE

DRY GOODS
Beans – White (Pre soaked)
Chocolate - Dark
Cornstarch
Dijon Mustard
Flour - All Purpose
Oil - Cooking
Oil - Olive
Orzo
Pickles - Dill
Red Currant Jelly
Sugar - Brown
Sugar – White
Tomato Paste
Vinegar - Red wine
Vinegar - White wine
White Bread - Sliced
SPICES - DRY
Bay Leaves
Black Peppercorns
Cinnamon - Ground
Cloves - Ground
Marjoram
Nutmeg - Ground
Oregano
Pepper - Cayenne
Salt
Thyme
White Pepper
ALCOHOL
Wine - Red
Wine - White
FROZEN ITEMS
Blueberries, IQF
Raspberries, IQF
MISCELLANEOUS
Butcher's Twine
Cheesecloth

PROTEIN & STOCKS & SAUCES
Beef - Ground
Beef - Inside Round - Sliced
Bacon - Sliced
Stock - Chicken
Sauce - Brown (Espagnole)
DAIRY
Butter - Unsalted
Cheese - Parmesan
Cream - 35% - Fresh (Whipping)
Eggs - Large
PRODUCE - VEGETABLES & FRUIT
Apples – Green (Sour)
Beans – Green
Broccoli
Cabbage - Green
Cabbage - Red
Carrots
Celery
Garlic, Fresh
Onions - Yellow
Orange
Potatoes - Russet - Mini
Raspberries
Strawberries
Tomato - Roma
Zucchini
HERBS - FRESH
Basil
Mint
Oregano
Parsley
Rosemary
Thyme

REFERENCE BOOKS

Every competitor can bring and consult reference books, such as the “On Cooking” textbook, or his/her personal recipes during the contest. 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.

RECIPES

Recipes can be found in the Canadian edition of "On Cooking: a Textbook of Culinary Fundamentals, Fourth Edition" by Sarah R. Labensky. © Prentice-Hall, 2007. All rights reserved.

- **The recipes are intended as a guide**, and may be adjusted as required to provide necessary quantities.
- 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 three (3) course menu.
- The "On Cooking" text book also includes photographs, text and online content that illustrate proper and safe working techniques as well as important aspects of the menus preparation (e.g. procedure to prepare brown sauce, braising vegetables, pan searing, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes were converted by Technical Committee Chair. These recipes are to be used to produce the requested menu items for the module. The recipes are intended as a guide and may be adjusted as required to provide necessary quantities.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- **Note**: The recipe for the Chocolate mousse is courtesy of Stanley Townsend, not from the "On Cooking" textbook.

Minestrone Soup

Recipe yield - 1 Litre

Ingredients

Dry white beans	40 grams
Olive oil	10 ml
Onions, paysanne	35 g
Garlic, minced	1 clove
Celery, paysanne	40 grams
Carrot, paysanne	40 grams
Zucchini, small dice	60 grams
Green beans ½ inch	40 grams
Cabbage diced	60 grams
White stock	650 ml
Tomato, concassée	60 grams
Tomato paste	15 ml
Orzo pasta cooked	20 grams
Fresh oregano	2 grams (to taste)
Fresh basil	3 grams (to taste)
Fresh parsley	5 grams (to taste)
Salt & pepper	to taste

Procedures

1. Soak the beans in cold water over night, drain
2. Cover beans with water, simmer until tender, about 40 minutes
3. Sauté onions in oil, add the garlic, celery and carrot, cook 3 minutes
4. Add the remaining vegetables one type at a time, cooking each briefly
5. Add stock, tomatoes and tomato paste, simmer for 45 minutes
6. Add cooked white beans and orzo
7. Stir in chopped herbs, season to taste with salt and pepper
8. Simmer soup for 15 minutes, serve in hot bowls, garnish as desired

Beef Roulade

Recipe yield - 4 portions of 2 pieces per portion

Ingredients

Lean ground beef	300 grams
Egg, beaten	1 each
Salt and pepper	to taste
Beef inside round	8 x 60 grams approx. (sliced thin)
Dijon mustard	20 ml
Bacon strips, par cooked	8 each
Dill pickle wedges	8 each
Carrots, batonnet	8 each
Onions, julienne (sweated)	100 grams
Onions, brunoise	80 grams
Canola oil	40 ml
Flour	as required
Red wine	120 ml
Brown sauce	800 ml
Sachet (to include):	1 each
Peppercorns	4 grams
Thyme (dry)	0.5 grams
Marjoram	0.5 grams
Oregano (dry)	0.5 grams
Bay leaf	1 each

Procedures

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area, season with salt & pepper
3. Brush each slice with Dijon mustard and place a par cooked bacon slice on each slice ***lengthways***
4. Divide ground beef into 8 portions and place at one end of each beef slice
5. Place dill pickle, carrot batonnet, and onion portion next to ground beef
6. Roll the meat snugly into a tight closed roll, tie with string if desired; Repeat procedures 5 and 6 for all of the roulades.
7. Heat appropriate sized braising pan and add oil
8. Dredge roulades in flour and brown and brown in the hot oil
9. Remove roulades, and reserve, add the brunoise onions to the pan and sauté until golden.
10. Deglaze pan with red wine and then add the brown sauce & sachet, bring to a boil
11. Return roulades to pan and simmer covered with lid until fork tender (approximately 1 hour).
12. Remove the cooked roulades and reserve for service. Adjust the consistency and seasoning of the sauce and then strain
13. For service, the roulades may be served whole or sliced with the sauce.

Duchesse Potatoes

Recipe Yield – 4 x 100 gram portions

Ingredients

Potatoes, peeled and quartered	500 grams
Whole butter	25 grams
Nutmeg	to taste
Salt & pepper	to taste
Egg yolks	2

Procedures

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm, place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks, blending well
6. Pipe **all** potato mix into desired portions, utilize four portions for plates, reserve remainder for kitchen judges inspection

Steamed Broccoli

Recipe Yield – 4 portions at 60 gram each

Ingredients

Broccoli, fresh	240 grams
Salt and pepper	to taste
Butter	to taste

Procedures

1. Wash, peel, trim and cut the broccoli into uniform shapes and sizes
2. Place the vegetables into a perforated pan and place them over the boiling liquid
3. Cover the pan and cook to desired doneness
4. Remove from the pan and finish with butter and season with salt & pepper

Braised Red Cabbage

Recipe Yield – 4 each – 120 gram portions

For consistency in cooking, this recipe will produce more than the required amount; determine your portion size and reserve extra portions.
The yield is a guideline & depends on how long you cook the cabbage.

Ingredients

Red cabbage	400 grams
Bacon	63 grams
Onions medium dice	60 grams
Red wine vinegar	15 ml
Red wine	60 ml
Salt and Pepper	to Taste
Stock – chicken	60 ml
Cinnamon Stick**	0.25 each
Apples – cored & shredded	90 grams
Brown sugar	5 grams
Red currant jelly	35 ml

Procedures

1. Core the cabbage and cut into julienne
2. Render the bacon; add the onion and sweat in the bacon fat until tender.
3. Add the cabbage and moisten with the vinegar and wine. Season to taste with salt and pepper.
4. Add the stock and cinnamon. Cover and braise until the cabbage is almost tender, approximately 30 minutes. Moisten with additional stock if necessary
5. Add the apples, brown sugar and red currant jelly and mix well.
6. Cover and braise until the apples are tender and dissolved, approximately 5 minutes
7. Taste and adjust the seasoning

Notes:
**Ground cinnamon must be substituted for cinnamon sticks.
*May be thickened slightly with a small amount of cornstarch dissolved in water if needed

Chocolate Mousse

Recipe Yield – 500 grams

For consistency in preparation, this recipe will produce more than the required amount; determine your portion size and reserve extra. Present 4 portions with a minimum size of 100 grams.

Ingredients

Dark chocolate	190 grams
35% cream (hot)	125 ml
Egg yolks	2 each
Sugar	15 ml
35% cream	190 ml

Procedures

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks
5. Fold cream into the ganache

10 TIPS FOR KNIFE SAFETY

1. Curl your fingers and cut away from yourself. Use knives only for cutting and slicing, not as can openers or screwdrivers.
2. Use an appropriate, firmly fixed, cutting surface. A damp towel under a cutting board keeps it from sliding around the countertop.
3. Keep your knives sharp. A dull blade can be more dangerous than a sharp one.
4. Use the right knife for the right job: paring knives for paring, boning knives for boning, etc.
5. Hand-wash your knives. Never soak a dirty knife in a suds-filled sink. Soapy water dulls the blade and causes the wooden handle to split and warp. It is also dangerous to have a sharp blade lurking where you can't see it.
6. Hold a knife by the handle. Draw the knife away from you to cut and slice, using the full length of the blade.
7. Carry knives blade down, and store knives in blade-down position.
8. Store knives with their blades covered. Knife racks, sheaths, or blocks are best. When storing in a utensil drawer, keep knives in a separate compartment to protect them and your fingers.
9. Never wash knives in the dishwasher. Dishwashers ruin knife blades, loosen rivets, and cause cracks in the handles.
10. Never grab for a falling knife.