OFFICIAL VERSION FOR PUBLICATION

23RD ONTARIO TECHNOLOGICAL SKILLS COMPETITION
WATERLOO, ONTARIO

TUESDAY, MAY 1, 2012

SECONDARY

CULINARY ARTS
Test Project

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Brent Coakwell (Technical Advisor)
David Franklin (Shop master)
Trevor Ritchie (Contestant Liaison)
Mike Magda (Region of Waterloo Liaison)

General Information

Important:

This test project is based on the scope document for the Ontario Technological Skills Competition.

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

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

To be well informed about the contest, consult the scope found at http://www.skillsontario.com/index.php/en/students/scopes-secondary

If you have questions, please contact Chair Steve Benns at sbenns@flemingc.on.ca

Module 1 / Prepare and present four (4) portions of a three (3) course menu consisting of a minestrone soup, a beef roulade main course and a chocolate mousse dessert.

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

Competitors must submit a menu which is carefully hand written or typed, providing appropriate terminology and descriptors of the cooking methods and the ingredients used. Do not include your name or your school (board) name on the menu.

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 candidates and persons outside the site are not permitted.

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

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

Competition Schedule:

Secondary, Culinary Arts

Tuesday, May 1, 2012

Competitor Equipment Drop-off	9:00 a.m.
Secondary Orientation and Registration	9:30 a.m.
Set-up work station	10:00 a.m.
Competition Start Time	10:30 a.m.
Presentation of Competitor Menu	11:00 a.m.
Appetizer Course Presentation	1:00 p.m. – 1:05 p.m.
Main Course Presentation	1:30 p.m. – 1:35 p.m.
Dessert Course Presentation	2:00 p.m. – 2:05 p.m.
Cleaning & Packing	2:00 p.m.
Job Interviews will be scheduled	2:15 p.m.
Competitor Debriefing	2:45 p.m.
Competitors leave the site	3:30 p.m.

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

Therefore the first course served at 1:00 p.m. to 1:05 p.m. is considered on time.

There will be a 1 point-per-minute deduction for every minute of lateness up to 5 minutes; after which plates will NOT be accepted for judging

Therefore the dessert course must be served from 2:00 p.m. to 2:05 p.m. At 2:06 p.m. one point will be deducted per minute until 2:10 p.m. At 2:11 p.m. plates will no longer be accepted for judging.

No plates will be judged after 2:10 p.m.

Contestants may not leave the competition site until released by the head judge.

Module **Secondary**	**Three courses menu** **3.5 hours kitchen time**	**Skill 34** **Cooking**

	Description	**Prepare four (4) portions of the following three (3) course menu** • **<u>Starter</u> - Minestrone Soup** • **<u>Main Course</u>** • **Beef Roulade** • **Braised Red Cabbage** • **Steamed Broccoli** • **Duchesse Potatoes** • **<u>Dessert</u>** • **Chocolate Mousse** • **Must include 1 fruit, 1 sauce and 1 garnish of choice**
	Service Details	• **Portion size of the soup 250 ml** • **Portion size of beef roulade cannot exceed 200 grams** • **Total weight of main course cannot exceed 420 grams** • **Portion size of dessert must be a minimum of 100 grams** • **Cooking temperature of meats must meet food safety standards** • **Present four (4) plates for each course** • **2 plates are judged & 2 plates will be for public display**
	Main ingredients required	• **Follow recipes supplied by the committee that come from "On Cooking" 4th edition** • **A list of all ingredients available for this module is included in the common food table document** • **Beef is provided sliced from Beef Inside Round – 60 to 70 grams per portion and a size of 20 cm x 7 cm x 0.5 cm**
	Basic ingredients	• **Use ingredients from the common table**
	Special equipment required	• **No plates or containers (service equipment) permitted other than that provided as per the scope document**

- For all plates, the presentation should be 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.
- Competitors are free to consult recipes during the contest.
- Food items and quantities are subject to change <u>without notice</u>, depending on availability and quality; all competitors will have the same conditions.
- All plates will be presented to the judge's table. After judging two plates will be taken to the public display tables.

CULINARY ARTS
SECONDARY RECIPES

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, 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 illustrates 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 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
7. Utilise 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 cooked 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
32% Cream (Hot)	125 ml
Egg Yolks	2 each
Sugar	15 ml
32% 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.