



**TORONTO, ONTARIO**  
**TUESDAY, MAY 2, 2017**  
**SECONDARY**

**CULINARY ARTS**

Test Project

**TECHNICAL CHAIRS:**

Steve Bennis (Technical Co-Chair)

[steven.bennis@flemingcollege.ca](mailto:steven.bennis@flemingcollege.ca)

Tyrone Miller (Technical Co-Chair)

[tyrone.miller@wcdsb.ca](mailto:tyrone.miller@wcdsb.ca)

**TECHNICAL COMMITTEE MEMBERS :**

David Franklin (Head Judge - Kitchen)

Olaf Mertens (Head Judge - Tasting)

Brent Coakwell (Technical Advisor)

Hans Sell (Industry Liaison – Corporate Foodservice)

Robert Chick (Culinary Advisor)

Christopher Ennew (Industry Liaison – Institutional)

Robert Villeneuve (Industry Liaison – Corporate Foodservice)

Dean Michielsen (Industry Liaison – Education)

Sebastian Cugno (Health & Safety Representative)

Christopher Ennew (Industry Liaison - Commercial)

Stanley Zerdin (Shop Master - Post Secondary)

Pat Nixon (Shop Master - Secondary)

## 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 “Contest Description”. Many general instructions are only included in the “Contest Description Document”.**

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

To be well informed about the contest, consult the scope at

<http://www.skillsontario.com/index.php/en/students/scopes-secondary>.

If you have questions, please contact Technical Chair Steve Bennis at

[steven.benns@flamingcollege.ca](mailto:steven.benns@flamingcollege.ca)

### **Prepare and present a Three (3) Course Menu, comprised of a Pasta Appetizer, Fish Main Course and Custard Dessert.**

- All questions regarding the contest must be directed only to the Technical Committee Chair(s).
- Competitors are required to submit menus for both modules; two (2) copies for each module. Menus can be carefully hand written or word-processed. **Competitors must use the menu, and menu element templates provided.** Competitors should use appropriate terminology and descriptors of the cooking methods and the ingredients used. Please see “Menu Template Document” that is posted for more information and the templates.
- The schedule for the two module competition is to be followed exactly, both for the work schedule and for service times.
- If a candidate must leave the site, the Technical Committee Chair must be advised prior to leaving the contest site.

## Competition Schedule:

Secondary, Culinary Arts  
**Tuesday, May 2, 2017**

Competitor Equipment Drop-off	8:15 a.m.
Set-up work station	8:30 a.m.
Secondary Orientation and Registration	9:00 a.m.
Competition Start Time	9:30 a.m.
Presentation of Competitor Menu	10:00 a.m.
<b>Mandatory Lunch Break</b>	<b>12:00 p.m. – 12:30 p.m.</b>
Presentation of Appetizer	2:00 p.m. – 2:05 p.m.
Presentation of Main Course	2:30 p.m. – 2:35 p.m.
Presentation of Dessert	3:00 p.m. – 3:05 p.m.
Cleaning & Packing	3:05 p.m.
Job Interviews will be scheduled	3:15 p.m.
Competitor Debriefing	4:00 p.m.
Competitors leave the site	4:30 p.m.

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

**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 Main Course must be served from 2:30 p.m. to 2:35 p.m. (Considered on time). At 2:36 p.m. one point will be deducted per minute until 2:40 p.m. At 2:41 p.m. plates will no longer be accepted for judging.**

**No plates will be judged after 3:11 p.m.**

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

Module 1	Three Course Menu 6 hours kitchen time	Skill 34 - Culinary Arts
<b>Description</b>	<p><b>Prepare three (3) portions of the following three (3) course menu:</b></p> <ul style="list-style-type: none"> <li>• <b><u>Appetizer</u></b> <ul style="list-style-type: none"> <li>○ Spinach &amp; Ricotta Ravioli with Alfredo Sauce</li> </ul> </li> <li>• <b><u>Main Course</u></b> <ul style="list-style-type: none"> <li>○ Salmon poached in Court Bouillon</li> <li>○ Bercy Sauce (1 litre)</li> <li>○ Rice Pilaf with Tomato Concassé</li> <li>○ Red Pepper – Lozenge cut</li> <li>○ Broccoli Florets</li> <li>○ Carrot Batonnet</li> </ul> </li> <li>• <b><u>Dessert (Plated)</u></b> <ul style="list-style-type: none"> <li>○ Crème Caramel</li> <li>○ Shortbread component (competitor`s choice)</li> <li>○ Fruit component (competitor`s choice)</li> <li>○ Minimum of one (1) garnish</li> </ul> </li> </ul>	
<b>Service Details</b>	<p><b><u>Appetizer</u></b></p> <ul style="list-style-type: none"> <li>• Maximum weight for appetizer must not exceed 180 g</li> </ul> <p><b><u>Main Course</u></b></p> <ul style="list-style-type: none"> <li>• Maximum weight for main course must not exceed 350 g</li> <li>• Each plate should consist of: <ul style="list-style-type: none"> <li>○ Poached Salmon in Court Bouillon</li> <li>○ Bercy Sauce (extra served on side)</li> <li>○ Rice Pilaf with Tomato Concassé</li> <li>○ Red Pepper – Lozenge cut</li> <li>○ Broccoli Florets</li> <li>○ Carrot Batonnet</li> </ul> </li> </ul> <p><b><u>Dessert</u></b></p> <ul style="list-style-type: none"> <li>• Each plate must not exceed 250 g</li> </ul>	
<b>Main ingredients required</b>	<ul style="list-style-type: none"> <li>• <b><u>Dairy</u></b> – each competitor is limited to 0.500 litre of 35% cream and 500 g butter</li> <li>• <b><u>Fish</u></b> - Each competitor will receive one fillet of a Salmon. The Salmon fillet will have the skin on, pin bones in and weight between 0.900 kg and 1.3 kg (2 to 3 lbs)</li> </ul>	

## **Module Notes:**

- Plate Presentation. Competitors must present three (3) plates for each course:
  - Two (2) plates to be presented to the judges
  - One (1) plate will be for public display.
  - For all plates, the presentation should be clean and reflect industry standards.
- Do not waste any food items; waste will be marked accordingly.
- No service equipment permitted other than that provided by the committee
- Service Temperatures for courses that are served hot must be a minimum of 50 °C and should reflect industry standards.
- Service-ware will be provided for the menu, please refer to the "Contest Description Document" for detailed information on the service-ware provided.
- Common food items will be available in limited amounts. They will include some dry goods, herbs, alcohols, spices, and stocks. Common table items will be outlined in the "Common Table - Secondary Document".
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- The Technical Committee reserves the right to limit quantities of ingredients to any single competitor. You will be marked according for over-use of products
- During the contest, all communications between contestants and persons outside the contest site is not permitted. Breach of this rule will result in disqualification of the competitor.
- Reference books and recipes may be consulted all day long.
- **Use of Sous Vide Equipment**
  - This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods.
  - Sous Vide technologies have made precisely controlled cooking easier – with final results more certain, than at any other time. Therefore, during the contest, use of Sous Vide technology and techniques **must be limited to no more than one application over the two module contest, with regards to the cooking of the required proteins.**
  - This does not limit its use for other techniques or components the competitors may wish to include as part of their dishes – i.e. compressed fruits & vegetables, cooked egg yolks, etc.

# CULINARY ARTS - SECONDARY RECIPES

The recipes for this contest have been referenced from either of the following textbooks:

Gisslen, Wayne. (2015). ***Professional Cooking for Canadian Chefs*** (8<sup>th</sup> edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2013). ***On Cooking, A Textbook of Culinary Fundamentals*** (6<sup>th</sup> Canadian edition). New Jersey: Pearson.

Gisslen, Wayne. (2013). ***Professional Baking*** (6<sup>th</sup> edition). New Jersey: John Wiley & Sons.

- Recipes were converted to reasonable quantities to produce approximately **4 portions** by the Technical Committee. These recipes are to be used to produce the requested menu items for the module.
- The recipes are intended as a guide, and should be adjusted as required to provide appropriate quantities, flavours, and correct seasoning.
- Although recipes are included in this “contest project”, it is recommend that you refer to one of the suggested textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in the three (3) course menu.
- These textbooks 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. knife handling, reducing liquids, cooking roux, roasting meat, vegetable cookery, quick breads and guidelines for plate presentations).
- Common and correct cooking practices should be respected and are encouraged.
- Where ingredients may be unavailable or out of season, appropriate substitutions should be made
- **Note:**
  - Please refer to the contest documents for Skills Canada National Competition (SCNC) for Cooks. Please review the Contest Description and the Secondary Project for examples of the recipes developed by the National Technical Committee. Please go to the following link for information about the national competition:

<http://skillscompetencescanada.com/en/scnc-2017-contest-descriptions/>

## **Fresh Pasta**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 400

**Yield:** 0.420 kg

### **Ingredients**

Bread Flour	270 g
Eggs	3 each
Olive Oil	10 ml
Salt	pinch

### **Procedure**

- 1) Mound the flour on a work surface. Make a well in the center and add the eggs, oil and salt.
- 2) Working from the centre outward, gradually mix the flour into the eggs to make a dough.
- 3) When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.
- 4) Cover the dough and let it rest at least 30 minutes.
- 5) Cut the dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
- 6) Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook.

## **Ravioli with Spinach & Ricotta Filling**

**Source:** Professional Cooking – variation of **Ravioli with Cheese Filling**

**Page:** 401

**Yield:** 3 x 0.150 kg uncooked

### **Ingredients**

Ricotta Cheese	140	g
Parmesan Cheese – grated	35	g
Egg yolk	1	each
Parsley – chopped	5	g
Nutmeg	to taste	
Salt	to taste	
Pepper – White	to taste	
Fresh Pasta	300	g

### **Variation:**

Spinach – Cooked	75	g
Onions – Fine dice	40	g
Garlic – Minced	4	g

### **Procedure:**

- 1) Sweat the onions and garlic off until translucent. Cool and reserve.
- 2) Squeeze cooked spinach to remove all excess water. Chop spinach in a food processor until smooth and reserve.
- 3) Mix together the ricotta cheese, parmesan, egg yolk, spinach, parsley, seasonings and onion/garlic mixture.
- 4) Roll out the pasta into thin sheets.
- 5) Over half of the pasta, make small mounds of cheese filling, about 15 ml each, arranging them in a checkerboard pattern 4 - 5 cm apart.
- 6) Lay the remaining pasta over the top and press down between the mounds of cheese to seal well. While doing this try to avoid sealing large air bubbles inside the ravioli. Note: if the pasta is fresh and moist, the layers will seal together if pressed firmly. If it is dry, moisten the bottom layer lightly between the mounds of cheese, using a brush dipped in water. Do not get the pasta too wet.
- 7) Cut the pasta apart using a pastry wheel. Check each piece to make sure that it is completely sealed.
- 8) Cook them immediately in boiling salted water, keeping them slightly underdone. Drain and rinse under cold water, drain, and toss with oil or melted butter. Spread in a single



layer on a sheet pan and refrigerate. They can be reheated to order by sautéing them briefly in butter or oil or by dipping them in boiling water.

9) Serve with Alfredo sauce.

## **Alfredo Sauce**

**Source:** On Cooking 5<sup>th</sup> edition

**Page:** 598

**Yield:** 3 portions

### **Ingredients**

Butter	60 g
35% Cream	350 ml
Parmesan Cheese, Grated	60 g
Salt	to taste
White Pepper	to taste

### **Procedure**

- 1) Combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly.
- 2) Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked.
- 3) Adjust the seasonings and serve.

## **Court Bouillon for Fish**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 639

**Yield:** 1.000 Litre

### **Ingredients**

Water	1 litre
White Vinegar, Wine Vinegar or Lemon Juice	65 ml
Onions, sliced	60 g
Celery, sliced	30 g
Carrots, sliced	30 g
Salt	15 g
Peppercorns, crushed	0.5 g
Bay Leaf	1 each
Thyme	0.5 g
Parsley Stems	3 each

### **Procedure**

- 1) Combine all ingredients in a stock pot or sauce pot and bring to a boil.
- 2) Reduce heat and simmer 30 minutes.
- 3) Strain and cool.

## **Fish Veloute**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 182

**Yield:** 1.000 Litre

### **Ingredients**

Clarified Butter	63 ml
White Mirepoix, small dice	63 g
Flour	63 g
White Fish Stock	1.25 litre

### **Sachet**

Bay Leaf	1 each
Thyme, dried	1 g
Peppercorns	1 g
Parsley Stems	2 each
Salt	to taste
Peppercorns, white	to taste

### **Procedure**

- 1) Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
- 2) Add flour and make a blond roux. Cool roux slightly.
- 3) Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
- 4) Add the sachet.
- 5) Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
- 6) If the Velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season Velouté.
- 7) Strain through a china cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold water bath for later use.

## **Bercy Sauce**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 184

**Yield:** 1.000 Litre

### **Ingredients**

Shallots, fine dice	60 g
White wine, dealcoholized	125 ml
Fish Velouté	1 litre
Butter	60 g
Parsley, chopped	30 ml
Lemon Juice	to taste

### **Procedure**

- 1) Reduce by  $\frac{2}{3}$  chopped shallots and white wine.
- 2) Add fish velouté and reduce slightly.
- 3) Finish with raw butter, chopped parsley and lemon juice to taste.

## **Tomato Rice Pilaf (with tomato concassé)**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 384

**Yield:** 0.450 kg

### **Ingredients**

Butter	20 g
Onions, fine dice	30 g
Long-grain rice	166 ml
Chicken Stock	125 - 160 ml
Tomato concassé with juice	230 ml
Salt	to taste

### **Procedure**

- 1) Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
- 2) Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
- 3) Pour in the boiling liquid and crushed tomatoes. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
- 4) Place in a 350°F (175°C) oven and bake for 18-20 minutes, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
- 5) Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
- 6) If desired, additional raw butter may be stirred into finished rice.

# **Blanching & Refreshing Vegetables**

## **Broccoli & Red Peppers**

**Source:** Professional Cooking 8th edition

**Page:** 306

**Yield:** 3 portions

### **Ingredients**

Broccoli florets	120 gram
Red Peppers, lozenge cut	21 pieces
Butter	as needed
Salt and White Pepper	to taste

### **Procedure**

- 1) Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
- 2) Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
- 3) Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. Cook the vegetables to the desired doneness.
- 4) Remove the vegetables from the boiling water with a slotted spoon or drain through a colander.
- 5) Refresh / shock the vegetables in an ice water bath, drain and refrigerate until needed.
- 6) Reheat for service - add seasoning and butter as required

## **Carrot Batonnet**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 315

**Yield:** 0.270 kg

**Original Recipe - Variation:** Glazed Carrots

### **Ingredients**

Carrots (Batonnet)	400 g
Water	as needed
Butter	20 g
Sugar	5 g
Salt	2 ml
Pepper – White	to taste
Parsley (chopped)	as needed

### **Procedure**

- 1) Trim, peel and cut the carrots into batonnet
- 2) Place them in a straight sided sauté pan. Add water to barely cover. Add the butter, sugar and salt
- 3) Bring to a boil. Lower the heat and simmer until the carrots are tender and the water in nearly evaporated. If done properly, these should happen at the same time. Toss the carrots so that they are well coated with the glaze left in the pan.
- 4) Season with pepper. Garnish with chopped parsley.

## **Crème Caramel**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 1013

**Yield:** 3 x 150 g portions

### **Ingredients**

Eggs	125 g
Sugar	65 g
Salt	Pinch
Vanilla	4 ml
Milk	310 ml

### **Caramel**

Sugar	90 g
Water	15 ml

### **Procedure**

- 1) Combine the eggs, sugar, salt and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
- 2) Scald the milk in a double boiler or in a saucepan over low heat.
- 3) Gradually pour the milk into the egg mixture, stirring constantly.
- 4) Skim off all foam from the surface of the liquid.
- 5) Arrange custard cups in a shallow baking pan.
- 6) Caramel: Cook sugar and water until it caramelizes. Line the bottoms of the custard cups with the hot caramel. Be sure the cups are clean and dry.
- 7) Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
- 8) Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.
- 9) Bake at 325°F until set, about 45 minutes.
- 10) Carefully remove from the oven and cool. Store, covered, in the refrigerator overnight.
- 11) Unmold onto a plate for service.



## **Shortbread Cookies**

**Source:** Professional Cooking 8<sup>th</sup> edition

**Page:** 975

**Yield:** 0.625 kg

### **Ingredients**

Butter	90 g
Sugar	65 g
Salt	Pinch
Egg Yolks	30 g
Pastry Flour	125 g

### **Procedure**

- 1) Have all ingredients at room temperature.
- 2) Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
- 3) Add the eggs and blend at low speed.
- 4) Sift in the flour. Mix until just combined.
- 5) Roll dough ¼ inch thick.
- 6) Use greased or parchment-lined baking sheets.
- 7) Bake at 350°F about 15 minutes.