



**28<sup>TH</sup> ONTARIO TECHNOLOGICAL SKILLS COMPETITION**

**TORONTO, ONTARIO**

**MONDAY, MAY 1, 2017**

# **POST - SECONDARY**

## **CULINARY ARTS CONTEST**

**TEST PROJECT**

### **TECHNICAL CHAIRS:**

Steve Benns (Technical Co-Chair)  
Tyrone Miller (Technical Co-Chair)

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### **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-post-secondary>.

If you have questions, please contact Technical Chair Steve Benns at [steven.benns@flemingcollege.ca](mailto:steven.benns@flemingcollege.ca)

**Module 1** - Prepare and present a Cold Plated Appetizer and complete Mise en Place for Module 2

**Module 2** - Prepare and present a Main Course and 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:**

Post - Secondary, Culinary Arts

**Monday, May 1, 2017**

Competitor Equipment Drop-off & Sign-in	6:45 a.m.
Station Set-Up	7:00 a.m.
Post-Secondary Orientation	7:30 a.m.
Competition Start Time - Module 1	8:00 a.m.
Presentation of Menu - Module 1	8:30 a.m.
Presentation of Cold Plated Appetizer	11:00 a.m. – 11:05 a.m.
Cleaning & Mise en place storage for Module 2	11:05 a.m.
Lunch	11:30 p.m.
Competition Start Time - Module 2	12:00 p.m.
Presentation of Menu - Module 2	12:30 p.m.
Presentation of Main Course	3:30 p.m. – 3:35 p.m.
Presentation of Dessert	4:00 p.m. – 4:05 p.m.
Cleaning & Packing	4:00 p.m.
Job Interviews will be scheduled	4:10 p.m.
Competitor Debriefing	5:00 p.m.
Competitors leave the site	5:30 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 Dessert must be served from 4:00 p.m. to 4:05 p.m. (considered on-time). At 4:05 p.m. one point will be deducted per minute until 4:10 p.m. At 4:11 p.m. plates will no longer be accepted for judging.**

**No plates will be judged after 4:11 p.m.**

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

<b>Module 1</b>	<b>Cold Plated Appetizer &amp; Mise en Place</b> <b>3 ½ hours kitchen time</b>
<b>Description</b>	<p><b>Prepare four (4) portions of a cold appetizer using a <u>Mystery Shellfish</u>. Complete mise en plus for the main course &amp; dessert for module 2.</b></p> <p><b><u>Cold Appetizer:</u></b></p> <ul style="list-style-type: none"> <li>○ Must use Mystery Shellfish</li> <li>○ Must use Mystery Vegetable</li> <li>○ Minimum one (1) sauce</li> <li>○ Minimum one (1) accompaniment</li> </ul> <p><b><u>Mise en Place for Module 2</u></b></p> <ul style="list-style-type: none"> <li>○ Complete any Mise en Place for Module 2</li> </ul>
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Present four (4) plates</li> <li>• Appetizer is to be served cold</li> </ul>
<b>Ingredient Information</b>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the “Common Table Post-Secondary Document” posted.</li> <li>• <b><u>Dairy</u></b> – each competitor is limited to 1 litre of 35% cream and 500 g butter (for both modules).</li> <li>• <b><u>Shellfish</u></b> - each competitor will be limited to 1 kg of Shrimp or 1 kg of Scallops or 3 Lobsters (about 1 kg).</li> </ul>
<b>Mystery Ingredient</b>	<p><b>All Mystery Items will be drawn and posted to Skills Ontario Web Site on <u>Monday April 24, 2017</u>.</b></p> <ul style="list-style-type: none"> <li>• The <b><u>Mystery Vegetable</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Parsnips</li> <li>○ Savoy Cabbage</li> <li>○ French Green Beans</li> <li>○ Brussels Sprouts</li> </ul> </li> <li>• The <b><u>Mystery Shellfish</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Black Tiger Shrimp - 16 to 20 ct</li> <li>○ Scallops - IQF 20 to 30 ct</li> <li>○ Lobster Whole Cooked – 12 to 14 oz</li> </ul> </li> </ul>

Module 2	Main Course and Dessert 4 hours kitchen time
Description	<p>Prepare four (4) portions of a main course item using a <u>Mystery Fin Fish</u> and a dessert using a <u>Mystery Dried Fruit</u></p> <p><b><u>Main Course:</u></b></p> <ul style="list-style-type: none"> <li>• Prepare a main course using a <u>Mystery Fin Fish</u></li> <li>• One (1) <b>mystery vegetable</b> must be featured on the menu</li> <li>• One (1) sauce minimum</li> <li>• One (1) starch minimum</li> <li>• Garnish of your choice</li> </ul> <p><b><u>Dessert:</u></b></p> <ul style="list-style-type: none"> <li>• Prepare a dessert featuring Bread &amp; Butter Pudding using a <u>Mystery Dried Fruit</u></li> <li>• One (1) <b>mystery nut</b> must be used</li> <li>• Component utilizing Caramel (hard, soft, liquid)</li> <li>• One (1) sauce minimum</li> <li>• Garnishes of your choice</li> </ul>
Service Details	<p><b><u>Main Course:</u></b></p> <ul style="list-style-type: none"> <li>• Present four (4) plates</li> <li>• Main Course is to be served hot</li> <li>• Maximum portion size is 360 g for the entire plate</li> </ul> <p><b><u>Dessert:</u></b></p> <ul style="list-style-type: none"> <li>• Presented four (4) plates</li> <li>• Dessert can be served hot or cold</li> <li>• Maximum portion size is 180 g for the entire plate</li> </ul>
Ingredient Information	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the “Common Table Post-Secondary Document” posted.</li> <li>• <b><u>Dairy</u></b> – each competitor is limited to 1 litre of 35% cream and 500 g butter (for both modules).</li> <li>• <b><u>Fin Fish</u></b> - each competitor will receive drawn fish (viscera removed). Amounts &amp; Sizes are listed in the “Mystery Ingredient” box below.</li> </ul>

<b>Mystery Ingredient</b>	<p><b>All Mystery Items will be drawn and posted to Skills Ontario Web Site on <u>Monday April 24, 2017</u>.</b></p> <ul style="list-style-type: none"> <li>• The <b><u>Mystery Fin Fish</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Striped Bass ( 4-5 lb average) – 1 each</li> <li>○ Arctic Char (1-2 lb average) – 2 each</li> <li>○ Red Snapper (2-4 lb average) – 1 each</li> </ul> </li> <li>• The <b><u>Mystery Vegetable</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Parsnips</li> <li>○ Savoy Cabbage</li> <li>○ French Green Beans</li> <li>○ Brussels Sprouts</li> </ul> </li> <li>• The <b><u>Mystery Dried Fruit</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Dried Cherries</li> <li>○ Dried Figs</li> <li>○ Dried Apricots</li> </ul> </li> <li>• The <b><u>Mystery Nut</u></b> could be any of the following: <ul style="list-style-type: none"> <li>○ Pecan - halves</li> <li>○ Pistachios - peeled</li> <li>○ Almonds - Sliced</li> </ul> </li> </ul>
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## **Module 1 & Module 2 - Notes**

- It is strongly recommended that competitors complete mise en plus for Module 2 during Module 1. Marks will be allocated to competitors that complete mise en plus during Module 1
- Plate Presentation. Competitors must present four (4) plates for each course:
  - Three (3) 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 - Post 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.