

Regional Scope Document

CULINARY ARTS (Secondary) 2019

Check in time: 1 hr prior to start. Contest Length: 3 hrs.

Timing:

1 hr prior to start	Check in and briefing
30 min. prior to start	Set up stations
	Competition start
30 min. after start	Submission of final menu
1 hr 30 min. after start	Presentation of competencies
2 hrs 30 min. after start	Presentation of main course
3 hrs after start	Presentation of dessert

Purpose of the Challenge:

To encourage the highest possible standards for employment and to recognize outstanding students for excellence and professionalism in their field.

Skills & Knowledge to be Tested:

General Cooking Skills, Timing, Creativity, Work Habits, Presentation of Food, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to prepare a menu from set recipes, Knowledge of current culinary trends and modern plate presentation.

Specific Requirements:

To be able to use set recipes to produce a **two course** meal within 3 hours.

Each entrant will prepare and cook **two (2) main course plates featuring Chicken Cacciatore with hand cut Pappardelle** and **two (2) desserts plates featuring Chocolate Mousse** from standardized recipes. **In addition, specific competencies will be graded as outlined in the project.** The plates will be used as follows:

- one plate for tasting by the judges
- one plate for visual display for the judges and public

All of the food items will be supplied by the technical committee and given in the form of a common table of ingredients available to all of the competitors. Competitors **may not** bring any food of any type to the site.

Competitors will write a **two (2) course menu** and make it available to the judges **within 30 minutes** of starting the competition (on paper supplied or word processed), and then prepare, cook, and present their plates, within the **3 hours**. Each competitor must include in their menu the following mandatory items:

Competencies	<ol style="list-style-type: none"> 1. One broiler/fryer chicken cut into 8 as per diagram presented covered in provided container. 2. Vegetable precision cuts presented in provided individual lidded containers. Vegetable quantities – 150 gr each. After grading, these will be returned for use in the recipes. <ul style="list-style-type: none"> • Green Pepper - Lozenge • Celery - Batonnet • Carrot – Brunoise • Onion – Brunoise • Tomato – Concassé
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Description	<p>Prepare two (2) portions each</p> <ul style="list-style-type: none"> • <u>Main Course:</u> <ul style="list-style-type: none"> ○ Chicken Cacciatore on hand cut Pappardelle <ul style="list-style-type: none"> ▪ <i>Completed plates not to exceed 350 g per portion</i> ▪ <i>Cooking temperature must meet industry safety standards</i> ○ 12” dinner plates • <u>Dessert:</u> <ul style="list-style-type: none"> ○ Chocolate Mousse <ul style="list-style-type: none"> • Fruit Sauce of competitor’s choice • Cookie of competitor’s choice utilizing the creaming method <ul style="list-style-type: none"> ▪ <i>Completed plates not to exceed 200 g per portion</i> ○ 12” dinner plates.
Service Details	<ul style="list-style-type: none"> • No service wares (china) permitted other than that provided by the committee • Two (2) plates will be presented for each course, one (1) to the judges & one (1) plate for public display.
Main ingredients required	<ul style="list-style-type: none"> • Recipes supplied by the committee • A list of all ingredients available for this module will be included in the common food table document.

If the competitors do not include all of the above mentioned items in their menus and in their plates, their plates will be disqualified. Please pay careful attention to this when working with your students.

All ingredients will be presented on a common table, which the competitors will be able to use throughout the 3 hour competition. This list of ingredients is attached to this scope document.

Service Requirements:

Vegetable precision knife cuts may be presented at any time for judging prior to the time indicated.

There will be a 5 minute window for the presentation of each course.

- The soup must be served between 2:25 and 2:30 after competition start
- The main course must be served between 2:55 and 3:00 after competition start

One point will be deducted for each minute late after the 5 minute window has expired. No plates will be accepted at the beginning of the 6th minute.

The following service standards must be applied to all dishes:

- Complete plates not to exceed 350g
- Cooking temperature of meats must meet industry standards
- Present two plates for each course, one for presentation, and one for tasting by the judges

Equipment / Tools / Materials

Supplied by Committee:

- All food items
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops,
- Refrigeration
- 12" white dinner plates
- Containers for competencies
- Paper and pencil or pen for writing out their menu in either English or French.
- Standardized recipes for the required items on the menu

Supplied by Contestant:

- Any and all cooking utensils, knives, cutting boards, cloths, etc.
- Small food processor, blender, or other small kitchen appliances
- Portable burners are not allowed, but specialty cooking equipment such as circulators may be allowed at the discretion of the technical committee (see note below regarding precision controlled equipment).
- A suitable reference textbook for help in devising their menu and personal recipes.
- No other presentation plates, china or glassware will be allowed.

If you do not supply your own utensils and knives, you will not be given any at the contest site.

Clothing Requirements:

Non-identifiable cook's jacket (i.e. no school logos or names, please), chef's hat, appropriate pants (checkered, black or white), good kitchen shoes, white four (4) way apron and any white kitchen towels needed.

Judging Criteria:

- General cooking skills, work habits, cooking techniques
- Timing of courses and finishing within the 3 hours.
- Leftover food. Unused food will be penalized according to the judges' discretion
- Presentation of food, appropriate use and balance of food ingredients
- Taste of final dish for flavour, seasoning, appropriateness to pre-submitted menu
- Adherence to safety and sanitation rules and regulations
- Professionalism, including cooperation and demeanor during competition
- Cleanliness of kitchen during and after competition. To include all working areas of competitor's kitchen.
- Appropriateness of written menu compared to the final plates for presentation and for tasting.

Distribution of Marks as per National Contest Description:

- Safety/Sanitation: 15 marks
- Organization/Product Utilization 10 marks
- Preparation/Technical Skills: 25 marks
- Presentation: 15 marks
- Taste/Required Components 35 marks

Please see sample marking sheet for further detail on the mark breakdown in each category

Technical Committee

- Debbie Shore Vancouver Island University (Tech Chair)
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- Darren Clay Pacific Institute of Culinary Arts
- Ysabel Sukic Vancouver Community College
- Phillip Lie Vancouver Community College
- Joerg Gabler Vancouver Island University
- Dennis Green go2HR

Gold medal winners at the Regional Skills Competition are eligible to compete at the BC Skills Competition April 17, 2019 at the Tradex in Abbotsford

Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Skills Competition May 28th and 29th, 2019 in Halifax, Nova Scotia

Skills Canada BC reserves the right to make changes to the scope document. Please check the website for updates

SECONDARY RECIPES

- Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
- The recipes are intended to be followed to produce the appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes. However, additional elements may be added to the dishes to facilitate the competitor’s creativity
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.

Knife Cuts for Reference



(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Cutting chicken into quarters and eighths, bone in



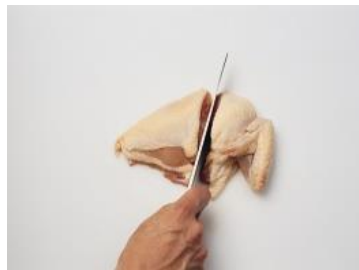
- Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.
- Spread the chicken open and spread through the bones on one side of the backbone.



- Cut off the backbone completely and save for stocks.
- Cut through the skin between the leg and the breast.



- Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.
- To cut into eighths, cut the drumstick and thigh apart at the joint.



- Cut the breast and wing quarter into two equal pieces. Another method is simply to cut off the wing.
- The chicken cut into eighths. Note that the first joint of each wing has been cut off.

Chicken Cacciatore

Professional Cooking 3 – 313

Poultry - Chicken

Yield: 25, 8 – 10 ounce (250 – 300 gram) chicken, 3 ounces (90 millilitres) sauce

15 – 17 pounds	Broiler-fryers, disjointed	7.5 – 8 kilograms
1 pound	Flour	500 grams
2 tablespoons	Salt	30 millilitres
1 ½ teaspoons	Pepper	7 millilitres
8 ounces	Oil	250 millilitres
1 ¼ pounds	Onion, Brunoise	600 grams
1 pound	Green pepper, cut into lozenge	500 grams
5 ounces	Celery, cut into bâtonnet	175 grams
5 ounces	Carrot, cut brunoise	175 grams
2 tablespoons	Garlic, chopped fine	30 millilitres
1 cup	White wine or Marsala	250 millilitres
2 ½ quarts	Tomatoes (canned) crushed with juice	2.5 litres
8 ounces	Tomato paste	250 grams
5 ounces	Tomato Concassé	175 grams
2	Bay leaves	2
½ teaspoon	Basil	2 millilitres

1. Cut chicken into eighths.
2. Place the flour in a pan and season with salt and pepper.
3. Dredge the chicken in the flour. Shake off excess.
4. Heat the oil in a large sauté pan or skillet. Add the chicken pieces and brown well on all sides over high heat.
5. Remove the chicken from the pan and place in a brazier.
6. Pour about 5 ounces (150 millilitre) of the oil used to brown the chickens into a sauce pot. (Discard the rest of the oil, but keep the sauté pan handy.)
7. Add the onion, green pepper, celery, carrot, and garlic. Sweat until onions are translucent, but have not begun to brown.
8. Add the wine, tomatoes, Concassé, tomato paste, and herbs. Bring to a boil.
9. Add a ladleful of the sauce to the pan in which the chickens were browned. Deglaze the pan and pour the liquid back into the sauce. Simmer about 5 minutes.
10. Pour the sauce over the chickens. Bring to a boil. Cover the pan and finish cooking in a 300°F (150°C) oven or over low heat on the stove. Cooking will take 30 to 45 minutes.
11. When the chicken is tender, remove it from the sauce and place in a hotel pan.
12. Degrease the sauce. Reduce the sauce over high heat until thickened to desired consistency. Adjust seasoning. Pour over the chicken.

Fresh Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

1 pound	Bread Flour	450 grams
5	Eggs	5
½ fluid ounce	Olive oil	15 millilitres
Pinch	Salt	Pinch

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.

Pappardelle: Cut by hand, using a fluted cutting wheel, into long noodles about ¾ inch (18 millimetres wide).



Chocolate Mousse

Professional Cooking 8 - 1021

Dessert - Mousse

Yield: 2 $\frac{3}{4}$ pounds (1.25 kilograms) or 2 $\frac{1}{2}$ pints (1.25 litres)

Portions: 12, 4 $\frac{1}{2}$ fluid ounce (145 millilitre)

1 pound	Bittersweet chocolate	500 grams
4 ounces	Butter	125 grams
6 ounces	Egg yolks	180 grams
8 ounces	Egg whites	250 grams
2 $\frac{1}{2}$ ounces	Sugar	75 grams
8 fluid ounces	Heavy cream	250 millilitres

1. Melt the chocolate over hot, but not boiling, water.
2. Remove from the heat and add the butter. Stir until the butter is melted and completely mixed in.
3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat.
5. Fold the egg whites into the chocolate.
6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture.
7. Spoon the mousse into serving dishes, or use a pastry bag fitted with a star tube.
8. Chill the mousse well before serving.

All items are subject to availability.

Alcohol
Brandy, VSOP
Grand Marnier
Port, Ruby
Wine, Red, Local Varieties
Wine, Red, De-Alcoholised
Wine, White, Local Varieties
Wine, White, De-Alcoholised
Dairy
Butter, Unsalted
Cheese, Parmesan
Cream, 35%
Eggs
Milk, Homogenised, 3.25%
Sour Cream
Yogurt, Plain
Dry Goods
Agar Agar
Baking Powder
Baking Soda
Chocolate, Dark, Callebaut 811 (53.7%)
Chocolate, Milk, Callebaut 823 (33.6%)
Chocolate, White, Callebaut,w2nv (28%)
Cocoa Powder
Coffee Beans, dark roast
Corn Starch
Flour, AP
Flour, Double "OO"
Flour, Pastry
Gelatine, Leaves
Gelatine, Powder
Glucose
Honey
Maple Syrup
Nuts, Almond, whole blanched
Oil, Canola
Oil, Olive, Extra Virgin
Sugar, Brown
Sugar, Granulated, White
Sugar, Icing
Sugar, Isomalt
Tabasco Sauce
Tomatoes, Canned Whole
Tomato Paste
Vanilla, Pure
Worcestershire Sauce
Yeast, Instant and Fresh

Frozen Items
Blueberries, IQF
Raspberries, IQF
Strawberries, IQF
Herbs – Fresh
Basil
Chives
Mint
Oregano
Parsley; Flat Leaf
Rosemary
Tarragon
Thyme

Miscellaneous
Wood Smoking Chips
Pan Spray
Aluminium Foil
Plastic Wrap

Produce - Fruit
Apples, Gala
Blueberries
Lemons
Limes
Oranges
Strawberries

Produce - Vegetables
Carrots
Celery
Garlic Bulb
Ginger Root
Onions, Spanish
Peppers, Green
Shallots
Spinach, Baby
Tomato, Roma
Tomato, Cherry Red

Proteins & Stocks
1 fryer chicken

Spices - Dry
Allspice
Bay Leaves
Coriander Seed
Cinnamon, Stick
Fennel Seeds
Ginger, Ground

Nutmeg, Whole
Oregano, Dried
Pepper, Cayenne
Peppercorns, Black

Peppercorns, White
Salt, Kosher
Thyme
Star Anise