

6th Annual South Regional Skills Competition



CONTEST DESCRIPTION

34 - COOKING - Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION: 3.5 HOURS

To evaluate each contestants' preparation for employment and to recognize outstanding students for excellence and professionalism in culinary arts practices.

SKILLS AND KNOWLEDGE TO BE TESTED

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

9:00am - Secondary Cooking Competition Orientation & Workstation set up

9:30am - Kitchen Opens & Cooking Competition begins

12:30pm - Plate Presentation and Judging

1:00pm - Clean- up

Workstation and kitchen clean up, confirmed with technical chair before leaving kitchen area.

The competition will be the preparation of a main course pre-determined by the technical committee. Each competitor will produce two identical plates. One plate will be presented for the tasting judges, and one plate for public display on a timed schedule. The recipes for the dishes are provided.

Specific Requirements

Competitors may not bring any food type on the site. Only those ingredients provided by the technical committee will be allowed.

Ingredients

On competition day, contestants will receive the ingredients they need. Quantities are limited so competitors may not take more than is required for their recipes. There will also be a common table of ingredients for the use of all contestants. The technical committee will provide all ingredients for the fixed menu.

Main Course

Chicken Supreme Stuffed with Mushroom Duxelle
with Mashed Potatoes,
and Green Bean Almandine

Recipes are provided as guidelines and may be reduced or modified as required

Duxelle

Serving Size: 360 grams

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
500	grams	mushrooms
15	grams	whole butter
25	grams	tablespoons shallots -- minced
5	grams	garlic -- chopped
		Salt and pepper -- to taste
10	grams	fresh parsley -- chopped

1. Chop the mushrooms very finely.
2. Sauté the shallots and garlic in butter until tender. Add the mushrooms and sauté until dry.
3. Season with salt and pepper and add the parsley. Cool and then use the duxelles as a stuffing for vegetables or as a flavoring ingredient in other recipes.

Chicken Breast Supreme stuffed with Mushroom Duxelle
Recipe Yield – 2 portions

Ingredients

Chicken breast with bone 2 each
Canola oil 15 ml
Salt to taste
Black pepper to taste

Procedure - Stuffed Supreme

1. Trim the chicken breasts & cut a deep pocket in the thick end
2. Using a piping bag (or a spoon) fill the pocket with 60 grams of mushroom duxelle
3. Place on parchment paper lined tray and lightly coat with oil and season with salt and pepper.
4. Bake in preheated 400 F oven until the internal temperature reaches 165 F or until the juices run clear
5. Let rest for 5 to 10 minutes and slice on the bias (3 slices).

Mashed Potatoes - 2 portions of 100 grams

Potatoes, peeled and quartered	250 grams
Whole butter	15 grams
Nutmeg	to taste
Salt & pepper	to taste

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. Mash potatoes while warm
4. Blend in butter and seasonings
5. Serve in desired portions, keeping presentation in mind

Green Bean Almandine

Serving Size: 6

Amount	Measure	Ingredient -- Preparation Method
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1	kilogram	Green Beans -- fresh Salt and pepper -- to taste
50	grams	whole butter
25	grams	sliced almonds
5	grams	garlic clove -- minced
50	millilitres	lemon juice

1. Cut the green bean into uniform spears. Rinse and sprinkle lightly with salt and pepper.
2. Place the green bean in a single layer in a perforated hotel pan and cook in a convection steamer until tender but slightly crisp, approximately 3 minutes.
3. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the nuts are lightly browned.
4. Arrange the green bean on plates for service and sprinkle with the lemon juice. Drizzle the almonds and butter over the green bean and serve immediately.

Adjust the consistency by adding cream as desired. Season the mixture with salt and white pepper and serve hot.

Note to all competitors: The recipes must be scaled accordingly.

ESSENTIAL SKILLS

Essential skills are used in nearly every job to varying degrees. They provide a foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change. Good Essential Skills will help you understand and remember concepts introduced in technical training. The level of Essential Skills required for most trades is as high or higher than that for many office jobs.

Of the nine skills that have been identified and validated as key essential skills for the workplace, this contest involves the following:

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| <input type="checkbox"/> Continuous Learning | <input type="checkbox"/> Numeracy | <input checked="" type="checkbox"/> Thinking |
| <input type="checkbox"/> Digital | <input checked="" type="checkbox"/> Oral Communication | <input type="checkbox"/> Working with Others |
| <input type="checkbox"/> Document Use | <input type="checkbox"/> Reading Text | <input type="checkbox"/> Writing |

EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

Supplies provided by each contestant

Shoes with non-skid soles are mandatory and hair must be appropriately secured.

Reference Materials:

Contestants may bring and consult reference works of their choice, "Professional Cooking", Gisslen and "On Cooking", Labensky are recommended.

Equipment provided by the technical committee:

All ingredients, cookware, and dishes required for the competition will be provided:

- 1 Electric stove
- 2 Burners, electric
- 1 Workstation, with dry storage space
- 1 Power outlet
- Sinks with hot and cold water
- Soap and disinfectant (sanitize)

Common Table

Dry Storage	Produce	Dairy	Specialty Items
Salt	Garlic	Butter (salted)	Sliced almonds
Pepper (ground)	Potatoes	Milk	Nutmeg
Oil - canola	Mushrooms		Common dry spices
Oil - olive	Green beans	Fresh Herbs	Lemon Juice
	Shallots	Parsley	
Meat Items		Rosemary	
Chicken breasts		Thyme	

* **NOTE:** Common table items subject to change based on availability of ingredients. Please let the Technical Chair know if any further items are required.

Sanitation.....15%

- Proper and professional clothes
- Personal hygiene and cleanliness
- Safety
- Work station, floor and fridge cleanliness
- Cutting board hygiene
- Proper food storage methods

Time and Product Utilization.....10%

- Food wastage
- Energy and water wastage
- Time management
- Respected timetable in regards to serving
- Proper planning of tasks

Preparation.....25%

- Proper basic cooking techniques
- Proper culinary methods
- Professional use of tools and equipment

Presentation.....15%

- Portion size and disposition of food
- Harmonious colours
- Clean plates
- Appetizing, modern and

Taste.....30%

- Proper textures of foods
- Degree of doneness
- Balanced taste and seasonings
- Taste according to menu

Set Items.....5%

- Presentation in accordance with the required dishes

TECHNICAL COMMITTEE MEMBERS & JUDGES

Technical Chair – Lorna Hill
Diamond Jenness Secondary School
Email: lorna_hill@ssdec.nt.ca

