

2012 South West Regional Skills Canada Competition

Scope Document

Lethbridge College

Thursday, April 19, 2012

EVENT: Baking	LEVEL: Secondary
TIMES: Orientation/Registration: 7:30 A.M. Competition Start Time: 8:30 A.M. End Time: 12:30 P.M. Clean up: 12:30 P.M. – 1:00 P.M.	LOCATION: Lethbridge College AN 1639
DURATION: 4 hours	REGIONALIZED: No
Number of Competitors That Will Qualify for the 2012 Provincial Skills Canada Competition: 1	

GENERAL DESCRIPTION

Purpose of the Challenge:

To evaluate each contestant's preparation for employment and recognize outstanding students for excellence and professionalism in the commercial baking field.

Please Note: Items to be prepared at the Provincial level will differ slightly from that done at the Regional level.

PROJECT DESCRIPTION

Skills and Knowledge to be Tested:

The following is a general outline of the skills and knowledge to be tested. Please see attached recipes.

1) Pies

Make and present one double crust pie filled with seasonal fruit. You must cut and present a slice to show the uniformity in slicing and reveal texture.

2) Muffins

Make and present 12 muffins.

3) Cookies

Make and present 12 cookies.

4) Occasion Cake

- Make an 8" round sponge cake.
- Using a knife, divide cake into three layers and decorate with butter cream icing, with an inscription of "Skills Canada".
- Butter cream icing must be prepared at the competition. It cannot be prepared ahead of time.
- Competitors will NOT be allowed to use any decorations for their cake other than the butter cream icing (no marzipan, gum paste, Pastillage, modeling chocolate, royal icing, fondant, etc. will be allowed)
- Base colour of icing must be pastel, accent colours may be vibrant. Competitors may incorporate as many colours as needed to do their inscription of "Skills Canada".
- You must cut and present a slice to show the uniformity in slicing, layering, and decorating skills.

INSTRUCTIONS

- Upon arrival at Lethbridge College, all competitors must report to the check-in desk located in the Canbra Room. Competitors will be escorted to the competition. Competitors should not bring their equipment to the Baking Lab until they have checked in and received permission from a contest organizer to proceed to the contest area.
- The schedule for the competition is to be followed exactly. During the contest, all communications between competitors and persons outside the site are not permitted. If a competitor has to leave the site, the Coordinator has to be advised.
- Competition commences upon approval of judges which should take place by 8:30 a.m. Presentation of all completed items should occur by 12:30p.m. for judging.
- Competitors are responsible for cleanup of their work areas before they leave the competition area. Points will be deducted for competitors who do not comply.
- Competitors are expected to participate in the spirit of fair competition. Any emotional outbursts directed at fellow colleagues, competitors, judges or organizing committee members will result in immediate disqualification.
- Competitors are responsible for supplying all of their own ingredients. Each participating program/school will be reimbursed \$50.00 per competitor to help cover the cost of the ingredients required for the competition and preparation
- Career Transitions and/or Lethbridge College will not be responsible for any material, equipment or food left over after the competition.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

- All food ingredients required for preparation
- Appropriate bakers/pastry clothing (plain white shirt, white pants or culinary pants (no jeans allowed)) clean footwear (non-slip runners are acceptable)
- Competitors are free to bring any of their own utensils as they may feel more comfortable using their own equipment.
- Competitors may not bring their own plating dishes. All competitors will use the plating dishes supplied by Lethbridge College.
- Please note that Career Transitions and/or Lethbridge College are not responsible for those items brought by the competitor.

Equipment and Materials Supplied by the Committee:

- All major equipment (oven, tabletop mixer with bowl and attachments, proofer, fridge, and freezer space)
- An apron, a chef's jacket, side towels and a hat will be provided for use and must be returned at the end of the competition

The criteria will include:

Overall Fundamental Skills	Menu Component (for each item)
Waste & product handling	Colour
Sanitation/cleanliness	Texture/consistency
Safety/organization	Portion size
Professional appearance	Taste
	Temperature
	Timeliness
	Originality/presentation

*a complete marking rubric will be forwarded to competitors upon close of registration

Judging will be done in two parts. Kitchen judges will observe students throughout the competition. After the competition closes and students have exited the kitchen a tasting judge will give marks for the menu component (excluding timeliness).

Students may converse with the judges but are not allowed outside assistance during the competition hours.

SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

- No rings, earrings (including facial piercing) or watches to be worn during the competition.
- No nail polish.
- Appropriate bakers/pastry clothing (plain white shirt, white pants or culinary/black pants, white apron, hair cover, no jeans)
- Competitors are required to follow all industry safety standards during the competition and will not be allowed in the competition area without the required safety equipment.

ADDITIONAL NOTES

Skills Canada Alberta has allocated one spot at the Provincial Competition for the gold medalist from the regional competition. Should the gold medalist choose not to attend the Provincial Competition the spot would be offered to the silver medalist. The provincials are scheduled for May 9 & 10 at the Edmonton Expo Centre Northlands in Edmonton, Alberta. Travel expenses and preparation for the provincials are the competitor’s responsibility. Please see www.skillsalberta.com for details.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

- | | |
|-------------------------|------------------------------------|
| FOD 1020: Baking Basics | FOD 3030: Creative Baking |
| FOD 2040: Cake & Pastry | FOD 2150: Food Safety & Sanitation |

Descriptions of all modules are located at the following website:
<http://www.education.gov.ab.ca/cts>

**ADDITIONAL INFORMATION
SCHEDULE (Tentative)**

7:30 a.m.	<ul style="list-style-type: none"> • Competitors should check in at the Canbra Room and wait to be escorted to the competition area • Competitors should NOT bring their supplies to the competition area until a competition organizer directs them to do so. Competitors should be prepared to wait in the competitor lounge with their supplies (including perishables) until directed to the competition area
8:00 a.m.	Students will be escorted to competition area
8:10 a.m.	Orientation for students Students may begin to set up their workstation once direction has been given by the Skills Expert
8:30 a.m.	Competition begins – teachers must leave the competition area
12:30 p.m.	Competition ends – students should have their presentation area ready for judging Students may now begin clean up
1:00 p.m.	Judging begins. Lunches for the students have been set aside
2:00 p.m.	Students receive feedback from the judges
3:30 p.m.	Awards Ceremony (IB Theatre) – open to the public

COMMITTEE MEMBERS

Charles Parker	Lethbridge College Culinary Program
Doug Overes	Lethbridge College Culinary Program
Yoda Taylor	Matthew Halton High School
Jamie Moore	Cardston High School
Sharon Malec	Catholic Central High School
Roberta Clemis	Crazy Cakes
Barton Branch	Firestone Restaurant
Blair Yanke	F.P. Walshe School
Sarooun Keuth-Ray	Career Transitions

2012 South West Regional Skills Canada
Baking Recipes

Please Note: There is one large rotary oven available to the Baking competitors. Since all 8 competitors will be sharing the oven they should follow this schedule:

- Prepare pie crust – refrigerate as directed
- Prepare cake – oven will be heated to 375°F
- Prepare cookies – oven will be heated to 375°F
- Prepare muffins – oven will be heated to 400°F once everyone’s cookies are complete
- Prepare pie – oven will be heated at 400°F

*Competitors may choose when to prepare their butter cream icing and decorate their cake

Pie Pastry

Yield: 340 grams

Ingredients:

185 g	Pastry Flour
110 g	All Purpose Shortening
5 g	Salt
40 g	Cold Water

Procedure:

- Scale ingredients accurately
- Dissolve salt in cold water and set aside
- Place flour and shortening in a stainless steel bowl
- Rub or cut shortening into flour until desired consistency
- Add salt water and mix very gently just until water is absorbed (if needed sprinkle in a bit more water for pliability)
- DO NOT OVERWORK THE DOUGH
- Place the dough in the refrigerator for ½ an hour
- Scale out a top and bottom at 170 g each

Old Fashioned Apple Pie Filling

Yield: 1 – 9" pie

Ingredients:

820 g	Fresh peeled, sliced apples
12 g	Lemon Juice
18 g	Cornstarch
65 mL	Water
Pinch	Salt
Pinch	Cinnamon
Pinch	Nutmeg
180 g	Sugar
18 g	Butter

Procedure:

- Preheat oven to 400 ° F (200 ° C)
- Combine apple slices and lemon juice in a large steel pot and toss to coat the apples so they don't brown then bring to a boil (with what liquid is there and what is extracted from fruit)
- Mix water and cornstarch and stir into the apple and juice mixture and return to boil
- Mix together the sugar, starch, salt and spices
- Add to the apples and toss gently until well mixed
- Add the filling to your prepared pie crust and dot the butter over the apples before topping with crust.
- Bake at 400 ° F (200 ° C) for about 45 minutes

Raspberry Pecan Muffins

Yield: 12 – 60 gram (720 grams)

Ingredients:

240 g	Pastry Flour
120 g	Sugar
15 g	Baking Powder
3 g	Salt
72 g	Eggs, beaten
168 g	Milk
6 g	Vanilla Extract
96 g	Melted Butter or Shortening
50 g	Pecans
50 g	Raspberries (fresh or well drained frozen)

Procedure:

- Preheat oven to 400 ° F (200 ° C)
- Grease and flour muffin tins or use paper liners
- In a stainless steel bowl sift together all dry ingredients
- In another bowl mix together all wet ingredients
- Combine the two and mix just until combined. DO NOT OVERMIX
- Gently fold in raspberries and pecans
- Pan and bake immediately until done

Oatmeal Chocolate Chip Cookies

Yield: 12 – 30 g (360 g)

Ingredients:

50 g	Shortening and/or Butter
100 g	Brown Sugar
Pinch	Salt
25 g	Eggs
2 mL	Vanilla
6 g	Milk
75 g	Pastry flour
3 g	Baking powder
2 g	Baking soda
60 g	Rolled Oats (“Quick cooking”)
50 g	Chocolate Chips

Procedure:

- Preheat oven to 375 ° F (190 ° C)
- Sift together into a stainless steel bowl the flour, baking powder, baking soda
- Stir in oats and set aside
- With a paddle attachment cream together fat, sugar and salt
- While creaming in a stainless steel bowl lightly whisk together eggs, vanilla and milk
- Once fat and sugar are ready slowly drizzle in egg mixture
- Add flour mixture and mix until just incorporated. DO NOT OVERMIX
- Fold in chocolate chips and drop cookies onto greased or parchment lined baking sheets
- Bake until golden
- DO NOT OVERBAKE

Sponge Cake

Yield: 1 – 8 “cake

Ingredients:

4 lg.	Egg yolks
50 g	Sugar
75 g	Cake Flour
4 lg.	Egg whites
Pinch	Salt
35 g	Sugar

Procedure:

- Preheat oven to 375 ° F
- Grease only the bottom of cake pan
- Whip egg yolks and first portion of sugar together until very fluffy, pale and thick.
- Sift in the flour and gently fold so as not to deflate
- Whip egg whites until starting to form soft peaks
- Add salt and second portion of sugar and whip until medium peak
- Fold the egg whites into the yolk/flour batter until not whites are visible.
- Deposit into prepared pan and bake until light golden colour and a toothpick comes out clean when inserted on an angle into the middle.
- Cool on counter upside down and un-pan when ready to ice

Simple Vanilla Buttercream Icing

Yield: 750 grams

Ingredients:

300 g	Unsalted Butter
400 g	Icing Sugar
30 g	Egg whites
¼ tsp.	Lemon juice
1 tsp.	Vanilla extract

Procedure:

- Cream together the butter and sugar until well blended using a paddle attachment
- Add the egg whites, lemon juice and extract
- Blend in at medium speed
- Then mix at high speed until light and fluffy
- Set aside well wrapped until needed.
- DON'T REFRIGERATE if using soon as it will be difficult to apply.
- If using later, refrigerate well wrapped and allow to warm up at room temperature



OCCUPATIONAL HEALTH AND SAFETY
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Hazard Assessment Worksheet

Department/Faculty: Culinary Arts/ Baking	Position: Skills Canada Competition	
Assessment completed by:	Date: 2011	Revision Date:

Type of Work/Activity	Hazard Type: (Physical, Chemical, Biological, Ergonomic, Environmental)	Risk (1-3) See below				Controls in Place	Controls Needed
		Exposure Frequency	Severity	Probability	Total		
List all types of work done in this work area or job	List the hazards for each work related activity					Engineered Administrative Personal Protective Equipment	List if any additional controls are required for that Hazard and the date they will be in place
Ingredients Preparation	Cuts, pinch points, slips and trips, distraction	1	2	1	4	Proper hand position, care using utensils, focus on task	
Using Power Mixers	Cuts, pinch points, slips and trips, distraction, entanglement	1	2	1	4	Proper hand position, care using utensils, focus on task, proper fitting clothing, long hair pulled back and contained, no jewelry	
Preparing and Finishing Projects	Cuts, pinch points, slips and trips, distraction, entanglement	1	1	1	3	Proper hand position, care using utensils, focus on task, proper fitting clothing, long hair pulled back and contained, no jewelry	
Baking Project/Cooking	Cuts, pinch points, slips and trips, distraction, entanglement, burns	1	2	1	4	PPE, oven mitts, hand position, awareness	

Presenting Projects	Slips, trips, congestion, distractions	1	1	1	3	Proper hand position, care using utensils, focus on task	
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Frequency Rating:

1. Low, less than 10% of work day
2. Medium, up to 65% of work day
3. High, over 66% of work day

Severity:

1. Minor, potential for minor injury
2. Moderate, potential for lost time injury
3. Severe, potential for severe injury

Probability:

1. Low, unlikely to happen
2. Medium, likely to happen
3. High, very likely to happen

Hazard Rating:

- 3-4 Low, requires monitoring
- 5-6 Moderate, requires attention
- 7-9 High, requires immediate attention