

## 2012 South West Regional Skills Canada Competition

### Scope Document

Lethbridge College

April 19, 2012

<b>EVENT:</b> Culinary Arts (teams of 2)	<b>LEVEL:</b> Secondary
<b>TIMES:</b> Orientation/Registration: 8:00 AM Competition Start Time: 8:30 AM End Time: 1:10 PM Clean up: 1:10 PM – 2:00 PM	<b>LOCATION:</b> Lethbridge College GMS Lab (AN 1635)
<b>DURATION:</b> 4 Hours	<b>REGIONALIZED:</b> Yes
Number of Competitors That Will Qualify for the 2012 Provincial Skills Canada Competition: 2	

#### GENERAL DESCRIPTION

##### Purpose of the Challenge:

To evaluate each contestant's preparation for employment, and to recognize outstanding students for excellence and professionalism in their field.

#### PROJECT DESCRIPTION

Each participant will prepare and present a set menu of 3 courses for 4 people. Menu is provided.

#### 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 GMS 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, both for the work schedule and for service times. 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 9:00 a.m. First course served at 12:30, main course at 12:50 a.m. and dessert course at 1:10 p.m.
- All food washing and preparation is expected to be done at the competition (with the exception of stock, which may be prepared in advance).
- Competitors are responsible for cleanup of their work areas (which includes washing the dishes used by the dining room guests/judges) 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 team to help cover the cost of the ingredients required for the competition and preparation.

#### EQUIPMENT & MATERIALS

##### Equipment and Materials Competitors Must Supply:

- Black pants (no jeans allowed), light coloured undershirt, clean footwear (non-slip runners are acceptable). No watches, facial or visible jewelry.

- Each competitor should bring their own knives, spatulas and any small equipment or appliance not supplied by the committee **but necessary to prepare menu items.**
- Competitors are free to bring any of their own equipment (ie: vegetable peelers, zesters, pots and pans, double boilers, etc.) 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.
- Career Transitions and/or Lethbridge College are not responsible for those items brought by the competitor.
- Contestants may bring one reference text book to assist in preparing their menu (“On Cooking”, Labensky 3<sup>rd</sup> or 4<sup>th</sup> edition recommended).

**Equipment and Materials Supplied by the Committee:**

- Cooking facilities for each station include a gas stove, oven , prep area, refrigeration, freezer, sinks, deep fryer, salamander (broiler), overhead warmer, a wide selection of pots, pans, bowls, cutting boards, cooking utensils, and dishes
- 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

**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.

**RELATED CAREER AND TECHNOLOGY STUDIES COURSES**

Descriptions of all modules are located at the following website:

<http://www.education.gov.ab.ca/cts/foods>

Module FOD 1020: Baking Basics  
 Module FOD 2070: Stocks, Soups & Sauces  
 Module FOD 2080: Vegetable, Fruits, Grains  
 Module FOD 2090: Creative Cold Foods  
 Module FOD 2100: Basic Meat Cookery  
 Module FOD 3080: Advanced Meat Cookery

Module FOD 2110: Fish  
 Module FOD 2150: Food Safety & Sanitation  
 Module FOD 3050: Advanced Soup & Sauces  
 Module FOD 3060: Food Presentation

**SCHEDULE (Tentative):**

7:30 a.m.	<ul style="list-style-type: none"> <li>• Competitors should check in at the Canbra Room and wait to be escorted to the competition area</li> <li>• 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</li> </ul>
8:00 a.m.	Students will be escorted to competition area – volunteers will be on hand and a limited number carts will be provided to transport supplies 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
9:00 a.m.	Competition begins – teachers must leave the competition area
12:30 p.m.	First Course presented
12:50 p.m.	Main Course presented
1:10 p.m.	Dessert Course presented Team may begin clean up Judging
2:00 p.m.	Students receive feedback from judges
3:30 p.m.	Awards ceremony (IB Theatre) – open to the public

\*Due to the nature of the competition a designated time for a competitor lunch break has not been set. Lunch will be delivered to the kitchen and teams should decide amongst themselves when to have lunch.

**ADDITIONAL INFORMATION**

The Provincial Skills Canada competition is an individual event in Culinary Arts.

**COMMITTEE MEMBERS**

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

**APPROVED RECIPE INGREDIENTS (Competitors are responsible for bringing the following items)**

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Cornstarch			
AP flour	Broccoli	Brown stock	Vanilla extract
Salt	Garlic	Brown sauce	Cinnamon
Tabasco			Bay leaf
Worcester Sauce	Russet potatoes		Sliced almonds
White, brown & icing sugar	Carrots	Dairy	
Baby Dill pickles	Celery	Eggs	Common dry spices
White Pepper	Onions	Butter ,unsalted	Raspberries *
Cocoa Powder	Apples		Blueberries *
Canola oil	Strawberries		Nutmeg
White Chocolate **	Kiwi	Milk	Cinnamon
Dark Chocolate **	Oranges	Cream	Cloves
Tomato paste	Lemons		
Dijon Mustard		Meat Items	Fresh Herbs
Red Currant Jelly	Red Cabbage		Parsley
Red Wine Vinegar		Beef Roulades 60-70 grams	Rosemary
		Sliced bacon	Thyme
		Lean ground beef	

\*Frozen

\*\*Callebault or Similar

## RECIPES

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

### **Minestrone Soup** – recipe yield 1 Litre

#### **Ingredients**

- Dry white beans 40 grams
- Olive oil 10 ml
- Onions 30 g
- Garlic, minced 1 clove
- Celery, paysanne 40 grams
- Carrot, paysanne 40 grams
- Zucchini, small dice 60 grams
- Green Beans ½ inch 40 grams
- Cabbage diced 60 grams
- White stock 600 ml
- Tomato, concasse 2 each
- Tomato Paste 15 ml
- Orzo pasta cooked 20 grams
- Fresh oregano 5 ml ( to taste )
- Fresh Basil 5 ml
- Fresh parsley 15 ml
- Salt & pepper To taste

#### **Procedures**

1. **Soak the beans in cold water over night, drain** (bring soaked beans with you on competition day)
2. Cover beans with water simmer until tender , about 40 minutes
3. Sauté onions , add garlic celery and carrot cook 3 minutes
4. Add the remaining vegetables one type at a time, briefly cook
5. Add stock, tomatoes and tomato paste simmer 45 minutes
6. Add cooked white beans and orzo
7. Stir in chopped herbs , season to taste
8. Simmer soup 15 minutes , serve in hot bowls , garnish as desired

**Beef Roulade** - 4 portions of 2 pieces per order (110-120 grams each)

**Ingredients**

- Lean ground beef 160 grams
- Egg, beaten 1 each
- Salt and pepper to taste
- Beef inside round 8 X 60 grams app. (Sliced thin)
- Dijon Mustard 30 ml
- Bacon , par cooked 8 slices
- Dill pickle wedges 8 each
- Carrot batons 8 each
- Onion, julienne 80 grams
- Onions brunoise 100 grams
- Canola oil 45 ml
- Flour as required
- Beef stock 200 ml
- Brown sauce 600 ml or to cover
- Sachet – 5 ml each peppercorns, dry thyme, marjoram, dry oregano 1 bay leaf- tied in cheesecloth

**Procedures**

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area , season with salt & pepper
3. Brush each slice with Dijon mustard
4. Place bacon on each slice *lengthways*
5. Divide ground beef into 6 portions and place on beef slice
6. Place dill pickle carrot baton and onion portion next to ground beef
7. Roll the meat snugly into a tight closed roll , tie with string if desired
8. Heat appropriate sized braising pan and add oil
9. Dredge roulades in flour and brown
10. Remove roulades sauté onion brunoise
11. Deglaze pan with brown stock , add brown sauce, & sachet – bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (app 1 hour )
13. For service the roulades may be served whole or sliced
14. Garnish with baton of carrots

**Brown Sauce** - Recipe Yield 1 Litre

**Ingredients**

- Celery - small dice 40 grams
- Carrots – small dice 40 grams
- Onion – small dice 40 grams
- Butter or margarine 50 grams
- Flour 50 grams
- Tomato paste 15 ml
- Beef stock 1.2 litre
- Thyme, ground pinch

**Procedures**

1. Sauté the vegetables in butter or margarine until well caramelized
2. Add the flour and cook to make brown roux
3. Add the tomato paste, stir well and continue cooking
4. Add the beef stock, whisk until smooth and bring to boil
5. Reduce to simmer, add thyme and cook to reduce 1/2-1 hour
6. Strain the sauce through a cheese cloth and adjust the seasoning

**Duchesse Potatoes** - 4 portions of 100 grams

**Ingredients**

- Potatoes , peeled and quartered 500 grams
- Whole butter 25 grams
- Nutmeg to taste
- Salt & pepper to taste
- Egg yolks 2

**Procedures**

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks , blending well
6. Pipe all potato mix into desired portions

**Braised Red Cabbage** - Present 4 portions of 60 grams, reserve remainder

**Ingredients**

- Red cabbage 400 grams
- Butter 40 grams
- Onions sliced 80 grams
- Sugar 15 ml + ( to adjust taste )
- Red Currant jelly 15 ml
- Chicken Stock 120 ml
- Apple cored , diced 100 grams
- Cloves pinch
- Cinnamon stick 1
- Red wine vinegar 200 ml

**Procedures**

1. Core the cabbage and cut into shreds
2. Melt the butter in a heavy pot, add onions and sugar cook until tender
3. Add the cabbage and stir until coated with fat
4. Add the stock, jelly and spices cover and cook until tender, approx. 30 minutes
5. Add vinegar and simmer another 10 minutes
6. Taste and correct the seasoning

\*May be thickened slightly with a small amount of cornstarch dissolved in water

**Steamed Broccoli** - yields 4 X 60 grams

- Clean and portion broccoli into 60 gram portions
- Steam until tender
- Brush with melted butter and season to taste with salt & pepper

**Chocolate Mousse** - Present 4 portions Minimum size 100 grams

**Ingredients**

- Dark Chocolate 190 grams
- 32 % Cream (Hot) 125 ml
- Egg Yolks 2
- Sugar 15 ml
- 32 % Cream 190 grams

## Procedures

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks .Fold cream into the ganache
5. Present with one sauce and a fruit garnish

## **MARKING CRITERIA**

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.

### **Sanitation: 15 % includes**

- Hand washing
- Professionally attired, hats ,aprons, no running shoes
- Hair restrained
- No watches, rings, jewellery
- Cleaning / sanitation of work area
- Cutting board sanitation
- Cleanliness of work tools
- Correct food handling and storage
- Personal hygiene
- Other

### **Organization: 20 % includes**

- Follows work sheet
- Station maintained in neat and orderly manner
- Follows recipe steps
- Demonstrates good communication skills
- Demonstrates safe working practices
- Correct knife skills/applications
- Follows a production timetable
- Maintains correct temperature controls
- Tool boxes orderly & correctly stored
- Effective food utilization – wastage
- Effective time management
- Applies appropriate cooking methods
- Other

### **Timing: 10 % includes**

- All products presented at noted time (5 minute period of grace), any later results in zero

### **Temperature: 5 % includes**

- Hot food served hot on heated plates
- Cold food served cold on chilled plates

**Presentation: 15 % includes**

- Portion size /balance
- Visual appeal , food placement
- Clean plates, neatness
- Originality
- Technical skills (slicing, dicing, turning etc)
- Other

**Taste: 30 % includes**

- Proper textures of foods, consistency of product /sauces
- Degree of doneness not overly cooked or under cooked
- Balanced taste and flavours – enhanced natural flavours not bland , under seasoned , over seasoned ,
- Not salty, sour, overly sweet, burnt, metallic, aftertaste, excessively hot/spicy
- Other

**Clean-up: 5 % includes**

- Tables and entire work area cleaned and sanitized as instructed
- Adjacent common areas, sinks, cupboard refrigerators cleaned, and adjacent floors swept.
- All extra/ unused product identified and stored where indicated
- Garbages not overfilled, bags tied and moved to doorways
- All competitors to remain until areas are inspected
- Other

**In the case of a tie, the score with the highest marks in taste will prevail.**



**OCCUPATIONAL HEALTH AND SAFETY**  
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 Fax 403.394.7311

## Hazard Assessment Worksheet

Department/Faculty: Culinary Arts	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		
<b>List all types of work done in this work area or job</b>	<b>List the hazards for each work related activity</b>					<b>Engineered Administrative Personal Protective Equipment</b>	<b>List if any additional controls are required for that Hazard and the date they will be in place</b>
<b>Ingredients Preparation</b>	Cuts, pinch points, slips and trips, distraction	1	2	1	4	Proper hand position, care using utensils, focus on task	
<b>Using Power Mixers</b>	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	
<b>Preparing and Finishing Projects</b>	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	
<b>Baking Project/Cooking</b>	Cuts, pinch points, slips and trips, distraction, entanglement, burns	1	2	1	4	PPE, oven mitts, hand position, awareness	

<b>Presenting Projects</b>	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