

2020 REGIONAL SKILLS CANADA COMPETITION



2020 South West Regional Skills Canada Competition

Contest Description (Scope Document)

Lethbridge College

Saturday, April 4, 2020

EVENT: Baking		LEVEL: Secondary										
DURATION OF CONTEST: 4 HOURS		LOCATION: Lethbridge College AN 1639										
COMPETITION SCHEDULE: <table border="1"> <tr> <td>CHECK IN (CE 1305)</td> <td>7:40 AM</td> </tr> <tr> <td>ORIENTATION</td> <td>8:30 AM</td> </tr> <tr> <td>COMPETITION START</td> <td>9:00 AM</td> </tr> <tr> <td>COMPETITION END</td> <td>1:00 PM</td> </tr> <tr> <td>CLEAN UP</td> <td>1:00 – 1:30 PM</td> </tr> </table>		CHECK IN (CE 1305)	7:40 AM	ORIENTATION	8:30 AM	COMPETITION START	9:00 AM	COMPETITION END	1:00 PM	CLEAN UP	1:00 – 1:30 PM	REGIONALIZED: YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
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AWARDS CEREMONY INFORMATION: The awards ceremony will be held at 4:00 p.m. in the IB Theatre. It is open to the public; parents are encouraged to attend.												

CONTEST INTRODUCTION

The baker/pastry competitor is a skilled individual who produces a wide range of intricate baked goods including yeasted and non-yeasted products. A degree of specialist knowledge and skill is required.

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will be tested on ingredient selection and portioning, mixing, make up procedures, hand shaping bread and buns, methods of finishing, proofing, baking and presentation.

The baker/pastry competitor will also be tested on their work efficiencies as they have to present products at specified times. During the competition the judges will be evaluating their workplace safety, sanitation, hygiene and organization. Competitors will also be evaluated on effective use of ingredients. Examples are:

- Are they producing only the required quantities?
- Do they have significant quantity of extra product?
- Did they have to remake a product a second time?

All food waste must be placed into a supplied container, which will be provided at each workstation. Disposing of the food waste cannot be done until competitors have received notice from the judges at the end of the competition day.

Their ability to work on their own and adapt to changing equipment and environment is essential.

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ORGANIZATION

Competitors have 4 hours to produce all of the products described below. They are free to organize all of their work day as they wish, ensuring all products are presented at the end of the competition.

Careful attention must be made to properly label their mise en place, and/or products.

PRESENTATION TIMING

Competitors have a 10-minute window to present their products (12:50 – 1:00). Products can be presented up to 10 minutes after their allotted time with a (10%) ten percent point reduction (1:00 – 1:10). All products presented after the 10-minute extension of the allotted time will receive a zero. Once the products are presented on the judge's presentation table no alterations can be made.

ORIENTATION

At the commencement of the orientation, the competitor's supporters can help them bring their equipment into the bakery. Once the competitors are at their location, the supporters are to leave and cannot assist in unpacking or setting up the workstation.

SAFETY, SANITATION AND ORGANIZATION

Competitors will be assessed based on the following criteria's:

- Correct uniform, no jewelry
- Workstation emptied, sanitized at end time
- Organization of tools and equipment
- Food Sanitation – of raw material and ingredients
- Hygiene / Cleanliness workstation
- Hygiene / Personal
- Workplace Safety

PROJECT DESCRIPTION

1. French Macaron Filled Cookie Production

Competitors are required to produce the following:

- 16 cookies
- Cookies must be filled with a ganache type filling
- Baked weight between 15 – 25g

French Macaron's will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 1:00 p.m.

2. Bread of The World Production

Must be presented between 1:50-2:00 p.m.

Each Competitor is required to make:

- Two Identical Povitica

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- Loaves must egg washed
- 500-600g baked
- Preferment's are permitted but not required to be brought into the competition and will presented to the judges during set up. Examples of preferment's: Polish, sponge, biga, levain.
- Requires a walnut or hazelnut filling or a combination of walnuts and hazelnuts.
- Must be baked in a pan.
- The dough must be pinned with a rolling pin.
- The loaves can be made in the traditional three strand shape, or a shape of your choice, highlighting the consistent thin layering of the dough and the filling
- All products to be egg washed.

Povitica will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 1:00 p.m.

3. French Pastries

Ten (10) identical of each, of equal proportions.

- Paris Brest Pastry
- Choux paste is to be piped round.
- Finished weight is 60 – 80g
- Hazelnut Mousseline cream-based filling made on site.
- Garnish is freestyle.

Paris Brest Pastry will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 1:00 p.m.

At the conclusion of the competition, students can take all their baking and decorated products home, please bring appropriate containers and bags to transport your products home with you.

UNIFORM

Professional uniform is required to enter the competition area.

- A white chef's coat, apron, side towel and oven mitts will be provided by the committee
- Please wear appropriate bakers/pastry clothing: plain white shirt, white, checkered or black pants or skirt (MUST BE non-flammable material) (no jeans, leggings or yoga pants allowed). Please note: skirts will NOT be allowed at Provincials.
- Closed toe black or white shoes with a slip resistant sole (no other shoes permitted).
- No jewelry is allowed, which includes all earrings, bracelets, studs, watches etc.
- Long hair must be restrained. (long hair is any hair below the chef's coat collar).
- No nail polishes or acrylic nails.

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EQUIPMENT AND MATERIALS COMPETITORS MUST SUPPLY:

- Bring all equipment you need for your competition with the exception of the major equipment listed below. Competitors are free to bring any of their own utensils.
- Competitors may not bring their own plating dishes. All competitors will use the plating dishes supplied by Lethbridge College.
- Chef's jacket will be provided by Lethbridge College unless the competitor has their own. Uniforms **may not be** inscribed with any logo or name (including school name jackets). Skills Canada Alberta or Skills Canada logo jackets are permitted.
- Please note that Career Transitions and/or Lethbridge College are not responsible for those items brought by the competitor. Please ensure that you pack up all of your belongings at the end of the event.

EQUIPMENT AND MATERIALS SUPPLIED BY THE COMMITTEE:

All major equipment:

- Oven, tabletop mixer with bowl and attachments, proofer, fridge, and freezer space and cooling racks, work bench, wash basins, baking sheets (16x24 inches 40 x 60cm)
- 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.
- **All food ingredients (only ingredients provided by the committee are allowed) ***NEW*****

JUDGING CRITERIA

The criteria will include the judging of safety and sanitary practices, organization, handling of ingredients, hand tool manipulation, and the final product. Students may converse with the judges but are not allowed outside assistance during the competition hours.

Bread of the World - Povitica	Paris Brest
Shaping	Choux Consistency
Fermentation and Yield	Bake
Bake	Filling
Taste	Taste
Effective Use of Ingredients	Effective Use of Ingredients
Filled Cookie	Safety Sanitation and Organization
Cookie Consistency	Organization and Work Process
Bake	Appearance
Filling	Sanitation
Taste	Work Safe
Effective Use of Ingredients	

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RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160519/fod_sum.pdf

FOD1010: FOOD BASICS

FOD1020: CONTEMPORARY BAKING

FOD:2040: CAKE & PASTRY

CKA3400: KITCHEN ORIENTATION

CKA3410: CULINARY FUNDIMENTALS

FOD2050: BREAD PRODUCTS

FOD3030: CREATIVE BAKING

FOD3040: YEAST PRODUCTS

CKA3450: BAKESHOP 1

CKA3470: YEAST PRODUCTS

CLOTHING REQUIREMENT

It is important that competitors present a professional image and appearance. Appropriate work clothing must be worn to compete. All clothing must be neat and clean and free of rips and tears. Casual wear such as shorts will not be permitted. No loose-fitting clothes or jewelry.

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.

ADDITIONAL INFORMATION

Lunch will be provided for all competitors, teacher chaperones, judges, and volunteers.

The Skills Expert will announce when lunch is available for Baking competitors.

PARKING INFORMATION & VENUE MAPS

Please park in Lot O – there is no charge. Overflow will also be allowed in Lot N. A printable parking map of Lethbridge College can be found at: <http://www.lethbridgecollege.ca/campus-maps>

REGULATIONS & POLICIES:

A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link:

<https://skillsalberta.com/policies-and-procedures>

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SCHEDULE

7:40 a.m.	Competitors should check in at the Richardson's Oilseed Room (CE1305) and wait to be escorted to the competition area. Competitors should NOT bring their equipment 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 equipment until directed to the competition area.
8:00 a.m.	Students will be escorted to competition area.
8:10 a.m.	Set up and orientation for students - teachers must leave the competition area. Students may begin to set up their workstation once direction has been given by the competition coordinator.
9:00 a.m.	Competition begins
1:00 p.m.	Competition ends – presentation area ready for judging. Students may now begin clean up.
1:30 p.m.	Judging begins. Lunches for the students have been set aside.
2:15 p.m.	Students receive feedback from the judges – look for scheduled times
4:00 p.m.	Awards Ceremony (IB Commons) – open to the public.

COMMITTEE MEMBERS

Chef Doug Overes	Lethbridge College
Chef Roberta Clemis	Earl's Restaurant
Chef Adam Robinson	Earl's Restaurant
Ian Robertson	Matthew Halton High School
Angie Roelofs	Kate Andrews High School
Tara Yagos	Career Transitions
Judy Stolk-Ingram	Career Transitions

PORTIONING OF ALCOHOL

Important Note: Secondary Competitors/Minors

If competitors are wanting to use the listed Liquor/Alcohol within their formula, competitors must consult with a Judge member for assistance. Secondary competitors/minors are not to handle any alcohol. A Judge or RTC member will dispense the desired amount within the formula for the competitor.

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COMMON TABLE

DAIRY & FAT	STAPLES
Whipping Cream	Silicon Paper
Butter, unsalted	Cling Film
Whole Milk	Aluminum Foil
Eggs, large	Paper Towels
Vegetable Oil	ALCOHOL
Olive Oil	Frangelico
FRUIT PUREE	LEAVENING AGENTS
Raspberry/Apricot	Instant Yeast
Chocolate	Fresh Yeast
Coating Chocolate	Baking powder / Baking Soda
Couverture Chocolate – Dark, Milk, White	Cornstarch
FLAVOURING	NUTS & SEEDS
Lemon Extract	Ground Walnuts
Almond Extract	Ground Almonds
Vanilla Extract	Ground Hazelnuts
Salt	Sliced Hazelnuts
Instant Coffee	SWEETENING AGENTS
Cocoa Powder	Sugar, granulated
FLOUR	Sugar, icing powder
Bread Flour	Sugar, brown
All-Purpose Flour	Honey
Pastry Flour	Glucose Syrup
PROCESSED FRUIT/HERBS	
Fresh Lemons/Oranges	
Fresh Mint	
<p>You may bring your own food color or vanilla bean paste. Only the ingredients listed may be used during the competition; no others will be allowed other than those listed above.</p>	

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Pâte à Choux

Yield: 12 Cream Puffs and 12 Éclairs

Ingredients:

250 mL (1 cup)	Water
Pinch	Salt
120 g	Unsalted Butter
150 g	Bread Flour
4	Large Eggs

Procedure:

- Preheat oven to 220°C (425°F)
- Bring water, salt and butter to a rolling boil
- Add flour and stir with a wooden spoon until a ball forms and it leaves the sides of the pot clean
- Remove from heat and allow to cool slightly
- Transfer ball to a mixer with a paddle attachment
- With the mixer on medium speed add one egg at a time until fully absorbed
- Once all eggs are added pipe into desired shapes onto parchment or silicone lined bakers trays
- Bake 220°C (425°F) for 10 minutes and then lower the oven temperature to 190°C (375°F) and continue to bake until well browned and dry in the centers

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Ganache Filling

Yield: For 16 large Macarons

Ingredients:

170 g Dark, bittersweet or semi-sweet chocolate
125 g Heavy cream

As desired Extract

Procedure:

- Chop chocolate and place in a glass or stainless steel bowl.
- Start a pot of boiling water that will hold the above bowl. (water level should be 1" lower than the bottom of the bowl)
- Scald the cream.
- Pour the cream and flavouring of your choice over the chocolate and stir.
- Place the bowl of chocolate mixture on the pot of now simmering water and continue to stir the chocolate until smooth and glossy.
- Remove from the pot of water and cool at room temperature.
- Once cooled, place in a mixer with a paddle attachment and whip at high speed until "fluffy"
- Fill macarons with whipped ganache.

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Hazelnut Mousseline Cream

Yield: 625 mL

Ingredients:

¼ c.	Whipping cream
45 g	Egg yolks
60 g	Whole egg
37 g	Cornstarch
60 g	Sugar
500 mL	Milk
60 g	Sugar
30 g	Butter, cold unsalted
To taste	Frangelico liqueur

Procedure:

- Whip cream to soft peaks and sprinkle a little Frangelico in to taste.
- Hold for later.
- In a stainless steel bowl lightly whisk together both egg products, first sugar and cornstarch.
- Reserve.
- Scald milk and second quantity of sugar.
- Pour a little of the milk into your egg mixture. Stir.
- Continue to do this until all of the milk is in your eggs and the temperature has acclimatized to that of warm milk.
- Return egg and milk mixture to the pot and bring to a boil stirring constantly DO NOT SCORCH!
- Once bubbling, remove from heat and stir in butter.
- Add a little Frangelico to taste.
- Once cool but not cold and set, fold in reserved whipped cream.
- Fill Paris – Brest pastries.

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Macarons (Italian Meringue type)

Yield: about 60 small pieces, 30 medium pieces or 16 large pieces

Ingredients:

100 g	Almond powder
100 g	icing sugar
32 g	egg whites
90 g	sugar (divided into 15 g and 75 g)
24 g	water
32 g	egg whites

As needed red color

Procedure:

- Preheat oven to 350°F
- In food processor blend almond powder and icing sugar together until very fine
- Stir in first portion of egg whites
- Whip second portion of egg whites with 15 g of sugar until soft peak. Stop mixer.
- Cook the rest of the sugar with the water and bring to 115°C
- Pour into whipped egg white and continue whipping on medium speed until overall temperature can be handled
- Fold meringue and any colour in three stages into first nut/sugar mixture
- DO NOT OVERMIX
- Draw a circle template on parchment paper.
- With a plain tube pipe on a Silpat lined double pan into desired sizes (about a quarter)
- Tap the tray lightly and let sit to air dry for about 20 minutes.
- Bake for 5 minutes at 350°F then turn down to 300°F for 10 - 12 minutes
- Lift gently from the bottom do not lift from the tops or the caps will come off.
- Let dry and when ready sandwich together using required whipped ganache.
- If reserving for later, hold up to 1 week, in an airtight container.

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Paris – Brest

Yield: 10 small pastries

Ingredients:

½ recipe	Pâte à choux (recipe attached)
1	Egg
½ c. (125 mL)	Milk
¼ c. (60 mL)	Sliced almonds
2 ½ c. (625 mL)	Hazelnut Mousseline Cream (recipe attached)
As needed	Ganache (recipe attached)
10	Hazelnuts, toasted and lightly skinned
As needed	Icing sugar

Procedure:

- Preheat oven to 375°F (190°C).
- Line a sheet pan with parchment paper.
- Using a round 2 ½" (6 cm) ring cutter draw 10 identical circles.
- Flip the paper over and fit a large pastry bag with a small star tip.
- Pipe a ring of éclair paste inside each drawn circle.
- Pipe another ring into the first éclair paste ring.
- Continue until the circle is filled with concentric rings.
- Brush lightly each circle with egg wash and sprinkle with sliced almonds.
- Bake until golden brown and a hollow sound when tapped.
- Cool on a wire rack.
- Slice the rings in half horizontally and pipe 20 g of hazelnut mousseline cream in the lower half of each.
- Drizzle a little un-cooled and un-whipped ganache over the top half of the pastry.
- Let set then dust with icing sugar, place the tops onto the mousseline and garnish with one toasted hazelnut.

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Povitica

Yield: 2 – 500 – 600 g loaves baked weight

Ingredients:

120 g	Butter, margarine or all-purpose shortening (combinations work)
120 g	Granulated sugar
12 g	Salt
90 g	Eggs
30 g	Milk
480 g	Bread Flour
120 g	Cake Flour
12 g	Instant Yeast
240 g	Water (slightly warmed)
1 recipe	Walnut Filling (attached)

Procedure:

- Preheat oven to 375°F (190°C)
- Lightly grease your two loaf pans.
- In a spiral mixer with a paddle attachment cream together the fat, sugar and salt at medium speed just until mixed. DO NOT WHIP UNTIL FLUFFY
- Whisk the eggs until they are broken up.
- Add the eggs gradually but as fast as they are absorbed.
- Add the milk and mix briefly.
- Turn off the machine and remove the paddle. Scrape off and put back in the bowl.
- Attach the dough hook, add the flour, yeast and water and mix to a smooth dough on first speed for 3 – 4 minutes.
- Mix the dough on second speed for another 8 minutes.
- Cover and let ferment for 20 – 30 minutes. (Should have almost doubled)
- Punch back and divide in half. Cover one half while working on the first.
- With a rolling pin, on a lightly dusted bench, roll into a rectangle about ¼" thick.

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- Spread $\frac{1}{2}$ of the filling on the rectangle and roll into a log.
- Cover and do the second dough head the same way. Cover it.
- Take the first roll and cut into three.
- Proceed to roll each third, with the palms of your hands, into strands.
- Braid the three strands into a loaf and place into your greased loaf pan.
- Prepare the second roll into another loaf.
- Proof at 80°F (27°C) at 80% humidity until risen.
- Bake until deep golden brown.
- Remove from the baking pan once baked and allow to cool.

Povitica Walnut Filling

Yield: 2 loaves

Ingredients:

120 g	(5 oz.)	Unsalted butter
125 mL	($\frac{1}{2}$ c.)	Homo milk
560 g	(20 oz.)	Walnut pieces
5 mL	(1 tsp.)	Vanilla Extract
200 g	(7 oz.)	Berry sugar
30 mL	(2 Tbsp.)	Cocoa powder
2 lg.		Egg yolks

Procedure:

- Place the butter and milk in a stainless steel sauce pan and heat gently until the butter has melted.
- Remove from the heat.
- Place the walnuts, vanilla, sugar and cocoa powder in the bowl of food processor and blend to a sandy powder.
- Add the egg yolks, milk and butter mixture and pulse to combine.
- Set aside, covered for when the bread is ready to pin out and roll.
- If the mixture is too thick to spread at “make-up” stage thin out with a little warm milk.