

Provincial Scope Document

CULINARY ARTS (Secondary)

Saturday April 9th 2022

At VCC, Downtown Campus, 250 West Pender, Vancouver

Check in time: 7:30am. Contest starts: 8:30am

Timing:

7:30 am	Check in and briefing
8:00 am	Set up stations
8:30 am	Competition starts
9:00am	Submission of handwritten final menu may be presented before 9:00 am deadline. No other cooking can take place until this is completed.
9:30am	Presentation of Poultry Butchery
10:30 am	Presentation of Omelette
11:30 am	Presentation of Main Course

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, Time Management Based On Assigned Contest And Workplan, 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.

The following 9 skills have been identified and validated as key skills for success for the workplace in the legend below:

¹Numeracy, ²Communication, ³Collaboration, ⁴Adaptability, ⁵Reading, ⁶Writing, ⁷Problem Solving, ⁸Creativity and Innovation, ⁹Digital

Specific Requirements:

Each entrant will prepare as follows

- Competitors will Butcher a whole fresh chicken to industry standards for time and quality labeled and covered ready for assessment. (*Please see chicken fabrication details attached*)
- two (2) plates featuring Classic French Filled Omelette Florentine with Salsa
- two (2) main course plates featuring Pan fried chicken with Pan gravy, Duchesse Potatoes and Bouquetiere of vegetables from standardized recipes.

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 hand write a **two (2) course menu** and make it available to the judges **within 30 minutes** of starting the competition (on paper supplied), and then prepare, cook, and present their plates, within the **3 hours**.

<p>Description</p>	<p>Prepare two (2) portions each</p> <p><u>Classic French Filled Omelette</u></p> <ul style="list-style-type: none"> • Tutorial https://www.youtube.com/watch?v=h8PcsmRypjk <ul style="list-style-type: none"> ○ Made with 3 eggs, Florentine filling, garnished with salsa ○ 12” dinner plates ○ 2 ramekins per competitor for salsa provided <p><u>Main Course</u></p> <ul style="list-style-type: none"> ▪ Pan fried Chicken with Pan gravy, Duchesse Potato, Bouquetiere of Vegetables ▪ Completed plates not to exceed 350 g per portion ▪ Cooking temperature must meet industry safety standards <p>12” dinner plates.</p> <p><u>Competency to be evaluated within the first hour of the competition</u></p> <ul style="list-style-type: none"> • Debone 1 chicken into the following: <ul style="list-style-type: none"> ○ 2 Breasts – Supreme, Frenched ○ 2 Legs disjointed, bone-in, oyster attached. ○ Remaining bones (Back, Neck, Wingtips and Ribcage) to be Presented on a tray covered and labeled.
<p>Service Details</p>	<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.
<p>Main ingredients required</p>	<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 the above-mentioned menu items in their plates, the plate 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:

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

- The Butchery competencies must be presented any time before 9:30 am and will not be marked after. The butchery competency will be judged at the competitor's station during this time. Additional details to be given at orientation.
- The omelette course must be served between 10:25am and 10:30am. One point will be deducted for each minute late after the 5-minute window has expired. At 10:36am, no plates will be accepted.
- The main course must be served between 11:25 and 11:30am. One point will be deducted for each minute late after the 5-minute window has expired. At 11:36am, no plates will be accepted.

The following service standards must be applied to all dishes:

- Complete plates not to exceed 350g
- 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
- Cutting boards, cloths
- Small food processor, hand blender, mixers w/ attachments, robot coupe, Vita mix
- Pots, Pans Mixing Bowls, sheet pans, trays, ladles, spoons
- Cleaning supplies
- Portion cups, plastic film, parchment paper, tasting spoons
- Vacuum sealer
- 2 x ramekins
- 12" Plates, butchery trays
- 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 specialized cooking utensils (not provided by the host site), knives
- 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.

Use of Precision Controlled Equipment:

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment* must be limited to no more than one application over the contest.
- *(any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g. Immersion Circulators, Thermal Mixers)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.

If you do not supply your own personal 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), CSA kitchen shoes, white apron, kitchen towels to be supplied by the host venue.

Judging Criteria:

- General cooking skills, work habits, cooking techniques
- Timing 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:

- | | |
|------------------------------------|----------|
| • 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

Phillip Lie	Tech Chair plie@vcc.ca
Debbie Shore	Vancouver Island University
Wendy Gilmour	Vancouver School Board
Lee Green	Vancouver School Board
Sian Hurley	University of the Fraser Valley
Lesley Stav	Chefs Association Vancouver Island
Xavier Bauby	North Island College
Ysabel Sukic	Vancouver Community College
John Lewis	Vancouver Community College
Rita Gower	Vancouver Island University

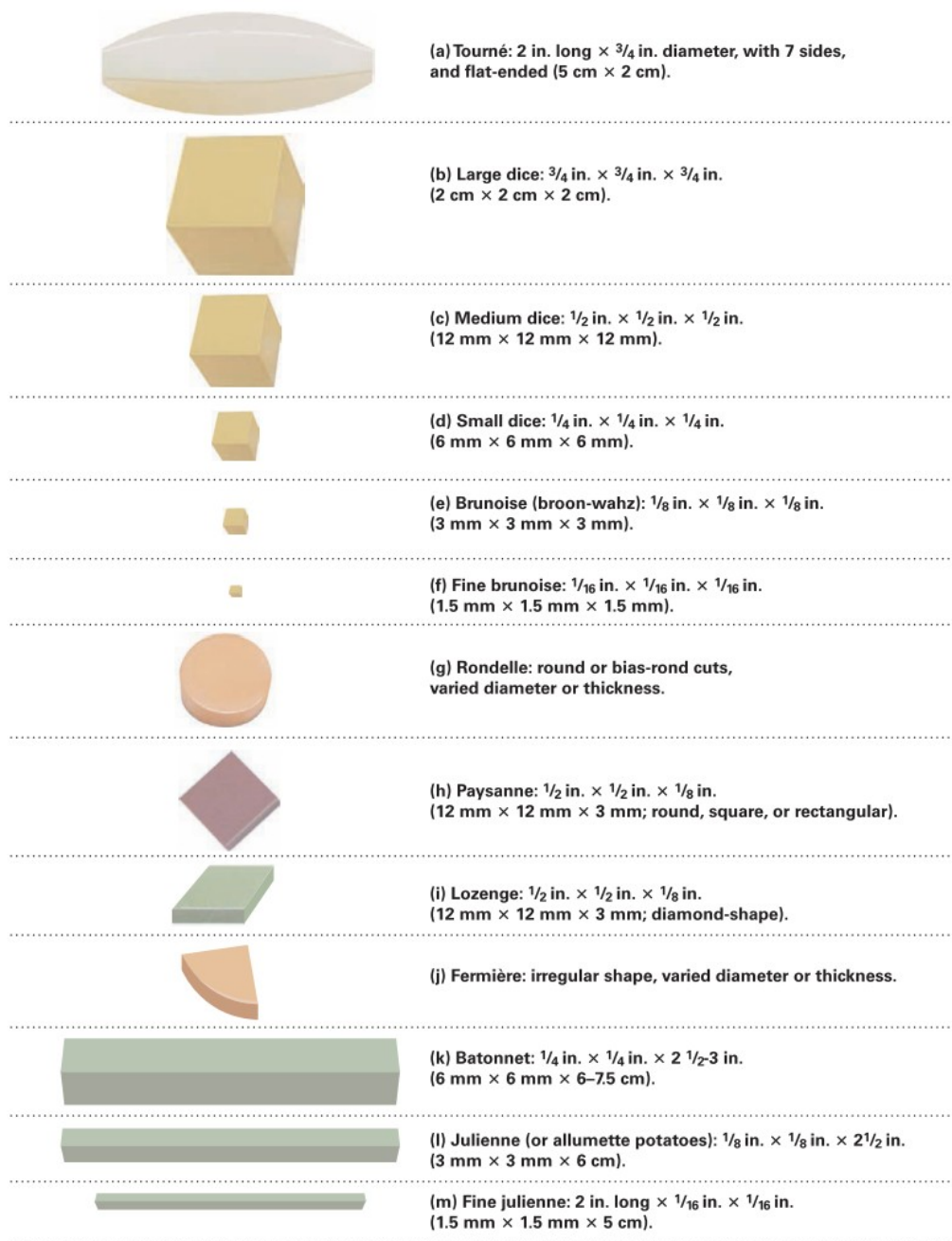
Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Skills Competition May 26th and 27th, 2022 in Vancouver, British Columbia

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 flavours and correct seasoning. Please adjust yields to reflect portion requirements.
- 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.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications.
- 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



Chicken Fabrication

Source: Professional Cooking 9th Edition – Figure 18.6

Page: 544



(a) Cut off the wings at the second joint. Save for stocks.



(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



(b) Cut through the skin between the leg and the body.



(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the “oyster,” the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



(f) Continue the cut along the wishbone to the wing joint.



(g) Holding the chicken by the wing, cut through the wing joint.



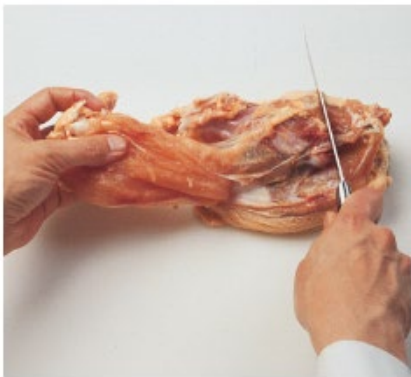
(j) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



(k) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



(i) Pull the breast meat completely off the bone. Be sure to hold onto the small “tenderloin” muscle inside the breast so it doesn’t separate from the rest of the meat.



(l) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



(m) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint, as in Figure 18.5.

Please refer to Page 3 competency description for specific requirements.

Filled Omelette Florentine

Recipe Yield – 1 omelette

Ingredients

Eggs	3
Cooked Spinach as Filling	60 g
Cheddar or Parmesan Cheese	30 gr
Salt and pepper	TT

Procedure

1. Before beginning cooking of the eggs, blanch and fully prepare any ingredients that will be incorporated as the omelette filling.
2. Heat an omelette pan over moderately high heat and add clarified butter.
3. Whisk the eggs together in a small bowl. Season with salt and pepper if desired. Many chefs add a small (25 gr) amount of cold water to the eggs at this time to promote fluffiness.
4. Pour the eggs into the pan and stir until they begin to set, approximately 10 seconds.
5. Pull cooked egg from the sides of the pan towards the centre, allowing raw egg to run underneath. Continue to do so for 20 to 30 seconds.
6. Spoon any fillings (Spinach, Cheese,) on top of the eggs.
7. When cooked as desired, flip one side of the omelette towards the centre with a spatula or a shake of the pan. Slide the omelette onto the serving plate so that it lands folded in thirds with the seam underneath.
8. Garnish as desired and serve immediately
9. The inside of the omelette should be moist and soft; some would call it slightly undercooked.

Tomato Salsa (Pico de Gallo)

Recipe Yield – 325 mL

Ingredients

Tomatoes, seeded, small dice	250 g
Green onions, sliced	3 each
Garlic, cloves, minced	5 g
Cilantro, chopped	20 g
Jalapeno peppers, chopped fine	1 each (TT)
Lemon juice	20 mL
Cumin, ground	TT
Salt and pepper	TT

Procedure

1. Combine all ingredients and gently toss.
2. Adjust seasonings and refrigerate.

Pan-Fried Chicken with Pan Gravy

Recipe Yield – 4 1-piece servings (breast only)

Ingredients

Frenched chicken breast	4
Salt and pepper	TT
Garlic powder	10 g
Onion powder	6 g
Dried oregano	1 g
Dried basil	1 g
Flour	300 g
Buttermilk	250 mL
Oil	as needed
Onion, small dice	125 g
Chicken stock	750 mL

Procedure

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 250 g of the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1 cm or oil until done, approximately 40 minutes, turning so it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL or oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth and adjust the seasonings.
11. Serve one frenched chicken breast per person with 125 mL of gravy.

Duchesse Potatoes

Portions: 12

US Yield: 3.0 pound(s)

US Portion Size: 4.0 ounce(s)

Metric Yield: 1.2 kilogram(s)

Metric Portion Size: 100.0 gram(s)

Ingredients

<u>US</u>	<u>Metric</u>	<u>Ingredients</u>
3.5 lb.	1.5 kg	Potatoes, peeled and quartered
2.0 oz	50.0 g	Butter, melted
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
5.0 each	5.0 each	Egg yolks

Procedure

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes
5. Add the egg yolks (off the fire) and beat until smooth.
6. . Put the mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans or as platter borders. Cone shaped spiral mounds are most popular for individual portion service.
7. If desired, brush lightly with egg wash for greater browning.
8. At service time, place potatoes in hot oven (400° - 425°F/200° - 230°C) until lightly browned. Platter borders may be browned under the salamander or broiler.

Bouquetiere of Vegetables

Recipe Yield – 4 portions

Ingredients

Cauliflower florette	12 each or as desired
Green beans	12 each or as desired
Carrot batonnet	12 each or as desired
Butter or other fat	as needed
Salt and pepper	TT

Procedure

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colours always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.

All items are subject to availability.

Dairy
Butter, Unsalted
Butter Milk
Cheese, Mature Cheddar
Cheese, Parmesan
Eggs (large)
Dry Goods
Flour, AP
Oil, Canola
Oil, Olive, Extra Virgin -
Fresh Herbs
Cilantro
Parsley

Proteins & Stocks
Stock, Chicken
Chicken, Whole – 1.2 to 1.4 kg (2 ½ to 3 lb average)
Spices - Dry
Cumin, Ground
Basil, Dried
Garlic Powder
Onion Powder
Nutmeg, Ground
Oregano, Dried
Peppercorns, Black
Peppercorns, White
Pepper white, Ground
Pepper Black, Ground
Salt, fine sea
Thyme

Produce - Fruit
Lemons
Produce - Vegetables
Beans, green
Carrots
Cauliflower
Garlic Bulb
Jalapeno peppers
Onions, Green
Potato, Russet 100ct
Spinach, Baby
Tomato, Roma