

SKILLS BC PROVINCIAL COMPETITION

April 17th, 2024

Tradex Center Abbotsford

PROVINCIAL SCOPE DOCUMENT

COOKING TRADE Secondary

General Information

This **Test Project** is based on content present in the Skills Canada National Competition for cooking. Please note that the objective of this project is to show case the measurable skills of our competitors. We encourage the minimal use of gadgets and specialized equipment.

All relevant documents are available on the Skills BC Website.

Please address any questions to

the Provincial Technical Chair Phillip Lie plie@vcc.ca

The competition will comprise of **three (3) courses to be completed within 3.5 hours**
Mystery items will be at the start of the competition on April 17th, 2024, at 8:30am.

DESCRIPTION OF PROJECT AND TASKS

Timing:

7:30 a.m.	Check in and briefing.
8:00 a.m.	Set-up workstation (<i>equipment only</i>)
	<ul style="list-style-type: none"> • No contact with food is permitted at this time. • Only competitors are permitted in the contest area. No assistance is permitted at this time.
8:30 a.m.	Competition starts Mystery Basket items are revealed.
9:00 a.m.	Submission of handwritten final menu, dish elements listed and work plan. These may be presented before 9:00 a.m. deadline. No other cooking can take place until this is completed.
10:30 a.m.	Presentation of Omelette
11:00 a.m.	Presentation of Appetiser
12:00 p.m.	Presentation of Dessert

Clean up and inspection of workstation completed by 12:30pm

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, Timing, Creativity, Work Habits, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to prepare a menu from a list of ingredients, Knowledge of current culinary trends and plate presentation techniques

*****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



READING



NUMERACY



CREATIVITY & INNOVATION

Specific Requirements:

The competitor must design and write a three (3) course menu from a **Mystery basket and common table of ingredients** producing two (2) identical **plates of each** along with a work plan and menu elements within 3 1/2 hours.

The plates and menus will be used as follows:

- one plate, menu and elements sheets for the tasting judges.
- one plate, menu and elements for visual display for the floor judges and public.

*(please note that competitors are required to write two (2) menus and elements on provided templates and a work plan **must be visible**. The competitor must list all the elements and important cooking techniques present on the plate to receive marks).*

Mystery Basket

Competitors will be provided with a 'mystery basket' containing five (5) ingredients. They are not required to use all the ingredients but must feature a minimum of 60% of the ingredients into their menus.

The mystery basket will include the following:

- Fruit
- Herb/spice
- Cheese
- Mushroom
- Vegetable

Competitors **may not bring any food items** to the competition.

No ingredients besides those on the common table list may be used. Wastage of food items will be reflected in the scoring.

Omelette, Appetizer Course and Dessert Course

Description	<p>Prepare two (2) portions of the following Three (3) course menu.</p> <p>French Omelette – Ovo - Lacto Prepare two (2) x 2-egg French Omelettes Minimum of 2 fillings (4 maximum) including cheese, or vegetables.</p> <p><u>Appetiser Course:</u></p> <p>Risotto must include a minimum of:</p> <ul style="list-style-type: none"> ▪ One (1) item from the common table ▪ One (1) item from the mystery box ▪ One (1) precision classic vegetable cut ▪ Appropriate and modern functional garnish(es) must be created to accompany the risotto. <p><u>Dessert:</u> Italian Inspired Dessert</p> <ul style="list-style-type: none"> • Italian Inspired Dessert must include a minimum of: <ul style="list-style-type: none"> ▪ One (1) cookie preparation of the competitor's choice. ▪ One (1) pastry cream (flavor of the competitor's choice). ▪ One (1) fruit-based sauce. ▪ One (1) functional garnish of either sugar or chocolate
Service Details	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Total Appetiser Course plate portion must be between minimum 150 g to maximum 210 g. • Total Dessert Course plate portion must be between 125 g to maximum 185 g. • Sauce to be served on plates. • Protein items must be cooked – no raw preparations. • Dishes must be served at temperatures in line with industry standards and expectations. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plates, round white for omelette and dessert • 10" soup plates for risotto

NOTES

There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example Dessert Course must be served from 11:30 a.m. to 11:32 p.m. After which one (1) point will be deducted per minute until 11:42 a.m. At 11:43 a.m. submitted work will no longer be accepted for judging.

*****If the competitors do not include all the above-mentioned menu items in their plates, the plates will be disqualified. Please pay careful attention to this when working with your students.**

All ingredients other than the mystery basket will be presented on a common table, which the competitors will be able to use throughout the competition. Please be advised that the table will close 30 minutes before the end of the competition. This list of ingredients is attached to this scope document.

All terminology, cooking techniques and technical aspects related to this contest will be referenced and determined from the following textbook:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Contest Rules can be referenced from the Skills Canada web site. Please pay special attention to the eligibility section.

https://www.skillscompetencescanada.com/wp-content/uploads/2023/06/SCNC24-Competition-rules_EN_Oct-11_202380.pdf

Equipment / Tools / Materials:

Supplied by Committee:

- All food items.
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops
- 1 x full rack and roll
- Sheet pans 4 x full, 4 x half
- Refrigeration / Freezer
- Small food processor, hand blender, mixers w/ attachments, robot coupe, spice grinder & Vitamix (*shared equipment*)
- Plates, 12" / Soup Plate 10"
- Cleaning supplies
- Vacuum sealer with small, medium, and large bags.
- Menu and elements templates, pencil or pen.

Supplied by Competitor:

- All cooking utensils, knives, cutting boards, cloths, etc.
- Small kitchen appliances
- Portable burners are not allowed, but specialty cooking equipment such as 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.

Clothing Requirements:

Non-identifiable cook's jacket (i.e., no school logos or names, please), chef's hat (*no baseball caps*), appropriate pants (checkered, black, or white), CSA kitchen shoes, white apron, cloths to be supplied by the competitor.

Judging Criteria:

- General cooking skills, work habits, cooking techniques.
- Timing and finishing within the 3.5 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 in the skills BC website***

Common Table - Post-Secondary & Secondary

	Consolidated Provincial	
Produce	Miscellaneous	Dry Goods
Green Beans, French	Cheese Cloth	Malt syrup
Beets, yellow with leaf on	Parchment Paper	Milk powder
Carrots	Smoking Chips, Hardwood	Nuts Whole, Almonds / hazelnuts - (blanched) , walnut pieces
Celery	White Bread	Oil: Extra Virgin Olive, Vegetable/ canola
Cucumbers, long english	Dairy	Olives, Kalamata
Fennel	Butter -unsalted	Rice - Arborio
Garlic	Cheese, Parmesan Reggiano	Salt - Kosher, Fine sea salt
Ginger	Cream, whipping	Sesame Seeds, white
Leeks	Cream, Sour - 14%	Shortening
Micro-Greens, assorted	Milk, 3.25%	Soy Sauce
Mushrooms, Button #1	Alcohol	Sugar: white, powdered, brown
Onions: green, red, shallots, yellow	Wine, Red - Cabernet Sauvignon, shiraz	Tomato Paste
Peppers: jalapeño, red, yellow	Wine, White - Chardonnay, Reisling	Vanilla, Bean / Extract
Potato: Russet, Yukon Gold	Beer: IPA, Lager	Vinegar - white wine, red wine , balsamic
Radish: red, daikon	Brandy, VSOP	Spices
Spinach, baby	Non alcoholic wine: Red and White (secondary)	Bay Leaf
Squash, butternut	Dry Goods	Cayenne
Tomato: cherry, Roma	Agar Agar	Cumin
Zuchinni, green	Apricot Glaze	Paprika
Protein and Stocks	Baking Powder	Peppercorns, black / white
Bacon - breakfast sliced	Baking Soda	Rosemary
Duck whole- (Post secondary only)	Bread Crumb, Panko	Thyme
Duck breast smoked - (Secondary only)	capers - miniature	Herbs Fresh
Prosciutto, sliced	Chocolate, Callabaut, Dark, (53.7%)	Basil
Eggs, Large	Chocolate, Callabaut, Milk, (33.6%)	Chervil
Chicken stock	Chocolate, Callabaut, White, (28%)	Chives
fish -stock	Cocoa Powder	Cilantro
veal stock - brown	Coffee, Instant	Parsley, Italian
Fresh Fruit	Corn Starch	Rosemary
Blackberries	Instant Yeast	Thyme
Blueberries	Flour: AP, Bread, Cake / Pastry Blend, Almond	
Citrus: lemon, lime, orange	Gelatin: Sheets, Powder	
Strawberries	Glucose	
Raspberries	Honey	
Frozen Fruit		
Raspberries		
Strawberries		

SECONDARY RECIPES

- The recipes are intended as a guide and may be adjusted as required to produce appropriate quantities, flavors and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to the “On Cooking” or “Professional Cooking” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., procedure to make omelettes, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- There are three examples of cookie recipes provided by the NTC (shortbread, sugar, and biscotti). Competitors have a choice as to which type of cookie they wish to make and present on their dessert plate. Competitors can use these cookie recipes as they see fit but remember that you are under no obligation to use the cookie recipes provided.

French Omelette

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Yield: 1 each 2-egg omelette

2 each	Eggs	2 each
To taste	Salt	To taste
To taste	Pepper	To taste
1 Tablespoon	Clarified Butter	15 millilitres
As desired	Filling Ingredients	As desired
Optional:		
1 Tablespoon	Water or milk	15 millilitres

1. Collect all the equipment and ingredients.
2. Beat the eggs in a small bowl just until well combined. Do not whip until frothy. Season with salt and pepper. If desired 1 tablespoon (15 ml) of water or milk can be added to make the omelette lighter.
3. Place the omelette pan over high heat.
4. When the pan is hot, add 1 tablespoon (15 ml) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot.
5. Add the eggs to the pan. They should begin to coagulate around the edges and the bottom in a few seconds.
6. With one hand, vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrap the pan.
7. Stop shaking and stirring.
8. When the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelette.
9. Tilt the handle up and shake the pan so the omelette slides to the opposite side of the pan and begins to climb the opposite slope.
10. For a filled omelette, spoon the filling across the center of the eggs, perpendicular to the handle.
11. With the fork, fold the sides of the omelette over the center. The omelette should now be resting in the corner of the pan and have an approximately oval shape.
12. Grasp the handle of the pan with your palm underneath and tilt the omelette out onto the plate so it inverts and keeps an oval shape.

Note: Please review the French Omelette tutorial link from Rouxbe.com:
<https://www.youtube.com/watch?v=h8PcsmRypjk>

Risotto alla Parmigiana

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Yield: 1 ½ quarts (1.5 litres)

Portions: 10, 5 ounce (150 millilitre)

1 ounce	Butter	30 grams
1 fluid ounces	Vegetable oil	30 millilitres
1 ounce	Onion, chopped fine	30 grams
1 pound	Italian Arborio Rice	454 grams
1 ½ Quarts	Chicken Stock, hot	1.4 litres
1 ounce	Butter	30 grams
3 ounces	Parmesan Cheese, grated	90 grams
to taste	Salt	To taste

1. Heat the butter and oil in a large straight sided sauté pan. Add the onions and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with the fat.
3. Using a 6 oz (150 ml) ladle, add one ladle of stock to the rice. Stir the rice over medium heat until the stock is absorbed, and the rice is almost dry.
4. Add another ladle of stock and repeat the procedure. Do not add more than one ladleful of stock at a time. Stop adding the stock when the rice is tender but still firm. It should be moist and creamy, but not runny.
5. The cooking time should take about 30 minutes.
6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.

Fruit Coulis

Professional Baking 7

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Yield: 10 - 11 oz (300 g)

Portions: 20, 1 Tbsp (15 millilitre)

7 ounces	Berries or other soft fruit	200 grams
3.5 ounces	Sugar, fine granulated	100 grams
1.33 ounces (8 tsp)	Water	40 grams
0.5 ounces (1 Tbsp)	Lemon Juice	15 grams
Optional:		
0.67 ounces (4 tsp)	Kirsch or other fruit brandy or liqueur	20 grams

1. Puree the fruit in a blender or food processor and pass through a fine sieve or chinois.
2. Warm the fruit puree in a saucepan.
3. Separately, make a syrup of the sugar and water and boil to 220 F (105 C). Mix into the fruit puree.
4. Return to a boil, strain, and mix in the lemon juice and optional alcohol. Cool.

Pastry Cream

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Yield: 1 1/8 quart (1.12 litres)

Portions: 35, 2 Tbsp. (30 millilitre)

2 pounds	Milk	1 litre
4 ounces	Sugar, fine granulated	125 grams
3 ounces	Egg yolks	90 grams
4 ounces	Whole eggs	125 grams
2.5 ounces	Cornstarch	75 grams
4 ounces	Sugar, fine granulated	125 grams
2 ounces	Butter	60 grams
0.5 ounces (1 Tbsp.)	Vanilla Extract	15 millilitres

1. In a heavy sauce pot, dissolve the sugar in the milk and bring just to a boil.
2. With a whip beat the egg yolks and whole eggs in a stainless-steel bowl.
3. Sift the cornstarch and the sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
5. Return the mixture to the heat and bring to a boil, stirring constantly.
6. When the mixture comes to a boil continue to stir constantly and boil for up to 2 minutes, until the cream has no raw, starchy taste.
7. Remove from the heat. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.
8. Pour into a clean, sanitized hotel pan or another shallow pan. Cover with plastic film placed directly in contact with the surface of the cream to prevent a crust from forming. Cool and chill as quickly as possible.
9. For filling pastries such as eclairs and napoleons. Whip the chilled pastry cream until smooth before using.

Shortbread Cookies

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Yield: 10 ounces (315 grams)

3 ounces	Butter	90 grams	75 %
2 ounces	Sugar	60 grams	50 %
1/8 teaspoon	Salt	0.5 millilitres	0.75 %
1 ounce	Egg yolks	30 grams	25 %
4 ounces	Pastry flour	125 grams	100 %

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs and blend at low speed.
4. Sift in the flour. Mix until just combined.
5. Roll dough 1/4 inch thick.
6. Use greased or parchment-lined baking sheets.
7. Bake at 350°F (175 C) about 15 minutes.

Sugar Cookies

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Yield: 1 pound 5 ounces (668 grams)

8 ounces	Butter	250 grams	40 %
10 ounces	Sugar	310 grams	50 %
$\frac{3}{4}$ teaspoon	Salt	5 grams	0.8 %
2 ounces	Eggs	60 grams	10 %
2 ounces	Milk	60 grams	10 %
0.25 ounces	Vanilla Extract	8 grams	1.25 %
1 pound 4 ounces	Cake flour	625 grams	100 %
0.625 ounce	Baking Powder	18 grams	3 %

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs, milk, and vanilla, and blend at low speed.
4. Sift in the flour and the baking powder. Mix until just combined.
5. Roll dough $\frac{1}{4}$ inch thick. Before cutting wash with milk and sprinkle with sugar.
6. Cut out to desired shapes and place on greased or parchment-lined baking sheets.
7. Bake at 375°F (190 C) for about 8 - 10 minutes.

Almond Biscotti

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Yield: 2 pound 1.5 ounces (1024 grams)














5 ounces	Eggs	150 grams	35 %
9 ounces	Sugar	275 grams	65 %
0.25 ounce	Salt	7.5 grams	2 %
0.15 ounce	Vanilla extract	4 millilitres	1 %
1 teaspoon	Grated orange zest	2 grams	0.5 %
14 ounces	Pastry flour	425 grams	100 %
0.35 ounce	Baking powder	10 grams	2.5 %
5 ounces	Blanched almonds, whole	150 grams	35 %

1. Combine the eggs, sugar, and salt. Stir over hot water to warm the mixture. Whip until light and fluffy.
2. Fold in the vanilla and the orange zest.
3. Stir together the flour and the baking powder. Fold in the egg mixture.
4. Mix in the almonds.
5. Shape into logs about 2- 2 ½ inches (6 cm) thick. Dust your hands and the workbench with flour. The dough will be soft, sticky, and difficult to handle, but the logs do not have to be perfectly shaped. Egg wash.
6. Bake at 325°F (160 C) for about 30 - 40 minutes, until lightly golden.
7. Let cool slightly. Slice diagonally about ½ inch (12 mm) thick. Place slices cut side down on sheet pans. Bake at 275°F (135 C) until toasted and golden brown, about 30 minutes.

Precision Cuts

Source: Professional Cooking 9th editio

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	(a) Tourné: 2 in. long × $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: $\frac{3}{4}$ in. × $\frac{3}{4}$ in. × $\frac{3}{4}$ in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{2}$ in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × $\frac{1}{4}$ in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × $\frac{1}{8}$ in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: $\frac{1}{16}$ in. × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozenge: $\frac{1}{2}$ in. × $\frac{1}{2}$ in. × $\frac{1}{8}$ in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: $\frac{1}{4}$ in. × $\frac{1}{4}$ in. × 2 $\frac{1}{2}$ -3 in. (6 mm × 6 mm × 6–7.5 cm).
	(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. × $\frac{1}{8}$ in. × 2 $\frac{1}{2}$ in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × $\frac{1}{16}$ in. × $\frac{1}{16}$ in. (1.5 mm × 1.5 mm × 5 cm).

Technical Committee:

Phillip Lie	Tech Chair plie@vcc.ca
Andrew George	Skilled Trades BC
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Ben Kiely	Pacific Institute of Culinary Arts
Buddy Wolfe	Vancouver Island University
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Lee Green	Vancouver School Board
Leah Patitucci	Culinary Team Canada
Lesley Stav	Chefs Association Vancouver Island
Robert Budlong	Camosun College
Xavier Bauby	North Island College
Ysabel Sukic	Vancouver Community College

Gold medal winners at the BC Provincial Skills Competition are eligible to compete at the Canadian National Skills Competition May 30th and 31st, 2024 ExpoCité Québec, QC.

**Skills Canada BC reserves the right to make changes to the scope document.
Please check the website for updates.**

www.skillscanada.bc.ca