

| DATE | LOCATION |
|-----------------------|---------------------|
| Friday, April 3, 2020 | NSCC Akerley Campus |

1. Schedule

| Time | Task |
|----------|--|
| 12:00 pm | Competitors arrive on site to provide assistance in changeover from post-secondary event. |
| 12:15 pm | Introduction to PTC and questions answered. |
| 12:00 pm | Set-up workstation - Equipment only. <ul style="list-style-type: none"> Absolutely no contact with food is permitted at this time. Only competitors are permitted in the contest area. No assistance is permitted at this time. |
| 12:30 pm | Competition begins – Assign Recipe Yield Exercise |
| 1:00 pm | Pickup of conversion exercise, menus and menu elements by PTC (English or French). No food is to be contacted until conversion exercise is completed. Conversion exercise may be presented before the 30-minute deadline then competitors may start cooking. |
| 3:00 pm | Presentation of filled Omelettes with side salad and dressing. |
| 3:30 pm | Presentation of Crème Anglaise. |
| 4:00 pm | Presentation of Vegetable Competencies. |
| 4:00 pm | Cleaning, packing |
| 4:30 pm | Competitors leave the site. |

NOTE - Timing of Service:

Items will not be accepted early. There is a 5-minute “window” past the due time to present your product without penalty. Please note that timing for items is recorded when *all items* have left the competitor’s station.

There will be a point-per-minute deduction for every extra minute of lateness past the closing of the window - up to 5 minutes – after which plates will *NOT* be accepted for judging.

For example: Omelette with Salad served between 3:00 pm and 3:05 pm receive no timing penalty. After which one point will be deducted per minute until 3:10 pm. At 3:11 pm plates will no longer be accepted for judging.

A detailed schedule and explanation of the presentation times can be found in the description enclosed.

Provincial Technical Committee

| Name | Employer | Email |
|------------------------------|---------------------|--|
| (Chair) Sean Kettley | NSCC Akerley Campus | Sean.Kettley@nsc.ca |
| (Co-Chair) Johnathan Canning | NSCC Akerley Campus | Johnathan.Canning@nsc.ca |

GENERAL INFORMATION

This **Test Project** is based on the Contest Description document for the Skills Canada National Competition and provides detailed information about the contest.

Purpose of the Challenge

Our primary goal is evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Our secondary goal is in presenting and promoting to the public a view into the Cook's trade and to demonstrate new culinary trends.

All questions must be addressed to the Provincial Technical Chair:

Sean Kettley at sean.kettley@nsc.ca

Day1

Module A

- Prepare & Present Competencies
- Prepare and present a filled, 2 Egg, Classic French Omelette, with Side Salad
- Complete a recipe conversion exercise

| Day 1 | Module A - Presentation of Competencies | | Skill 34 – Cooking, Secondary |
|-----------------------------------|---|---|---|
| Description | Competencies, Recipe Conversion and Omelette (Competitors must have two (2) copies each of a menu, menu elements and workplan at their station – one for use by the competitor and one for use by judges) | | |
| Service Details | <p>Competency:</p> <p><i>Crème Anglaise</i> - 250 ml in provided container</p> <p>.....</p> <p>Recipe yield conversion – worksheet and calculator provided</p> <p>Competitor must convert a recipe and show calculations to convert a recipe from original yield to a new yield</p> | <p>Omelette:</p> <p><i>Classic French Filled Omelette (see video)</i></p> <ul style="list-style-type: none"> • 2 egg omelette; • Filling to consist of Brie style local cheese and mystery mushroom; • Prepare three (3) portions each presented on 12” Dinner Plate; • Side salad accompaniment with Emulsified French Dressing – also 100 ml presented in a sauce boat for judges. • Omelette tutorial <p>https://www.youtube.com/watch?v=h8PcsmRypjk</p> | <p>Competency:</p> <p><i>Vegetable precision cuts</i> – Presented in individual containers - provided 150 gr each of:</p> <ul style="list-style-type: none"> • Green Pepper – lozenge • Eggplant– large dice • Zucchini– medium dice • Carrot – small dice • Onion – brunoise • Celery – small dice • Tomato – Concassé – small dice <p>➤ to be incorporated into the side salad</p> |
| Available ingredients | A list of all ingredients available for this module is included in the common food table document. | | |
| Special equipment required | <ul style="list-style-type: none"> • Recipes are provided. • 12” dinner plates will be provided. No service wares (china) permitted other than that provided by the committee. • 1 sauce boat per competitor for salad dressing provided. • Containers for competencies will be provided. | | |

EQUIPMENT, MATERIAL, CLOTHING

Equipment and material provided by HOST KITCHEN/SKILLS NOVA SCOTIA

- ✓ All food for the contest
- ✓ One (1) 4-burner gas stove with an oven and electrical outlet
- ✓ 2x 5.5 foot Stainless Steel worktable
- ✓ Shared refrigerator per station
- ✓ Access to shared freezer space
- ✓ Sink with hot and cold water per station
- ✓ 2 each - Nylon cutting boards (1/2" thick - 12" x 18" minimum)
- ✓ Shared Garbage, Recycling and Organics/Compost bins
- ✓ Sanitizing equipment (spray bottles, dish soap, quat sanitizer).
- ✓ Cleaning supplies – nylon scour pads, j-cloths
- ✓ Kitchen Aid Mixers (bowl, whisk, paddle, dough hook) - 4 each, shared
- ✓ Access to Microwave oven
- ✓ Food processors with bowl and cutter blade - 4 each, shared
- ✓ Pasta Roller - shared.
- ✓ Baking sheets - full - 3 per station
- ✓ Full hotel pan 2" deep - 2 per competitor
- ✓ 1/2 hotel pan 2" deep - 2 per competitor
- ✓ Shared Saran-Wrap and Aluminum Foil

If competitors do not wish to share these items, it is encouraged to bring their own.

Equipment and material provided by COMPETITOR

Competitors may bring any tool and/or equipment deemed necessary.

- ✓ Knives
- ✓ Ladles
- ✓ Whips
- ✓ Spatulas
- ✓ Piping bag and tips
- ✓ Rolling pin
- ✓ Basic pots and pan set, including sauté pans, stewing pans, bowls, china
- ✓ caps, molds etc.
- ✓ Scale
- ✓ Kitchen towels and dishtowels
- ✓ Side towels or oven mitts
- ✓ Recipes and reference books.

- ✓ All equipment must be marked clearly for easy identification.
- No outside sanitizing or cleaning products may be brought onto the contest site. Any concerns must be directed to the competition chair prior to the competition.
- Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
 - A thermostatically controlled self-contained deep fat fryer, or a
 - A heavy pot (with lid) and a dedicated deep fat frying thermometer that is attached to the pot.

Toolboxes:

One of the objectives of SCC is the sustainability of the Competition. As a result, the total of competitor toolboxes must not exceed **0.6 m³ in total volume**. It can be multiple toolboxes, but the total must not exceed the maximum volume indicated. There are no exceptions to this rule.

If the volume of Competitor toolboxes is larger than what is indicated, the Competitor with the guidance of the PTC, will need to remove items from the toolbox and those items will not be permitted for use during the competition. All tools must fit inside one or more toolboxes. Tools outside of a toolbox will not be permitted.

- Additional equipment that does not fit into the toolbox will not be permitted on the skill area
- Competitors must unpack and store all equipment needed at their stations, and are not permitted to work out of toolboxes
- Toolboxes must be stored in the equipment storage area and are not accessible during the module (however competitors may access their toolbox between day 1 & 2)
- The Provincial Technical Committee reserves the right to inspect all competitors' toolbox and knife kits

Required clothing (provided by competitor)

- ✓ Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- ✓ Dark or checked professional chef trousers
- ✓ Double Breasted White Chef Jacket
- ✓ Appropriate Chef's Hat (Paper or Pillbox)
- ✓ White Apron
- ✓ Side Towels
- ✓ Uniforms for 2 working days
- ✓ Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines.

Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the PTC Committee, and resolution may be directed at that time. The Technical Committee (PTC) member's resolution is final, and non-compliance may result in point's deduction, or removal from the contest. Any grievances must be directed immediately to a PTC committee member.

Competition rules

Please refer to the competition rules of the Nova Scotia Skills Competition. No ties are permitted. In the event of a tie, the competitor with the highest score in the tasting criteria will be declared the winner.

MENU & ELEMENTS REQUIREMENTS

In order to ensure continuity, and that the judges are evaluating courses on a level basis, the following guidelines must be followed for all menu submissions:

1. Menus must be filled out using the template included at the end of this document. **No other forms of menu submission will be accepted.**
2. Competitor must **not** be identified in any way on the menu; no names, workplace or school, or station numbers can appear on the submitted menu.
3. Completed documents must be prepared and **submitted on the day of competition.**
4. Documents can be either typed or handwritten and must be legible for the judges to interpret.
5. Two (2) copies of your "*Descriptive Menu*" must be submitted within the timeframes specified in the test project. The "*Descriptive Menu*" must be written with correct spelling, phrasing, and appropriate terminology that would be used on a menu in a restaurant setting.

Note: Any items served (or prepared) that were not specified in the Menu Elements will not be evaluated by the judging team.

GENERAL CONTEST DETAILS

1. Work Plan Submission

Competitors must write work plans and present **two (2) copies on the day of competition**. Work plans can be carefully handwritten or word-processed. One copy of the work plan is to be posted at the competitor's station, and the 2nd copy submitted with the menu packages at the designated times.

Cooking methodologies used throughout the contest must follow those prescribed in the Test Project. Recipes may be consulted throughout the competition.

2. Common-Table

Food items that are available to prepare the items in the test project will include all necessary proteins, dairy, and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common Table items will be specifically outlined in the Common Table document.

The Skills Provincial Technical Committee reserves the right to change or limit food items **without notice**, depending on availability and quality. You will be marked accordingly for over-use or wasted products. **ONLY** the foods provided by Skills Canada - Nova Scotia are permitted for use. Absolutely no outside food products are to be brought into the contest area.

3. Professional Conduct

It is the primary intent of the PTC to provide a fair, equitable, and transparent contest.

During the contest, **all, and any, communication between candidates and persons outside the competition area is not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication.

Any competitor engaging in these activities will be penalized. Penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest.

If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site.

4. Use of Precision Controlled Equipment

This contest is intended to showcase the comprehensive skillsets necessary to be 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 two-day contest.

**any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g. Immersion Circulators, Thermal Mixers.*

Note - persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.

5. Use of Cookbooks and Reference Materials

Recognized professional cooking methods and culinary terminologies from the recipes and requirements stated in the Project must be respected and used to prepare the required dishes. Reference books and recipes may be consulted throughout the contest.



(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

French Dressing

Professional Cooking 8 – 666A

Salad Dressing

Yield: 1 quart (1litre)

| | | |
|----------------|--------------------------------|----------------|
| 1 | Egg | 1 |
| 1 ½ teaspoon | Salt | 7 millilitre |
| 1 ½ teaspoon | Paprika | 7 millilitre |
| 1 ½ teaspoon | Dry mustard | 7 millilitre |
| ¼ teaspoon | Ground pepper | 1 millilitre |
| 1 ½ pints | Salad oil | 700 millilitre |
| 4 fluid ounces | Cider vinegar | 125 millilitre |
| 2 fluid ounces | Lemon juice | 60 millilitre |
| As needed | Vinegar, lemon juice, or water | As needed |

1. Place the egg in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise.
8. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

Crème Anglaise

Professional Cooking 8 – 1010

Custard Sauce

Yield: 2 ½ pints (1.25 litres)

| | | |
|--------------|-----------|----------------|
| 12 | Egg yolks | 12 |
| 8 ounces | Sugar | 250 grams |
| 1 quart | Milk | 1 liter |
| 1 tablespoon | Vanilla | 15 milliliters |

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the milk in a boiling-water bath or over direct heat.
3. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip.
4. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F / 85°C).
5. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.

Secondary Competencies & Menu Elements – Day 1

| Course | Elements that Appear on the Plate |
|--------------------------|-----------------------------------|
| French Filled Omelettes | |
| Vegetable Precision Cuts | |

Descriptive Menu – Day 1

| French Filled Omelettes |
|--------------------------------|
| |

34 Cooking - Secondary and Post Secondary

Common Table Ingredients

Note - Products are always subject to availability, and may be substituted or omitted as availability dictates.

| |
|---|
| Alcohol |
| Beer, Stout, Chocolate Dark Ale - Local |
| White Wine - dealcoholized |
| Apple brandy |
| Wine - Sparkling Brut |
| Vermouth |
| Wine, Red, Pinot Noir |
| Wine, White, pinot grigio |
| Wine white - chardonnay |
| Port, Ruby |
| |
| Dairy |
| Milk - Almond - unsweetened |
| Butter - unsalted |
| Cheese - Parmigiana Regianno |
| Cheese, brie style |
| Cream - 35% 1 L |
| Cream Cheese |
| Milk - Homo 3% |
| Yoghurt, Plain |
| Cheese local medium hard variety assorted |
| |
| Dry Goods |
| Agar Agar |
| Chocolate, Dark Callets, Callebaut |
| Cocoa Powder |
| Coconut milk (small cans) |
| Corn Starch |
| Fish sauce - nam pla |
| Flour- Pastry |
| Flour, Baking, All Purpose |
| Gelatine - Leaves |
| Ginger - Candied - dry - crystalized |
| Ginger- Ground |
| Glucose |
| Honey - 1 kg jars - local variety |
| Maple Syrup - Pure |
| Mustard, Dijon, Plain and Grainy - 500 g ea |
| Nut, Hazelnuts, whole |
| Nut, Pecan Halves |
| Oil, Canola - 4lt |

| |
|--|
| Olive Oil-Extra Virgin - 3lt |
| Pulse - Black Turtle - dry |
| Pulse - Cannelini Bean - dry |
| Pulse - Chick Pea - dry |
| Pulse - Lentil - green or brown |
| Pulse - Pinto - dry |
| Salt - Sea Salt |
| Salt, Kosher |
| Soya Sauce, GF – Tamari or Braggs |
| Sugar, Brown |
| Sugar, Icing |
| Sugar, White |
| Tabasco |
| Tomato Paste |
| Vanilla, Pure Extract |
| Vinegar, Balsamic |
| Vinegar, Cider |
| Vinegar, White wine |
| Vinegar, White |
| Whole grain - Brown Rice - short grain |
| Whole Grain - Buckwheat kasha |
| Whole Grain - Spelt or Farro |
| Worcestershire Sauce |
| Yeast, Instant |
| Nut, Almonds, Whole Blanched |
| Baking powder |
| Blue corn masa powder |
| |
| Frozen Foods |
| Blackberries - Frozen - IQF |
| Blueberries - Frozen - IQF |
| Raspberries - Frozen - IQF |
| Strawberries - Frozen - IQF |
| Blackberries - Frozen - IQF |
| Blueberries - Frozen - IQF |
| |
| Fresh herbs |
| Basil (fresh) Bunch |
| Bay leaves, fresh |
| Chives (fresh), bunch |
| Cilantro (fresh) Bunch |

34 Cooking - Secondary and Post Secondary

| |
|---|
| Dill- Bunch |
| Herb Rosemary, Fresh |
| Lemon Grass (fresh) |
| Mint (fresh)-Bunch |
| Oregano (fresh) |
| Parsley (fresh)-Bunch Italian Flat Leaf |
| Tarragon (fresh)-Bunch |
| Thyme (fresh)-Bunch |
| |
| Miscellaneous |
| Pan Spray- Cans |
| Wood Chips for Smoking |
| |
| Fruits |
| Apple, Royal Gala |
| Blueberries, Fresh - Half Pints |
| Gooseberries - Fresh |
| Lemons |
| Limes - 144 count |
| Mango, fresh ripe - atulfo |
| Oranges, Navel |
| Rhubarb fresh |
| Strawberries, Fresh Local (possibly) |
| Apple, Royal Gala |
| |
| Produce |
| Arugula, baby |
| Asparagus, Green |
| Avocados |
| Baby Shoots, micro greens |
| Bean, Fine Green |
| Beet, Red, with tops |
| Beets - yellow with tops |
| Carrots |
| Carrots - tricolour - rainbow |
| Cauliflower |
| Celeriac |
| Celery |
| Cilantro (fresh) Bunch |
| Edamame pods - fresh or frozen |
| Eggplant - Italian |
| English Cucumbers |
| Fennel, Bulb |
| fresh Galagal root |
| Garlic, Bulb |
| Ginger Root |

| |
|--|
| Kale, black |
| Leeks |
| Mushroom - Button - small - 5lb cs |
| Mushroom, Oyster |
| Mushroom, Shemiji brown |
| Mushrooms, Shiitake |
| Onion, Yellow Spanish |
| Onions, Green |
| Onions, Red |
| Parsnip |
| Peas, Sugar Snap |
| Peppers, Green |
| Peppers, mini assorted colours sweet |
| Peppers, Yellow-Hot House |
| Rapini |
| Raspberries- Fresh-Pints |
| Salad greens - whole head - assorted varieties |
| Serrano chilis - fresh |
| Shallots |
| Spinach, Baby |
| Swiss Chard - Rainbow |
| Tomato - Roma |
| Tomato- Grape Red |
| Tomatillos |
| Yams |
| Zucchini Squash |
| Zucchini, yellow, small |
| |
| Protein and Stock |
| Stock, Fresh White Chicken *No salt added* |
| Bacon - Double Smoked - Slab |
| Shrimp - (21/25) |
| Eggs - large, 15doz.case |
| Miso Paste |
| |
| Dry Herbs |
| All Spice |
| Chile dry, Pasilla, ground |
| Cinnamon |
| Coriander Seed |
| Curry Powder |
| Fennel Seed |
| Mustard - Dry Powder |
| Mustard dry, whole yellow |

34 Cooking - Secondary and Post Secondary

| |
|---------------------|
| Nutmeg, ground |
| Paprika, Hungarian |
| Pepper - Cayenne |
| Peppercorns - Black |
| Peppercorns - White |

| |
|------------------------------|
| Sesame Seeds-White and Black |
| Spice , Cardamom green whole |
| Spice, Cumin whole 500g |
| Star Anise |