

## **Workstation**

### **Set Up**

During the 15-minute set up time, competitors may organize all their equipment and small wares at their workstation. Competitors **cannot** collect ingredients from the central stores and/or do any scaling of ingredients. Judges will be validating their ingredients, small wares, and equipment during the 15-minute set up time.

A determination by judges on site will be made if the workspace is too cluttered and unsafe with additional toolboxes in the competitor's area. If the workspace is deemed to be too cluttered, toolboxes may have to be moved to a designated common area within the competition site.

The Baking Skills Competition will be carried out with one workstation per Competitor. Competitors will always work at the same assigned workstation.

Competitors are required to wash all their own dishes, maintain a clean floor, keep their workstation clean, and sanitize as required. Competitors must have their workstation empty, clean, and sanitized ½ hour or 30 minutes after their competition end time of 4:00 pm.

### **Competitor Portfolio**

Competitors will be equipped with a simple portfolio in the language of their choice to be presented on their bench at the beginning of their competition day. Each competitor will bring three (3) portfolios, one available for each judge, which includes:

- Title page.
- Competitor introduction.
- Description of use of theme in required products.
- Formulas/recipes, including methods, from all the products the Competitor is planning to make. Formulas must be given in grams/kilograms.
- Competitors will have a picture in their booklets of each of the finished products they will be making. Pictures must be placed with the correct formula/method in their portfolio.

### **Organization**

Competitors have 7 hours to produce all the products described below. They are free to organize their workday as they wish, but they must respect the presentation times of each product as described in the Contest Description.

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

### **Theme**

The theme **“The Four Seasons”** needs to be represented in Modules C and E, with respect to the Choux Paste – Filled Eclairs and Decorated Cake. The theme needs to be VISUALLY apparent in the cake decoration.

### **Presentation Timing**

Competitors have a 10-minute window to present their products as indicated in each Module. Products can be presented up to 10 minutes after their allotted time with a point reduction. 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, except for the Chocolate Showpiece and Integrated Bonbon Stand, which may be assembled on the presentation table, at the competitor's discretion.

### **MODULE A - SAFETY, SANITATION AND ORGANIZATION**

Competitors will be assessed based on the following criteria:

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

### **MODULE B – Piped Shortbread**

Must be presented between 10:50 am and 11:00 am.

- 16 Identical shortbread cookies
- Cookies must be 1.5" – 2" (3.8-5.08 cm) in diameter, baked.
- Cookies must be round in shape and piped with a star tip.
- Cookies must be identical in size, shape and appearance.
- Two (2) platters will be supplied by Skills Nova Scotia.
- 8 cookies will be presented on each platter. Platters will be presented on competitors presentation table.

### **MODULE C– Choux Paste – Filled Eclairs**

Must be presented between 1:50 pm-2:00 pm

- 12 filled and decorated eclairs are to be produced
- Baked dimensions are between 4" to 5" in length (10.1-12.7 cm) X a maximum width of 1.5" or 3.8 cm.
- Eclairs must be cut horizontally for filling
- Topped or dipped with a soft fondant, which will be provided.

- At least 50% of the fondant must be visible on the finished production
- Eclairs must be filled with a Chantilly Cream, piped with a star tip, which will be made on site by the competitor
- Garnish/decoration of the éclair must reflect the theme: "The Four Seasons"
- Two (2) Platters will be supplied by Skills Nova Scotia.
- 6 eclairs will be presented on each platter. Platters will be presented on the competitors presentation table.

#### **MODULE D – Bread of the World - Concha Buns**

Must be presented between 2:50-3:00 pm

- 24 Mexican Concha buns
- Buns must weight 65 – 75 g each after baking
- All buns must be made from the same dough.
- All buns must be hand shaped in a round form.
- Buns are to be identical in size, shape, and design.
- All buns are required to have a traditional concha sweet cookie topping using either a lemon or chocolate concha cookie topping that is stamped with a traditional concha stamp.
- Two (2) Platters will be supplied by Skills Nova Scotia.
- 12 buns will be presented on each platter. Both Platters will be presented on the competitors presentation table.



#### **MODULE E – THEMED DECORATED CAKE**

Must be presented between 3:50 pm and 4:00 pm

Theme of Cake: **The Four Seasons**

- Competitors are required to design the decoration of the cake to visible reflect the theme.
- Competitors will bake One (1) X 8 inch round chocolate sponge cake. The cake must be whole and can be cut into 3 layers after the judges have weighed the baked cake to confirm its weight. Maximum weight of the cake is 500 g.

- Make your own Swiss or Italian buttercream (Flavour is optional)
- Exterior is to be iced with Swiss or Italian buttercream and left straight sided without decorations.
- Cake is to be filled with the Swiss or Italian buttercream.
- Iced cake height must not exceed 4.25" or 10.8 cm. Other decoration may be added above and beyond this height.
- Simple syrup spraying or soaking of the cut layers is required.
- Inscription on the cake is to read: "Skills 2023"
- Inscription to be piped and done using chocolate only.
- Cake is required to be decorated respecting the Theme: **The Four Seasons**
- A slice of the cake, 1/8th of the cake in size, will be presented on a 10" round plate on the competitors presentation table.
- The plate will be provided by Skills Nova Scotia.
- The cake will be presented on a 10" cake board on the competitor presentation table. The cake board will be provided by Skills Nova Scotia.

### Tool Boxes

- Competitors can bring in small wares and small equipment as they require to produce their products.
- At the end of the competition, you need to have cleaned up your workstation and all tools need to be ready to wheel out of the workstation area and stored in the designated area or removed by the competitor.

### Ingredient List

**Common Tables:** access to all the products provided

#### Staples

Silicon paper – 40 X 60 cm (16"x 24")

Cling Film

Aluminum foil

Paper towels

Sanitizing solution

Dish Soap

Sanitizing solution in spray bottles  
10" Gold Round Cake board (supplied for the Decorated Cake)

**Dairy**

Whipping cream  
Butter – unsalted  
Whole milk 3.25%

**Fat**

Vegetable oil  
Olive Oil  
Hi Ratio Shortening

**Eggs**

Eggs, large

**Leavening Agents**

Instant Yeast  
Baking powder (double acting)  
Baking soda

**Flour**

All Purpose Flour  
Cake/Pastry flour  
Bread Flour

**Starch**

Cornstarch

**Chocolate Products**

Couverture – dark, white, milk  
Compound Dark Chocolate  
Cocoa Powder- Extra Brute

**Nut Products**

Almonds blanched, ground  
Almonds, sliced  
Hazelnuts, ground  
Pecan Pieces

**Sweetening Agents**

Sugar, granulated  
Sugar, icing (powder)  
Sugar, brown/yellow  
Honey  
Glucose  
Isomalt  
Rolled Fondant  
Soft Fondant

**Flavourings**

Vanilla extract  
Instant Coffee

**Gelatin**

Gelatin leaves  
Gelatin Powder

**Dried Fruit**

Dried Cranberries  
Dried Apricots  
Sultana Raisins

**Frozen Fruit Purées**

Raspberry  
Black Currant  
Banana

**Fresh Fruit**

Oranges  
Lemons  
Limes

**Fresh Herbs**

Thyme  
Basil

**Spices**

Cinnamon, ground  
Salt  
Sea Salt  
Cardamom, ground  
Black Pepper

**Liquors**

Bailey's  
Grand Marnier  
Prosecco

**Other Ingredients**

Feuilletine Crunchy Flakes  
Ice cubes

**Important**

Both Secondary and Post-Secondary Competitors are permitted to bring in two ingredients of their choice. The two ingredients will be presented to the judges during the last 15 minutes of set up on day one, while the judges are inspecting the workstation, tools and permitted additional ingredients.

***NOTE:** Additional ingredients brought in by competitors must be single ingredients, not premade items. Some examples of premade items that are **NOT** permitted: gum paste, modeling chocolate, fondant. If you have a question about an ingredient you would like to bring to the competition, please contact one of the Provincial Technical Committee Members.*

Beyond the two additional ingredients no other ingredients can be brought to the competition site.

**NO GOLD LEAF, NO SILVER LEAF**

Minors: If competitors are wanting to use the listed Liquor/Alcohol within their recipe, competitors must consult with a Provincial Technical Committee (PTC) member for assistance.

Secondary competitors/minors are not to handle any alcohol. A PTC member will dispense the desired amount within the recipe for the competitor.

**ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY.**