

TEST PROJECT

Workstation

Set Up

During the 30-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 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 ‘**Cirque du Soleil**’ needs to be represented in Modules B, C and D, as required in the Modules. The theme needs to be visually apparent with respect to all three modules: Petit Four, Plated Dessert and Sugar Showpiece.

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 Sugar Showpiece, 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.
- Workplace Safety.
- Effective Use of Ingredients

Food Requisitions:

- All competitors are required to submit a food requisition one week prior to competition. This requisition should contain all food product the competitor will be using during the competition, including amounts. Mystery ingredients will be provided separate from this form.
- The requisition form must be submitted by email to melissa.fewer@nsc.ca by 12:00 pm on Friday, April 5, 2024.
- Requisition form will be provided along with the rest of the competition documents on the Skills Nova Scotia website.

MODULE B – PETIT FOURS

Must be presented between 1:50 pm and 2:00 pm.

Make and present the following Petit Fours:

- 12 identical petit four
- Any shape under 2” (5.08cm) in diameter. Garnish can exceed height maximum.
- Shape is free style.
- Minimum of 3 textures are required.
- Decoration must be in alignment of the theme: **CIRQUE DU SOLEIL**
- Petit fours must be glazed.
- Six (6) Petit Fours will be presented on a platter and placed on the judges tasting table.
- Six (6) Petit Fours will be placed on a second platter and placed on the presentation table. The platters will be supplied by Skills Nova Scotia.

MODULE C– Plated Dessert

- Must be presented between 2:50-3:00 pm
- The theme of the competition, **CIRQUE DU SOLEIL**, must be represented in the overall decoration of the plated dessert.
- Competitors will be required to make 6 identical plated desserts.
- A minimum of 6 elements on the plate must be presented. Examples: Sauce, a crunchy element and a soft element are all options, but not limited to these.
- One of the elements on the plate must be a tempered chocolate decoration. The temper must be visible to the judges. Chocolate garnish must reflect the theme: **“CIRQUE DU SOLEIL”**
- A maple flavour must be included and distinguishable in the plated dessert.
- At orientation, competitors will be given a list of three (3) mystery ingredients. The competitor must select one of the mystery ingredients to incorporate into their plated dessert. A form will be provided at orientation to each competitor. The form must be filled out and placed on their presentation table during set-up, describing how the mystery ingredients will be incorporated into the plated dessert.
- All six (6) plated desserts will be presented on a 10” round plate.
- Two (2) plated desserts will be presented at the judges tasting table.
- Four (4) plated dessert to remain at the competitor’s presentation table.
- The 10” round plates will be supplied by Skills Nova Scotia
- Any transfer sheets used must be created on site. They cannot be brought in.

MODULE E – Sugar Showpiece

- Must be presented between 3:50-4:00 pm
- Theme of Competition must be represented in the overall design of the Sugar Showpiece. The theme '**CIRQUE DU SOLEIL**' must be visually apparent.
- Each competitor must prepare a Sugar Showpiece with a maximum height of 29.5" (75cm) and a maximum width of 14.5" (37cm)
- The competitor must demonstrate, at minimum, the following skills.
 - Casting
 - Pulling
 - Blown
- The use of an airbrush, lustre dust or metallic powders are allowed as an accent.
- Pastillage may be used as an accent but must not exceed 40% of the overall sugar showpiece.
- No internal supports are allowed.
- A maximum of 3 kg of Isomalt will be provided to each competitor.
- Showpiece will be presented on a base supplied by Skills Nova Scotia.
- Competitors may assemble their showpiece on their presentation table.
Alternatively, competitors may assemble their showpiece on their workstation and have it judged/marked before moving it to the presentation table.

Toolboxes:

- Competitors can bring in small wares and small equipment as they require to produce their products.
- At the end of the competition, your workstation must be cleaned, 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

Dairy

Whipping cream 35%

Whole milk 3.25%

Skim Milk Powder

Fat

Butter – unsalted

Maple butter

Canola oil

Olive Oil

Shortening

Eggs

Eggs, large

Leavening Agents

Baking powder (double acting)

Baking soda

Flour

All Purpose Flour

Cake/Pastry flour

Bread Flour

Starch

Cornstarch

Chocolate Products

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

Nut Products

Hazelnut, whole
Hazelnut, ground
Almonds blanched, ground
Almonds, sliced
Almonds, whole
Walnuts, pieces
Hazelnut paste, 100%

Sweetening Agents

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

Flavourings

Fresh Ginger
Vanilla extract
Instant Coffee
Tonka Beans
Almond Extract

Gelatin

Gelatin leaves
Miroir Glaze
Pectin NH

Dried Fruit

Dried Cranberries
Dried Apricots
Sultana Raisins
Lemon Peel
Orange Peel

Frozen Fruit Purées

White Peach
Passionfruit
Cassis

Fresh Fruit

Oranges
Lemons
Raspberries
Strawberries

Fresh Herbs

Thyme
Rosemary

Spices

Cinnamon, ground
Salt
Sea Salt
Pink Peppercorn
Allspice, ground

Liquors

White and Red Wine
Guinness Beer
Maple Whiskey
Crème de Cassis
Disaronno

Other Ingredients

Feuillettine Crunchy Flakes
Quick Rolled Oats
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 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. These two items are NOT permitted.**

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.