

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 30-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 **'BOUNTY OF THE HARVEST'** needs to be represented in Modules D and E, with respect to the Entremet and Showpiece. The theme needs to be VISUALLY apparent.

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.

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 – FRENCH PASTRIES

Must be presented between 12:50 pm and 1:00 pm.

Competitors are required to produce the following:

- Twelve (12) identical French Pastries
- 80-120 g
- Shape is Free style
- Minimum of Three (3) Textures
- Must include stirred custard, e.g.: curd, Cremeux, pastry cream
- Must include pastry component, e.g.: tart dough, choux, sable
- Must include either a Swiss or Italian Meringue

Six (6) French Pastries will be presented on a platter and placed on the judges tasting table. Six (6) French Pastries will be placed on a second platter and placed on the presentation table. The platters will be supplied by Skills Nova Scotia.

MODULE C – MOLDED CHOCOLATE BONBONS

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

Competitors are required to produce the following:

- Twenty (20) identical chocolate bonbons
- A minimum of 2 filling textures are required
- Bonbons must be identical in weight and can weight between 10-20 g
- Mold is Free Choice
- Tempered Dark, milk or white chocolate for the shell and base is required

Ten (10) bonbons are to be presented on a platter and placed on the judges tasting table. Ten (10) bonbons will be placed on a second platter and placed on the presentation table. The platters will be supplied by Skills Nova Scotia

MODULE D – ENTREMETS/MOUSSE STYLE CAKE

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

The Theme of Competition must be represented in the overall decoration of the cake. The theme **BOUNTY OF THE HARVEST** must be visually apparent.

Competitors are required to produce the following:

- Two (2) 6" diameter Entremets/Mousse Style Cakes
- The glazed cake cannot exceed 3" or 7.6 cm in height. The Decoration may exceed this.
- Both Cakes must be identical in structure and glazing
- Only one (1) cake required decoration
- The cakes must be glazed with a shiny mirror glaze
- A minimum of three (3) textures must be included.
- Must use either carrots, beets or parsnip in one texture
- Garnish and decoration are free choice providing the theme is visually apparent. The theme must be in alignment with the flavour profile
- The cake to be judge must be cut in half does not have to be decorated.

The Cakes will be presented on 8" cake boards. The decorated cake will remain at the competitor's presentation table. The undecorated cake will be cut in half by the competitor. From the cake cut in half, 1 portion will remain on the competitor's presentation table and the order portion will be placed on the judges tasting table. Cake boards to be supplied by Skills Nova Scotia

MODULE E – CHOCOLATE SHOWPIECE

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

- Theme of Competition must be represented in the overall design of the Chocolate Showpiece. The theme: **BOUNTY OF THE HARVEST**
- Competitors are to produce a presentation piece using chocolate and chocolate products.
- A height between 10" to 20" (25.4 to 50.8 cm) and a maximum width of 14.5" or 37cm.
- A minimum of 4 techniques must be represented in the showpiece. They may include:
 - Pouring
 - Molding/Casting
 - Brushing
 - Polishing
 - Sculpting
 - Modeling Chocolate
 - Carving
 - Piping
 - Cutting
- The showpiece must reflect the theme.
- A use of cocoa butter colors and spraying is permitted.
- A minimum of 50% of the showpiece must have all three visible tempered chocolates: white chocolate, milk chocolate and dark chocolate.
- No internal supports are allowed.
- Each competitor will be provided with 3kg Dark Chocolate, 2 kg Milk Chocolate and 1.5 kg of White Chocolate exclusively for their showpiece.
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Showpiece will be presented on a base supplied by Skills Nova Scotia. Competitors may assemble their showpiece on their presentation table.

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
8" Gold Round Cake Board

Dairy

Whipping cream
Whole milk 3.25%
Sour Cream
Cream cheese

Fat

Butter, unsalted
Canola oil
Coconut Oil
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
Cocoa nibs

Nut Products

Almonds blanched, ground
Almonds, sliced
Hazelnuts, ground
Hazelnuts, whole
Hazelnut Paste 100%
Walnut Pieces
Pistachios, Whole
Pistachio Paste
Sunflower Seeds

Sweetening Agents

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

Flavourings

Vanilla extract
Instant Coffee
Bourbon Vanilla Bean Paste
Chamomile Tea
Fresh Ginger

Gelatin

Gelatin leaves
Miroir Glaze
Pectin NH
Gelatin Powder

Dried Fruit

Dried Cranberries
Dried Cherries
Dried Blueberries

Frozen Fruit Purées

Raspberry
Passionfruit
White Peach
Strawberry

Frozen Fruit

Frozen Rhubarb
Frozen Blueberries

Fresh Fruit

Kiwi
Pineapple
Mango
Blackberry
Lemon
Strawberries
Oranges
Raspberries

Fresh Produce

Carrots
Beets
Parsnip

Fresh Herbs

Thyme
Rosemary

Spices

Nutmeg
Clove

Ginger
Cinnamon, ground
Salt
Sea Salt
Allspice

Liquors

Triple Sec
Bourbon
Baileys
Rum, Dark

Other Ingredients

Feuilletine Crunchy Flakes
Ice cubes
Rolled Oats

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 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.