

Project Description

Cooking 34 – Secondary

Module A		March 26, 2026	NSCC Akerley Campus
TIME	TASK		
8:00 a.m.	Arrival of candidates on site. Introductions and instructions		
8:10 a.m.	<ul style="list-style-type: none"> Set-up workstation *** Equipment only 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		
9:00 a.m.	Submit: Conversion Test, Descriptive Menu, Menu Elements		
10:45 a.m.	<ul style="list-style-type: none"> Butchery Competency begins, completed by 11:05 a.m. 		
11:30 a.m.	<ul style="list-style-type: none"> Present vegetable cuts. Cleaning up station. 		
12:15 p.m.	Lunch Break – Lunch Provided		
Module B		March 26, 2026	NSCC Akerley Campus
TIME	TASK		
1:05 p.m.	Competitors return for Module 2 Briefing		
1:15 p.m.	Competition Resumes		
2:45 p.m.	Present Appetizer Course		
3:30 p.m.	Present Main Course		
4:15 p.m.	Present Dessert Cleanup of Stations		
5:15 p.m.	Leave Site		

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

Example Dessert must be served from 4:15 p.m. to 4:17 p.m. after which, marks will be deducted every minute until 4:25 p.m. At 4:26 p.m. submitted work will no longer be accepted for judging.

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Module A Conversion Test, Competencies, Perogy Mise en place	
Description	<ul style="list-style-type: none"> • Conversion Test (See Appendix #3) • Precision Cuts Competency (See Appendix #4) <p>Competitors will produce and utilize the following in their menu: 3 x 100g, Vegetable cuts - small dice, julienne, batonnet.</p> <ul style="list-style-type: none"> ▪ Amounts used in plates are at the discretion of the competitor but must be written into their menu and must display the core competency. ▪ Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu. <ul style="list-style-type: none"> • Chicken Butchery Competency -Timed Test <p>Competitors will be provided with a whole chicken and must complete the following tasks within a 20-minute time period. <i>(Please be advised that this chicken will be used in your 4 main course plates.)</i></p> <p>Task - Break chicken down into bone-In 8 cut. Please see appendix #2, French trimming is optional, skin may be removed but must be shown.</p>
Service Details	<ul style="list-style-type: none"> • Some recipe information is provided. See Appendix #1 • Trays will be provided for the butchery and portion cups for the classic cuts • No service wares (China) permitted other than that which is provided by the committee.
Available Ingredients	<ul style="list-style-type: none"> • Please see common table
Additional instructions	<ul style="list-style-type: none"> • All vegetable cuts must be presented in provided containers. • Conversion exercise will have a 30-minute deadline from the start of the contest. • Competitors may not gather food until the conversion test is completed. • Module B Mise en place is to be stored neatly in your fridge or at your station.

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Evaluation Criteria

- **Precision:** Accuracy and cleanliness of cuts.
- **Speed:** Ability to complete tasks within the given timeframe.
- **Waste Management:** Minimization of waste.
- **Safety:** Proper handling of knives and adherence to safety protocols.

Module B

Appetizer, Main Course, and Dessert

Description

Prepare four (4) portions of the following three (3) course menu:

Appetiser: Gazpacho Soup

- The appetiser must include:
 - Tomatoes, Cucumber, Bell pepper, Onion, Garlic, EV Olive oil, Vinegar, Seasoning and a Bread component
 - one (1) item from the vegetable cuts

Main Course: Chicken Chasseur

- The main course must include:
 - Chicken, Shallots or Onions, Garlic, Mushrooms, Tomatoes, Sauce, Parsley
 - Must utilize white and dark meat on each plate
 - A minimum of one (1) starch preparation
 - A minimum of two (2) vegetable preparations
 - Two (2) items utilized from the vegetable cuts
 - A minimum of one (1) functional edible garnish

Dessert: Tarte Tatin

- The dessert must include:
 - Individual Classic Apple Tarte Tatin (*pastry provided*)
 - Caramel Sauce

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	<ul style="list-style-type: none"> ▪ Classic Chantilly Cream ▪ One (1) functional edible garnish
Service Details	<ul style="list-style-type: none"> • Appetiser: Industry standard 250 ml per portion • Main Course: Minimum 350 g to maximum 425 g • Dessert: Minimum 125 g to maximum 185 g • Cooking temperature must meet food safety standards, no frozen components.
Available Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this competition is included in the common table document.
Equipment Required	<ul style="list-style-type: none"> • Four (4) each of the following plateware will be provided: <ul style="list-style-type: none"> ○ 8" round white soup plates for the Appetiser ○ 12" round white plates for Main Course ○ 12" round white plates for Dessert • No service wares (China) permitted other than that provided. • Service spoons, glasses, ramekins, etc., are not allowed.

Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2025). *Professional Cooking for Canadian Chefs* (10th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). **On Cooking, A Textbook of Culinary Fundamentals** (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). **Professional Chef** (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2021). *Professional Baking* (8th edition). New Jersey: John Wiley & Sons.

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B. Remember that the recipes are intended as a guide and **must** be adjusted as required.

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- 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., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Gazpacho

Source: ***Professional Cooking for Canadian Chefs***

Yield: **2 litres (2 Quarts)**

Ingredients

Tomatoes, peeled and chopped fine	2.5 lb.	1.2 kg
Cucumbers, peeled and chopped fine	1 lb.	0.500 kg
Onions, peeled and chopped fine	8 oz.	0.250 kg
Green bell peppers, peeled and chopped fine	4 oz.	0.125 kg
Crushed Garlic	½ tsp	0.002 litre
Fresh white bread crumb	2 oz.	0.060 kg
Water or tomato juice, cold	1 pt.	0.500 litre
Red wine vinegar	3 fl oz.	0.090 litre
Olive oil	4 fl oz.	0.125 litre
Salt	to taste	to taste
Pepper	to taste	to taste
Cayenne or hot red pepper sauce	to taste	to taste
Lemon juice or vinegar	to taste	to taste

Garnish:

Onion, small dice	2 oz.	0.060 kg
Cucumbers, small dice	2 oz.	0.060 kg
Green pepper, small dice	2 oz.	0.060 kg

Procedure

1. If a blender is available, combine all the ingredients in the blender and process until liquefied.
2. If a blender is not available, combine all the ingredients except the Olive Oil. Pass them through a food mill. If a smoother soup is desired, pass through a fine sieve. Rub the solids through the sieve to puree them. Place the mixture in a stainless-steel bowl. Using a wire whip, slowly beat in the olive oil.
3. Add salt, pepper, and cayenne or pepper sauce to taste.
4. If Necessary, adjust the tartness by adding a little lemon juice or vinegar.
5. Chill the soup thoroughly.

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6. Combine the garnish ingredients in a small bowl or bain-marie.
7. At service time, ladle 200 ml (6 oz.) of gazpacho into chilled soup cups. Top with 15 - 30 g (1 -2 Tbsp.) diced vegetables garnish. If desired gazpacho may be served with ice cubes,

Chicken Chasseur

Source: ***Professional Cooking for Canadian Chefs***

Yield: **20 portions: 1/4 chicken, 45 ml (1.5 oz.) sauce**

Ingredients

Chickens 0.9 to 1 kg (2 to 2 1/4 lb.) each	5 each	5 each
Salt	to taste	to taste
Pepper	to taste	to taste
Oil	2 fl oz.	0.060 litre
Shallots (or Onions), cut brunoise	2 oz.	0.060 kg
Mushrooms, Sliced	8 oz.	0.250 kg
White Wine (de-alcoholized only)	8 fl oz.	0.250 litre
Demi-Glace	1.5 pt.	0.250 litre
Tomatoes Concassé (fresh)	8 oz.	0.250 kg
Or		
Tomatoes, canned, drained, & chopped	4 oz.	0.125 kg
Salt	to taste	to taste
Pepper	to taste	to taste
Parsley, chopped	2 Tbsp.	0.060 litre

Procedure

1. Cut the chicken into 8 pieces (See appendix #2). Season with salt and pepper.
2. Heat the oil in a large brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 165 C (325 F), 20-30 minutes, or until done.
8. When the chicken is done, remove it from pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings
9. Serve ¼ chicken (1-piece dark meat and 1-piece light meat) per portion. Cover with 45 ml (1.5 fl oz.) of sauce.

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Apple Tarte Tatin

Source: ***Professional Baking***

Yield: **One – 13 cm (9 inch) tart**

Ingredients

Apples	3 lb.	1.500 kg
Butter	3 oz.	0.100 kg
Sugar	8 oz.	0.250 kg
Puff Pastry	8 oz.	0.250 kg

Procedure

1. Peel the apples, cut them in half vertically, and remove the cores. If the apples are large, cut them in half again to make quarters.
2. Select a heavy 25 cm (10 in.) skillet or sauté pan. Melt the butter in the skillet. Cover the butter with the sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill in the center with the remaining apple halves. The pan should be full of apple halves standing on their edges and leaning against each other. They should protrude above the rim of the pan, as they will sink as they cook, making a tart about 4 cm (1 ½ in.) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and the juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked, but will finish cooking when the tart is baked. Remove from the heat and let cool slightly.
5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples. Tuck the edges of the pastry inside the pan, rather than letting it overlap the outside of the pan.
6. Bake at 220 °C (425°F) for 30 -40 minutes until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or be partially reabsorbed so the tart can be turned out. Place a cake circle or platter over the pan and turn out the tart. The tops of the apples should have a rich caramel colour. If more shine is desired, dust the top with sugar and caramelize it under a broiler or with a torch. Serve warm or at room temperature.

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Caramel Sauce

Source: *The Professional Chef*

Yield: 12 servings

Ingredients

Heavy Cream	1 lb 8 oz.	0.680 kg
Sugar	13 oz.	0.369 kg
Glucose	10 oz.	0.284 kg
Butter	2 ¼ oz.	0.064 kg

Procedure

1. Place the cream in a saucepan and bring to a boil over medium heat. Leave the pan over very low heat to keep warm.
2. Prepare an ice water bath. Combine the sugar and the glucose in a heavy-bottomed saucepan and slowly cook over medium heat, stirring constantly, until the sugar has dissolved. Stop stirring and continue to cook to a golden caramel. Remove from the heat and shock the saucepan in the ice bath to stop the cooking.
3. Remove from the ice bath and stir the butter into the caramel. Carefully stir in the hot cream, mixing until fully blended.
4. Reserve at room temperature until needed for service. For longer storage, place in an airtight container and refrigerate. Warm the sauce before use.

Crème Chantilly

Source: *The Professional Chef*

Yield: 480 ml (16 fl oz.)

Ingredients

Heavy Cream	1 lb.	0.454 kg
Confectioner's Sugar	2 oz.	0.057 kg
Vanilla extract	½ oz.	0.014 kg

Procedure

1. In the bowl of an electric mixer fitted with a wire whip, whip the cream to soft peaks.
2. Add the sugar and vanilla and continue to whip until the cream reaches medium peaks. Reserve, refrigerated, until needed for service.

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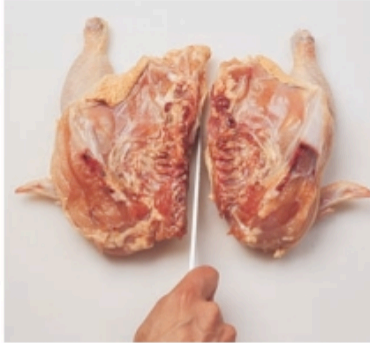
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Appendix #2 – Chicken Butchery

FIGURE 17.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife, as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)



(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

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Appendix #3 - Recipe Conversion Exercise

Instructions & Example

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitor must supply writing implement – pen or pencil
- Competitor CANNOT use their own device for their calculations. (i.e.: smartphone, tablet, personal calculator, other programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

Competitor No. _____

Score: ____ / 15

Recipe Name: **Brown Sauce**

Recipe Total Yield: **4 litres**












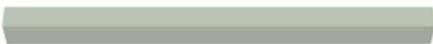

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.500 litres

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Appendix #4 – Precision Cuts

Source: Professional Cooking 9th edition
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	(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: 1/16 in. × 1/16 in. × 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: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).

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Appendix #5

2026 Secondary Marking Scheme

Safety and Sanitation	Weight:	15
Aspect	Measurement or Judgement	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

Organization & Product Utilization	Weight:	10
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Conversion Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e., over/under preparation	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	
Recipes reflect own ideas & originality - interpreting trends	J	
Selects appropriate fabrication and preparation techniques	J	
Knowledge of Cooking Methods	J	
Knowledge of food Ingredients, their application and preparation	J	
Conversion Exercise	M	

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Presentation	Weight:	15
Aspect	Measurement or Judgement	
Presented food/China is cleanly presented. Service wares are free of spills, and fingerprints	M	
Dish fits the China used and shows negative space	M	
Appetiser Visual Presentation Appeal	J	
Main Course - Visual Presentation Appeal	J	
Dessert Creation Visual Presentation Appeal	J	
Modernistic and Contemporary Food Presentation style	J	
Overall Quality and Value of Food Presented	J	
Precision cuts to industry standards	J	
Mother sauce to industry standards	J	
Key/required food ingredients are reflected in the written menu description	M	

Taste and Required Menu Components	Weight:	35
Aspect	Measurement or Judgement	
Appetizer meets correct portion size as per Test Project	M	
Main Course meets correct portion size as per Test Project	M	
Dessert meets correct portion size as per Test Project	M	
Error-free, professionally written descriptive menu	J	
Appetiser - Showcase Required Elements	J	
Main Course - Showcase Required Elements	J	
Dessert Creation Showcase Required Elements	J	
Appetiser Texture & Doneness	J	
Main Course Texture & Doneness	J	
Dessert Creation Texture & Doneness	J	
Appetiser Flavour	J	
Main Course Flavour	J	
Dessert Flavour	J	
Seasoning of Food	J	
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M	
Precision Cut & Competency Weights	M	