



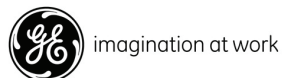
## Our Hands...Building Our Future

Regional Skills Competition

# Regional Skills Competition 2009 • Culinary Arts • Scope

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Media Sponsors:



## Competition:

Culinary Arts

## Date:

Wednesday, May 13, 2009

## Location:

Fleming College, Sutherland Campus  
599 Brealey Dr., Peterborough

## Schedule:

### Group A

8:30-9:00 am Orientation & set up in kitchens  
9:00 - 11:30 Practical project  
11:30-11:45 Present project  
(11:30-11:35 Present Soup)  
(11:35-11:45 Present Chicken)  
11:45-12:30 Final judging and clean up  
12:30-1:30 Lunch  
1:30-2:00 Safety & Sanitation tests  
2:00-4:30 pm Interviews

### Group B

8:30-9:00 am Safety & Sanitation tests  
9:00-11:30 Interviews  
11:30-12:30 Lunch  
12:30-1:00 Orientation & set up in kitchens  
1:00-3:30 Practical project  
3:30-3:45 pm Present project  
(3:30-3:35 Present Soup)  
(3:35-3:45 Present Chicken)  
3:45-4:30 Final judging and clean up

## Purpose of Competition:

- To evaluate professional culinary skills of competitors by having them cook the requested items in accordance with established trade rules
- To recognize outstanding students for excellence and professionalism in the field of Culinary Arts

## Skills and Knowledge:

- Sanitation and safety
- Economy and timing
- Preparation
- Presentation
- Taste
- Adherence to contest rules and regulations
- Interview skills

Competitors are required to produce a two course menu:

- 4 portions of soup must be presented (judge, display table, teacher, and competitor)
- 2 portions of each main course must be presented (judge, display table)
- all participants have access to items from their Food Basket and the Common Foods Table (see Appendix B)
- there will be a 15 minutes service window (soup served before chicken - see Schedule)
- once the presenters are cleaned up there will be a general review with the students

## Components of Competition:

### Practical Project:

Each contestant will have to cook the following menu:

#### 1st course - 4 portions at 250mL each

- Cream of mushroom soup with your choice of functional garnish

#### 2nd course - 2 portions

- Chicken front, 1 piece (to be broken down into 2 chicken suprême), to be presented as chicken suprême grandmère (roasted or braised)
- Duchesse potato variation
- 2 different cooked vegetables of choice each with different cooking method

### Instructions:

For all plates, the presentation should be modern and clean.

The portions should be for a 2-course menu. Decoration is free, but the menu titles should be respected.

The menu has to follow the attached recipes (Appendix C) and be prepared from the Food Basket and items on the Common Foods Table (Appendix B). You should not waste any food items from the common tables; waste will be marked accordingly.

One plate of each course has to be put on the judge's table at the specified time (see Schedule). The other is for the display table. Menu items must be served at proper serving temperatures and will be marked accordingly.

Reference books and recipes (Appendix C) can be consulted throughout the practical project.

In the event of a tie, preference will be given to the competitor that has the highest safety and sanitation score.

Functional garnish must be edible and add to the dish.

Examples of functional garnish: fluted mushrooms, crispy onions, patterned cream. Examples of non-functional garnish: sprigs of fresh herbs, radish roses, tomato flowers.



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Realized Skills Committee

### Interview:

To assist competitors in fully preparing for their eventual job searches and to become valued employees, there will be a job interview incorporated into this contest. It is expected that the competitors arrive prepared WITH A RÉSUMÉ and be ready for interview questions and discussion (see Appendix A). Interviews will be administered and judged by an industry representative Human Resources manager.

### Written Test:

- 30 multiple choice questions
- Questions will cover Food Safety and Sanitation

## Judging Criteria:

- 6 judges will be appointed (3 kitchen judges and 3 tasting judges)
- The head judge will be selected prior to the competition day
- Judges will consist of representatives from college and/or local industry
- Judging will be based on the recipes provided

Total Possible score is 100%

Safety and Sanitation	15%
Economy, Timing	10%
Preparation Skills	15%
Presentation	15%
Taste	20%
Adherence to Recipes Provided	5%
Job Interview	10%
Written Test	10%
Total	100%

## Equipment and Materials:

### Supplied by Committee:

- All food supplies necessary to produce the requested menu items
- Chef jacket, hat and apron to be worn during competition

Equipment and tools for use during practical project (to be supplied by Fleming College):

- Roasting pan or foil pie plates
- Bowls (small, medium and large) and small bowls for mise en place
- Measuring cups (liquid and dry)
- Strainers and Colanders (shared)
- Scales (shared)
- Whip, wooden spoons, spatulas
- Cutting boards
- Plates and bowls for presentation of menu items
- Saucepans, sauté pans and/or skillets
- 2 gas burners and oven (shared)

### Supplied by Competitor:

- (All competitor's equipment and tools should be marked with identification)
- Tools and equipment: chef's knife, paring knives, potato masher/ricer, ladles, vegetable peeler, tongs, measuring spoons, cutlery
  - Any other specific/specialty tool deemed necessary for preparation of menu items
  - Any reference books, recipes, work schedules necessary for contest
  - Tea towels
  - Meat thermometer
  - Blender (immersion or upright)
  - Mandoline or slicer (optional)
  - Professional clothing to include: check or black pants, white or solid black t-shirt. Shoes must be closed-toe, have non-porous uppers and have anti-slip soles. Hair must be restrained (hair net required if hair is longer than collar length).
  - No visible jewelry is permitted (including piercings, facial or otherwise).
  - No nail polish is permitted.



## Appendix A Possible Interview Questions

To help you prepare for a career in your chosen field, there is a Job Interview component for each competitor in each competition. You will be required to participate in a mock interview. Please be prepared to answer any of the following questions.

- 1) What are your career goals?
- 2) Why are you interested in the field of Culinary Arts?
- 3) What leadership abilities do you feel you have and please give examples?
- 4) What practical experience would you bring to a position?
- 5) What would you do if you saw a co-worker break a policy or procedure?
- 6) What are some of the difficulties/hazards that you may encounter in the working environment?
- 7) Tell me about a time you worked with others. Was the experience successful? Why or why not?
- 8) What do you feel it takes to be an expert in the field of Culinary Arts?
- 9) What is the most fulfilling project you have worked on and what did you learn from it?
- 10) What is your competitive advantage?



## Appendix B Food Components

### Food Basket Components (for each contestant)

- Chicken front (1), to be broken down into 2 chicken suprêmes
- Milk – 300 mL
- Cream 35% - 150 mL
- Butter – unsalted – 150 g each
- Thick sliced bacon - 60 g

Please note:

- Each contestant will be given only the quantities listed above in their Food Basket. Additional Food Basket Components will not be available.
- All quantities of items in Food Basket and on Common Foods Table will be made available only during the practical exam hours.
- All items are subject to change without notice, depending on availability and quality, but all competitors will have the same conditions.
- No external food is permitted in the competition

### Common Foods Table

- All-Purpose Flour
- Assortment of Oils  
(minimum of two: olive, canola, other)
- Dijon Mustard
- Fresh Herbs (thyme, italian, parsley, chives)
- Liquid Honey
- Salt
- Spices
- Stocks (chicken stock, vegetable stock, beef stock)
- Cooking Wine (white and red)
- Eggs
- Bread Crumbs
- White Bread
- Tomato Paste

Vegetables:

- Asparagus
- Potatoes (Russet)
- Leeks
- Zucchini
- Celery
- Green Beans, Snow Peas, or Sugar Peas
- Onions, Shallots, Garlic
- Mushrooms (Button, Cremini)
- Broccoli
- Carrots
- Cauliflower
- Rutabaga
- Butternut Squash
- Pearl Onions (fresh or IQF)



## Appendix C Recipes - Cream of Mushroom Soup

**Menu item: Cream of Mushroom Soup**

**Yield:** 1.000 Litre  
**Portion Size:** 0.250 Litre  
**# of portions** 4.000 portions

**Source:** Professional Cooking 6th Ed.  
 Gisslen, page 224

INGREDIENTS	Metric Quantity		U.S. Imperial Quantity	
	Count	Unit	Count	Unit
Butter	0.060	Kg	2	oz
onion, chopped fine	0.060	Kg	2	oz
Mushrooms, chopped	0.120	Kg	4.00	oz
Flour	0.045	Kg	1 1/2	oz
White stock, chicken or veal, hot	0.750	litre	3/4	qt
Milk, hot	0.250	litre	1/2	pt
Salt	to	taste	to	taste
White pepper	to	taste	to	taste
Heavy cream, hot	0.120	Kg	4	oz
Optional garnish: Mushrooms, cut brunoise, sautéed in butter	0.030	Kg	1	oz

**Preparation Procedure:**

- 1 Heat the butter in a heavy saucepot over moderate heat.
- 2 Add the onions and mushrooms. Sweat the vegetables without letting them brown.
- 3 Add the flour and stir to make a roux. Cook the roux for a few minutes, but do not let it start to brown.
- 4 Gradually beat in the stock. Bring to a boil, stirring with a whip as it thickens.
- 5 Simmer until vegetables are very tender.
- 6 Skim the soup carefully.
- 7 Pass the soup through a food mill to purée it.
- 8 Pass the puréed soup through a fine china cap or through cheesecloth.
- 9 Add enough hot milk to the soup to bring it to the proper consistency.
- 10 Heat the soup again, but do not let it boil.
- 11 Season to taste.
- 12 At service time, add the cream. Add the garnish, if desired.



## Appendix C Recipes - Duchesse Potatoes

**Menu item: Duchesse Potatoes**

**Yield: 0.200 kg**

**Source:** Professional Cooking 6th Ed.

**Portion Size: 0.100 kg**

Gisslen, page 590

**# of portions 2 portions**

INGREDIENTS	Metric Quantity		U.S. Imperial Quantity	
	Count	Unit	Count	Unit
Potatoes, peeled and quartered	0.230	Kg	8	oz
Butter, melted	0.010	Kg	2	tsp
Salt	to	taste	to	taste
White pepper	to	taste	to	taste
Nutmeg	to	taste	to	taste
Egg yolks	1.000	each	1.000	each
Egg wash (optional)	as	needed	as	needed

### Preparation Procedure:

- 1 Steam the potatoes or simmer them in salted water until tender.
- 2 Pass potatoes through a food mill or ricer.
- 3 Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
- 4 If the potatoes are very moist, stir over a low flame to stiffen.
- 5 Add the egg yolks (off the fire) and beat until smooth.
- 6 Put the mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans or as platter borders. Cone-shaped spiral mounds are most popular for individual portion service.
- 7 If desired, brush lightly with egg wash for greater browning.
- 8 At service time, place potatoes in hot oven (400°-425°F/200°-230°C) until lightly browned. Platter borders may be browned under the salamander.



## Appendix C Recipes - Chicken Suprême Grandmère

**Menu item: Suprême de Poulet Grandmère**

**Yield: 2.000 portions**

**Source:** Professional Cooking 6th Ed.

**Portion Size: 1.000 Chicken Supreme**

Gisslen, page 418

**# of portions 2.000 each**

INGREDIENTS	Metric Quantity		U.S. Imperial Quantity	
	Count	Unit	Count	Unit
Chicken fronts	1.000	front	1	front
Onion, chopped fine	0.015	Kg	1	Tbsp
Carrot, cut brunoise	0.010	Kg	2	tsp
Celery, cut brunoise	0.010	Kg	2	tsp
Butter	0.010	Kg	2	tsp
Fresh white bread crumbs	0.030	Kg	1	oz
Eggs, beaten	0.5	each	0.5	each
Salt	to	taste	to	taste
Pepper	to	taste	to	taste
Oil	0.010	L	2	tsp
Mirepoix, small dice	0.060	Kg	2	oz
White wine (see note)	0.030	L	1	fl oz
Tomato paste	0.010	Kg	2	Tbsp
Brown stock	0.250	L	1	cup
Beurre manié	0.025	Kg	1	oz
Salt	to	taste	to	taste
Pepper	to	taste	to	taste
Slab bacon	0.060	Kg	2	oz
Pearl onions	0.060	Kg	2	oz
Button mushrooms	0.090	Kg	3	oz



## Appendix C Recipes - Chicken Suprême Grandmère Cont'd

### Preparation Procedure:

- 1 Using your boning knife split the fronts down the middle following the keel bone. Carefully remove the breast meat from the rib cage. Follow the wish bone to the wing bone joint. Cut through the joint ensuring that you leave the wing attached to the breast. Cut off the wing tip and flat leaving only the drumette attached to the breast. Chop and reserve all the extra bones for step 5.
- 2 Sweat the onion, carrot, and celery in butter until soft. Cool. Bind with bread crumbs and just enough egg to make a soft but not too wet consistency. Season.
- 3 To stuff the chicken supreme, fold back the tender and insert a boning knife into the back side of the breast following the line that was created when the tender was folded back. Turn the chicken supreme 180 degrees and make an incision on the other side of the breast to create a pocket. Place the stuffing into the pocket and fold the tender over the stuffing.
- 4 Heat the oil in a large, shallow pan and brown the breast. Remove from pan.
- 5 Add the chopped chicken bones and the mirepoix to the pan. Cook until golden.
- 6 Deglaze with the wine and reduce by 90 percent. Stir in the tomato paste and the stock. Bring to a boil and thicken lightly with beurre manié.
- 7 Place the chicken breast in the pan, ensuring that the liquid comes only halfway up them. Bring to a boil, then continue cooking, uncovered, in the oven at 350°F (180°C) for about 30 minutes. During this time, baste with the braising liquid to give the breast a glaze.
- 8 Remove the chicken breast from the liquid and keep warm. Strain the liquid into a clean pan, degrease, and season with salt and pepper, adjusting consistency if necessary.
- 9 Prepare the garnish; Cut the bacon into lardons (batonnet). Blanche the lardons by placing them in cooled water and bring to a boil, cooking for about 5 minutes in total, then fry them in a sauté pan until golden brown. Sauté the onions and mushrooms in the bacon fat until glazed and golden. Combine all three.
- 10 Slice the chicken supreme neatly and serve on hot plates with the sauce and garnish around it. Serve with the appropriate starch and vegetable.

**Notes:** 1) If you choose to roast your chicken rather than braise it please follow the recipe up to procedure 7. At this point place the chicken supreme into the oven to roast while continuing to make the sauce in a pot on the stove.

2) Remember that garnish on your plate may add to the appearance, but please respect the recipe and use functional items to garnish your plate.

3) If you do not wish to use wine in this recipe, substitute water or stock for deglazing. Adjust the flavour balance of the finished sauce with a little fresh lemon juice.

