

**SKILLS CANADA PROVINCIAL COMPETITION**

**MARCH 20, 2020**

**ST. JOHN'S, NEWFOUNDLAND AND LABRADOR**

# **POST - SECONDARY**

**COOKING TRADE**

TEST PROJECT

**Competition Chair:**

Danial Flight, RSE - NTC Newfoundland and Labrador

## General Information

**Important:**

This **Test Project** is based on the Contest Description document for the Canadian Skills Cooking Competition, and provides detailed information about the contest itself, whereas the **Contest Descriptions** provide general information on the SCPC competitions.

**“Canadian Skills Competition / Contest Description / Cooking”**

All relevant Documents are available on the Skills Canada’s Website.

**All questions must be addressed to the Provincial Technical Chair**

Danial Flight – [danial.flight@cna.nl.ca](mailto:danial.flight@cna.nl.ca)

## Day1

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### Module A

- Prepare Pressure Test
- Prepare Appetizer
- Prepare Main Course
- Prepare Dessert

### Mystery Ingredients

This 1-day competition features mystery ingredients which must be incorporated into the dishes prepared. These items will be revealed during the contest orientation on Friday March 20, 2020.

Day 1		Module A - Pressure Test	
Description	<p><b>Prepare Pressure Test</b></p> <p>Competitors will be assigned a skills “pressure” test that will reflect real-world situations where cooks are required to adjust work plans in order to meet unexpected guest requirements. At the start of the contest and in the presence of the competitors, NTC will draw a skill from the list below, and also draw the time the skill must be completed. Competitors will be given 5 minutes prior to the start of the competition to adjust their work plans to accommodate the added tasks. Trainers cannot be present or assist the competitors with this task. The timing judge will give competitors a 5-minute warning for when it needs to be presented.</p>		
Service Details	<p><u>One of the pressure test items will be drawn right before start of competition on Day 1.</u> All competitors will perform the same pressure test. The competitors will be provided service wear for plating.</p>		
Example	<ul style="list-style-type: none"> <li>• Filled Omelette</li> <li>• Italian Meringue</li> <li>• Filleting a Whole Round Fish</li> <li>• Filleting a Whole Flat Fish</li> </ul>		
<b>Appetizer</b>			
Description	<p><b>Prepare an Ovo-Lacto Vegetarian Appetizer featuring a dry pulse –</b></p> <ul style="list-style-type: none"> <li>• Must be served warm (minimum 72 C) with a sauce and garnish.</li> <li>• Must have balance of colors, textures and flavors.</li> <li>• <i>Portion size – 200 grams per plate maximum</i></li> </ul>		
<b>Main Course</b>			
Description	<p><b>Main Course –</b></p> <ul style="list-style-type: none"> <li>• Seafood course featuring A Mystery Fish and Shrimp. Must incorporate/utilize the assigned mystery seafood.</li> <li>• Must be gluten free.</li> <li>• Must present a dish according to the recommendations of the Canada Food Guide that half the dish served is comprised of colourful vegetables.</li> </ul>		

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	<ul style="list-style-type: none"> <li>• Must include one whole grain.</li> <li>• Must include an edible garnish that contributes to the dish.</li> <li>• Must include a sauce.</li> <li>• Cooking temperature must meet industry safety standards.</li> <li>• Four (4) plates will be presented for each course, three (3) to the judges &amp; one (1) plate for public display.</li> <li>• <i>Portion size –250 grams minimum - 350 grams per plate maximum.</i></li> </ul>
<b>Dessert</b>	
<b>Description</b>	<p><b>Prepare a Dessert with utilizing the following Ingredients</b></p> <ul style="list-style-type: none"> <li>• Must include almond milk.</li> <li>• Must include avocado.</li> <li>• Must include a warm component (minimum 72C) and a cold component.</li> <li>• Must include a sauce.</li> <li>• Must include an edible garnish that contributes to the dish.</li> <li>• Four (4) plates will be presented for each course, three (3) to the judges &amp; one (1) plate for public display.</li> </ul>
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• Service wares will be provided. No service wares (china) permitted other than that provided by the committee.</li> </ul>
<b>Available ingredients</b>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the common food table document.</li> </ul>

## Post-Secondary Competition Schedule:

### Thursday March 19,2020

- Review of test project ( March 19,2020) Bistro  
**5:00 PM**
- Question period
- Instructions for the following day
- Review of test project

### Day One – Friday March 20, 2020

- 6:30 am.** Arrival of competitors & Kitchen Judges.  
Instructions for the day – Recap Orientation  
(Introduction of the judges)
- 7:00 am.** **Start of Competition**
- 8:00 am.** Pickup of menus and work plans by PTC from the display table (English).

**11:30 am. Presentation of Appetizer**

There is a five (5) minute window to present the Appetizer. Appetizers must be served from 11:30 a.m. to 11:35 a.m. After which one (1) point will be deducted per minute until 11:40 a.m. At 11:41 a.m. plates will no longer be accepted for judging

- 11:30 a.m.** Lunch, and clean up.
- 12:30 p.m.** Starts Main & Desserts

**1:00 p.m.** Pickup of menus and work plans by PTC from the display table (English).

**3:00 pm.** Presentation of Main Course

**3:30 pm.** Presentation of Dessert

There is a (5) minute window to present dishes. For example, the Dessert must be served from 3:30 p.m. to 3:35 p.m. After which one (1) point will be deducted per minute until 3:40 p.m. At 3:41 p.m. plates will no longer be accepted for judging

**3:45 p.m.** Cleaning and packing.

**4:15 p.m.** Competitors leave the contest area.