

## Contest Description

<b>COMPETITION DATE:</b> <b>Start Date: November 1<sup>st</sup></b> <b>Submission Date: November 6<sup>th</sup></b>	<b>CONTEST AREA NAME:</b> <b>Cooking</b>
<b>CONTEST AREA NUMBER:</b> <b>#34</b>	<b>LEVEL:</b> <b>Intermediate Junior Chef Challenge</b>
<b>DURATION OF CONTEST:</b> <b>2 hrs</b>	<b>LOCATION:</b> <b>Virtual/ Your Kitchen</b>

## CONTEST INTRODUCTION

Purpose of the Challenge.

The Intermediate Culinary Challenge introduces students to the spirit of a professional cooking environment, in a fun and interactive way. Grade 7, 8 & 9 students will prepare and present a Squash soup with a biscuit. This Skills Canada Newfoundland and Labrador competition is an opportunity for students to learn more about careers in the trades and technologies and increase their motivation to participate in future Skills Canada Competitions.

### Tips

- Practice preparing the meal within the designated time frame.
- A time for presentation will be given to you on the day of the competition.
- Explore cooking websites for tips on presentation and garnishes.
- Remember to keep your workplace clean and safe.
- Be adventurous and have fun with your creativity but remember to make sure your flavours complement each other

## TASKS TO BE PERFORMED

- Each team will submit a **series of photos** of the cooking process.
- Plus, non edited **video clips** of each process.
- All photos and videos must be in **color**.
- Competitors must submit their photos on **Saturday, November 6**, to the shared Google Drive, Junior Chef Challenge Folder that will be shared with your given email address.

## CONTEST DESCRIPTION

I ask that all will be performed during the contest.

- Preparation of a **soup and biscuit with the addition of one or more ingredients**
- Ability to follow instructions for safety, sanitization and cooking recipes
- Professional etiquette of working in a kitchen
- Preparation and presentation of food items
- Knife skills
- Being comfortable cooking in a public environment

## EQUIPMENT, MATERIAL, CLOTHING

Equipment and Material Competitor or competitor site must supply:

- All required pots and pans needed for the preparation of the soup and garnishes
- All required baking pans for the preparation of biscuits
- All required plates and bowls for presentation of food
- All required utensils and mixing bowls
- Dish detergent & dish cloths for cleaning

Required clothing (Provided by competitor)

- Competitors are required to wear shoes that cover the entire foot and need to be slip proof.
- Competitors will be required to wear long pants.
- Competitors should wear a bib type apron to wear along with a hat to cover their head and hair.
- Long hair must be tucked.

## SAFETY REQUIREMENTS

The health, safety and welfare of all individuals involved with Skills Canada NL are of vital importance. Safety is a condition of participation and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

Note: Competitors will not be allowed to compete if the above items are not bought and used.

## EVALUATION/JUDGING CRITERIA

POINT BREAKDOWN	/100
Show safe knife handling skills	5
The use of hairnets/hat and gloves when needed	5
Correct cooking methods used	10
The correct portions presented	10
Creativity of the soup and addition of other ingredients	20
Creativity of the Biscuit and addition of other ingredients	20
Flavors of both recipes complement each other	10
Creativity of plating of Soup	5
Creativity of the biscuit	5
The use of garnishes properly used	10

- The judges will look to see if the recipe supplied has been followed
- The competitors' cooking skills of cutting, slicing, dicing, mixing, forming, seasoning, cooking and presenting food items will be judged.
- The creativity of the garnishes and presentation
- The competitor's safety and sanitization procedures will be judged.

## ADDITIONAL INFORMATION

**Ties:** No Ties are allowed. The person(s) with the best overall presentation and timings will be the ultimate decided winner.

**Competition Rules:** Please refer to the competition rules for all general SCPC information.

**Orientation:** The committee will host a live orientation for competitors on Monday, November 1. The time will be announced within the coming weeks.

## PROVINCIAL TECHNICAL COMMITTEE MEMBERS

NAME	EMAIL ADDRESS
Chef Danial Flight	Danial.flight@cna.nl.ca
Chef Katie Hayes	Katie.Hayes@cna.nl.ca

## **Buttermilk Biscuits:**

### **Ingredients:**

210g flour

10g baking soda

½ tsp salt

100g butter, cold

125ml buttermilk, plus 1 tbsp

### **Directions:**

1. Preheat oven to 425°F
2. Make the biscuits: Place the flour, baking powder, and salt together in a large bowl and whisk. Grate the cold butter into the dry ingredients with a pastry cutter or a fork until coarse crumbs form.
3. Make a well in the center of the mixture. Pour the buttermilk in the well and fold everything together with a large spoon or rubber spatula until it begins to come together. Do not overwork the dough. The dough will be shaggy and crumbly with some wet spots.
4. Pour the dough and any dough crumbles onto a floured work surface and gently bring together with generously floured hands. The dough will become sticky as you bring it together. Have extra flour nearby and use it often to flour your hands and work surface in this step. Using floured hands or a floured rolling pin, flatten into a 3/4 inch thick rectangle as best you can.
5. Cut 3-inch circles with a biscuit cutter. (Tip: Do not twist the biscuit cutter when pressing down into the dough— this seals off the edges of the biscuit which prevents them from fully rising.) Arrange the biscuits on a parchment paper-lined baking sheet. Make sure the biscuits are not touching.
6. Brush the tops with remaining 1 tbsp buttermilk. Bake for 15-20 minutes or until tops are golden brown.

## **Roasted Squash Soup**

**Makes approximately 1 – 1.5L**

### **Ingredients:**

2 lb squash diced  
3/4 teaspoon salt or more to taste  
1 tablespoon olive oil  
Salt and fresh ground black pepper  
4 garlic cloves, with skins left on  
1 tbsp butter  
1 small onion, diced  
1 stick celery, diced  
4 cups low-sodium vegetable or chicken stock  
1/4 cup cream, optional

### **Directions:**

Heat the oven to 400 degrees F. Lightly oil a rimmed baking sheet or baking dish.

Using a heavy chef's knife, cut peeled squash in to large dice while making sure all seeds are removed. Toss with olive oil and season the squash with salt (about 1/2 teaspoon) and pepper.

Roast until the squash is completely tender with the garlic cloves for, about 1 hour.

While it's roasting, in a medium saucepan over medium heat, melt the butter. Sauté the onion and celery, stirring frequently, for 5 minutes or until tender.

Remove squash from the oven and add to the sautéed vegetables. Squeeze the roasted garlic from the skins and throw away the skins.

Pour 4 cups of stock into the saucepan and bring to a simmer. Using a blender or immersion blender, blend soup until completely smooth. Season to taste with salt and pepper. Return soup to saucepan and thin, if necessary, with additional stock until desired consistency is reached. Stir in cream (optional)