

POST - SECONDARY

COOKING TRADE TEST PROJECT

Competition Chair:

Danial Flight, RSE – NTC/PTC Newfoundland and Labrador

Competition Co-Chair:

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General Information

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

All relevant documents are available on the Skills Canada Newfoundland and Labrador Website.

All questions must be addressed to the Provincial Technical Chair

Danial Flight at danial.flight@cna.nl.com

Competition Day

- 6:30 am.** **Arrival of candidates**
Submit workplans and complete handwritten menus. As soon as menu and work plans are completed, competitors may set up station – equipment only. Absolutely no food contact at this time.
Pressure Test will be drawn from list and assigned to candidates
- 7:00 am.** **Start of Competition**
- 10:00 am** **Start of Pressure test**
- 10:30 am** **Presentation of Pressure Test**
- 12:00am** **Mandatory Lunch Break (1hr) - Candidates can leave the site. Candidates may meet with their trainer and expert during this time.**
- 1:00 pm.** **Return to kitchen Food Production Resumes**
- 2:30 pm.** **Presentation of Appetizer**
- 3:00 pm.** **Presentation of Main**
- 3:30 pm** **Presentation of Dessert**
- 3:35 pm** **Clean up and inspection of workstations.**
- 3:45 pm.** **Candidates leave the site.**

NOTES

- There is a five (5) minute window past the presentation time when presenting Modules, after which deductions in points will occur.
Example– Appetizer 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. submitted work will no longer be accepted for judging

Pressure tests:

Competitors will be assigned a skills “pressure” test that will reflect real-world situations where cooks are required to adjust workplans 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 workplans 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. Procedural guidelines below.

All competitors will perform the same pressure test.

1	30 minutes allotted	<p>Egg Cookery – competitors will be assigned 5 varieties from the list below. Competitors must serve two (2) of each variety in 15 minutes. Eggs will be judged on appearance temperature, timing, and taste.</p> <ul style="list-style-type: none"> • Sunny Side • Over Easy • Over Medium • Poached Soft • Poached Medium • Soft Boiled • Hard Boiled <p>Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetizer, main course, and dessert.</p> <p>Directions for egg cookery can be found in On Cooking or Gisslen: Professional Cooking.</p>
2	30 minutes allotted	<p>Prepare a Hollandaise sauce – Prepare using classic method with a reduction, and proper ratio utilizing 227 grams (½ pound) butter.</p> <p>Container provided for sauce.</p> <p>Directions for Hollandaise can be found in On Cooking or Gisslen: Professional Cooking.</p>

Plated Appetizer

<p>Description</p>	<p>Prepare plated appetizer</p> <ul style="list-style-type: none"> • 4 (four) - servings total • Each plate must demonstrate 2 (two) preparations of Salmon. <ul style="list-style-type: none"> ○ One preparation must incorporate a mousseline of the Salmon ○ 2nd preparation is choice of candidate • Must contain minimum 2 (two) vegetables of competitor's choice • Must feature, at minimum, one sauce (<i>served hot</i>) • Must be served with a prepared edible garnish – leaves and herbs do not count <p>Remaining ingredients for production may be selected from the items listed in the Common Table document.</p>
<p>Service Details</p>	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Protein items must be cooked – no raw preparations • Dishes must be served hot • Dishes must be sauced, not served on side • Total portion size to be between 125 – 165 grams <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white
<p>Timing of Service</p>	<ul style="list-style-type: none"> • Module must be presented for judging at 2:30 pm

Pork Tenderloin Main Course

<p>Description</p>	<p>Prepare Pork Tenderloin main course</p> <ul style="list-style-type: none"> • 4 (four) portions total • Sous-Vide technology cannot be used for cooking of pork • Must incorporate mystery item – <u>starch</u> • Must incorporate <u>vegetable</u> • Must incorporate at minimum 3 Vegetables using different cooking methods for each • Must have at minimum 1 sauce (<i>served hot</i>)
<p>Service Details</p>	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Total plate portion must be between 185 -250 grams • Sauce to be served on plates, and also on side in 1 (one) sauce boat (90 ml minimum) • Protein items must be cooked – no raw preparations • Dishes must be served hot <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white • Sauce boat
<p>Timing of Service</p>	<ul style="list-style-type: none"> • Plates must be presented for judging at 3:00 pm (30 min after plated appetizer is due)

Plated Dessert Creation

<p>Description</p>	<p>Prepare Dessert Creation</p> <ul style="list-style-type: none"> • 4 (four) - servings total • Must feature a component using an egg-white foam based fruit mousse • Must incorporate mystery item • Must feature a component using a sponge-method cake • Must be served with a tempered chocolate garnish
<p>Service Details</p>	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Minimum 95 grams total portion size for each plate • Service temperature is room temperature – no frozen components <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white
<p>Timing of Service</p>	<ul style="list-style-type: none"> • Desserts must be presented for judging 3:30pm (30 min after main courses are due).