

SECONDARY

COOKING

TEST PROJECT

Competition Chair:

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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

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Competition Day Appetizer and Main Course

Description	<p>Prepare two (2) portions of the following two (2) course menu</p> <p><u>Appetizer:</u> Cream of Mushroom Soup</p> <p><u>Main Course:</u></p> <ul style="list-style-type: none"> • Pan-Fried Chicken with Pan-Gravy • Duchesse Potatoes • Vegetable Bouquetiere - to include” <ul style="list-style-type: none"> ○ Cauliflower Florette ○ Green Beans ○ Carrot Batonnet
Service Details	<ul style="list-style-type: none"> • Total volume of soup cannot exceed 250 ml • Total weight of main course cannot exceed 420 grams <ul style="list-style-type: none"> ○ Chicken cannot exceed 200 grams ○ Duchesse Potato cannot exceed 100 grams • Cooking temperature of meats must meet food safety standards
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the ingredient list document.
Special equipment required	<ul style="list-style-type: none"> • 9” round white soup bowls – 2 each • 10” round white liner plater – 2 each (optional). • 12” round white plates for main course- 2 each • Service spoons, glasses, ramekins etc. are not allowed.

Appendix #1 – Recipes

The recipes for this contest have been referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

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

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- The recipes are intended as a guide and may be adjusted as required to produce appropriate quantities, flavors and correct seasoning.
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Cream of Mushroom Soup

Recipe Yield – 1.25 L

Ingredients

White mirepoix: onion, leek, celery	125 g
Butter	65 g
Flour, all-purpose	65 g
Chicken stock	1.25 L
Mushrooms, stalks removed and retained	250 g
Sachet	1 each
Cream, 35%	75 mL
Salt and pepper	TT

Procedure

1. Sweat mirepoix in butter with mushroom stems. Do not brown.
2. Remove from heat, add flour and return to moderate heat and cook for 1 minute, stirring continuously. Remove from heat again.
3. Stir in chicken stock in 3 stages, bring to a boil and reduce to a simmer.
4. Add sachet and cook 30 – 45 minutes.
5. Strain the soup into a clean pot and bring back to a boil.
6. Add sliced mushroom caps and return to a simmer for 10 minutes.
7. Add cream and adjust seasoning
8. Adjust consistency (thickness) of finished soup if necessary.

Pan-Fried Chicken with Pan Gravy

Recipe Yield – 4 1-piece servings (breast only)

Ingredients

Frenched chicken breast	4
Salt and pepper	TT
Garlic powder	10 g
Onion powder	6 g
Dried oregano	1 g
Dried basil	1 g
Flour	300 g
Buttermilk	250 mL
Oil	as needed
Onion, small dice	125 g
Chicken stock	750 mL

Procedure

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 250 g of the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1 cm or oil until done, approximately 40 minutes, turning so it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL or oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth and adjust the seasonings.
11. Serve one frenched chicken breast per person with 125 mL of gravy.

Duchesse Potatoes

Portions: 12

US Yield: 3.0 pound(s)

US Portion Size: 4.0 ounce(s)

Metric Yield: 1.2 kilogram(s)

Metric Portion Size: 100.0 gram(s)

Ingredients

<u>US</u>	<u>Metric</u>	<u>Ingredients</u>
3.5 lb.	1.5 kg	Potatoes, peeled and quartered
2.0 oz	50.0 g	Butter, melted
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
5.0 each	5.0 each	Egg yolks

Procedure

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes.
2. Pass the 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. They must be much stiffer than mashed potatoes
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 or broiler.

Bouquetiere of Vegetables

Recipe Yield – 4 portions

Ingredients

Cauliflower florette	12 each or as desired
Green beans	12 each or as desired
Carrot batonnet	12 each or as desired
Butter or other fat	as needed
Salt and pepper	TT

Procedure

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colours always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.

Appendix #1 – Precision Cuts

Source: Professional Cooking 9th edition

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(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Appendix #2 – Chicken Fabrication

Source: Professional Cooking 9th Edition – Figure 18.6

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(a) Cut off the wings at the second joint. Save for stocks.



(b) Cut through the skin between the leg and the body.



(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the “oyster,” the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



(f) Continue the cut along the wishbone to the wing joint.



(g) Holding the chicken by the wing, cut through the wing joint.



(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



(i) Pull the breast meat completely off the bone. Be sure to hold onto the small "tenderloin" muscle inside the breast so it doesn't separate from the rest of the meat. Repeat with the other side.



(j) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



(k) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



- (1) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



(m) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick