



24th Annual Territorial Skills Competition

SKILLS COMPETITION - SCOPE DOCUMENT 2024

34 - COOKING

Secondary Level

(NOTE: Scope may change without notice)

For detailed information about the recipes that will be used during the competition please see the “test project” document and “menu template” document posted on the Skills Canada NWT website.

PURPOSE OF THE CHALLENGE

Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows the public a snapshot into the trade of cook while demonstrating new culinary trends and techniques.

DURATION OF CONTEST: 1 DAY

Morning - 8:30 to 12:00

Afternoon - 1:00 to 4:00

Schedule:

8:45 a.m. - Competitors arrive on site.

8:50 a.m. - Competitors receive instructions from the Tech Chair - **Set-up workstation** *** Equipment only

§ No contact with food is permitted at this time. § Only competitors are permitted in the contest area. No assistance is permitted at this time.

9:00 a.m. - Competition Starts

9:20 a.m. - Submit Menu, Menu Elements, Work Plan

11:30 a.m. - Competencies due for judging: Precision Cuts (announced at orientation), Tomato Sauce, Pizza Dough.

11:35 - Prep for afternoon and/or Clean up work station.

12:00 p.m. – Lunch Break

12:50 p.m. – Competitors return for Module 2 Briefing
1:00 p.m. - Competition Resumes
3:15 p.m. - Present Appetiser Course for judging.
3:30 p.m. – Present Main Course for judging
3:45 p.m. –Present Dessert for judging
3:45 - 4:00 – Clean Up and leave site.

SKILLS AND KNOWLEDGE TO BE TESTED

The competition will include the demonstration of competencies and preparation of an appetizer, a main course and dessert pre-determined by the technical committee. Each competitor will produce **two identical plates**. One plate will be presented for the tasting judges, and one plate for public display on a timed schedule. The names and recipes for the dishes are provided.

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes. Workstation and kitchen clean up, confirmed with the technical chair before leaving the kitchen area.

Project Details

• Tomato Sauce Competency

§ Prepare and present 1 litre of tomato sauce
§ Tomato sauce must be used for the pizza in the afternoon.

• Pizza Dough Competency

§ Prepare and present 0.908 kg of pizza dough.
§ The dough must be used for your pizza in the afternoon.

• Precision Cuts Competency:

Competitors will produce the following:

§ 200 g medium dice (using a vegetable/fruit from the mystery box or common table).
§ 100 g small dice (using a vegetable/fruit from the mystery box or common table).
§ 100 g julienne (using a vegetable/fruit from the mystery box or common table).
§ All competencies must be utilized in Modules A or B
§ You are encouraged (but not required) to use the full weights, but the ingredients should be showcased in some recognizable form.

Prepare 2 portions of the following three (3) course menu:

Appetiser Course: Garden Salad

Must include a minimum of:

§ Three (3) types of lettuce and/or greens from common table
§ One (1) precision cut (from morning competency)

§ One (1) vinaigrette – competitor's choice of flavour (served on the side).
§ One (1) functional garnish that is modern, and complimentary.
Must be between 8 and 10 ounces total weight (not counting the dressing).

Main Course: Pizza

• Pizza main course must include a minimum of:

§ Pizza Dough (from morning competencies).

§ Tomato sauce base (from morning competencies). Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce.

§ Two (2) vegetable/fruit preparations

§ One (1) protein preparation (or protein substitute)

§ One (1) type of cheese

The pizza must have a minimum diameter of 15 cm (6") and a maximum of 20 cm (8") or the equivalent surface area for other pizza shapes. The pizza must fit on the 12" plate provided (while not going onto the rim of the plate).

Dessert Course: Italian Inspired Dessert

• Italian Inspired Dessert must include a minimum of:

§ One (1) cookie preparation of the competitor's choice.

§ One (1) pastry cream (flavour of the competitor's choice).

§ One (1) fruit-based sauce.

§ One (1) functional garnish of either sugar or chocolate

Must be minimum 125 g to maximum 185 g

EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

Specific Requirements:

Competitors may not bring any food type on the site. Only those ingredients provided by the technical committee will be allowed.

Reference Materials:

Contestants may bring and consult reference works of their choice, "Professional Cooking", Gisslen and "On Cooking", Labensky are recommended.

Supplies and Tools to be provided by Contestant:

- Personal tool kits containing knives, pastry bag with tips, etc.
- Contestants may bring any tools they find necessary.
- All equipment must be arranged at the workstation.

Equipment provided by the technical committee:

- 1 Electric stove (shared)
- 2 Burners, electric
- 1 Workstation, with dry storage space
- 1 Power outlet
- All plates and crockery. No outside serviceware will be allowed.

Ingredients:

On competition day, each contestant will receive a basket containing fresh meats, fruits, vegetables, and dairy products. Quantities are limited. There will also be a common table of ingredients for the use of all contestants. **The technical committee will provide all ingredients for the fixed menu.**

Clothing:

- Contestants must wear professional cooking uniforms. Embroidery on the uniforms identifying the contestant, sponsors or territory must be tasteful.
- Shoes with non-skid soles are mandatory.

Common Table**Dairy and Eggs**

Butter, unsalted	Heavy Cream	Mozzarella Cheese	Eggs
Butter, salted	2% Milk	Gruyere Cheese	Cheddar cheese

Meats

Pepperoni & Salami	Ham
--------------------	-----

Pantry

AP Flour	Olive Oil		Garlic Powder
White Wine Vinegar	Crushed Tomatoes	Vegetable Stock	Onion Powder
Lemon Juice			White Bread
Pastry Flour	Vanilla Extract	Confectioners Sugar	

Fruits & Vegetables

Celery	Garlic Cloves	Various lettuces	Strawberries
Onion	Celery	Tomatoes	Lemons
Carrots	Cucumbers	Broccoli	Blueberries

Herbs and Spices

Tarragon-Fresh	Peppercorns	Salt, Table	Oregano
White Pepper	Thyme	Parsley- Fresh	Salt, Coarse
Bay Leaves	Nutmeg	Basil	Garlic

NOTES:

1. Common table items subject to change based on availability of ingredients.
2. Please let the Technical Chair know if any further items are required.

JUDGING CRITERIA**SANITATION 15%**

- Proper and professional clothes
- Personal hygiene and cleanliness
- Safety

- Work station, floor and fridge cleanliness
- Cutting board hygiene
- Proper food storage methods

TIME AND PRODUCT UTILIZATION 10%

- Food wastage
- Energy and water wastage
- Time management
- Respected timetable in regards to serving
- Proper planning of tasks

PREPARATION 25%

- Proper basic cooking techniques
- Proper culinary methods
- Professional use of tools and equipment

PRESENTATION 15%

- Portion size and disposition of food
- Harmonious colours
- Clean plates
- Appetizing, modern and artistic

TASTE 35%

- Proper textures of foods
- Degree of doneness
- Balanced taste and seasonings
- Taste according to menu

TECHNICAL COMMITTEE MEMBERS & JUDGES

Greg Poile, Tech Chair

Judges- TBA