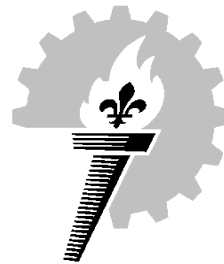


QUÉBEC SKILLS
COMPÉTENCES QUÉBEC



PROVINCIAL CONTEST

2010

COOKING

STUDENT'S DIRECTIVES

Éric Harvey
Expert

- Day1 – Module 1 / Prepare and present a vegan starter for 4 people and a vegetarian main course for 4 people.
- Day 2 – Module 2 / Prepare and present a duck preparation as a starter for 4 people and a duck consommé for 4 people.
- Common food items including dry goods, fine herbs, alcohols, spices, and stock bases will be provided.
- Day 1 and Day 2 - Competitor's must present a menu which is carefully hand written or typed. Give a name to the dish and describe the cooking methods and the ingredients used.
- The competition schedule for the two days of competition is to be followed exactly, both for the work schedule and for service times.
- During the contest, all communications between candidates and persons outside the site are not permitted.
- If a candidate must leave the site, the Technical Chair must be advised.
- All questions regarding the contest must be directed only to the Technical Committee.

Competition Schedule:

Day One

- 8:30 am.** Contestant Orientation
- Review of test project
 - Instructions for the day
 - Question period
- Introduction to the judges
Judge's orientation
- 9:00 am.** Start of competition
- 11:30 Lunch
- 13:00 am** Restarting competition
- 13:30 pm.** Vegan starter presentation

13:30 pm. – Presentation of Vegetarian starter

14:30 pm. – Presentation of Vegetarian Main Course

There is a 5-minute window to present your product.
Therefore the starter served at 3:30 pm. to 3:35 is considered on time.
Marks will be deducted for both early and late plates.

4:30 pm. Clean-up work station

5:00 pm. Competitors leave the site

Module 1		Vegetarian Menu	Skill 34 Cooking
Description	Prepare two (2) varieties vegetarian food: <ul style="list-style-type: none"> • 1 starter – Must be vegan (4 portions) • 1 main course – must be lacto/ovo vegetarian (4 portions) Dishes can be served hot or cold • Minimum one sauce (1) included in each course • Must include complementary garnish/decoration on each plate 		
Service Details	Portion size of starter course- 80g minimum Portion size of main course- 180g minimum Service temperatures for courses served hot must be 60*c minimum ,for cold max 15*c 4 portions of each course must be served in bowls or plates provided as per the scope document.		
Main ingredients required for starter	<ul style="list-style-type: none"> • Tofu – firm and soft available • Lentils • A list of ingredients available for this module provided in this document. 		
Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table 		
Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as per the scope document. 		

The vegetarian main course is not the next dish after the vegetarian starter, they are separate preparations.

Do not waste any food items; waste will be marked accordingly.

Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.

Two plates are to be presented to the judge's table (one for tasting & one for design reference). Two plates are for display at the public table.

Reference books and recipes may be consulted all day long.

All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

Day Two

- 8:30 am** Arrival of competitors and judges
Instructions for the day
- 9:00 am** Start of competition
- 9:30 am** Present your menu (English or French).
(Translations can be made by the Canadian expert).

13:30 am. Presentation of Duck starter

14:30 am. Presentation of Duck Consommé

There is a 5-minute window to present your product
Therefore the starter served at 11:00 to 11:05 is considered on time.
Marks will be deducted for both early and late plates

14:30 am. Cleaning and packing

16:00 am. Competitors leave the contest area

Day 2

Module 2		Duck Variation	Skill 34 Cooking
	Description	<p>Part 1: Duck starter preparation (warm or cold)</p> <ul style="list-style-type: none"> • Must include two (2) garnishes of choice • Must include one (1) sauce made from mystery ingredient • Must include one (1) meat farce <p>Part 2: Duck Consommé</p> <ul style="list-style-type: none"> • Garnish of your choice 	
	Service Details	<ul style="list-style-type: none"> • Duck preparation – four (4) portions appetizer size- minimum total weight 80g per portion- four portions served on four (4) individual plates. • 4 portions of consommé served hot, plated individually. Serving size 200ml- Service temperature must be 65 * c minimum. • Bowls and plates provided as per the scope document. 	
	Main ingredients required	<p>The following ingredients must be included in both courses</p> <ul style="list-style-type: none"> • One whole duck 	
	Basic ingredients	<ul style="list-style-type: none"> • Use ingredients from the common table • Use mystery ingredient for one sauce 	
	Special equipment required	<ul style="list-style-type: none"> • No service equipment permitted other than that provided as infrastructure list 	

For all plates, the presentation should be modern and clean.

The Consommé is not the next dish after the Duck Starter, they are separate preparations.

Do not waste any food items; waste will be marked accordingly.

Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.

Two plates are to be presented to the judge's table (one for tasting & one for design reference). Two plates are for display at the public table.

Reference books and recipes may be consulted all day long.

All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

COMMON FOOD TABLE			
MEAT	FRESH VEGETABLES	FRESH HERBS & SPICES	Balsamic vinegar
Whole Duck	Avocado	Basil	Red wine vinegar
	Spinach	Chervil	Rice wine vinegar
	Bok Choy	Chives	Brown sugar
Ground veal	Broccoli	Cilantro / Coriander	
	Beetroot		
	Carrots	Mint	White Sugar
	Parsnip	Oregano	Baking powder
	Celery	Parsley	Cornstarch
DAIRY PRODUCTS	Fennell bulb	Whole Wheat Flour	
Milk 3%	Eggplant	Flour, all Purpose	
Fresh Cream 35% (whipping)	Zucchini (green)	Tarragon	Bread Flour
	Cucumber (English)	Thyme	Semolina Flour
Unsalted butter	Red pepper	Fresh Ginger	Rice flour
Ricotta cheese	Jalapenos (fresh)	Lemon Grass	Buckwheat flour fine
Emmental	Tomatoes	DRY FOODS	Buckwheat whole
Whole Parmesan cheese	Cherry Tomatoes	Agar-agar	Bulgur grain
Sour cream	Green Asparagus	Long Grain Rice	Polenta/Corn Meal
Plain yogourt	Green French beans	Arborio rice	Spelt/wheat whole grain
Large eggs (60 G)	Snow peas	Sushi rice	
PANTRY	Potatoes,	Wild rice	DRIED SPICES & HERBS
Tofu Firm		Black olives	
Tofu soft		Green olives	
Wonton Wrappers	Red cabbage		
Phylo Pastry	Savoy cabbage		
French / Puff Pastry	Red onion	Green Lentils	
WINES & ALCOHOL	Shallots		
	Garlic (fresh)	Vegetable oil	
Pilsner Beer	White onion	Olive oil	Etc.
Cognac	Leeks	Sesame oil	
Grand Marnier	White Mushrooms		Salt
White Vermouth	Shitaké mushrooms	Dijon mustard	
Port		Gelatine leaves	
Red wine	FRESH FRUITS	Dried yeast	
Dark rum	Lemons	Sliced almonds	Wasabi Powder
White wine		Almonds meal	
	Orange	Hazelnuts	
STOCKS	Mango	Pine Nuts	
		Pistachio nuts	
		Morels	
		Nori	Mustard
CHOCOLATE		Soya sauce	
		Coconut milk	
Milk		Tomato paste	
Dark			

Marking criteria

<u>%</u>	<u>Title</u>	
15 %	Sanitation	<ul style="list-style-type: none"> Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none"> Food wastage Energy and water wastage Wasted time Respected timetable in regards to serving times Proper planning of tasks
25 %	Preparation	<ul style="list-style-type: none"> Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none"> Portion size and disposition of food Harmonious colours Clean plates Appetizing, modern and artistic
30 %	Taste	<ul style="list-style-type: none"> Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu
5 %	Set items	<ul style="list-style-type: none"> Presentation In concordance With the demanded dishes

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.
One point removed by safety fault.