

DATE  
May 4 & 5, 2021

LOCATION  
NSCC Akerley Campus

## 1. Schedule

### DAY 1 – Tuesday, May 4, 2020

Day 1 of the contest will be a 5-hour virtual contest designed to test essential practical skills and knowledge.	
Time	Task
11:00 am	<ul style="list-style-type: none"> <li>• <b>Competitors meet with PTC members via Microsoft Teams</b></li> <li>• Test Project reviewed</li> <li>• Relevant documents and exercises revealed.</li> </ul>
12:00 pm	<p><b>Competition begins</b></p> <ul style="list-style-type: none"> <li>• Recipe Costing Exercise</li> <li>• Recipes, Menu, and Workplan written             <ul style="list-style-type: none"> <li>○ Only items found on the common table document may be used in recipes</li> </ul> </li> <li>• Complete and video record hands-on “pressure test”</li> </ul>
4:30 pm	<p><b>Submission of documents and video to PTC via email</b></p> <ul style="list-style-type: none"> <li>• <a href="mailto:sean.kettley@nsc.ca">sean.kettley@nsc.ca</a> or</li> <li>• <a href="mailto:johnathan.canning@nsc.ca">johnathan.canning@nsc.ca</a></li> </ul>

**NOTE:** There is a five (5) minute window to receive the relevant documents. After which one (1) point will be deducted per minute until 4:45 pm., after which items will no longer be accepted for evaluation.

### DAY 2 – Wednesday, May 5, 2020

Time	Task
11:30 am	Arrival of competitors <ul style="list-style-type: none"> <li>•</li> </ul>
11:50 am	Final questions answered
12:00 pm	Set-up workstation – equipment only. <ul style="list-style-type: none"> <li>• No contact with food permitted at this time.</li> <li>• No assistance is permitted at this time.</li> </ul>
12:30 pm	<b>Competition begins</b>
3:30 pm	<b>Presentation of ‘Appetizer’</b>
4:00 pm	<b>Presentation of ‘Main Course’</b>
4:30 pm	<b>Presentation of ‘Dessert’</b>

<b>5:00 pm</b>	Competitors leave the contest site.
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**NOTE:** There is a (5) minute window to present dishes. For example, the Dessert must be served from 4:30 p.m. to 4:35 p.m. After which one (1) point will be deducted per minute until 4:40 p.m. At 4:41 p.m. plates will no longer be accepted for judging.

**A detailed schedule and explanation of the presentation times can be found in the description enclosed.**

### **Provincial Technical Committee**

<b>Name</b>	<b>Employer</b>	<b>Email</b>
(Chair) Sean Kettley	NSCC Akerley Campus	<a href="mailto:Sean.Kettley@nsc.ca">Sean.Kettley@nsc.ca</a>
(Co-Chair) Johnathan Canning	NSCC Akerley Campus	<a href="mailto:Johnathan.Canning@nsc.ca">Johnathan.Canning@nsc.ca</a>

Module A Competencies	
Day 1	Module A Submission of Competencies
<b>Description</b>	Costing exercise, Pressure test Competitors must submit one (1) copy each of a menu, recipes, and workplan , to be prepared on day 2.
<b>Service Details</b>  see 'Competition Schedule' for timing	<b>Recipe Costing Exercise – see example Appendix II</b> <b>***</b> <b>Pressure test examples – See below</b>
<b>Available ingredients</b>	TBA – The PTC will ensure the necessary ingredients for the pressure test are available at campuses with NSCC culinary programs – Akerley, Kingstec, Strait, Pictou, Lunenburg, and Marconi
<b>Special equipment required</b>	TBA

**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, PTC will draw for the required task.

The following are examples of pressure tests you may encounter. NOTE - One of the five following items will be drawn right before start of competition on Day 1. All competitors will perform the same pressure test.

	<b>Timing</b>	<b>Pressure Test</b>
1	20 min allotted	<b>French filled Omelette</b> <ul style="list-style-type: none"> <li>• Present 2 (two) French-style filled Omelettes</li> <li>• Filling and Ingredients TBA</li> <li>• Omelettes will be judged on appearance and skills observed in video.</li> </ul>
2	15 minutes allotted	<b>Egg Cookery</b> <ul style="list-style-type: none"> <li>• competitors will be assigned 4 varieties from the list below. Competitors must serve two (2) of each variety (8 eggs total) in 15 minutes. Eggs will be judged on appearance and skills observed in Video.</li> <li>• Sunny Side</li> <li>• Over Easy</li> <li>• Poached Soft</li> <li>• Poached Medium</li> <li>• Soft Boiled – peeled and served hot.</li> </ul>
3	30 minutes allotted	<b>Prepare Italian Meringue</b> <ul style="list-style-type: none"> <li>• On a parchment lined ½ bake sheet pipe 12 identical rosettes in three rows of four rosettes. All must be equal in size and identical in shape and evenly spaced on bake sheet. Will be judged on techniques and skills observed.</li> </ul>
4	15 minutes allotted	<b>Filet a whole round fish</b> <ul style="list-style-type: none"> <li>• present two boneless and skinless filets. Include trim and bones with filets.</li> <li>• Presented on ½ bake sheet provided. Fish will be judged on appearance and skills observed in Video.</li> </ul>
5	30 minutes allotted	<b>Prepare a Hollandaise sauce</b> <ul style="list-style-type: none"> <li>• Prepare using classic method with a reduction, and proper ratio utilizing 227 grams (½ pound) butter.</li> </ul> <p>Directions for Hollandaise can be found in 'On Cooking or Gisslen: Professional Cooking.'</p>

Day 2	Module B – Appetiser, Main Course and Dessert
Description – Appetizer	<ul style="list-style-type: none"> <li>• TBA</li> </ul>
Description – Main Course	<ul style="list-style-type: none"> <li>• TBA</li> </ul>
Description - Dessert	<ul style="list-style-type: none"> <li>• TBA</li> </ul>
Available ingredients	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the common food table document.</li> </ul>
Special equipment required	<ul style="list-style-type: none"> <li>• Service wares will be provided. No service wares (china) permitted other than that provided by the committee.</li> </ul>

## GENERAL INFORMATION

This **Test Project** is based on the Contest Description document for the Skills Canada National Competition and provides detailed information about the contest.

### Purpose of the Challenge

Our primary goal is evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Our secondary goal is in presenting and promoting to the public a view into the Cook's trade and to demonstrate new culinary trends.

**All questions must be addressed to the Provincial Technical Chair:**

Sean Kettley at [sean.kettley@nsc.ca](mailto:sean.kettley@nsc.ca)

## EQUIPMENT, MATERIAL, CLOTHING

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### Equipment and material provided for competitors by HOST KITCHEN/SKILLS NS

- ✓ Stove (4 burners maximum) and an oven
- ✓ 1 electrical outlet with GFI
- ✓ 1 - 6 ft worktable
- ✓ Display area for finished plates.
- ✓ Access to refrigerator and freezer
- ✓ Sink with hot and cold water
- ✓ One rolling rack per competitor with:
  - Baking sheets - full - 4 per station
  - Baking sheets - 1/2 - 4 per station
- ✓ Nylon cutting boards – 2 per station
- ✓ Garbage, Recycling and Organics/Compost bins
- ✓ All sanitizing equipment (spray bottle, dish soap, sanitizer).
- ✓ Cleaning supplies – Nylon scour pads, paper towels and shop towels.
- ✓

### Shared items between all competitors:

- ✓ Food processor with bowl and cutter blade
- ✓ Kitchen blender
- ✓ Spice grinder or mortar & pestle
- ✓ Plastic-wrap
- ✓ Aluminum foil
- ✓ Butcher's twine
- ✓ Cheesecloth
- ✓ Poly bags
- ✓ Parchment paper
- ✓ All service ware (china) will be provided by the host site. Please see test project for details.

**If competitors do not wish to share these items, it is encouraged to bring their own.**

**Equipment and material provided by COMPETITOR**

**Competitors may bring any tool and/or equipment deemed necessary within the guidelines below.**

- ✓ Knives
  - ✓ Ladles
  - ✓ Whips
  - ✓ Spatulas
  - ✓ Piping bag and tips
  - ✓ Rolling pin
  - ✓ Basic pots and pan set, including sauté pans, stewing pans, bowls, china caps, molds etc.
  - ✓ Scale
  - ✓ Kitchen towels and dishtowels
  - ✓ Side towels or oven mitts
  - ✓ Recipes and reference books.
  - ✓ All equipment must be marked clearly for easy identification.
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- Competitors are limited to 1 piece of electrical equipment (battery or power operated) for the entire duration of the contest (not including the shared equipment). The PTC will be inspecting workstations and kits; any additional items will be removed the contest area. Choose your equipment wisely!!
  - No outside sanitizing or cleaning products may be brought onto the contest site. Any concerns must be directed to the competition chair prior to the competition.
  - Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
    - A thermostatically controlled self-contained deep fat fryer, or a
    - A heavy pot (with lid) and a dedicated deep fat frying thermometer that is attached to the pot.
  - It is not permitted to bring any foodstuffs into the contest, including colouring agents, transfer sheets, wood for smoking, canned oil sprays, dry ice, liquid nitrogen or any other consumable products. Only the food provided can be used (no substitutions permitted).
  - Outside service wares, like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates.
  - It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Item's such as black ABS drain

pipe, 3D printed molds, etc. are not food safe and therefore not permitted. The NTC reserves the right to inspect materials and prohibit its use.

### **Use of Precision Controlled Equipment**

This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature controlled equipment (any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g. Immersion Circulators, Thermal Mixers) must be limited to no more than one application over the contest. Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work

### **Toolboxes**

One of the objectives of SCC is the sustainability of the Competition. As a result, the total of competitor toolboxes must not exceed **0.6 m<sup>3</sup> in total volume**. It can be multiple toolboxes, but the total must not exceed the maximum volume indicated. There are no exceptions to this rule.

If the volume of Competitor toolboxes is larger than what is indicated, the Competitor with the guidance of the PTC, will need to remove items from the toolbox and those items will not be permitted for use during the competition. All tools must fit inside one or more toolboxes. Tools outside of a toolbox will not be permitted.

- Additional equipment that does not fit into the toolbox will not be permitted on the skill area
- Competitors must unpack and store all equipment needed at their stations, and are not permitted to work out of toolboxes
- Toolboxes must be stored in the equipment storage area and are not accessible during the module (however competitors may access their toolbox between day 1 & 2)
- The Provincial Technical Committee reserves the right to inspect all competitors' toolbox and knife kits

### **Required clothing (provided by competitor)**

- ✓ Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- ✓ Dark or checked professional chef trousers
- ✓ Double Breasted White Chef Jacket
- ✓ Appropriate Chef's Hat (Paper or Pillbox)



- ✓ White Apron
- ✓ Side Towels
- ✓ Uniforms for 2 working days
- ✓ Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines.

Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the PTC Committee, and resolution may be directed at that time. The Provincial Technical Committee (PTC) member's resolution is final, and non-compliance may result in point's deduction, or removal from the contest. Any grievances must be directed immediately to a PTC committee member.

### **Competition Rules**

Please refer to the competition rules of the Nova Scotia Skills Competition. No ties are permitted. In the event of a tie, the competitor with the highest score in the tasting criteria will be declared the winner.

## MENU & ELEMENTS REQUIREMENTS

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In order to ensure continuity, and that the judges are evaluating courses on a level basis, the following guidelines must be followed for all menu submissions:

1. Menus must be filled out using the template included at the end of this document.  
**No other forms of menu submission will be accepted.**
2. Documents can be either typed or handwritten/scanned and must be legible for the judges to interpret.
3. One (1) copy of your "*Descriptive Menu*" must be submitted within the timeframes specified in the test project. The "*Descriptive Menu*" must be written with correct spelling, phrasing, and appropriate terminology that would be used on a menu in a restaurant setting.
4. The "*Menu Elements*" form must accompany the "*Descriptive Menu*." All items that appear on the plates (or on your Mise en place list) must be specified in the "*Menu Elements*."

**Note: Any items served (or prepared) that were not specified in the Menu Elements will not be evaluated by the judging team.**

## GENERAL CONTEST DETAILS

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### 1. Work Plan Submission

Competitors must write work plans for the competition: **one (1) copy for day 2 of the competition**. Work plans can be carefully handwritten/scanned or word-processed.

Cooking methodologies used throughout the contest must follow those prescribed in the Test Project. Recipes may be consulted throughout the competition.

### 2. Common Table

Food items that are available to prepare the items in the test project will include all necessary proteins, dairy, and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common Table items will be specifically outlined in the Common Table document.

The Skills Provincial Technical Committee reserves the right to change or limit food items **without notice**, depending on availability and quality. You will be marked accordingly for over-use or wasted products. **ONLY** the foods provided by Skills Canada - Nova Scotia are permitted for use. Absolutely no outside food products are to be brought into the contest area.

### 3. Professional Conduct

It is the primary intent of the PTC to provide a fair, equitable, and transparent contest.

During the contest, **all, and any, communication between candidates and persons outside the competition area is not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication.









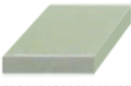




Any competitor engaging in these activities will be penalized. Penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest.

If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site.

**4. Use of Cookbooks and Reference Materials**

Recognized professional cooking methods and culinary terminologies from the recipes and requirements stated in the Project must be respected and used to prepare the required dishes. Reference books and recipes may be consulted throughout the contest.

**APPENDIX I – Referenced from Gisslen: Professional Cooking**

	<p>(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).</p>
	<p>(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).</p>
	<p>(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).</p>
	<p>(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).</p>
	<p>(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).</p>
	<p>(f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).</p>
	<p>(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.</p>
	<p>(h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).</p>
	<p>(i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).</p>
	<p>(j) Fermière: irregular shape, varied diameter or thickness.</p>
	<p>(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).</p>
	<p>(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).</p>
	<p>(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).</p>

## APPENDIX II

### Recipe Costing Exercise (example)

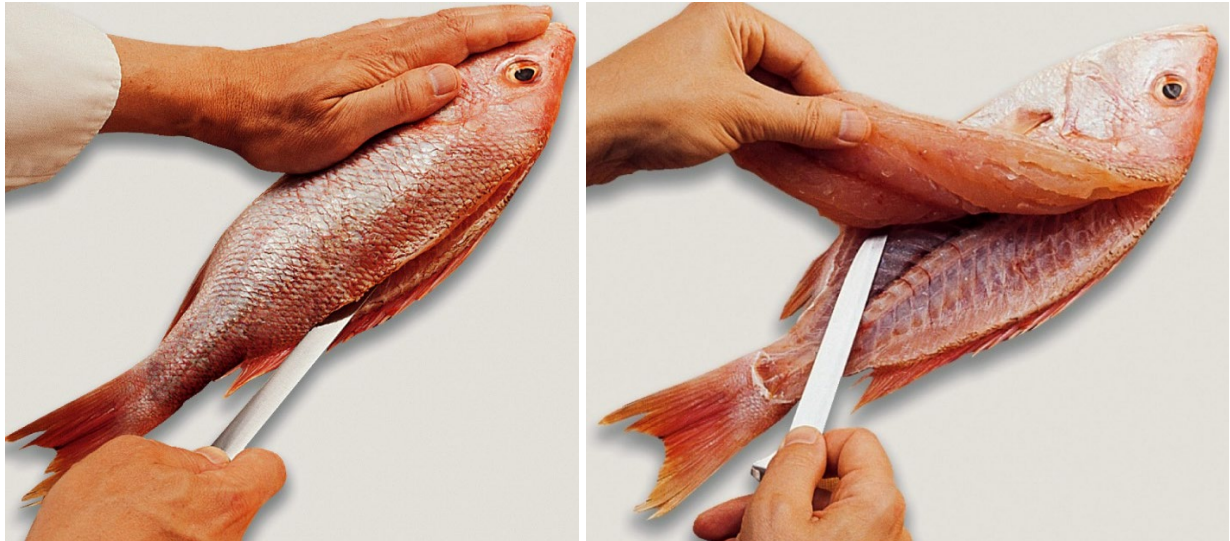
This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

Name of recipe _____							No. of Portions:	22		
Ingredient	As Purchased (AP)			Edible Portion (EP)				Recipe - Units Needed		Recipe Ingredient Cost
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount		Unit Cost (Cost per gram)			
Onion, Spanish	20	kg	\$ 19.57	90%	18,000	gr	\$ 0.001	250	gr	\$ 0.27
Carrot	20	kg	\$ 16.85	93%	18,600	gr	\$ 0.001	125	gr	\$ 0.11
Celery	525	gr	\$ 1.91	82%	431	gr	\$ 0.004	125	gr	\$ 0.55
Eggs - whole, separated for whites	684	gr	\$ 3.48	40%	274	gr	\$ 0.013	250	gr	\$ 3.18
Lemons	576	gr	\$ 7.80	50%	288	gr	\$ 0.027	30	gr	\$ 0.81
<b>Calculate the number of <u>complete</u> portions the recipe will yield , given a (#, ml, gm) portion size</b>										
<b>Calculate the cost per ingredient, and Total Recipe cost.</b>										
<b>Calculate the yielded cost per portion</b>										
<b>Calculate the Suggested Selling Price, given a 23.5% Food Cost.</b>										
<b>Calculate the Gross Profit per portion in dollars/cents.</b>										
							<b>Total Recipe Cost (\$)</b>		<b>\$ 4.66</b>	
							<b>Yielded Cost Per Portion (\$)</b>		<b>\$ 0.21</b>	
							<b>Suggested Selling Price (\$)</b>		<b>\$ 0.90</b>	
							<b>Food Cost %</b>		<b>23.5%</b>	
							<b>Gross Profit per portion (\$)</b>		<b>\$0.69</b>	

## APPENDIX III - Pressure Test Guidelines

### Filleting Round Fish

PC8 588 – 589



Cut into the top of the fish along one side of the backbone, from head to tail. Cut against the bone with smooth strokes of the knife to separate the flesh from the bone. Cut under the flesh toward the tail; detach it.



Cut along curved rib bones & finish detaching fillet at head end. Turn fish over & repeat to remove second fillet. Lightly run finger along flesh side of fillets to see if any bones remain. Pull out any bones you find. Skin fillets as for flatfish.



**TO SKIN**



Place fillet skin side down on the work surface, with the tail pointing toward you. Holding the skin at the tail end, slide the knife between the skin and flesh, scraping against the skin to avoid cutting into the fillet. Holding the tail with one hand, peel off the skin toward the head.



APPENDIX IV

Chicken Consommé

PC 29B

Soup

Yield: 1 gallon / 4 litres

1 pound	Lean chicken, ground	500 grams
8 ounces	Onion, for mirepoix	250 grams
4 ounces	Carrot, for mirepoix	125 grams
4 ounces	Celery for mirepoix	125 grams
8 ounces	Egg whites	250 grams
1 fluid ounce	Lemon juice	30 milliliters
6	Parsley stems, chopped	6
Pinch	Dried thyme	Pinch
1	Bay leaf	1
2	Whole cloves	2
½ teaspoon	Peppercorns, crushed	2 millilitres
8 ounces	Chicken trimmings (wing tips and necks chopped and browned in a hot oven)	250 grams
5 quarts	Cold chicken stock	5 litres

1. Combine the ground chicken, mirepoix, egg whites, lemon juice, herbs, spices and chicken trimmings in a tall, heavy stockpot. Mix the ingredients vigorously with a wooden paddle or a heavy whip.
2. Add about 1 pint (500 millilitres) cold stock and stir well. Let stand about 30 minutes.
3. Gradually stir in the remaining stock. Be sure the stock is well mixed with the other ingredients.
4. Set the pot on moderately low heat and let it come to a simmer very slowly. Stir occasionally.
5. When the simmering point is approaching, stop stirring.
6. Move the pot to lower heat and simmer very slowly for about 1.5 hours. Do not stir or disturb the raft that forms on top.
7. Very carefully strain the consommé through a china cap lined with several layers of cheesecloth.
8. Degrease thoroughly.
9. Season to taste.

APPENDIX V

Hollandaise Sauce

PC8 194

Sauce –Butter

Yield: 24 fluid ounces (720 millilitres)

1 pound 4 ounces	Butter - unsalted	600 grams
1/8 teaspoon	Peppercorns, crushed	0.5 millilitres
1/8 teaspoon	Salt	0,5 millilitres
3 fluid ounces	White vinegar or wine vinegar	90 millilitres
2 fluid ounces	Cold water	60 millilitres
6	Egg yolks	6
1 to 2 tablespoons	Lemon juice	15 to 30 millilitres
To taste	Salt	To taste
To taste	Cayenne pepper	To taste

1. Clarify the butter. You should have about 1 pint (480 millilitres) clarified butter. Keep the butter warm, but not hot.
2. Combine the peppercorns, salt, and vinegar in a saucepan and reduce until nearly dry (au sec). Remove from the heat and add the cold water.
3. Transfer into a stainless-steel bowl. Use a clean rubber spatula to make sure you transfer all the flavoring material to the bowl.
4. Add the egg yolks to the bowl and whisk well to combine.
5. Hold the bowl over a double-boiler and continue to whisk the yolks until they are thickened and creamy.
6. Remove the bowl from the heat. Using a ladle, slowly and gradually whisk in the warm, clarified butter. Add the butter drop by drop at first. If the sauce becomes too thick adjust with lemon juice and continue until all the butter is added.
7. Adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
8. Strain through cheesecloth and keep warm (not hot) for service. Hold no longer than 2 hours.

APPENDIX VI

Italian Meringue

PB7 259B

Yield: 2 quarts (2 litres)

			Egg whites at 100%
1 pound	Sugar	500 grams	200%
4 ounces	Water	125 millilitres	50%
8 ounces	Egg Whites	250 grams	100%

1. Heat the sugar and water in a saucepan until the sugar dissolves and the mixture boils. Boil until a candy thermometer placed in the syrup registers 240°F (115°C).
2. While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks.
3. With the machine running, very slowly beat in the hot syrup.
4. Continue beating until the meringue is cool and forms firm peaks.
5. Pipe 12 rosettes on to parchment lined ½ bake sheet. All must be equal in size and identical in shape and evenly spaced.
6. See examples photos on the following page for shape reference

