

Culinary Arts 2011 SCOPE DOCUMENT



Medicine Hat High School
April 13, 2011

Event:	Culinary Arts	Location:	MHHS 150
Registration:	7:00-7:45 a.m.	Contest Start Time:	8:30 a.m.
Orientation:	7:45-8:30 a.m. Room 150	Contest End Time:	1:00 p.m.
Contest Duration:	4 hours	Awards Program:	April 14, MHC Cafeteria, 4:30 p.m.
Theory Exam:	No		

GENERAL DESCRIPTION:

To evaluate each contestant's preparation for employment, and to recognize outstanding students for excellence and professionalism in their field.

Each participant will prepare and present a set menu of 2 courses for 2 people. To compliment your food basket, tables with common food items including dry goods, herbs, spices and stock will be provided. Menu is provided.

Instructions:

Each participant will be required to make use of all required food items. The food items do NOT have to be used entirely – but you will be asked to show all food remaining after completion. Food items listed as par-stock will be made available to all participants and be held in a common area. Judges reserve the right to limit quantities. Carefully note the presentation items for all courses. All food will be presented on the plates provided.

The schedule for the 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 has to leave the site, the coordinator has to be advised. For all questions regarding the contest, only the Technical Chair will answer the candidates.

All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the floor at the end of each day's competition. Points will be deducted for competitors who do not comply.

RELATED CAREER AND TECHNOLOGY STUDIES MODULES:

Module descriptions are available through the following website:

Government of Alberta/ Education/ Career and Technology Studies/ Trades and Manufacturing

<http://education.alberta.ca/teachers/program/cts/program-of-studies/tmt.aspx>

FOD 1010: Food Basics

FOD 1020: Baking Basics Course

FOD 2070: Soups & Sauces Course

FOD 2090: Creative Cold Foods Course

FOD 2100: Basic Meat Cookery

FOD 2110: Fish & Poultry

FOD 2150: Food Safety & Sanitation

FOD 3050: Advanced Soup & Sauces

FOD 3060: Food Presentation

FOD 3080: Advanced Meat Cookery

EQUIPMENT AND MATERIALS:

Supplied by Committee:

Clothing: Chef Jacket

Equipment: French knife, paring knife, vegetable peeler, French whip, wooden spoon, small sauté pan, metal bowls, assorted small sauce pans, meat mallet, hand blender, small china cap, custard cups, cutting board.

Supplied by Competitor:

Clothing: dark pants, hairnet

Equipment: Contestants may bring any other tools if they wish.

Reference book "On Cooking", Labensky

TECHNICAL JUDGES

To be determined

COMMITTEE MEMBERS

Sheila Laverty

Shelley Lukasaweich

Ann Tomcala

Bren Ennis

Tonya Mori

Pam Wendell

Shannon Hauck

Susan Feeney

Brooks Composite High School

Crescent Heights High School

McCoy High School

Medicine Hat High School

Medicine Hat High School

Senator Gershaw High School, Bow Island

South Central High School, Bow Island

Project Manager, Southeast Regional Skills Competition

JUDGING CRITERIA

15%	Sanitation	Professional attire Personal hygiene Work station and surrounding area cleanliness Cutting board and utensil sanitation Correct food storage
10%	Timing	Product utilization Effective time management Prepares food in timely organized fashion Effective planning of tasks
25%	Preparation	Demonstrates correct cooking techniques Proper culinary methods Professional usage of tools and equipment
15%	Presentation	Portion size and placement Effective color contrast Clean plates Visual appeal
30%	Taste	Correct textures of food Degree of doneness Balanced taste and seasonings
5%	cleanup	Station and surrounding area are left spotlessly clean

Course One

The following recipes will be used to prepare and present a menu for 2 people.

Main Course: *Pan Seared Salmon*

Beurre Blanc
Steamed Asparagus
Butternut Squash Puree
Sautéed Spinach

Dessert: *Apple Custard Flan / Caramel Sauce*

The plates must be prepared from items on the common food table. You should not waste any food items from the common tables; waste will be marked accordingly.

4 white 12 inch dinner plates will be provided

Present one plate of each course for judges tasting

Present one plate of each course for presentation.

All recipes are referenced in "On Cooking" Pearson – Prentice Hall

Itinerary:

Group 1-12

- 8:00-8:30 AM Orientation
- 11:30 AM Present 1st course
- 12:00 Present 2nd course
- 12:30-1:15 PM Cleanup

Par-Stock List

Dry Storage	Fruits / Vegetables	Stocks / Sauces	Specialty Items
Cornstarch	Baby Spinach	White Cooking Wine	Vanilla Extract
AP Flour	Garlic		Lemon Juice
Bread Flour	Ginger		Bay Leaf
Tabasco	Celery	Dairy	Common Dry Spices
Worcester Sauce	Onions	Eggs	Cinnamon
White, Brown & Icing sugar	Shallots	Butter, unsalted	Nutmeg
Arborio Rice	Strawberries	Butter, salted	Rosemary, fresh
Salt	Kiwi	Milk	Parsley, fresh
Cocoa Powder	Oranges	Cream	
Canola Oil	Lemons		
White Wine Vinegar	Asparagus	Meat Items	
Lemon Juice	Apples	Salmon Fillets	
	Butternut Squash		
	Tomatoes		

Recipes

*Recipes are provided as guidelines and may be reduced or modified as required
Recipe Reference – On Cooking 4th Canadian Edition*

Pan Seared Salmon

- 2 Skin-on Salmon Fillets App 160 grams
 - Canola Oil 15-30 ml
 - Seasoning to taste
1. Remove pin bones, remove skin as required
 2. Season salmon appropriately
 3. Preheat pan over moderate / high heat
 4. Sear salmon skin side down approximately 4 minutes, turn salmon over when skin is crisp, lower heat and continue to sear another 4 minutes .
 5. Remove salmon from pan, cover, and reserve for service

Beurre Blanc

- White wine vinegar 60 ml
 - Salt to taste
 - White pepper pinch
 - Shallots 30 ml
 - Whole butter, chilled 125 grams
1. Combine wine, vinegar, salt, white pepper and shallots in a small sauce pan
 2. Over moderate heat reduce the mixture until about 2 Tablespoons (30 ml) remain
 3. Cut chilled butter into 6 pieces. Over low heat whisk in butter a few pieces at a time, keeping the temperature between 100 - 120 °F
 4. Once all butter has been incorporated, remove the sauce pan from heat and strain. Strain and hold between 100 -120 °F

Steamed asparagus - 5 spears portion for each plate

1. Break off bottom stems of asparagus, peel as required
2. Steam asparagus until al dente, brush with melted butter, season with salt

Butternut Squash - 60 – 90 ml portion for each plate

- Butternut squash 125 grams
- Salt & pepper to taste
- Cinnamon pinch
- Brown Sugar 15 ml
- Lemon juice 15 ml
- Melted butter 30 ml

1. Cut squash into uniform pieces and cook in salted water until tender, then drain
2. Season with salt, pepper, spices, and sugar - add lemon juice and butter
3. Puree with a hand blender or whisk

Sautéed Spinach – 60 - 90 ml portion for each plate

- Butter or Oil 15 ml
- Fresh Spinach 150 grams
- Garlic minced 1 clove
- Salt & pepper to taste
- Nutmeg pinch

1. Clean spinach by removing stems, chop
2. Lightly sauté garlic in butter, add spinach leaves
3. Cook spinach until tender, reduce all moisture
4. Season to taste

Sweet Dough

- Unsalted Butter, softened 125 grams
 - Powdered sugar 110 grams
 - Egg yolks 2
 - Whole eggs 1
 - All Purpose Flour 330 grams
1. Cream the butter and sugar in a mixer bowl using the paddle attachment
 2. Combine the egg yolks and whole eggs. Slowly add the eggs to the creamed butter, mix until smooth of lumps
 3. With mixer on low speed, slowly add the flour to the butter and egg mixture, mix only until incorporated. Do not over mix. The dough should be firm , smooth and not sticky
 4. Mold the dough into a flat rectangle. Wrap in plastic wrap and chill until firm
 5. Roll out as required for flan

Apple Custard Flan – 150 - 160 grams portion size for each plate

- Golden Apples 5
 - Whole eggs 2
 - Granulated sugar 75 grams
 - Cornstarch 15 grams
 - Milk 125 ml
 - Cream 125 ml
 - Vanilla 2 ml
1. Line flan tin with the sweet paste
 2. Peel, core, and slice apples
 3. Arrange apples in the flan over lapping in a circle
 4. Combine eggs, sugar, and cornstarch
 5. Add milk, cream, vanilla, and nutmeg. Whisk to blend
 6. Pour mixture over apples. Bake at 350 °F until the custard is set (about 45 Minutes)

Caramel Sauce

- Sugar 230 grams
- Lemon Juice 2-3 drops
- Butter 60 grams
- Cream 85 ml

1. Combine sugar and lemon juice in a heavy saucepan. Cook over medium heat until, the sugar melts
2. Use a pastry brush dipped in water to wash down sides of pot, dissolving all sugar
3. Continue to cook until the sugar turns golden to medium brown
4. Stir in butter and cream