



**2008- Culinary Arts Scope Document
St Thomas Moore School
April 24 & 25, 2008**



EVENT: CULINARY ARTS	LEVEL: SECONDARY
ORIENTATION: April 24, 7:30 PM St Thomas Moore School, Fairview	LOCATION: St Thomas Moore School Culinary Arts Lab
START TIME: April 25/08 AM Group ---- 8:30 – 9:00 A.M. Set-up 9:00 AM - Start of Competition Clean up 12:00 – 12:20 pm PM Group --- 12:30 – 1:00 PM Set -up 1:00 PM Start of Competition 4:00 – 4:20 PM Clean-up	COMPETITION DURATION: 3 hours Total allotted time including set-up and clean up 3 hrs. 50 min.
	SPACES: AM – 5 & PM – 5 Total 10

**** Each competitor is required to attend the orientation on April 24, 7:30 PM. Any questions regarding competition clarity will be addressed at that time. As well: AM & PM Competitors will be selected by simple draw.**

**** Each competitor is given 30 minutes to set up their personal work station, and receive their dessert recipe prior the competition starts time and 20 minutes to clean up on completion of the competition. Points will be deducted for competitors who do not comply.**

Purpose of Challenge:

To evaluate and recognize students for their excellence and professionalism in the culinary arts and to determine placement for provincial skills competitions.

Skills and Knowledge to be tested:

All participants will prepare and present a three course meal in a time limit of 3 hours. Students will be required to present two portions of each course within a set time frame during the competition. The menu will consist of the following:

Present:

- Cream of Carrot and Ginger Soup (recipe provided)
 - Breaded Chicken Breast Cordon Bleu (recipe provided) Sauce Competitors Choice
 - 1 Vegetable of your choice (sauce optional)
 - Rice Pilaf (recipe provided)
 - Dessert – (recipe to be presented at start of competition).
- **All recipes are to be made with the food and ingredients supply (re Par stock list) no other food items or ingredients will be allowed into the competition.**
- **All competitors will have access to all ingredients on common table to make their recipes unique.**

Serving times will be as follows:

AM Group	PM Group
<ul style="list-style-type: none"> • Soup: 11:30 am • Main Course – 11:45 noon • Dessert – 12:00 pm 	<ul style="list-style-type: none"> • Soup: 3:30 pm • Main Course 3:45 pm • Dessert 4:00 pm

SAFETY REQUIREMENTS:

(Note: Competitors will not be allowed into the competition area without required safety equipment)

- Oven Mitts, white terry cloth or t-towel
- Non-slip vinyl or leather shoes with a closed toe.
- No running shoes, rings (to include facial piercings'), watches or nail polish to be worn during the competition.
- Competitors are required to follow all industry and safety standards during the competition.
- Competitors will not be allowed into competition area without the required safety equipment.

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 competition. Points will be deducted for competitors who do not comply.

Clothing Requirements:

Proper kitchen uniform. White chef jacket, checked or dark black pants (no jeans), apron, hairnet as required. **A chef's hat and jacket will be provided and must be worn at all times.** *(Chef's hat's may be taken home but under no circumstances are the jackets to be removed from the competition site.)*

Equipment & Materials:

All food and basic equipment will be supplied by the committee. Any special equipment must be supplied by individual and pre-approved by the committee, prior to competition date.

Judging Criteria

- Sanitation
- Time & Product Utilization
- Preparation
- Presentation
- Taste
- Set Items

CREAM OF CARROT SOUP with GINGER

2 tsp. - olive oil	¼ cup orange juice
1.5 cup - onions, diced	1 cup milk
3 cloves garlic, minced	2 cups ½ and ½ cream
5 cup - peeled & sliced carrots	Sour Cream
1.5 tbsp. - grated fresh ginger root	Salt & White Pepper
3 cup - chicken broth	Paprika
1 cup - white wine	Snipped fresh parsley

Sauté the onions and garlic in the olive oil in a large pot.

Use low to medium heat; the onions should cook but not brown. Stir constantly, 3 to 4 minutes. Add carrots, ginger, chicken broth and white wine, simmer 25 to 30 minutes until carrots are tender.

Puree the whole pot full in the blender, using small batches.

It should take 3 or 4 batches.

Blend as long as necessary to get rid of all the lumps.

Return to large pot. Stir in orange juice and milk.

Season to taste with salt and pepper, and paprika.

Heat but do not let boil.

Serve with a dollop of sour cream. Sprinkle with chives or parsley.

Herbed Rice Pilaff

2 tbsp - oil

2 tbsp - butter

1 cup - uncooked long grain rice

2 1/2 cups - boiling water

Pinch of salt and white pepper

1/2 cup finely chopped fresh herbs (parsley, thyme, basil, green onions), finely chopped

Heat the oil in a large, heavy-based saucepan and add the butter. When foaming, add the rice and cook over a moderate heat for about 2 minutes, stirring constantly.

When the rice begins to look opaque, add water, salt and pepper and bring to a boil, stirring occasionally.

Stir the herbs and green onions into the rice.

Cover the pan and place into preheated 300 degree oven, for about 20 minutes or until all the liquid has been absorbed and the rice is tender.

Add extra liquid or pour some off as necessary during cooking.

L'Chicken Cordon Bleu

2 - Boneless, Skinless Chicken Breast, (7 oz each)
 1 - Tbsp. Dijon mustard
 2 - Slices Black forest ham, (1 oz.)
 2 - Slices Swiss cheese, (1 oz.)
 4 - Cups Seasoned Bread Crumbs
 1 - Cup All-purpose Flour
 2 - Eggs
 ¼ - Cup Milk
 Veggie oil
 Salt & pepper to taste

Preheat oven to 350 F

Cordon Bleu:

Pound chicken breasts between 2 pieces of plastic wrap to 1/4 inch thickness, using flat side of meat mallet or rolling pin.

Brush mustard on 1 side of each chicken breast.

Layer the slice of ham and cheese over mustard. Roll up each chicken breast from short end; secure with Wooden picks.

Breading

Place Chicken rolls in small bowl and cover with seasoned flour,

Remove Chicken rolls from flour and coat with egg and milk mixture, then coat Rolls with seasoned bread crumbs, packing crumbs firmly on to the rolls.

(Let Cordons rest in refrigerator for 30 minutes before cooking.)

Arrange Cordons in to a, well oiled, small baking dish. Cover and bake for 10 minutes.

Remove lid and bake for about 20 minutes more or until chicken has reached the proper internal temperature.

Remove wooden picks and serve with a sauce over the top.

Chef's choice of sauce

Dessert – (Recipe to be presented at start of competition).

2008 – NW AB SKILLS - Culinary Arts Competition STOCK LIST

Long grain rice	Seasoned bread crumbs	
Bakers White chocolate	Dark chocolate	
Flour	Icing sugar	
White sugar	Brown sugar	
Honey	Maple syrup	
Olive oil	Veggie oil	
Tabasco	Worcester sauce	
Chicken stock	Beef stock	
Cinnamon	Nutmeg,	
Cloves	Ground ginger	
Vanilla extract	Dijon mustard	
Ginger root, fresh	Apples	
Carrots(fresh)	Broccoli	
Asparagus (fresh)	Garlic, whole cloves or minced	
White onions	Green onions	
Celery	Cauliflower	
Parsley (fresh)	Basil fresh	
Thyme	Rosemary	
Paprika	Fresh #1 Mushrooms	
Tomatoes	Green peppers	
Red peppers	Lemons fresh	
Green cabbage	Red cabbage	
Blackberries, fresh or frozen	Orange Juice	
Eggs	Milk	
Half & half cream	Margarine	
Butter	Sour cream	
Swiss cheese	Cheddar Cheese	
Whipping cream	Sliced Almonds	
7oz b/s Chicken breast	Black forest Ham	
White wine	Red wine	Brandy