



TEST PROJECT / PROJET D'ÉPREUVE

COOKING CUISINE

SECONDARY /
NIVEAU SECONDAIRE

General Information

Important:

This **Test Project** is based on the Contest Description document for the National Cooking Competition, and provides detailed information about the contest itself, whereas the **Contest Descriptions** provide general information on the SCNC.

All relevant Documents are available on the Skills Canada's Website.

All questions must be addressed to the National Technical Chair:

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Day1

Module A Prepare & Present Competencies

Day 2

Module B Prepare Three Course Menu – Appetiser, Main Course, & Dessert

General Contest Details

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 NTC 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 waste of products. ONLY the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest.

Work Plan Submission

Competitors must write work plans for both days of competition: two (2) copies for each day of competition. Work plans can be carefully hand written or word-processed. One copy of the work plan is to be posted at the competitor's station, and the 2nd copy submitted with the Menu packages at the designated time.

Competitors must use the menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used.

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

Professional Conduct

It is the primary intent of the NTC to provide a fair, equitable, and transparent contest. Therefore, during the contest, **all, and any, communication between candidates and persons outside the site are not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication.

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

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

Use of Sous Vide Equipment

This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods.

Sous Vide technologies have made precisely controlled cooking easier – with final results more certain, than at any other time. Therefore, during the contest, use of Sous Vide technology and techniques **must be limited to no more than one application over the two-day contest, with regards to the cooking of required proteins.**

However, this does not limit its use for other techniques or components the competitors may wish to include as part of their dishes – i.e. compressed fruits & vegetables, cooked egg yolks, etc.

Menu & Elements Requirements⁵

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 from the Skills Canada website. No other forms of menu submission will be accepted.
2. Competitor must **not** be identified in any way on the menu; no names, station numbers, or province/territory can appear on the submitted menu.
3. A completed menu must be prepared and submitted separately for each day of competition.
4. *Descriptive Menu* and *Menu Elements* can be either typed or hand written and must be legible for the judges to interpret.
5. Two (2) copies of your “*Descriptive Menu*” and your “*Menu Elements*” must be submitted within the timeframes⁷ specified in the test project.
6. The “*Descriptive Menu*” must be written⁶ with correct spelling, phrasing, and appropriate terminology that would be used on a menu in a restaurant setting.
7. 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.

Essential Skills - ⁵Reading, ⁶Writing, ⁷Thinking (Job Task Planning and Organizing)

Day 1	Module A - Presentation of Competencies		
Description	Competencies and Egg Cookery, and Mise en place for Day 2		
Service Details	<p>Competency:</p> <p><i>Egg Cookery</i> – two (2) of each of the following:</p> <ul style="list-style-type: none"> • Sunny Side • Over Easy • Over Medium • Poached Soft • Poached Medium • Soft Boiled • Hard Boiled <p>Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, pasta, and dessert.</p>	<p>Competency:</p> <p><i>Fish Velouté</i> - 500 ml to be presented in a one (1) litre deli container (container provided)</p>	<p>Competency:</p> <p><i>Vegetable Precision Cuts</i> - Presented in individual one (1) litre deli containers with lids (container provided)</p> <p>Vegetable quantities – 100 grams each of:</p> <ul style="list-style-type: none"> • Tomato – Concassé - Small Dice • Carrot – Batonnet • Red pepper Lozenge • Onion – small dice • Broccoli Florets – 2” (5cm) max.
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the Common Food Table document⁸. 		
Special equipment required	<ul style="list-style-type: none"> • Ramekins for cooking Crème Caramel must be provided by the competitor. 10” dinner plates will be provided by SCC. No service wares (china) permitted other than that provided by the NTC. 		



(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Secondary Competition Schedule

Day 1 – Thursday June 1st, 2017

- 11:30 a.m.** - Arrival of competitors and judges
Instruction for the day – Contestant Orientation
- Review of test project
 - Instructions for the day
 - Question period
 - Introduction of the judges
- 12:00 p.m.** Set-up work station - Equipment only.
- Contact with food is not permitted during this time.
 - Assistance is not permitted during this time.
- 12:30 p.m.** Start of competition
- 1:00 p.m.** Pickup of menus and work plans by NTC from the display table (English or French).

3:00 p.m. Present Egg Competencies

- | | |
|--------------------|----------------|
| 3:00 – 3:05 | Sunny Side |
| 3:05 – 3:10 | Over Easy |
| 3:10 – 3:15 | Over Medium |
| 3:15 – 3:20 | Poached Soft |
| 3:20 – 3:25 | Poached Medium |
| 3:25 – 3:30 | Soft Boiled |
| 3:30 – 3:35 | Hard Boiled |

There is a five (5) minute window to present the Egg Competencies. The Egg Competencies must be served from 3:00 p.m. to 3:35 p.m. After which one (1) point will be deducted per minute until 3:40 p.m. At 3:41 p.m. plates will no longer be accepted for judging.

4:00 p.m. Present Vegetable Competencies and Velouté

The vegetable competencies and Velouté must be served from 4:00 p.m. to 4:05 p.m. There is a five (5) minute window to present your product. After which one point will be deducted per minute until 4:10 p.m. At 4:11 p.m. plates will no longer be accepted for judging⁷.

- 4:00 p.m. Cleaning and packing**
4:30 p.m. Competitors leave the site

Egg Marking Criteria	
Fried Egg Sunny Side	
White	Shiny Uniformly set Tender
Yolk	Unbroken Yellow Well rounded Warm inside Runny
Overall	Compact Standing high – not spread out and thin Not browned, blistered or crisp underneath or at edges
Fried Egg Over Easy	
White	Just set Tender
Yolk	Unbroken Opaque Well rounded Warm inside Runny
Overall	Compact Standing high – not spread out and thin Not browned, blistered or crisp underneath or at edges
Fried Egg Over Medium	
White	Just set Tender
Yolk	Unbroken Opaque Well rounded Warm inside 50 to 60% set
Overall	Compact Standing high – not spread out and thin Not browned, blistered or crisp underneath or at edges

Poached Egg Soft	
Overall	Bright shiny appearance Compact Round shape Not spread out or flattened Firm tender whites Warm runny yolks
Poached Egg Medium	
Overall	Bright shiny appearance Compact Round shape Not spread out or flattened Firm tender whites Warm 50% set yolks
Boiled Egg Soft	
White	Just set Tender
Yolk	Warm inside Runny
Boiled Egg Hard	
White	Set Tender
Yolk	Warm inside Uniformly, fully set No green ring

Day 2	Module B - Presentation of 3-Course Menu
Description	<p>Prepare three (3) portions each, of the following three (3) course menu:</p> <ul style="list-style-type: none"> • <u>Appetiser:</u> <ul style="list-style-type: none"> ○ Filled Pasta Ravioli with Alfredo Sauce - max 180g per portion¹ <ul style="list-style-type: none"> ▪ Spinach and Ricotta Filling ▪ Alfredo Sauce ▪ Presented on soup/pasta plate • <u>Main Course:</u> <ul style="list-style-type: none"> ○ Each plate must consist of: <ul style="list-style-type: none"> ▪ Poached Salmon – poached in Court Bouillon (recipe provided) ▪ Bercy Sauce (utilising Velouté from Day 1) ▪ Rice Pilaf with Tomato Concassé ▪ Sautéed Red Peppers Lozenge ▪ Blanched and sautéed Broccoli Florets ▪ Blanched and sautéed Carrot Batonnet ▪ <i>Complete plates should not to exceed 350g per portion</i> ○ Cooking temperature must meet industry safety standards • <u>Dessert</u> <ul style="list-style-type: none"> ○ Dessert must consist of: <ul style="list-style-type: none"> • Crème Caramel • Shortbread Component, competitor’s choice • Fruit component, competitor’s choice – Common Food Table
Service Details	<ul style="list-style-type: none"> • Three (3) plates will be presented for each course, two (2) to the judges & one (1) plate for public display
Main ingredients required	<ul style="list-style-type: none"> • Recipes supplied by the committee • A list of all ingredients available for this module will be included in the common food table document⁸.
Special equipment required	<ul style="list-style-type: none"> • 10” dinner plates and 10” soup/pasta plates will be provided NTC. No service wares (china) permitted other than that provided by the committee competition

Secondary Competition Schedule

Day 2 – Friday June 2nd, 2017

- 7:00 a.m.** Arrival of competitors and judges
Instructions for the day
- Set-up work station - Equipment only.
- No contact with food permitted.
 - No assistance is permitted.
- 7:30 a.m.** Start of competition and menu submission
- 8:00 a.m.** Pickup of menus and work plans by NTC from display table (English or French).

- 10:00 a.m. Presentation of Appetiser**
- 10:30 a.m. Presentation of Main Course**
- 11:00 a.m. Presentation of Crème Caramel**

There is a five (5) minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to five (5) minutes – after which plates will NOT be accepted for judging.

The pasta must be served from 10:00 a.m. to 10:05 a.m. After which one point will be deducted per minute until 10:10 a.m. At 10:11 a.m. plates will no longer be accepted for judging.

- 11:00 a.m.** Clean-up work station
- 11:30 a.m.** Competitors leave the site

Essential Skills – ¹Numeracy, ⁷Thinking (Job Task Planning and Organization), ⁸Document Use

Marking Criteria

%	Title	Judging Criteria
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 %	Organization & Product Utilization	<ul style="list-style-type: none"> Professional use of tools and equipment Food wastage – full utilization of food taken Energy and water - efficient utilization Time Management - posted work plan Proper planning and execution of tasks Menu to be submitted at proper time as outlined in the contest project
25 %	Preparation and Technical Skill	<ul style="list-style-type: none"> Proper use of the tools and equipment Application of correct cooking techniques and methods
15 %	Presentation	<ul style="list-style-type: none"> Portion size in accordance with the test project Clean plates Harmonious colours Appetizing and artistic presentation of food Appropriate and complementary garnishes
35 %	Taste and Required Menu Components	<ul style="list-style-type: none"> Proper textures of foods Correct degree of doneness Balanced taste and seasonings Flavours match the menu specifications & descriptions Food served at proper temperatures as specified in the test project and in accordance with industry standards Respect timetable in regards to serving times All required elements outlined in the test project and the competitor's menu appear on the plate

All categories are marked on a scale from 1 to 10. The marks are then multiplied with the multiplication factor (% breakdown) to determine the competitor's final mark

SECONDARY RECIPES - MODULE ONE & TWO

- Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
- The recipes are intended to be followed to produce the appropriate quantities, flavours, and correct seasoning.
- Although recipes are included, we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” text book. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module One and Module Two.
- Many textbooks include photographs, text, and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish, but must adhere to the project specifications⁷.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.

Poached Eggs

On Cooking 5

Eggs

Yield: 2

Amount / Measure	Ingredient
As needed	Water
1 teaspoon / 5 ml	Salt
1 fluid oz / 3 ml	Vinegar
2	Eggs

1. Bring the water to a simmer; add the salt and vinegar.
2. Crack one egg into a cup and carefully add it to the water. Repeat with the other egg.
3. Cook the eggs to the desired doneness, approximately 3 to 5 minutes. Remove them from the water with a slotted spoon and serve as desired or carefully lower them into ice water and refrigerate for later use.

Boiled Eggs

Professional Cooking 8

Amount / Measure	Ingredient
As needed	Water
	Eggs

1. Bring eggs to room temperature by removing them from the cooler 1 hour before cooking.
2. Place eggs in boiling water and return the water to a simmer.
3. Simmer, do not boil, for the required time:

Soft-cooked **3 – 4 minutes**

Medium-cooked **5 – 7 minutes**

Hard-cooked **12 – 13 minutes**

4. Drain immediately and cool under cold running water to stop the cooking. Cool just a few second if eggs are to be served hot. Cool further if they are to be held for later use.
5. To peel, crack the shell and pull it away, starting at the large end (where the air sac is located). For easier peeling, peel while still warm, and hold under running water to help loosen shell.

Fried Eggs

Professional Cooking 8

Amount / Measure	Ingredient
As needed	Butter
	Eggs

1. Add about 1/8 inch (2 mm) fat to the sauté pan and set it over moderate heat.
2. Break the eggs into a dish.
3. When the fat is hot enough so a drop of water sizzles when dropped into it, slide the eggs into the pan.
4. Reduce heat to low and cook the eggs to order as indicated.

Over Easy

Fry and flip over. Cook just until the white is just set but the yolk is still liquid.

Over Medium

Fry and flip over. Cook until the yolk is partially set

Sunny Side

Cook slowly without flipping until white is completely set but yolk is still soft and yellow. Heat must be low, or bottom will toughen or burn before top is completely set.

Fish Velouté

Professional Cooking 8 182

Sauces

Yield: 1 litre

Amount / Measure	Ingredient
2 fluid ounces / 60 ml	Clarified butter
2 oz / 60 gr	White mirepoix, small dice
2 oz / 60 gr	Flour
1 ¼ quarts / 1.25 litres	White fish stock
Sachet d'épices	
1 small	Bay leaf
¼ teaspoon / 1 ml	Dried thyme
¼ teaspoon / 1 ml	Peppercorns
2	Parsley stems
To taste	Salt
To taste	White pepper

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the Velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season Velouté.
7. Strain through a china cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold water bath for later use.

Tomato Concassé

Professional Cooking 8
Vegetable

Amount / Measure	Ingredient
	Roma Tomatoes

1. Blanch and peel the tomatoes and cut in half crosswise.
2. Gently squeeze out the seeds.
3. Small dice the seeded tomatoes.

Fresh Semolina Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

Amount / Measure	Ingredient
8 oz / 115 gr	Semolina Flour
8 oz / 225 gr	Bread flour
5	Eggs
½ fluid oz / 15 ml	Olive oil
Pinch	Salt

1. Mound the flour on a work surface. Make a well in the center and add the eggs, oil and salt.
2. Working from the centre outward, gradually mix the flour into the eggs to make a dough.
3. When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.
4. Cover the dough and let it rest at least 30 minutes.
5. Cut the dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
6. Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook.

Alfredo Sauce

On Cooking 5
Sauces

Amount / Measure	Ingredient
2 oz / 60 gr	Whole butter
12 fluid oz / 375 ml	Heavy cream
2 oz / 60 gr	Parmesan cheese, grated
To taste	Salt
To taste	White pepper

1. Combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly.
2. Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked.
3. Adjust the seasonings and serve.

Spinach & Ricotta Filling

Professional Cooking 8 - 401

Pasta

Yield: Filling for 1 ½ pounds of pasta - 10 portions

Amount / Measure	Ingredient
1 pound 3 oz / 560 gr	Ricotta cheese
3 ½ oz / 100 gr	Parmesan cheese, grated
2	Egg yolks
5 tablespoons / 20 gr	Spinach, cooked, drained, chopped
¼ teaspoon / 1 ml	Nutmeg
To taste	Salt
To taste	White pepper

1. Mix together all ingredients.
2. Should be used the day it is made.

Court Bouillon for Fish

Professional Cooking 8 – 639

Fish & Shellfish

Yield: 1 litre

Amount / Measure	Ingredient
1 quart / 1 liter	Water
2 oz / 60 ml	White Vinegar, Wine Vinegar, Or Lemon Juice
2 oz / 60 gr	Onions, Sliced
1 oz / 30 gr	Celery, Sliced
1 oz / 30 gr	Carrots, Sliced
½ oz / 15 gr	Salt
⅛ teaspoon / 0.5 ml	Peppercorns, Crushed
1 small	Bay Leaf
1/16 teaspoon / 0.25 ml	Thyme
3	Parsley Stems

1. Combine all ingredients in a stock pot or sauce pot and bring to a boil.
2. Reduce heat and simmer 30 minutes.
3. Strain and cool.

Bercy Sauce

Professional Cooking 8 – 184H

Sauces

Yield: 1 litre

Amount / Measure	Ingredient
2 oz / 60 gr	Chopped shallots
½ cup / 125 ml	White wine
1 quart / 1 litre	Fish velouté
2 oz / 60 gr	Raw butter
2 tablespoons / 30 ml	Chopped parsley
To taste	Lemon juice

1. Reduce by $\frac{2}{3}$ chopped shallots and white wine.
2. Add fish velouté and reduce slightly.
3. Finish with raw butter, chopped parsley and lemon juice to taste.

Rice Pilaf with Tomato Concassé

Professional Cooking 8 – 384B

Starches

Yield: 1½ pounds, Five 5-ounce portions

Amount / Measure	Ingredient
1 oz / 30 gr	Butter
1 ½ oz / 45 gr	Onions, fine dice
1 cup / 250 ml	Long-grain rice
6 to 8 oz / 175 - 250 ml	Chicken stock
12 fluid oz / 350 ml	Tomato Concassé with juice
To taste	Salt

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid and tomatoes. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 18-20 minutes, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

Crème Caramel

Professional Cooking 8 – 1013B

Custards & Creams

Yield: 6, 5-ounce portions

Amount / Measure	Ingredient
8 oz / 250 gr	Eggs
4 oz / 175 gr	Sugar
¼ teaspoon / 1 ml	Salt
1 ½ teaspoons / 8ml	Vanilla
1 ¼ pint	Milk
	Caramel
6 oz / 180 gr	Sugar
1 fluid oz / 30 ml	water

1. Combine the eggs, sugar, salt and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
2. Scald the milk in a double boiler or in a saucepan over low heat.
3. Gradually pour the milk into the egg mixture, stirring constantly.
4. Skim off all foam from the surface of the liquid.
5. Arrange custard cups in a shallow baking pan.
6. Caramel: Cook sugar and water until it caramelizes. Line the bottoms of the custard cups with the hot caramel. Be sure the cups are clean and dry.
7. Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
8. Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.
9. Bake at 325°F until set, about 45 minutes.
10. Carefully remove from the oven and cool. Store, covered, in the refrigerator overnight.
11. Unmold onto a plate for service.

Shortbread Cookies

Professional Cooking 8 – 975A

Cookies

Yield: 6 ounces

Amount / Measure	Ingredient
3 oz / 90 gr	Butter
2 oz / 60 gr	Sugar
1/8 teaspoon / 0.5 ml	Salt
1 oz / 30 gr	Egg yolks
4 oz / 125 gr	Pastry flour

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs and blend at low speed.
4. Sift in the flour. Mix until just combined.
5. Roll dough 1/4 inch thick.
6. Use greased or parchment-lined baking sheets.
7. Bake at 350°F about 15 minutes.