



Project

# Cooking

POST-SECONDARY

# REGINA SK

MAY 29 – 30, 2025

## TEST PROJECT

### COOKING - TRADE 34

**Competition Chair:**

Steve Bennis, CCC - NTC Ontario

**Competition Co-Chair:**

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**Canadian Expert, Cooking:**

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### 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 itself, whereas the **Contest Descriptions** provide general information on the SCNC competitions.

All relevant documents are available on the Skills Canada Website.

**All questions must be addressed to both the National Technical Chair and Co-Chair**

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## 1 INTRODUCTION

The competition will comprise of 2 days of competition over **10.5 hours**. Specific mandatory ingredients and Test Items will be revealed at the competition as per the competition schedule.

## 2 COMPETITION SCHEDULE:

### Competition Day 1 – Thursday, May 29, 2025

- 8:30 AM** Arrival of candidates on site. Introductions and briefing of Day 1 of the competition.
- 9:00 AM**
- **Specific Mandatory ingredients** are revealed. All items must be prominently incorporated into the competitor's main course.
  - **Pressure Test Completion Time** will be drawn (The actual pressure test will be announced at the start of the pressure test window). Competitors must incorporate pressure test timing into their work plan.
  - **Costing exercise** is assigned. (See Appendix A for an example.)
- 9:15 AM** Competitors complete the costing exercise, design a descriptive menu, list menu elements, and produce a work plan for Day 2.
- Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (besides what the NTC provides). No late submissions are accepted.**
- 11:45 AM**
- Submit two (2) handwritten copies of the following: **work plan, descriptive menu, and menu element** documents using the templates provided by the NTC at the competition site.
    - Competitors may take one copy of their work plan, menu and menu elements to reference for day 2.
    - **Day 1 menu submissions are final. No additions or substitutions are allowed.**
  - Submit the **costing exercise**.
- 11:45 AM** Review of the competition schedule for Day 2.  
Question and discussion period.
- 12:00 PM** Competitors leave the competition site.
- Lunch is provided for competitors.**

## Competition Day 2 - Friday May 30, 2025

- 7:45 AM** Competitors arrive on site.
- 8:00 AM** Safety Orientation.  
Expectations outlined for day 2 of the competition.
- 8:10 AM** Set-up workstation \*\*\* **Equipment only**, Toolboxes returned to the storage area. **(No contact with food items at this time).**
- 8:30 AM** Competition Starts; pressure test announced.
- 11:00 AM** Presentation of Vegetable Precision Cuts.
- 11:45 AM** Clean up and inspection of workstations. (No cooking/prep at this time).  
**All food production and cooking must end.**
- 12:00 PM** **Candidates must leave the competition site.**  
**Lunch is provided for competitors.**
- 12:55 PM** **Competitors return from lunch, NTC Briefing.**
- 1:00 PM** **Competition resumes.**
- 2:30 PM** Appetizer presentation.
- 3:15 PM** Main Course presentation.
- 4:00 PM** Dessert presentation.  
Clean up of station
- 4:30 PM** Stations are inspected, and then competitors leave the site.

### NOTES

- There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in marks will occur.

Example – Appetizer Course must be served from 2:30 PM to 2:31(59 sec) PM at 2:32 PM then marks will be deducted every minute until 2:42 (01 sec) PM submitted work will no longer be accepted for judging.

### **3 DESCRIPTION OF PROJECT AND TASKS**

#### **3.1 Mandatory ingredients**

Below is a list of mandatory ingredients. **All** of these items/ingredients must be used in their main course.

The ingredient Inventory per competitor will include the following below. Specific varieties/sizes of ingredients will not be revealed until day 1 of the competition:

- Potatoes
- Tomatoes
- Green beans
- Olives
- Eggs
- Anchovies
- Lettuce/Leaf

#### **3.2 Pressure Test Items – Module 2A**

Competitors will be assigned a skills “Pressure Test Item” that will allow competitors to showcase specific skills as selected by the NTC. At the chosen time, the NTC will announce the test item. The test item must be presented for judging at the service time previously drawn. No methodology will be offered ahead of the competition.

**Time limit: Competitors will have a maximum of 30 minutes to complete the pressure test. After this time, the NTC will not evaluate any food products.**

Competencies – Module 2B	
<b>Description</b>	<p><b>Vegetable precision cuts: small dice</b></p> <p>Items are presented in individual containers (containers provided).</p> <p>100 g Leek 100 g Carrot 100 g Celery</p> <ul style="list-style-type: none"> <li>• See Appendix C – precision cuts of vegetables.</li> <li>• <b><u>All vegetable competencies must be incorporated into the consommé as a garnish component.</u></b></li> <li>• Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency.</li> <li>• Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu.</li> </ul>
<b>Available ingredients</b>	<p>A list of all ingredients available for this module is included in the common food table document.</p>
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• 500 mL deli or compostable containers (provided by the NTC).</li> <li>• Test Item is to be presented in the appropriate plates, bowls, or containers (provided by NTC).</li> <li>• No service wares (China) permitted other than that provided by the NTC.</li> <li>• Service spoons, glasses, ramekins etc. are not allowed.</li> </ul>

### 3.4 Plated Appetizer

Appetizer – Module 3A	
<b>Description</b>	<p><b>Prepare four (4) portions of Cornish Game Hen consommé. Visible components on the plate must include:</b></p> <ul style="list-style-type: none"> <li>• Mousseline forcemeat filled pasta component.</li> <li>• Must utilize vegetable garnish competency from Module 2B.</li> </ul>
<b>Service Details</b>	<p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service.</b></p> <ul style="list-style-type: none"> <li>• Consommé, 800ml</li> <li>• Protein items must be served to a minimum of 60 C (140 F)</li> <li>• Consommé course must be served hot in the jug provided.</li> <li>• Garnish/ mousseline/ pasta and vegetable element's to be served in the soup plate. Consommé will be poured by the judges.</li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 10" soup plate, round white - 4 each</li> <li>• measuring jug for consommé – 1 each</li> </ul>
<b>Available ingredients</b>	<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>
<b>Timing of Service</b>	<ul style="list-style-type: none"> <li>• Plates must be presented for judging at the time stated on the competition schedule.</li> </ul>

### 3.5 Plated Main Course

Main Course – Module 3B	
<b>Description</b>	<p><b>Prepare four (4) Niçoise inspired main course plates. Visible components on the plate must include:</b></p> <ul style="list-style-type: none"> <li>• Fresh water round white fish (no raw preparations)</li> <li>• All items utilized from the mandatory ingredient list.</li> <li>• A minimum of 3 different cooking methods.</li> <li>• A minimum of 1 sauce</li> </ul>
<b>Service Details</b>	<p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service.</b></p> <ul style="list-style-type: none"> <li>• Total plate portion must be between 225 - 275 grams.</li> <li>• Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum).</li> <li>• Protein items must be cooked – no raw preparations.</li> <li>• Dishes must be served hot - no cold element preparations.</li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12” plate, round white – 4 each</li> <li>• Sauce boat – 1 each</li> </ul>
<b>Available ingredients</b>	<ul style="list-style-type: none"> <li>• A list of all additional ingredients available for this module is included in the common food table document.</li> </ul>
<b>Timing of Service</b>	<ul style="list-style-type: none"> <li>• Plates must be presented for judging at the time stated on the competition schedule.</li> </ul>



Plated Dessert Creation – Module 3C	
<b>Description</b>	<p><b>Prepare four (4) dessert course plates. Minimum visible components on the plate must include a:</b></p> <ul style="list-style-type: none"> <li>• Choux Pastry</li> <li>• Custard based filling (i.e., pastry cream, bavarois, chiboust etc).</li> <li>• Must include either a tempered chocolate garnish, or sugar garnish.</li> <li>• Cooked fruit element (separate element that is not a sauce)</li> <li>• A minimum of one (1) sauce.</li> </ul>
<b>Service Details</b>	<p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service</b>.</p> <ul style="list-style-type: none"> <li>• Total plate portion must be between 95 - 150 grams.</li> <li>• No frozen components permitted.</li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12” plate, round white</li> </ul>
<b>Available ingredients</b>	<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>
<b>Timing of Service</b>	<ul style="list-style-type: none"> <li>• Desserts must be presented for judging at the time stated on the competition schedule.</li> </ul>



NUMERACY



ADAPTABILITY



WRITING



PROBLEM SOLVING




CREATIVITY & INNOVATION

## Appendix A

### Recipe Costing Exercise Example

This sample is for competitors to use as reference. 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 must be populated with the correct information based on the information provided in the adjoining columns.

Chicken Consommé (broth only)								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)					
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml	\$ 20.00	
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g	\$ 6.00	
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g	\$ 2.00	
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g	\$ 0.25	
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g	\$ 0.13	
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g	\$ 0.50	
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g	\$ 3.25	
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g	\$ 0.81	
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g	\$ 0.07	
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g	\$ 0.02	
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g	\$ 0.13	
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g	\$ 0.02	
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g	\$ 0.07	
							Total Recipe Cost (\$)		\$ 33.24		
							Yielded Cost Per Portion (\$)		\$ 1.51		
							Suggested Selling Price (\$)		\$ 6.43		
							Food Cost %		23.5%		
							Gross Profit per portion (\$)		\$ 4.92		

For this exercise, you are required to portion cost the provided Chicken Consommé recipe. To complete the knowledge test, you must complete the table where indicated and calculate the following:

**Note that the total recipe yields 4 litres.**

Calculate the number of complete portions the recipe will yield , given a 175 ml portion size

Calculate the cost per ingredient and Total Recipe cost.

Calculate the yielded cost per portion











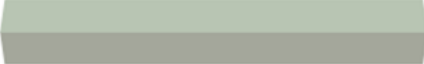


Calculate the Suggested Selling Price, given a 23.5% Food Cost.

Calculate the Gross Profit per portion in dollars/cents.

## Appendix C Precision Cuts

**Source:** Professional Cooking 9<sup>th</sup> edition

**Page:** 145

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

**Appendix D**  
**2025 Post-Secondary Marking Scheme**

<b>Safety and Sanitation</b>	Weight:	<b>15</b>
Aspect	<b>Measurement or Judgement</b>	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

<b>Organization &amp; Product Utilization</b>	Weight:	<b>10</b>
Aspect	<b>Measurement or Judgement</b>	
Pressure Test Timing	M	
Precision Cut Timing	M	
Costing Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e., over/under preparation	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

<b>Preparation and Technical Skill</b>	Weight:	<b>25</b>
Aspect	<b>Measurement or Judgement</b>	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	
Recipes reflect own ideas & originality - interpreting trends	J	
Selects appropriate fabrication and preparation techniques	J	
Knowledge of Cooking Methods	J	
Knowledge of food Ingredients, their application and preparation	J	
Costing Exercise	M	

<b>Presentation</b>	Weight:	<b>15</b>
<b>Aspect</b>	<b>Measurement or Judgement</b>	
Presented food/China is cleanly presented. Service wares are free of spills, and fingerprints	M	
Dish fits the China used and shows negative space	M	
Appetizer Visual Presentation Appeal	J	
Main Course - Visual Presentation Appeal	J	
Dessert Creation Visual Presentation Appeal	J	
Modernistic and Contemporary Food Presentation style	J	
Overall Quality and Value of Food Presented	J	
Leeks – small dice cut to industry standards	M	
Carrot – small dice cut to industry standards	M	
Celery – small dice cut to industry standards	M	
Key/required food ingredients are reflected in the written menu description	M	

<b>Taste and Required Menu Components</b>	Weight:	<b>35</b>
<b>Aspect</b>	<b>Measurement or Judgement</b>	
Appetizer meets correct portion size as per Test Project	M	
Main Course meets correct portion size as per Test Project	M	
Dessert meets correct portion size as per Test Project	M	
Error-free, professionally written descriptive menu	J	
Appetiser - Showcase Required Elements	J	
Main Course - Showcase Required Elements	J	
Dessert Creation Showcase Required Elements	J	
Appetizer Texture, Doneness,	J	
Main Course Texture & Doneness	J	
Dessert Creation Texture & Doneness	J	
Appetizer Flavour	J	
Main Course Flavour	J	
Dessert Flavour	J	
Seasoning of Food	J	
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M	
Precision Cut Weights	M	