



Project

Cooking

SECONDARY

REGINA SK

MAY 29 – 30, 2025

SECONDARY

COOKING TRADE

TEST PROJECT

Competition Chair:

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Competition Co-Chair:

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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** provides 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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Dominic Bilodeau at dominic.bilodeau@cssmv.gouv.qc.ca**

1 INTRODUCTION

The competition in Regina will comprise of 1 day of competition over **8 hours**. Mystery items will be revealed at the competition orientation on May 28th, 2025.

2 COMPETITION SCHEDULE

Competition Day - Thursday May 29, 2025

Module A

8:00 a.m. - Competitors arrive on site.

Only competitors are permitted in the contest area.

8:00 - 8:10 a.m. - Competitors receive instructions from the NTC.

8:10 a.m. - Set-up workstation *** **Equipment only**
No contact with food is permitted at this time. ***

8:30 a.m. - Competition Starts.

9:00 a.m. – Submit: Conversion Test, Descriptive Menu, and Menu Elements.

11:30 a.m. – Present Competencies: Precision Cuts, Velouté, Perogy filling and dough.

11:30 a.m. - Cleaning up station.

12:00 p.m. – Lunch Break.

Module B

12:50 p.m. – Competitors return for Briefing.

1:00 p.m. - Competition Resumes.

2:30 p.m. – Present Appetizer.

3:15 p.m. – Present Main Course.

4:00 p.m. – Present Dessert.

4:00 – 5:00 p.m. – Clean Up and leave site.

Timing of Service:

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

Example: Dessert must be served from 4:00 p.m. to 4:02 p.m. after which, marks will be deducted every minute until 4:12 p.m. At 4:13 p.m. submitted work will no longer be accepted for judging.

3 DESCRIPTION OF PROJECT AND TASKS

Module A Conversion Test, Competencies, Perogy Mise en place	
Description	<ul style="list-style-type: none"> • Conversion Test (See Appendix #2) • Velouté Competency <ul style="list-style-type: none"> ▪ Prepare and present 750 ml of velouté sauce. ▪ Velouté must be used for the main course in Module B. • Precision Cuts Competency: Competitors will produce the following: <ul style="list-style-type: none"> ▪ 100 g medium dice (using a vegetable/fruit from the mystery box or common table). ▪ 100 g small dice (using a vegetable/fruit from the mystery box or common table). ▪ 100 g julienne (using a vegetable/fruit from the mystery box or common table). ▪ All competencies must be utilized in Module B ▪ Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. ▪ Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilised in the menu. • Perogy filling <ul style="list-style-type: none"> ▪ Prepare and present 600 g of your Potato filling. • Perogy dough <ul style="list-style-type: none"> ▪ Prepare and present 400 g of your Perogy dough.
Service Details	<ul style="list-style-type: none"> • Some recipes are provided. See Appendix #2 • Reusable containers will be provided for the precision cuts and Velouté sauce. • No service wares (China) permitted other than that which is provided by the committee.
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.

Special equipment required	<ul style="list-style-type: none"> To promote sustainability The NTC has requested reusable containers for presentation of vegetable & sauce competencies.
<ul style="list-style-type: none"> All vegetable cuts must be presented in provided containers. Conversion exercise will have a 30-minute deadline from the start of the contest. Competitors may not gather food until the conversion test is completed. Module B Mise en place is to be stored neatly in your fridge or at your station. 	

<u>Module B</u> Appetizer, Main Course, and Dessert	
Description	<p>Prepare four (4) portions of the following three (3) course menu:</p> <p><u>Appetizer:</u> Perogy Inspired Appetizer</p> <ul style="list-style-type: none"> Perogies must include: <ul style="list-style-type: none"> The potato filling from Module A An appropriate, modern functional garnish A sauce / dressing of the competitor's choice (Hot or Cold) A minimum of one (1) item from the mystery box <p><u>Main Course:</u> Stuffed Chicken Breast</p> <ul style="list-style-type: none"> Stuffed Chicken Breast Main Course must include: <ul style="list-style-type: none"> A minimum of one (1) starch preparationA minimum of two (2) vegetable / fruit preparations The velouté based sauce (from Module A) must be modified into a derivative sauce of the competitor's choice. A minimum of one (1) functional garnish that is modern, and complimentary. A minimum of one (1) ingredient from the mystery box included in the stuffing <p><u>Dessert:</u> Tea/Sweet Biscuit Inspired Creation</p> <ul style="list-style-type: none"> Dessert must include: <ul style="list-style-type: none"> A Tea / Sweet Biscuit preparation <ul style="list-style-type: none"> A minimum of one (1) fruit-based sauce A minimum of one (1) flavoured Chantilly cream.

	<ul style="list-style-type: none"> ▪ One (1) functional edible garnish ▪ A minimum of one (1) item from the mystery box
Service Details	<ul style="list-style-type: none"> • Appetizer: Minimum 150 g to maximum 210 g • Main Course: Minimum 250 g to maximum 300 g • Dessert: Minimum 125 g to maximum 185 g • Cooking temperature must meet food safety standards, no frozen components.
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.
Special equipment required	<p>4 each of the following plateware will be provided:</p> <ul style="list-style-type: none"> ○ 12” round white plates for the Appetizer ○ 12” round white plates for Main Course ○ 12” round white plates for Dessert <ul style="list-style-type: none"> • No service wares (China) permitted other than that provided. • Service spoons, glasses, ramekins etc. are not allowed.



Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). *Professional Chef* (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”, or “Professional Chef” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Source: Professional Cooking 9th edition, Page 188

Yield: 2 Quarts (2 Litres)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

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.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Potato and Cheese filled Pierogi with Caramelized Onions, Beurre Noisette and Sage

Source: Professional Chef 10th edition, Page 694

Yield: 10 servings

Filling

Chef's Potatoes	6 lbs	2.72 kg
Egg Yolks	7 each	7 each
Cheddar Cheese	9 oz	225 g
Green Onions, halved & thinly sliced	1 ¾ oz	50 g
Salt	to taste	to taste
Nutmeg	to taste	to taste

Dough

Semolina Flour	1 lb 5 oz	595 g
All-Purpose Flour	1 lb 5 oz	595 g
Eggs	9 each	9 each
Salt	1 oz	28 g
Egg Wash	2 fl oz	60 ml

Cooking & Beurre Noisette

Clarified Butter	6 oz	170 g
Butter	12 oz	340 g
Salt	¼ tsp	1.25 g
Peppercorns, white, ground	to taste	to taste
Onions, Caramelized	1 lb 12 oz	794 g
Sage, chiffonade	2 Tbsp	6 g
Sour Cream	1 lb	454 g

1. Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water under tender enough to mash easily. Drain, reserving and chilling 8 oz (240 ml) of the cooking liquid. Dry the potatoes over low heat or on a sheet pan in a 300 F (149 C) oven until no steam rises from them. While the potatoes are still hot, puree them through a food mill or potato ricer into a heated bowl.
2. Add the egg yolks, cheese, and green onions. Season with the salt, pepper, and nutmeg. Set the filling aside.
3. To make the dough, place the reserved potato water, flours, eggs, and salt into a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for 20 minutes.
4. Roll out the dough using a past machine to a 1/16" (1.5 mm) thickness. Cut the dough into circles using a 2 ½" (6 cm) biscuit cutter. Lightly brush the edges with egg wash.

5. Place approximately 1 Tbsp (15 ml) of the filling onto the center of the dough. Fold in half to form a half-moon and pinch the edges to seal.
6. Simmer the pierogi in boiling salted water until the dough along the edge seals are fully cooked, 4 to 5 minutes. The pierogi are ready to finish now, or they may be cooled in ice water, drained, refrigerated for later service.
7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, and heated through, about 2 minutes per side.
8. Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and bring it to noisette (golden brown), about 2 minutes. Add a pinch of salt and white pepper, and drizzle over the pierogi.
9. Garnish with the caramelized onions, sage and sour cream and serve immediately.

Biscuits

Source: Professional Cooking 9th edition, Page 946

Yield: 2 lb. 10 oz (1278 g)

Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12 g	2%
Sugar	1 oz	30 g	5%
Baking powder	1.2 oz	36 g	6%
Shortening or butter	7 oz	210 g	35%
Milk	13 oz	390 g	65%

Bake at 425°F (220°C) for approximately 15 minutes.

Biscuit Method:

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment. If preferred, you may cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles coarse cornmeal.
4. Combine the liquid ingredients. Biscuits may be prepared in advance up to this point. Portions of each mixture may then be scaled and combined just before baking.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined, and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees after each fold.
7. Repeat this procedure about 10 to 20 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over kneading toughens the biscuits. The dough is now ready for makeup.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Appendix #2 - Recipe Conversion Exercise Instructions & 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 shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitor must supply writing implement – pen or pencil.
- Competitor CANNOT use their own device for their calculations. (i.e.: smartphone, tablet, personal calculator, another programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

Competitor No. ____

Recipe Name: **Brown Sauce**

Score: ____ / 15











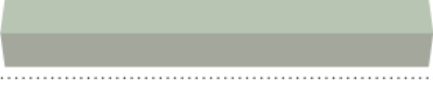
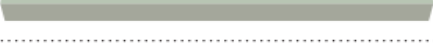

Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.500 litres

Appendix #3 – Precision Cuts

Source: Professional Cooking 9th edition

Page: 145

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

Appendix #4

2025 Secondary Marking Scheme

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

Organization & Product Utilization	Weight:	10
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Conversion 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	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
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	
Conversion Exercise	M	

Presentation		Weight:	15
Aspect		Measurement or Judgement	
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	
Appetiser 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	
Precision cuts to industry standards		J	
Mother sauce to industry standards		J	
Key/required food ingredients are reflected in the written menu description		M	
Taste and Required Menu Components		Weight:	35
Aspect		Measurement or Judgement	
Appetiser 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	
Appetiser Texture & Doneness		J	
Main Course Texture & Doneness		J	
Dessert Creation Texture & Doneness		J	
Appetiser 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 & Competency Weights		M	