



High School Culinary Challenge



Northern Alberta Institute of Technology
February 4, 2017



High School Culinary Challenge

Location: NAIT Culinary Kitchens
South kitchen labs beside the Common Market

Date: February 4, 2017

Start Time: 6:30 am arrival (group A)
11:30 am arrival (group B)

Duration: 7:00 - 11:00 am (group A)
12:00 - 4:00 pm (group B)

Purpose of Challenge:

To promote professionalism, team building and the pursuit of culinary excellence.

Overview:

Each three-member team of high school students, using provided recipes, will prepare six servings of a three-course meal (soup, entrée and dessert) to an advanced level of the CTS Foods Program. Two portions of each course are to be plated and presented to judges - one portion is for tasting, one portion is for presentation. The remaining four portions are reserved. All food is to be presented on provided plates. Competitors are free to consult reference books of their choice.

Kitchen stations will be drawn and assigned by competition organizers. Food items listed as par stock will be made available to all participants and held in a common area. Judges reserve the quantities. Carefully note the presentation times for all courses.

All competitors are responsible for the complete cleanup of their work areas, stoves, sinks, floors and surrounding areas before leaving the competition site. Points will be deducted for competitors who do not comply.

Competition Menu

Ricotta and Spinach Ravioli, Tomato Basil Cream Sauce
Poached Salmon, Hollandaise Sauce
Rice Pilaf, Glazed Carrots Batonnet, Green Beans Amandine
Chocolate Mousse, Any Style

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PRESENTATION TIMES:

General times are provided and are subject to change to meet competition logistics.

<i>Appetizer:</i>	10:00 - 10:05 am	(group A)
	3:00 - 3:05 pm	(group B)
<i>Main Course:</i>	10:30 - 10:35 pm	(group A)
	3:30 - 3:35 pm	(group B)
<i>Dessert:</i>	11:00 - 11:05 pm	(group A)
	4:00 - 4:05 pm	(group B)

Labs are to be completely cleaned or marks will be deducted.

CLOTHING REQUIREMENTS:

Competitors will be professionally attired in a white chef jacket, checked or black pants, apron, and hairnet as required. Chef hats will be provided and must be worn by all competitors. Appropriate kitchen shoes (closed toes, non-skid soles, and leather-style surface) ***No athletic or running shoes are allowed.***

EQUIPMENT AND MATERIALS:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, food containers, meat mallet, piping bag, tips, measuring spoons, hand mixer, tool box, and any other small tools required. NAIT will provide the pots, pans and bowls. ***Competitors must bring their own small tools and knife kits.***

COOKING TERMINOLOGY:

- Batonnet – 1/4 inch by 1/4 inch by 3 inches (6mm x 6mm x 76mm)
- Small dice – 1/4 inch by 1/4 inch by 1/4 inch (6mm x 6mm x 6mm)
- Medium dice – 1/2 inch by 1/2 inch by 1/2 inch (12mm x 12mm x 12mm)
- Reduce – to cook down to desired consistency
- t – teaspoon – 5 ml
- T – tablespoon – 15 ml

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SAFETY REQUIREMENTS:

- Oven mitts, white terry cloth or t-towel
- Non-slip leather-style shoes
- No rings, watches or personal jewelry
- Loose hair completely restrained
- Competitors are required to observe all safety standards during the competition.

RELATED CAREER AND TECHNOLOGY STUDY MODULES:

- Module FOD 1020 Baking Basics
- Module FOD 2070 Stocks, Soups and Sauces
- Module FOD 2080 Vegetables Fruits and Grains
- Module FOD 2090 Creative Cold Foods
- Module FOD 2100 Basic Meat Cookery
- Module FOD 2110 Fish
- Module FOD 2150 Food Safety & Sanitation
- Module FOD 3050 Advanced Soups and Sauces
- Module FOD 3060 Food Presentation
- Module FOD 3080 Advanced Meat Cookery

JUDGING CRITERIA:

Includes:

- adherence to safety and sanitation rules as contained in the sanitation code
- interpretation skills of scope documents and provided recipes
- general cooking skills, work habits, cooking techniques, development of flavors, degrees of doneness, texture, temperature controls, presentation skills and effective utilization of food products
- cooperation with others in kitchen, effective team participation

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MARKING CRITERIA:

15% Sanitation	Professional attire, hats, aprons, shoes Personal hygiene, hair restrained Cutting board and utensil sanitation Correct food handling and storage Cleanup - entire work area and adjacent areas/sinks and stoves cleaned and sanitized (5-mark penalty if incomplete) other _____
5% Timing	all products presented at noted time 5-minute period of grace – any later results in zero
5% Temperature	Hot food served hot on heated plates Cold foods served cold on chilled plates
25% Organization	Follows worksheet, follows timetable Professional use of knives, tools and equipment Station maintained neat, clean and orderly Demonstrates safe working practices Effective food utilization / wastage Accuracy of knife skills Correct cooking methods Team work other _____
15% Presentation	Portion size / balance Effective color / contrast Clean plates, neatness Technical skills (slicing, dicing, turning etc.) other _____
35% Taste	Correct textures of food, consistency of sauces Degree of doneness, not over/undercooked Balanced taste and seasonings – enhanced natural flavors Not bland, under/over seasoned Not excessively salty, sour, sweet or bitter Not burnt, metallic tasting or aftertaste

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RECIPES

Students a **MUST ADHERE** to specified portions and ingredients to ensure consistent results and equitable judging.

Spinach and Ricotta Ravioli

Portion size 3 – 3-inch ravioli each

For the Pasta use:

(3) eggs , 1-³/₄ - 2 cups AP flour , (10 ml) olive oil (2 ml) salt

While dough is chilling, prepare filling. Stir all ingredients together and chill.

For the Ricotta Filling

Ricotta	375 ml
Grated Parmesan	125 ml
Spinach, cooked	200 grams
Egg	1
Nutmeg	pinch
Salt & pepper	2 ml each

1. For pasta, blanch fresh spinach in salted, boiling water for 1 minute. Drain and squeeze out excess moisture (if using frozen, thaw completely and squeeze out water). Place spinach in a food processor and puree until smooth.
2. To assemble, roll out pasta, using a pasta machine into thin sheets. Measure out enough pasta for 16 - 3-inch by 3-inch ravioli. Fill each ravioli filled with 15 ml filling .Brush with water and top with remaining pasta. Press filling down a little, to spread it, then gently press pasta edges together, starting close to the filling and working outwards (to push out any air bubbles). Chill ravioli until ready to cook and serve.
3. Bring a large pot of salted water to a boil and gently drop in ravioli (4 at a time). Remove ravioli with a slotted spoon into pan with butter and warm over medium-low. Transfer ravioli to serving plates and spoon over sauce. Garnish with 30 - 45 ml tomato basil cream sauce and fine grated Parmesan cheese

[Ravioli ricotta and spinach - YouTube](#)

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Tomato – Basil Cream Sauce

Tomatoes, blanched, peeled, deseeded and diced small	2
Garlic – finely chopped	15ml
Onion - finely diced	45ml
Olive oil	30ml
Fresh basil	45ml
Whipping cream	250ml
Parmesan cheese	250ml
Salt, pepper and sugar to taste	

1. Heat olive oil to a moderate temperature.
2. Add the garlic and lightly sauté garlic.
3. Add cream, then add cheese, reduce heat to low.
4. Add remaining ingredients and stir until well blended.
5. Adjust seasoning.

Poached Salmon

Salmon	4 -100gram portions
Court Bouillon	2 liters

1. Place the fish in the poaching pan and pour in enough hot court bouillon to cover the fish completely.
2. Set the pan over moderately low heat and slowly bring barely to a simmer.
3. Reduce heat to very low and cook the fish at below the simmering point until done. The fish will feel firm, not mushy, at its thickest part. Total cooking time will vary from 5 to 20 minutes, depending on the size of the fish and the exact cooking temperature. In general, plan on about 8–10 minutes for every inch of thickness at the thickest point.
4. Remove from the poaching liquid and serve.

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Court Bouillon

Water	2 liters
Onions, sliced	125grams
Celery, sliced	60grams
Carrots, sliced	60grams
Salt	30grams
Peppercorns, crushed	1ml
Bay leaf	1
Dried thyme	.5ml
Parsley stems	5

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

Hollandaise Sauce

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Butter 300 g

Egg yolks 3

Water - cold 15ml

Lemon juice 20ml

Salt to taste

Cayenne to taste

1. Clarify the butter. You should have about (480 mL) clarified butter.
1. Keep the butter warm but not hot.
2. Place the egg yolks and cold water in a stainless steel bowl and beat well. Beat in a few drops of lemon juice.
3. Hold the bowl over a hot-water bath and continue to beat until the yolks are thickened and creamy.
4. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little of the lemon juice.
5. When the butter is all added, beat in lemon juice to taste and adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.

Rice pilaf

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Onion, small dice	300 ml
Butter	20 grams
Rice - long grain	300 ml
Hot chicken stock	600 ml
Bay leaf	1
Salt	3ml

1. In a thick bottom pot, over low –moderate heat cook onions with the butter.
2. Add rice, salt and pepper and stir to coat with the butter.
3. Add hot chicken stock and bay leaf.
4. Bring to boil and then reduce heat to low.
5. Cover with a tight fitting lid and cook for 15 -20 minute until rice is tender.

Carrots Batonnet

Carrots cut Batonnet	500 grams
Butter	60 grams
Sugar	30ml
Chicken stock	180 ml
Salt & white pepper to taste	

1. In a medium sauté pan melt the butter and add carrots.
2. Cover pan and lightly cook the carrots.
3. Add the sugar, salt, pepper and stock. Cover and cook over low heat until the carrots are almost done.
4. Remove the cover and allow the liquid to reduce to a glaze. *

**If carrots are cooked before a glaze is formed, remove them with a slotted spoon and reduce liquid. Return carrots to pan to finish the process.*

Green Beans Almandine

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Whole green beans	500 grams
Butter	50 grams
Almonds sliced	30ml

1. Clean and trim green beans.
2. Blanch green beans in rapidly boiling, salted water, until tender. Do not over cook.
3. Shock green beans in cold water to stop cooking. Drain well.
4. Melt butter over low heat and add sliced almonds. Toast just until they begin to color. Remove from heat. **Warning! Almonds will overcook very quickly.**
5. Reheat beans by sautéing.
6. Add toasted almonds and season to taste.

Chocolate Mousse

Dark Chocolate	190 grams
32% Cream (Hot)	125 ml
Egg Yolks	2
Sugar	15 grams
32% Cream	190 grams

1. Heat cream and pour over chocolate to form a ganache.
2. Whip egg yolks and sugar until light and fluffy.
3. Add egg yolk mixture to ganache.
4. Whip cream to soft peaks. Fold cream into ganache mixture.