



High School Culinary Challenge



Northern Alberta Institute of Technology
February 10, 2018



High School Culinary Challenge

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

Date: February 10, 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

Minestrone Soup
Pork Tenderloin
Spaetzle, Glazed Carrots Batonnet,
Pate Sucrée Lemon Tart, Raspberry Sauce, Soft or Hard Meringue Garnish

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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 am	(group A)
	3:30 - 3:35 pm	(group B)
<i>Dessert:</i>	11:00 - 11:05 am	(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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(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).

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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.

Minestrone Soup

Portion size: 8 fl oz

Olive Oil	15ml
Onions, Small diced	125g
Celery, Small diced	60g
Carrots, Small diced	60g
Garlic, Chopped	5ml
Green Cabbage, Shredded	60g
Zucchini, Medium Dice	60g
Canned Tomatoes, crushed	125g
Chicken Stock	1250ml
Basil	5ml
Macaroni	45g
Cannellini Beans, drained	185g
Chopped Parsley	15ml
Salt	to taste
Pepper	to taste
Parmesan Cheese	as needed to garnish

1. Heat the oil in a heavy pot over medium heat.
2. Add the onions, celery, carrots, and garlic. Sweat them in the oil until almost tender. Do not brown.
3. Add the cabbage and zucchini. Stir to mix the vegetables. Continue to sweat another 5 minutes.
4. Add the tomatoes, stock, and basil. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked. (Do not overcook. The soup will continue to cook when the pasta is added.)
5. Add the pasta and continue to simmer the soup until the pasta is cooked. (Alternatively, cook pasta separately and add to the soup just before serving.)
6. Add the beans and return soup to a boil.
7. Add the parsley. Season to taste with salt and pepper.
8. Just before service, top with the parmesan cheese.

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Stuffed Pork Tenderloin

2 - 500 - 600 grams	Pork tenderloins
1 bunch	Flat-leaf parsley, chopped
160 ml	Bread crumbs
120 ml	Dried currants
3	Garlic cloves, minced
1 sprigs	Rosemary, fresh, chopped
2	Eggs
60 ml	Olive oil
10 ml	Salt
10 ml	Ground black pepper
1 pinch	Cayenne pepper
to taste	Salt and ground black pepper

1. Preheat oven to 350° degrees F
2. Remove the flap of meat at the wider end of the tenderloin and trim the last two inches off the narrow end of the tenderloin. Chop the trimmings and reserve.
3. Cut from one side of the tenderloin through the middle horizontally to within one-half inch of the other side. Open the two sides and spread them out like an open book. Cover the meat with plastic wrap and pound to about 1/2-inch thick. Roll up pounded tenderloin, cover with plastic wrap, and refrigerate to keep cold.
4. Mix the chopped pork trimmings, parsley, bread crumbs, currants, garlic, rosemary, egg, olive oil, 10 ml salt, black pepper, and cayenne pepper together in a bowl with a fork until stuffing is well-combined.
5. Unroll tenderloin on work surface. Season lightly with salt and pepper. Spread stuffing over tenderloin, leaving a 2-inch border on one of the long-sides. Roll up the tenderloin, ending at the 2-inch border; tie meat with string to secure shape. Season the tenderloin all over with salt and black pepper.
6. Heat an oven-safe skillet over high heat until hot. Cook the tenderloin in a hot skillet until browned, 3 to 4 minutes per side.
7. Cook in the preheated oven until pork is slightly pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 145°F (63°C). Transfer to a plate and let rest for 15 minutes before removing the twine and slicing.

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Notes

- Appearance – consistent browning, holds together when sliced.
- Flavor – All seasonings and flavoring ingredients must enhance each other; no predominant or overpowering flavors
- Cooked to 145°F minimum, slight pink is acceptable.
- Portion size – 130 - 140 grams cooked weight

Peppercorn Brown Sauce

120 grams total	Celery, onion, carrot - equal parts finely diced
50 grams	Butter or margarine
50 grams	Flour
15 ml	Tomato paste
1 litre	Beef stock
pinch	Thyme, ground
15 ml	Green peppercorns, chopped

1. Sauté the vegetables in butter or margarine until well caramelized.
2. Add the flour and cook to make brown roux.
3. Add the tomato paste, stir well and continue cooking.
4. Add the beef stock, whisk until smooth, and bring to a boil.
5. Reduce to simmer, add thyme and cook to reduce to 3/4 litre.
6. Strain the sauce and adjust the seasoning.
7. Add the green peppercorns and season to taste.

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Spaetzle

Eggs	3
Milk	190ml
Salt	1.5ml
Nutmeg	pinch
White Pepper	pinch
Flour	225g
Butter, for service	as needed

1. Beat the eggs in a bowl and add the milk, salt, nutmeg, and pepper.
2. Add the flour and beat until smooth. You should have a thick batter. If it is too thin, beat in a little more flour.
3. Let the batter stand 1 hour before cooking to relax the gluten.
4. Set a colander or perforated hotel pan (or a spaetzle machine, if available) over a large pot of boiling salted water. The colander should be high enough so the steam doesn't cook the batter in the colander.
5. Place the batter in the colander and force it through the holes with a spoon or plastic scraper.
6. After the spaetzle float to the top of the water, let them simmer 1–2 minutes, then remove them with a skimmer. Cool quickly in cold water and drain well.
7. Cover and refrigerate until service.
8. Sauté in butter until hot. Serve

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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

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 overcook.
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.

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Pate Sucrée – Yields 6 x 5” Tarts

Butter, softened	160g
Confectioners’ Sugar	100g
Salt	1g
Lemon zest	2g
Vanilla Extract	3 drops
Eggs	75g
Pastry Flour	300g

1. Cream together the butter, confectioners’ sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs one at a time and beat well between each addition.
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

Lemon Curd

Butter, cubed	300g
Sugar	255g
Lemon Juice	255g
Lemon Zest	20g
Egg Yolks	255g

1. Combine 150g of the butter, 125g of the sugar, and the lemon juice and zest and bring to a boil over medium heat, stirring gently to dissolve the sugar.
2. Meanwhile, blend the egg yolks with the remaining 130g sugar. Temper by gradually adding about one-third of the lemon juice mixture, stirring constantly with a whisk. Return the tempered egg mixture to the saucepan. Continue cooking, stirring constantly with the whisk, until the mixture comes to a boil.
3. Stir in the remaining butter.
4. Pour into your cooked pie shell and refrigerate until cool.

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Meringue

Egg Whites	250g
Fine Granulated Sugar	250g

1. With the whip attachment, beat the egg whites first at medium speed, then at high speed, until they form soft peaks.
2. Add the first quantity of sugar, a little at a time, with the machine running. Whip until stiff.

Raspberry Sauce

Frozen Raspberries	150g
Sugar	75g
Water	85g
Corn Starch	5g

1. Combine the raspberries, sugar, and 60g of the water in a saucepan and bring to a boil.
2. Meanwhile, make a slurry with the corn starch and the remaining 15g water.
3. Slowly whisk the slurry into the boiling purée. Return the mixture to a boil, stirring constantly with a whisk until thickened.
4. Strain the sauce through a fine-mesh strainer.