



# High School Culinary Challenge



**Northern Alberta Institute of Technology**  
**February 9, 2019**



# High School Culinary Challenge

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

**Date:** February 9, 2019

**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**

Carrot Ginger Soup  
Chicken Cacciatore with Hand Cut Fettuccini  
Chocolate Mousse with Fruit Sauce and Sugar or Chocolate Garnish

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## PRESENTATION TIMES:

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

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

<b>15% Sanitation</b>	Professional attire, hats, aprons, shoes Personal hygiene, hair restrained Cutting board and utensil sanitation Correct food handling and storage <b>Cleanup - entire work area and adjacent areas/sinks and stoves cleaned and sanitized</b> (5-mark penalty if incomplete) other _____
<b>5% Timing</b>	All products presented at noted time 5-minute period of grace – any later results in zero
<b>5% Temperature</b>	<b>Hot food served hot on heated plates</b> <b>Cold foods served cold on chilled plates</b>
<b>25% Organization</b>	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 _____
<b>15% Presentation</b>	Portion size / balance Effective color / contrast Clean plates, neatness Technical skills (slicing, dicing, turning etc.) other _____
<b>35% Taste</b>	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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## Cutting chicken into quarters and eighths, bone in



- Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.
- Spread the chicken open and spread through the bones on one side of the backbone.



- Cut off the backbone completely and save for stocks.
- Cut through the skin between the leg and the breast.



- Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.
- To cut into eighths, cut the drumstick and thigh apart at the joint.



- Cut the breast and wing quarter into two equal pieces. Another method is simply to cut off the wing.
- The chicken cut into eighths. Note that the first joint of each wing has been cut off.



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## RECIPES

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

### Carrot Ginger Soup

Portion size: 8 fl oz

Butter	90grams
Onions, Small diced	125grams
Carrots	425grams
Ginger, fresh grated	15mls
Flour	70grams
Chicken Stock	1L
Chicken Stock	as needed
Salt	to taste
White Pepper	to taste
Heavy Cream	125mls

1. Heat the butter in a heavy saucepot over moderate heat.
2. Add the onions, celery and ginger. Sweat the vegetables without letting them brown.
3. Add the flour and stir to make a roux. Cook the roux a few minutes, but do not let it start to brown.
4. Gradually beat in the stock. Bring to a boil, stirring with a whip as it thickens.
5. Simmer until vegetables are very tender.
6. Skim the soup carefully.
7. Pass the soup through a food mill to purée it, or purée with an immersion blender.
8. For a finer texture, pass the puréed soup through a fine china cap or cheesecloth.
9. Add enough hot stock to bring the soup to the proper consistency.
10. Heat the soup again, but do not let it boil.
11. Season to taste.
12. At service time, add the cream.

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## Chicken Cacciatore

Portion Size: 3 Pieces of Chicken (1 leg, 1 thigh and 1 breast portion)

Whole Chickens	2
Flour	250grams
Salt	15ml
Pepper	3.5ml
Canola Oil	125ml
Onion, julienne	300grams
Green Pepper, julienne	300grams
Celery, Batonnet	75grams
Carrot, Bruinoise	75grams
Garlic, chopped fine	15ml
Chicken Stock	125mls
Tomatoes (canned), crushed with juice	1.25L
Tomato Paste	125mls
Bay Leaves	1
Basil, dry	1ml

1. Cut chicken into eighths.
2. Place the flour in a pan and season with salt and pepper.
3. Dredge the chicken in the flour. Shake off excess.
4. Heat the oil in a large sauté pan or skillet. Add the chicken pieces and brown well on all sides over high heat.
5. Remove the chicken from the pan and place in a brazier.
6. Pour about 75ml of the oil used to brown the chickens into a saucepot. (Discard the rest of the oil, but keep the sauté pan handy.)
7. Add the onion, green pepper, celery, carrot, and garlic. Sweat until nearly tender.
8. Add the stock, tomatoes, tomato paste, and herbs. Bring to a boil.
9. Add a ladleful of the sauce to the pan in which the chickens were browned. Deglaze the pan and pour the liquid back into the sauce. Simmer about 5 minutes.
10. Pour the sauce over the chickens. Bring to a boil. Cover the pan and finish cooking in a 300°F (150°C) oven or over low heat on the stove. Cooking will take 30 to 45 minutes.
11. When the chicken is tender, remove it from the sauce and place in a hotel pan.
12. Degrease the sauce. Reduce the sauce over high heat until thickened to desired consistency. Adjust seasoning. Pour over the chicken.

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## Fresh Pasta

Bread Flour	250grams
Eggs	3
Olive Oil	15ml
Salt	Pinch

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.

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## Chocolate Mousse

Bittersweet Chocolate	250grams
Butter	62.5grams
Egg Yolks	90grams
Egg Whites	125 grams
Sugar	40grams
Heavy Whipping Cream	125ml

1. Melt the chocolate over hot water.
2. Remove from the heat and add the butter. Stir until the butter is melted, and completely mixed in.
3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat.
5. Fold the egg whites into the chocolate.
6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture.
7. Spoon the mousse into serving dishes, or use a pastry bag fitted with a star tube.
8. Chill the mousse well before serving.

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### 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.