



High School Culinary Challenge



Northern Alberta Institute of Technology
February 22, 2020



High School Culinary Challenge

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

Date: February 22, 2020

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
Thai Green Curry Stir-fry with Shrimp, Salmon and Brown Rice Pilaf
Rhubarb Tart, Pate Sucree Shell with Streusel Topping, Crème Anglaise and Edible 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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Stir-fry Yield – 4 Portions

Portion Salmon into 3oz or 85gr portions

Prawns	12
Salmon, skin on side	1
Red Onion, sliced	1
Yellow Peppers, sliced	1
Broccoli, crown	1
Carrot, sliced	2

Sauce

Coconut Milk	400ml
Whipping Cream	125ml
Green Curry	1 tsp
Lemongrass	½ tsp
Ginger, fresh	1 tsp
Garlic, minced	1 tsp

Brown Rice Pilaf

Brown Rice	250g
Onion, fine diced	45g
Chicken Stock, boiling	500ml
Salt	2.5ml
Butter	8g

1. Heat the butter in a heavy sauce pan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over the heat until the rice is completely coated with the butter.
3. Pour in the boiling stock. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F oven and bake for 1 hour or until liquid is absorbed and rice is dry and fluffy.
5. Turn out into a hotel pan and fluff the rice with a fork. Keep hot for service.

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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.

Filling

Rhubarb, sliced	400g
Sugar	40g
Lemon Juice	5ml

Topping

Butter	50g
Brown Sugar	75g
Cinnamon	To taste
Pastry Flour	75g

1. Toss the rhubarb with the sugar and lemon juice.
2. Place into your tart shell.
3. Rub the butter, sugar, cinnamon and flour together until well blended and crumbly.
4. Sprinkle evenly over your rhubarb mixture.
5. Bake at 350°F for about 45 minutes, until the top is browned, and the rhubarb is tender.

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Crème Anglaise

Egg Yolks	62.5g
Sugar	62.5g
Half and Half Cream	250ml
Vanilla	2.5ml

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the cream.
3. Gradually pour the hot cream into the egg yolk mixture while stirring consistently with a whip.
4. Set the bowl on a pot of boiling water. Heat it, stirring constantly, until it thickens enough to coat the back of a spoon or until it reaches 180°F.
5. Immediately remove the bowl from the heat and set it in a pan of cold water to stop the cooking. Stir in the vanilla. Stir the sauce occasionally as it cools.