

# High School Culinary Challenge



## An Individual Award Competition

- WHAT:** High School Challenge Competition
- WHEN:** Plate submission deadline, midnight, March 12<sup>th</sup>, 2022
- WHO:** Students in grades 10,11 or 12 or fourth year high school student
- WHERE:** In your kitchen at school or home
- SUBMISSIONS:** Online
- QUESTIONS:** Paul Campbell [paulca@nait.ca](mailto:paulca@nait.ca)

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## COMPETITOR'S PACKAGE

# A Culinary and Baking Showcase Competition

### **Overview**

This is an individual based culinary and baking competition designed to challenge the student's culinary or baking expertise.

The student may choose to make one dish from the three categories. Either an appetizer, entrée or dessert. **You may enter more than one category.**

Each person will be required to prepare and present one dish from your chosen category(s). Evaluation will be based on but not limited to, recipe organization, cooking skills, presentation & creativity.

**Date:** March 12<sup>th</sup>, 2022

### **Competition Menu**

Spinach & Ricotta Ravioli or Tortellini with Mushroom Sauce

Chicken Ballotine, Duchesse Potatoes, Bouquetiere of Vegetables and Pan Gravy

Chocolate Cake, Raspberry Coulis, Caramel Sauce and Chantilly Cream

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## 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
- TT – To Taste

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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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## RECIPES

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

### Spinach and Ricotta Ravioli or Tortellini

Portion size 3 – 4” ravioli each or 9 tortellini

#### For the Pasta use:

4” Pre-made wonton wrappers

#### Ricotta Filling

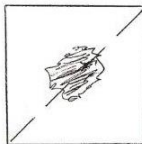
Ricotta	375 ml
Grated Parmesan	125 ml
Spinach, cooked (fresh or frozen)	200 grams
Egg	1
Nutmeg	pinch
Salt & pepper	TT

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. Transfer to a mixing bowl and add remaining ingredients. Mix until combined.
3. To assemble, place enough wrappers on a flat surface to fill 16 – 4” x 4” 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). Cut with a round, fluted cutter. Chill ravioli until ready to cook and serve.

For tortellini please see the link. <https://www.youtube.com/watch?v=WpfeeQU-IJU>

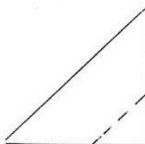
#### STEP 1

Place filling in the center and fold into a triangle.



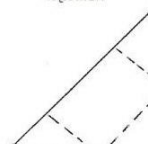
#### STEP 2

Fold back the tip to form a flap.



#### STEP 3

Fold and overlap the remaining 2 points and seal together.



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4. Bring a large pot of salted water to a boil and gently drop in pasta (4 at a time). Remove pasta with a slotted spoon and place into pan with butter and keep warm over medium-low. Place 125ml of mushroom sauce the bottom of the serving dish and transfer pasta on top sauce. Garnish with appropriate garnish and fine grated parmesan cheese.

## Mushroom Sauce

**Recipe Yield – 600 ml**

### Ingredients

White mirepoix:	
Onion	25g
Leek	25g
Celery	15 g
Butter	30 g
Flour, all-purpose	30 g
Chicken stock	500ml
Mushrooms, stems removed and retained	125 g
Sachet (Bay leaf, fresh thyme, peppercorns)	1 each
Cream, 35%	100 mL
Salt and pepper	TT

### Procedure

1. Sweat mirepoix in butter with mushroom stems. Do not brown.
2. Remove from heat, add flour, and return to moderate heat. Cook for 1 minute, stirring continuously. Remove from heat again.
3. Stir in chicken stock in 3 stages, bring to a boil and reduce to a simmer.
4. Add sachet and cook 30 – 45 minutes.
5. Strain the sauce into a clean pot and bring back to a boil.
6. Add sliced mushroom caps and return to a simmer for 10 minutes.
7. Add cream and adjust seasoning
8. Adjust consistency (thickness) of finished sauce if necessary.

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## Chicken Ballotine with Pan Gravy

Recipe Yield – 4

### Ingredients

Chicken legs – Frenched (watch video)	4
Salt and pepper	TT

### Gravy

Flour	250 g
Oil	as needed
Flour	50g
Onion, small dice	125 g
Chicken stock	750 mL

### Filling

Velouté, cold	250ml
Onion, fine dice	50g
Celery, fine dice	25g
Carrot, fine dice	25g
Thyme, fresh	1 sprig
Butter	15g
Garlic, chopped	1 clove
Wild Rice, cooked	1 cup
Cremini Mushrooms, chopped	100g

1. Cook the wild rice using the pasta method.
2. Melt the butter over low heat in a small saucepan.
3. Add in your onion, celery, and carrots. Cook until tender.
4. Add in your garlic, thyme and mushrooms and continue to cook until the mushrooms are soft.
5. Remove from the heat and cool.
6. Mix in your cooked wild rice and cold velouté.
7. Season with salt and pepper.
8. Use the filling to stuff your deboned chicken leg.

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## Velouté

Butter	30g
Flour	30g
Chicken Stock	325ml
Salt and White Pepper	TT

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. Cook for 15 minutes.
5. Season with salt and pepper to taste and cool.

## Procedure

1. Debone the thigh portion of the chicken leg and French the leg portion. Watch the video below and stop at 3:00 minutes. This is the point of where you will stuff your chicken.  
<https://www.youtube.com/watch?v=FDgljAqeVYQ>
2. Stuff with the wild rice stuffing and form into shape.
3. Chill the chicken legs for a half hour.
4. Season the chicken with salt and pepper.
5. Pan-fry the chicken in 1 cm of oil turning so it cooks evenly. Remove the chicken when well browned. Transfer to an oven safe dish and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL of oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth and adjust the seasonings.
11. Serve one frenched chicken ballotine per person with the gravy underneath.



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## Duchesse Potatoes

Recipe Yield – 6

### Ingredients

Potatoes, Russet	750g
Butter, melted	50g
Egg Yolks,	2
Salt & Pepper	TT
Nutmeg	TT

### Procedure

1. Simmer the potatoes in water until tender. Drain and transfer to a lined baking sheet and let dry in an oven several minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes.
5. Add the egg yolks (off the heat) and beat until smooth.
6. Put the mixture in a pastry bag with a star tip and pipe out into cone shaped spiral mounds.
7. Brush lightly with egg wash.
8. Place potatoes in hot oven (400° - 425°F) until lightly browned.



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## Bouquetiere of Vegetables

Recipe Yield – 4 portions

### Ingredients

Cauliflower florets	12 each or as desired
Green beans	12 each or as desired
Carrot Batonnet	12 each or as desired
Butter	as needed
Salt and pepper	TT

### Procedure

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colors always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon, a spider, or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.

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## Basic Sponge Cake

Recipe Yield – 1 10”Cake

### Ingredients

Large Eggs	2
Butter, unsalted - Room Temperature	113g
Sugar	350g
A.P. flour	310g
Cocoa powder	40g
Sour Cream	120g
Baking soda	12g
Hot water	250g
Salt	1g
Vanilla	1g

### Procedure

1. Cream butter and sugar in mixer with paddle.
2. Add eggs and continue to beat. Scrape mixer down well.
3. Add in sour cream and salt. Continue to mix until well incorporated.
4. Add in dry ingredients and water alternately and mix until just combined.
5. Bake at 350°F for 40 - 45 minutes or until a toothpick inserted in the middle comes out clean.

## Raspberry Coulis

Recipe Yield – 4 portions

### Ingredients

Raspberries	200g
Sugar	100g
Water	40g
Lemon Juice	15g

### Method

1. Puree the fruit in a blender or food processor. Pass through a fine sieve or chinois.
2. Warm the fruit puree in a saucepan.
3. Separately, make a syrup of the sugar and water and boil to 220°F. Mix into fruit puree.
4. Return to a boil, strain, and mix in the juice.

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## Chantilly Cream

Recipe Yield – 4 portions

### Ingredients

Whipping cream, cold	250 ml
Icing sugar	30 ml
Vanilla	3 ml

### Method

1. Add all the ingredients in a metal or china bowl.
2. Beat until thick and fluffy, taking care not to over beat.

## Caramel Sauce

Recipe Yield – 4 portions

### Ingredients

Whipping cream	160 ml
Sugar	160 ml
Water	30 ml
Honey	5 ml
Butter, unsalted, softened	30 ml
Vanilla extract	3 ml

### Method

1. Bring the cream to a boil in a small saucepan over medium heat.
2. Cook the sugar, water, and honey in a small heavy-duty saucepan over high heat until the mixture comes to a boil. Brush around the inside of the pan with a damp pastry brush at the point where the sugar syrup meets the sides of the pan. Do this twice during the cooking process to prevent the sugar from crystallizing.
3. Cook the mixture over high heat, without stirring, until it turns amber-colored, 6 - 8 minutes.
4. Lower the heat to medium and slowly add the hot cream to the sugar mixture while stirring constantly. The cream will bubble and foam. Continue stirring to make sure there are no lumps.
5. Remove the saucepan from the heat and stir in the butter until it is completely melted. Stir in the vanilla.
6. Transfer the caramel sauce to a bowl, cover tightly with plastic wrap, cool slightly, and serve warm.

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## Notes

1. Cake portion is not to exceed 3" x 3" approx...
2. Raspberry sauce portion is approximately 45 ml.
3. Chantilly cream should be piped decoratively.
4. Caramel sauce is to be applied from a plastic bottle with tip or piping bag.
5. You may use additional garnish as desired.

## Marking Criteria

### **SECTION A - KITCHEN ORGANIZATION**

#### **Organization/Worksheet**

Submit a neat & orderly typed work plan that outlines the time organization of your dish. As a rule, the work plan must demonstrate efficient and practical production procedures.

#### **Safety/Sanitation**

Maintains high level of sanitation & safety in the preparation and processing of foods. Temperature control is of ultimate consideration. Practice "clean as you go" work ethic. Demonstrates safe usage of knives, small wares and equipment. (This is an expectation and will not be graded).

### **SECTION B - COOKING COMPETENCIES**

#### **Doneness**

Products are cooked to industry standards. Proteins, vegetables, fruit, starches are not overdone or underdone. Items are of texture and flavours established through correct cooking times and temperatures. You will be required to submit close-up photos of your dish.

#### **Technical Skills**

Accuracy of slicing, dicing, piping, portioning, consistency of sauces, soups, gastronomically correct interpretation of cooking methods, professional degree of "finishing", enhancement of consistency, colour and flavour, proficient cooking skills.

### **SECTION C – ADVERTISING & MARKETING**

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## **Advertising**

You must post your dish to your own personal social media using the hashtags #HSCC, #yegfood, #yegevents, #hscCYeg, #naitculinary, #(yourschool).

## **Marketing Design**

You must submit the following detailed pictures that reflect the presentation, doneness, as well as the skill set(s) required.

Pasta – pasta filling, workstation, uncooked ravioli / tortellini, final plate, competitors' choice.

Chicken – deboned leg, stuffing, workstation, inside of chicken, finished dish, competitors' choice.

Dessert – cake batter, baked cake, workstation, finished dish, competitors' choice.

You must also include either a short, 1 minute video (MP4, MOV, WMV or FLV format) or a written submission (250 word maximum) to the judges explaining your dish, how this dish challenged your skills why you chose to make that specific dish.

Any questions may be directed to Paul Campbell. [Paulca@nait.ca](mailto:Paulca@nait.ca)

Remember to apply for the scholarship to Nait