



High School Culinary Challenge



Northern Alberta Institute of Technology
February 24, 2024



High School Culinary Challenge

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

Date: February 24, 2024

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 four 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 two 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, Garnish of team's choice

Breaded Pork Cutlet, Braised Red Cabbage, Zucchini Sauté Provençale,
Brown Rice Pilaf

Pate Sucrée Lemon Tart, Raspberry Sauce, Soft or Hard Meringue,
Sugar 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.*** Please reference this video for more information on clothing requirements.

<https://www.youtube.com/watch?v=CaJ6hHsFBj8>

EQUIPMENT AND MATERIALS:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, food containers, meat mallet, piping bag, tips, measuring spoons, hand mixer, toolbox, 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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Par Stock

Vegetables	Protein	Grocery	Herbs
Onions	Pork Cutlets	Olive Oil	Fresh Basil
Celery	Bacon Slices	Vanilla Extract	Flat-leaf parsley
Carrots		Salt	Fresh Rosemary
Garlic		Pepper / White Pepper	Fresh Thyme
Red Cabbage		Breadcrumbs	
Zucchini		AP Flour	
Ginger		Pastry Flour	
		Sugar, White, Gold, Brown	
Fruits		Frozen Raspberries	
Strawberries		Corn Starch	
Raspberries		Powdered Sugar	
Lemons		Cocoa Powder	
Frozen Raspberries		Canola Oil	
		Brown Rice	
		Cinnamon Sticks	
		Red Wine Vinegar	
		Baking Powder	
Dairy	Other	Baking Soda	
Eggs	Chicken Stock		
Butter, unsalted			
Whipping Cream, 32%			
Milk, 3.25%			

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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 Teamwork 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.

Appetizer

Carrot Ginger Soup

Portion size: 8 fl oz

Butter	90 g
Onions, Small dice	125 g
Carrots, Small dice	425 g
Ginger, fresh grated	15 ml
Flour	70 g
Chicken Stock	1 L
Salt	To taste
White Pepper	To taste
Heavy Cream	125 ml

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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Main

Breaded Pork Cutlet

Yield: 4 Portions

Pork Cutlets	500 g
Salt	To Taste
Pepper	To Taste
Flour	60 g
Eggs	2 each
Milk	125 ml
Breadcrumbs	375 g
Oil or Clarified Butter	125 g

1. Lightly flatten each piece of pork with a meat mallet.
2. Season the meat with salt and pepper.
3. Make a breading station. Flour in one pan, eggs and milk in the second pan and breadcrumbs in the last.
4. Dip the pork in flour to coat evenly, shake off excess.
5. Dip in egg wash to coat completely.
6. Dip in breadcrumbs. Cover with crumbs and press them onto to pork gently, shake off the extra
7. Heat about 5 mm of oil or butter in a large sauté pan
8. Place the cutlets in the pan and pan fry until golden brown.
9. Turn the cutlet and brown the other side.
10. Pork must be cooked to 160 F.

Brown Rice Pilaf

Yield 4 Portions

Brown Rice	250 g
Onion, fine dice	45 g
Chicken Stock, boiling	500 ml
Salt	To taste
Butter	10 g

1. Heat the butter in a heavy saucepan. 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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Braised Red Cabbage

Yield 4 Portions

Red Cabbage	450 g
Bacon, diced	50 g
Onions, sliced	75 g
Sugar	5 g
Chicken Stock	112 g
Cinnamon Stick	1 small
Red Wine vinegar	45 ml
Salt	To taste
Pepper	To taste

1. Remove the outer leaves from the cabbage and cut it into quarters.
2. Remove the core, shred the cabbage with a knife, do not chop; cabbage should be in long fine shreds.
3. Render bacon in a large, heavy pot.
4. Add the onions and sugar, cook until onion is soft.
5. Add the cabbage and stir overheat until it is coated with fat.
6. Add the stock and cinnamon stick.
7. Cover and simmer until cabbage is nearly tender, about 30 min
8. Add vinegar and simmer another 10 min, remove the cinnamon stick.
9. Taste and correct seasoning, if not tart enough add more vinegar.

Zucchini Sauté Provençale

Yield: 4 Portions

Zucchini	400 g
Olive Oil	30 ml
Onions	30 g
Garlic Cloves	1
Chopped Parsley	To taste
Salt	To taste
Pepper	To taste

1. Wash and trim the zucchini.
2. Cut cross wise into thin slices.
3. Heat the oil in a sauté pan.
4. Add the onions and the garlic.
5. Sauté until soft but not browned.
6. Add the zucchini and sauté until slightly browned but still crisp.
7. Add parsley and toss to mix, season to taste.

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Dessert

Pate Sucriée

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

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	20g
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	250 g
Fine Granulated Sugar	250 g

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

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.

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Kitchen Judging Criteria

Kitchen Marking Criteria

Sanitation: *includes*

Appropriate footwear
Hand washing, personal hygiene
Professional attire, hats, apron side towel
Hair restrained, hair nets
No watches, jewellery or nail polish
Cleanliness of work tools
Cleaning & sanitation of work area
Cutting board sanitation
Correct food handling and temperature control
Cross /direct contamination
Perishable food storage
Other

Notes:

10 – Perfect

9 – 1 infraction

8 – 2 infractions

7 – 3 infractions

6 – 4 infractions

5 – 5 infractions

4 – 6 infractions _____

Total Score ____ / 10

No more than 6 infractions deducted.

Organization *includes*

Has work sheet, follows recipes
Station maintained in neat and orderly manner
Demonstrates safe working practices
Demonstrates team work
Correct knife skills /applications
Maintains correct temperature controls
Tool boxes orderly & correctly stored
Effective food utilization- wastage
Effective time management
Applies appropriate cooking methods
Refrigerated products correctly stored
Other

Notes:

10 – Perfect

9 – 1 infraction

8 – 2 infractions

7 – 3 infractions

6 – 4 infractions

5 – 5 infractions

4 – 6 infractions _____

Total Score ____ / 10

No more than 6 infractions deducted.

*Please deduct only **one point** per criteria.

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Tasting / Presentation Criteria

Competitor Number: _____

	Perfect (10) Excellent (9)	Very good (8) Good (7)	Satisfactory (6)	Borderline(5)	Unacceptable(4, 3)	
Taste	<input type="checkbox"/> outstanding flavour <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> overall pleasant flavour <input type="checkbox"/> minor improvements suggested	<input type="checkbox"/> flavour needs some enhancement <input type="checkbox"/> neutral flavour, somewhat bland	<input type="checkbox"/> highly over or under seasoned, but not to the extent that it would be sent back <input type="checkbox"/> too spicy or salty for some tastes	<input type="checkbox"/> far over or under seasoned <input type="checkbox"/> unpleasant flavour or smell	
Texture	<input type="checkbox"/> perfect texture and balance between dishes <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> overall good texture of major components <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> minor number of components on the plate definitely need adjustments	<input type="checkbox"/> major components on the plate slightly tough or too firm or soft, but still servable	<input type="checkbox"/> some products on plate inedible <input type="checkbox"/> unpleasant texture, would be sent back	
Doneness	<input type="checkbox"/> all items on plate cooked perfectly <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> most items on plate cooked to ideal doneness <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> minor items on plate slightly over or undercooked <input type="checkbox"/> some adjustments recommended but not critical	<input type="checkbox"/> major items on plate somewhat over or undercooked, but still moist and tender <input type="checkbox"/> adjustments definitely needed	<input type="checkbox"/> items extremely over or undercooked <input type="checkbox"/> item would be sent back <input type="checkbox"/> food safety concern with doneness	
Scope Adherence	<input type="checkbox"/> Followed competition scope perfectly	<input type="checkbox"/> Missed 1 item or added unnecessary items. <input type="checkbox"/> Made minor mistakes in procedures/ scaling	<input type="checkbox"/> Missed 2 item or added unnecessary items. <input type="checkbox"/> Made multiple mistakes in procedures/ scaling	<input type="checkbox"/> Missed multiple items on the scope. <input type="checkbox"/> Recipes n		
TOTALS:						
±3 = _____						
Presentation	<input type="checkbox"/> plate presented in modern, artistic style <input type="checkbox"/> portion sizes perfect <input type="checkbox"/> ideal balance of shapes and colours <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> plate attractively presented <input type="checkbox"/> portion size within recommended range <input type="checkbox"/> range of shapes and colours <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> plates clean, not sloppy <input type="checkbox"/> portion sizes may need some adjustment <input type="checkbox"/> may be lacking colour	<input type="checkbox"/> plates lacking visual interest or colour <input type="checkbox"/> portion size: too large or small <input type="checkbox"/> somewhat difficult to eat	<input type="checkbox"/> extremely sloppy plates <input type="checkbox"/> unappealing colour (grey, burnt, etc.) <input type="checkbox"/> portion sizes far too large or small	
TOTAL:						
JUDGE _____						