

Template: State Skill Competitions

Skill-Cooking - 34

Test project- Level 2

Skill Explained: The professional chef can work in a wide range of establishments including high-class restaurants, hotels, welfare caterings such as hospitals and residential homes, theme parks and industrial sites; providing catering services to guests and staff. These skills include menu compilation, food costing, purchasing, storage, and utilization of food commodities and their control, work/time management, planning, communication and managing a kitchen brigade. The chef in a high-class hotel or restaurant offering fine dining will need to demonstrate outstanding skills in food preparation and its presentation. Strict maintenance of the highest personal and food hygiene and safety are paramount always. Effective communication skills are essential for the chef. The chef in a high-class hotel or restaurant offering fine dining will need to demonstrate outstanding skills in food preparation and its presentation. They will be expected to create and adapt dishes that meet the expectations of demanding customers who are used to dining in exclusive restaurants. Fashions and trends in cuisine fluctuate so it is important that the top-class chef keeps abreast of these trends and adapts their product and service accordingly. The customer wishing to experience fine dining is expecting a memorable meal experience which incorporates the setting and ambiance of the restaurant, restaurant theatre, and outstanding customer care, as well as exceptional food.

Eligibility Criteria- Competitors born on or after 01 Jan 1997 are only eligible to attend the Competition

Duration of Test project: 8 hours

Preface

Section A-Test Project

MODULES 1 – FOUR HOURS

Soup Cock-a-leekie and Seafood fresh pasta

DESCRIPTION

The two Course Module to be carried out – one soup (**Cock-a-leekie**) and one fresh pasta

Soup

- Soup minimum **180 ml**
- One garnish minimum
- Four portions to be served

Pasta-Mystery seafood

- Prepare fresh pasta with seafood (stuffed or tossed)
- 120g minimum
- One sauce minimum
- Four portions to be served

MODULES 2 –FOUR HOURS

DESCRIPTION

- One **Stuffed chicken** main course with one vegetable, one starch, one sauce minimum. Poultry (**Chicken**) as main course 180g minimum size. Starch and vegetable accompaniment from common table min 30 gms each.
Sauce also to be served in a sauce boat
- One **Dessert. (min 4 elements- one short crust, one mousse, one crumble and one sauce)**

COMMON TABLE INGREDIENTS

Use ingredients from common table. Please find attached common ingredient list for the same

Meat and seafood	Dairy	Vegetables	Fruits	Nuts	Dry ingredients	wines	Spices
Chicken w/ skin	Milk	Onion	orange	Pinenuts	corn flour	white wine	Mustard
prawns 1/30	Amul Cream	Potato	Strawberry	Figs	Refined flour		cumin
squids	Parmesan	sweet potato	watermelon	Apricots	refined oil		fennel
bacon	Processed cheese	Tomato	melon	almond sliced	extra virgin olive oil		whole dry chilies
	Eggs	Bell peppers	grapes	walnuts	olive oil		coriander seeds
	butter	Spinach	pear	Cashewnuts	Honey		nutmeg
	margarine	Celery			balsamic vinegar		garlic powder
	Feta cheese	Leeks			Panko bread crumbs		cinnamon
	Rich cream	Lemon			Black pepper		bay leaf
	White butter	Shallots			Sugar		Clove
		Ginger			Tomato puree		Cardamom
		Parsley			salt		Red chili powder
		Peas (frozen)			Frozen berries		mace
		carrot			basmati rice		peppercorn
		mint			tobasco		mix dried herbs
		basil			LP sauce		oregano

				coriander						cornflakes				
				Garlic						olives				
				Button mushrooms						capers				
				Asparagus						Pearl barley				
				Chives						Cous cous				
				bok choy						Vinegar				
				Brussel sprouts						Tomato puree				
				Mix lettuce						tomato paste				
				Red radish						icing sugar				
				zucchini						castor sugar				
				baby corn										
				Thyme										
				rosemary										
				sage										
				Cucumbers										
				edible flowers										

SPECIAL EQUIPMENT/INSTRUCTIONS

Any other special equipment brought by the competitor need to be declared before the competition starts. No prior mis-en-place is allowed except on the day of the competition. Typed Recipes to be submitted along with the dish at the time of presentation.

DAY 1		
Module 1		Group 1 reporting at 8.30 hrs.
Competitors		Day 1
Time	Hours	Kitchen

08:30	30 min	Experts – Competitor Open Conversation
09:00		
09:00 11:00	2 hrs.	Mis en place
11:00 11:30	30 min	Soup service at 11.00
11:30 12:30	01 hr.	Pasta service at 12:00 hr.
12:30 13:00	30 min	Area cleaning and set up
13:00 13:30	30 min	Lunch
13:30 15:30	2 hrs.	Mis en place
15:30 16:00	30 min	Main course service at 16:00
16:00 17:00	01 hr.	Dessert service at 16:30
17:00 17:30	30 min	Area cleaning and set up

Section B-Marking Scheme

4.5 ASSESSMENT AND MARKING USING JUDGEMENT

Judgement uses a scale of 0-3. To apply the scale with rigour and consistency, judgement must be conducted using:

- benchmarks (criteria) for detailed guidance for each Aspect
- the 0-3 scale to indicate:
 - 0: performance below industry standard
 - 1: performance meets industry standard
 - 2: performance meets and, in specific respects, exceeds industry standard
 - 3: performance wholly exceeds industry standard and is judged as excellent

Aspect Type M = Measurement J = Judge	Aspect - Description	Judge Score	Extra Aspect Description (Measurement or Judge) OR Judgement Score Description (Judge only)	Marks Allotted
Module one				
M	adopts, prioritizes and has good understanding of work execution, able to transfer knowledge to practice	1	Yes = full points No = no points	
J	Create and adapts work plan in timely manner, prepares recipes with own ideas with interpreting trends, prioritizes tasks,	0	disorganized work plan, no prioritization in management of given tasks	
		1	able to prioritize and manage work plans, recipes and tasks	
		2	prioritizing work tasks effective in time management, able to enhance recipes with added ideas	

			3	multi tasked and excellent in completing ahead of time relative to industry trends and standards, shows strong capability
M	Serving time management		1	On time delivery, window of -5 or +5 minutes An extra 5 mins will be allowed to present the food and the timing penalty will apply. After the extra 5 mins the competitors food will not be assessed in the tasting room.
M	Serving time management		1	On time delivery, window of -5 or +5 minutes An extra 5 mins will be allowed to present the food and the timing penalty will apply. After the extra 5 mins the competitors food will not be assessed in the tasting room.
J	Food hygiene		0	dirty uniform, using bad habits, tasting food with fingers, don't wash hands
			1	uniform is slightly dirty, some bad habits, some tasting mistakes, washing hands not frequently as required,
			2	clean uniform, no bad habits, tasting correctly, washing hands as required
			3	clean uniform all day, no bad habits, tasting correctly, washing hands frequently, observes and practices strict hygiene concept
J	Workstation hygiene			

		0	Floor is dirty, fridges and benches are disorganized and dirty, use of wrong coloured chopping boards, no concern of knife safety rules, no sanitation observed and practiced, no waste disposal concept established
		1	Floor is partly clean, fridges and benches are disorganized but clean, frequently wrong use of coloured chopping boards, observed common knife safety standards, basic waste disposal indication observed but poorly practiced
		2	Floor is clean, fridges and benches are clean and tidy, chopping boards colour code observed, knife safety standards observed and practiced, good waste disposal observed with fair practice
		3	Floor is clean, fridges and benches are clean, tidy and exceptional maintained, knife safety standards fully complied, excelled waste disposal observed and implemented
M	Food ingredients are reflected in the menu description	1	Yes = full points No = no points
M	Food ingredients are reflected in the menu description	1	Yes = full points No = no points
J	Selecting appropriated skills in identifying food ingredients menu knowledge development with reflecting its core element and nutrition value	0	No indication of knowledge when selecting ingredients reflecting the menu development, core elements and nutrition value

		1	Some knowledge with balance when compiling the menu with indication of core elements and its nutrition value in menu development
		2	Good knowledge of available selected food ingredients in menu development highlighting and selecting core elements and its nutrition value
		3	Demonstrate and understanding knowledge of selecting available food ingredients with its core elements in the menu development highlighting and applying balanced core elements and nutrient values
M	Waste control due to spoilage or/and burns	1	Yes = full points No = no points
M	Skills displayed in preparation of yield management	1	Yes = full points No = no points
M	Applied cooking methods reflected the usage of the ingredients and the menu description	1	Yes = full points No = no points
J	Skills and Knowledge of identifying food Ingredients, its application and preparation	0	demonstrate poorly with no knowledge on selecting and applying appropriated preparation methods, skills and techniques
		1	demonstrate weak knowledge on selecting and applying appropriated preparation methods, skills and techniques
		2	demonstrate good knowledge on selecting and applying appropriated preparation methods, skills and techniques
		3	demonstrate exceptional skills and knowledge on selecting, maximizing and applying appropriated preparation methods, skills and techniques

J	Application and Knowledge of Cooking Methods	0	Poor or no indication of knowledge of food production cooking methods, its application and procedures
		1	Little indication of food production cooking methods with wrong applications and procedures
		2	Good knowledge of food production cooking methods and its application procedures with a variance of applied methods
		3	excellent knowledge of food production cooking methods and its application with exceptional skills showcasing competency of latest industry trends
J	Application and usage of available Kitchen Utensils during cooking methods enhancing the complexity of the dish	0	did not utilized available cooking utensils as to enhance complexity of cooking methods
		1	has partly utilized available cooking utensils as to enhance the complexity of the dish
		2	has utilized available cooking utensils and enhances the complexity of the dish
		3	shows reasonable skills in the application of available cooking utensils and methods which represents latest trends and enhances the complexity of the dish
M	Dish meets criteria, correct elements as per module indication	1	Yes = full points No = no points
M	Dish plate is clean of spills and finger prints	1	Yes = full points No = no points
M	Dish meets correct portion size as per TP	1	Yes = full points No = no points

M	Dish meets criteria, correct elements as per module indication	1	Yes = full points No = no points
M	Dish plate is clean of spills and finger prints	1	Yes = full points No = no points
M	Dish meets correct portion size as per TP	1	Yes = full points No = no points
J	Visual Appeal		
		0	Dish is of poor visual presentation, lacks colours, balance and proportion, not appealing, not appetizing
		1	Dish shows basic visual presentation, shows basic colour combination, is partly in-balanced and in-proportion, appealing and shows little appetizing effects
		2	Dish shows good visual aspect with highlighted colours combinations, well balanced and in proportion, is appealing and appetizing
		3	Dish shows exceptional visual components well balanced in proportion and colour, very appealing and extremely appetizing
J	Style and creativity		
		0	Dish does not show any type of creativity and style in plating and assembling of individual and combined food commodities, not appealing
		1	Dish shows little creativity and style in plating and the assembling of individual and combined food commodities
		2	Dish shows good creativity and style in plating and assembling of individual and combined food commodities

J	Texture	3	Dish shows exceptional creativity and style in plating and assembling of individual and combined food commodities
		0	Dish comprises of no significant texture element in individual and combined approach
		1	Dish meets basic texture elements in individual and combined approach
		2	Dish indicated a good mixture of texture elements in individuals and combined approach
J	Taste	3	Dish indicates a great variety of texture elements used in individual and combined approach
		0	Flavours do not go well together, either individual or combined, over powering or under indicated components
		1	Flavours of dish go well together, either individual or combined with some over / under highlighted components
		2	Flavour of Dish are of great taste, highlighting the variety of individual or combined components
J	Combined Harmony	3	Flavour of Dish are exceptional of taste with a vast combination highlighting each individual component and the combined dish
		0	Dish components do not reflect harmony regarding colour, flavours and elements
		1	Dish components go well together, reflecting the basic harmony regarding colour, flavours and elements

	Module Two - Repeat the above marking Sheet	2	Dish components go well together as they reflect the harmony with enhanced highlights in regard to colour, flavour and elements	
		3	Dish components are of exceptional harmony, highlighting each individual element and in entire combination regarding colour, flavour and elements.	

Section C-Infrastructure List (Tool and equipment including raw material)

Infrastructure list	
S. No.	Item Name & Description
1	Sink unit
2	Refrigerator
3	Deep Freezer
4	Working Tables
5	Induction Burners
6	Fry Pans 10"
7	Fry Pans 8"
8	Spatula Wooden 12"
9	Chopping Boards 18"x12"x1.5" Green/ White
10	Chopping Boards 18"x12"x1.5" Red
11	Garnish Bowl SS Small
12	Mixing Bowl Medium
13	Induction Sauce Pans
14	lemon Squeezer
15	Measuring Jug 1 Lt. capacity

16	Kitchen Thermometer
17	Non-Stick Pan 10"
18	SS Kitchen Tongs
19	Perforated Spoon with Handle (Pony) 4" diameter
20	Garbage Can with Lid
21	Squeezy Bottle
22	Chinois (Conical Strainer)
23	Vegetable Grater
24	Weighing Scale
25	Whisk
26	Aluminium Foil
27	Cling Wrap
28	Kitchen Dusters
29	Knife 10" blade
30	Knife 5" blade
31	Peeler
32	Storage Pans with lid
33	Ladles
34	Spoons
35	Water Bottles
36	STEEL STOCK POT (4 ltr approx.)
37	STEEL SAUCE PAN (2 ltr approx.)
38	STEEL SAUTE PAN
39	CHEF KNIFE
40	CHEF KNIFE (THICK BLADE)
41	PALLET KNIFE
42	SHARPNING STEEL
43	WHISK
44	Hand blenders

45	Thermometers
46	Crockery
47	Platters
48	DUSTER or kitchen towels
49	MOP
50	CLEANING AGENTS
51	INVOICE FORMAT
52	WEIGHING MACHINE
53	STORAGE CONTAINERS
54	LPG Cylinders (Gas Bank)
55	Two Gas Burners & Griddle Plate
56	Oven (Gas / Electrical)
57	chiller and freezers
58	SS Kitchen Rack
59	Dry Storage Cabinet
60	Cease Fire/Fire Extinguisher

Section D- Instruction for Competitors

The Test Project for Cooking will be carried out on one-day period, total project time 8 hours.

All food preparations will commence and conclude on the same day. Competitors are not permitted to do preparations in advance.

A common ingredients list on the day of competition and a specific module ingredients list will be available on the day of competition. **All modules to be planned based on ingredient list. Only the required ingredient in specific quantity should be indented as there will be negative marking for wastage.**

The crockery, cutlery and glassware will be provided by the organiser. Competitor may bring their own knife kit and small non-electrical equipment like moulds etc but need to disclose it before the commencement of the competition.

Section E- Health, Safety and Environment

It is our strong belief that all incidents can be prevented, and every effort shall be made to:

- Identify hazards and related risks;
- Inform those who need to know about any potential hazards;
- Control or reduce the risk of those hazards as far as is reasonably practicable.

1. All accredited participants and supporting volunteers will abide by rules and regulations with regards to Health, Safety, and Environment of the Competition venue.

2. All participants, technicians and supporting staff will wear the required protective Personnel clothing.

3. All participants will assume liability for all risks of injury and damage to property, loss of property, which might be associated with or result from participation in the event. The organizers will not be liable for any damage, however in case of Injury the competitor will immediately inform the immediate organizer for medical attention.