

Test Project

Cooking

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Introduction to Test Project documentation

The Test Project for Cooking will be carried out in rotating modular format over a 4 day period, total project time is 16 hours. The competition kitchen module rotation system will be finalized by means of a draw by the Chief Expert prior to the commencement of the competition.

All Competitors complete in the 4 modules over the 4 days as seen in the time management plan.

The two groups of Competitors will have the same Mystery ingredients supplied on each competition day.

The mystery ingredients or recipes of the modules will be chosen 2 days before competition (C-2) by a draw by the Experts. The SCM, CE and DCE will put together 3 items for the draw in each category.

All food preparations will commence and conclude on the same day.

A common table ingredients list will be available for all days of the competition. Each competitor will receive the same Black Box of set ingredients, and will choose 5 Host-Specific Ingredients on Day C-2, which will be supplied on Day C1.

A mystery component will be provided where needed.

Contents

Module 1	4 hours	23 % of Total Marks
Module 2	4 hours	25 % of Total Marks
Module 3	4 hours	25 % of Total Marks
Module 4	4 hours	27 % of Total Marks

Introduction

The TP for Kazan WS2019 is built on the ideas suggested by the Experts at WS2017 Abu Dhabi. However, the SMT has had to make changes after meeting the host-country and competition organizers in Kazan during CPW this year. In order to make the Cooking competition smoother and more consistent, as well as taking the environment into consideration, and being sure that all competitors and experts observe transparency and fairness during their work, the TP tasks have been re-structured in a way that will give the competitors the best chance of producing and delivering higher quality plates. The experts will also have more time, and fewer plates to judge. We therefore believe the TP of 2019 will give us a better competition and also a better opportunity to showcase our Cooking Skill at the competition.

We have also given more detailed information for each Module, as well as a glossary, to make sure there is less confusion during preparations.

Description of project and tasks

Module1 - 4 hours total			
4 hours kitchen time in total includes parts A and B			
C1	Part A	Mise en Place	Skill 34
Description		<p>You are required to prepare mise en place on Day C1 for the next 3 competition days.</p> <ul style="list-style-type: none"> On Day C-2 every competitor will be required to choose 5 Host-Specific Ingredients which will be given to you on Day C1. On Day C-2 the experts will draw/select the Main Mystery Ingredients which will only be supplied to you at the start of each specific competition day (C2, C3, C4) when they are required, not before. There will be a Common Table available from Day C1 to C4. See Appendix 1 at the end of this document for the Common Table. Every Competitor will receive the same Black Box of set ingredients for use over the next 3 days. No other ingredients will be available. See Appendix 2 at the end of this document for the Black Box. <p>Skills Test: During the MEP, the following cuts need to be presented to the Judges in the first 2 HOURS, which may then be used over the next 3 competition days.</p> <ul style="list-style-type: none"> At least one vegetable needs to be cut to 30g Brunoise, 5g either way. At least one vegetable needs to be cut to 30g Julienne, 5g either way. At least one vegetable needs to be turned (torné), minimum 4 pieces. <ul style="list-style-type: none"> You must show evidence of working to a workplan/prep-list. Counters sink and fridges must be organized and uncluttered. You must be clean, neat, well-groomed and presentable. You must wash hands at the start, between tasks, and at the end after cleaning. You must work clean, neatly and efficiently. Any spills need to be cleaned up within 5 minutes. You must work safe, using the correct PPE - any dangerous activities will be penalized. There must be no time-temperature abuse, no cross-contamination faults and tasting spoon protocols must be followed. There must be no drip-contamination, foods stored separately, and all preparation must be wrapped/covered and labelled. There must be no excessive wastage. 	
Service Details		<ul style="list-style-type: none"> You will get TWO plastic boxes, of approx. 50 L to store your mise en place and raw ingredients. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day. The total module time is 4 hours, made up of 3 hours 30 minutes of preparation, and 30 minutes of compulsory clean down. The competitor must leave the kitchen at 4 hours together with their mise en place box, which will be collected for placement into the fridge overnight. 	
Example		Picture of box Will be on separate document	
Main ingredients		<ul style="list-style-type: none"> On C1, Part B 'Cream of Vegetable Soup' ingredients will be given in addition to the Host-Specific Ingredients chosen on C-2, the Black Box Ingredients and the Common Table Ingredients. 	

C1	Part B	Cream of Vegetable soup	Skill 34
Description	Prepare 4 plates of the dish "Cream of Vegetable Soup" <ul style="list-style-type: none"> • Four plated portions of your interpretation of the dish, served hot or cold • Any vegetable can be used from the Black Box or from the chosen Host-Specific ingredients • Portion Size recommendation will be minimum 100 ml per plate/dish • Each plate to be served with a garnish in the plate 		
Service Details	<ul style="list-style-type: none"> • Four plated portions to be served in the provided soup plate • Service time will be at 3 hours 30 minutes. The service window opens 5 minutes before service time and closes 5 minutes after service time. • The total module time is 4 hours, made up of 3 hours 30 minutes of preparation, and 30 minutes of clean down. The competitor must leave the kitchen at 4 hours together with their mise en place box, which will be collected for placement into the fridge overnight. • All mise en place and raw ingredients must be stored in TWO plastic boxes, of approx. 50 L, given to you on C1. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name, and will be locked away in a separate fridge for the periods between each competition day 		
Main Ingredients required for Vegetable Soup	The following ingredients must be included in the dish and will be supplied extra <ul style="list-style-type: none"> • 3 dl Cream • 4 Eggs 		
Basic ingredients	<ul style="list-style-type: none"> • Ingredients are available from the chosen Host-Specific Ingredients, the Black Box Ingredients and the Common Table Ingredients. 		
Special equipment required	<ul style="list-style-type: none"> • No other service equipment is permitted other than that provided as per the infrastructure list. 		

Module2 - 4 hours total			
C2	Part A	Main Course with Mystery Meat & Herb	Skill 34
Description	<p>Prepare a main course with individual garnish, suitable for a la carte service for 4 persons</p> <ul style="list-style-type: none"> • Main Course to be served on a 31cm plate. • All 4 plates to include the same 3 types of vegetables and 1 type of starch, of the choice of the competitor. • All 4 plates to be served with a minimum of 1 sauce appropriate to the dish. • All 4 plates to be served with 1 garnish appropriate to the dish. • On the plate, a minimum of TWO cooking methods must be evident including gratinating and poaching. • The Herb must be evident in the Menu description and on the plate. • Minimum size/weight of the main ingredient will be set on C-2 (mystery meat will be drawn on C-2). • <u>Skills Test: Prepare and Serve 2 identical 3-egg omelettes with a filling of your own choice within first 15 minutes</u> • You must show evidence of working to a workplan/prep-list • Counters sink and fridges must be organized and uncluttered. • You must be clean, neat, well-groomed and presentable. You must wash hands at the start, between tasks, and at the end after cleaning. • You must work clean, neatly and efficiently. Any spills need to be cleaned up within 5 minutes. • You must work safe, using the correct PPE - any dangerous activities will be penalized. • There must be no time-temperature abuse, no cross-contamination faults and tasting spoon protocols must be followed. • There must be no drip-contamination, foods stored separately, and all preparation must be wrapped/covered and labelled. • There must be no excessive wastage 		
Service Details	<ul style="list-style-type: none"> • Service time will be at 3 hours 30 minutes. The service window opens 5 minutes before service time and closes 5 minutes after service time. • The total module time is 4 hours, made up of 3 hours 30 minutes of cooking, and 30 minutes of clean down. The competitor must leave the kitchen at 4 hours together with their mise en place box, which will be collected for placement into the fridge overnight. • All mise en place and raw ingredients must be stored in TWO plastic boxes, of approx. 50 L, given to you on C1. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day. • Main Course must be served hot, with a plate temperature at a minimum of 35°C • 4 complete main course portions served on 4 plates • 3 plates to be served for Kitchen Judging /Tasting • 1 plate for photographs and display • Sauce to be served on each plate • 1 sauce boat with a minimum of 100ml sauce to be served separately for the judges • Dishes to be covered with a Plate Cloche on service. 		

Main ingredients required for Mystery Meat	The dish must include: <ul style="list-style-type: none"> • The Mystery Meat, supplied at the start of day C2 (selected on Day C-2) • The Mystery Herb, supplied at the start of day C2 (selected on Day C-2) • Same 3 types of vegetable, of the competitor's choice, on all 4 plates • 1 type of the same starch, of competitor's choice, on all 4 plates • A minimum of 1 type of sauce, appropriate to the dish, on all 4 plates • 1 type of garnish, appropriate to the dish, on all 4 plates
Basic ingredients	<ul style="list-style-type: none"> • On Day C-2 every competitor will be required to choose 5 Host-Specific Ingredients which will be given to you on Day C1. • There will be a Common Table available from Day C1 to C4. See Appendix 1 at the end of this document for the Common Table. • Every competitor will receive the same Black Box of set ingredients. No other ingredients will be available. See Appendix 2 at the end of this document for the Black Box ingredients.
Special equipment required	<ul style="list-style-type: none"> • No other service equipment is permitted other than that provided as per the infrastructure list.

Module3 - 4 hours total

C3	Part A	Main Course with Mystery Fish & Spice	Skill 34
Description	<p>Prepare a main course with individual garnish, suitable for a la carte service for 4 persons</p> <ul style="list-style-type: none"> • Main Course to be served on a 31cm plate. • All 4 plates to include the same 3 types of vegetables and 1 type of starch, of the choice of the competitor. • All 4 plates to be served with 1 butter sauce appropriate to the dish. • All 4 plates to be served with 1 stuffed pasta garnish appropriate to the dish. • A minimum of TWO cooking methods must be evident on the plate including pan-frying and low-pressure steaming. • Minimum size/weight of the main ingredient will be set on C-2 (mystery fish will be chosen on C-2). • <u>Skills Test: Prepare 1 soft boiled egg and 1 hard boiled egg. Serve the 1 soft boiled egg in shell with one end cut off in an egg cup. Serve the 1 hard boiled egg shelled (without shell) within first 15 minutes</u> • You must show evidence of working to a workplan/prep-list • Counters sink and fridges must be organized and uncluttered. • You must be clean, neat, well-groomed and presentable. You must wash hands at the start, between tasks, and at the end after cleaning. • You must work clean, neatly and efficiently. Any spills need to be cleaned up within 5 minutes. • You must work safe, using the correct PPE - any dangerous activities will be penalized. • There must be no time-temperature abuse, no cross-contamination faults and tasting spoon protocols must be followed. • There must be no drip-contamination, foods stored separately, and all preparation must be wrapped/covered and labelled. • There must be no excessive wastage 		

Service Details	<ul style="list-style-type: none"> • Service time will be at 3 hours 30 minutes. The service window opens 5 minutes before service time and closes 5 minutes after service time. • The total module time is 4 hours, made up of 3 hours 30 minutes of cooking, and 30 minutes of clean down. The competitor must leave the kitchen at 4 hours together with their mise en place box, which will be collected for placement into the fridge overnight. • All mise en place and raw ingredients must be stored in TWO plastic boxes, of approx. 50 L, given to you on C1. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day. • Main Course must be served hot, with the plate temperature at a minimum of 35°C • 4 complete main course portions served on 4 plates • 3 plates to be served for Kitchen Judging /Tasting • 1 plate for photographs and display • Sauce to be served on each plate • 1 sauce boat with a minimum of 100ml sauce to be served separately for the judges • Dishes to be covered with a Plate Cloche on service.
Main ingredients	<p>The dish must include:</p> <ul style="list-style-type: none"> • The Mystery Fish, supplied at the start of day C3 (selected on Day C-2) • The Mystery Spice, supplied at the start of day C3 (selected on Day C-2) • Same 3 types of vegetable, of the competitor's choice, on all 4 plates • 1 type of the same starch, of competitor's choice, on all 4 plates • 1 type of butter sauce, appropriate to the dish, on all 4 plates • 1 Stuffed Pasta garnish, appropriate to the dish, on all 4 plates
Basic ingredients	<ul style="list-style-type: none"> • On Day C-2 every competitor will be required to choose 5 Host-Specific Ingredients which will be given to you on Day C1. • There will be a Common Table available from Day C1 to C4. See Appendix 1 at the end of this document for the Common Table. • Every competitor will receive the same Black Box of set ingredients. No other ingredients will be available. See Appendix 2 at the end of this document for the Black Box ingredients.
Special equipment required	<ul style="list-style-type: none"> • No other service equipment is permitted other than that provided as per the infrastructure list.

Module4 - 4 hours total			
C4	Part A	Dessert with Mystery Fruit & Nut	Skill 34
Description	<p>Prepare a dessert with individual garnish, suitable for a la carte service for 4 persons</p> <ul style="list-style-type: none"> • Dessert to be served on a 31cm plate. • All 4 plates to include 1 type of cake and 1 type of chocolate mousse, of the choice of the competitor. • All 4 plates to be served with 1 sauce appropriate to the dish. • All 4 plates to be served with 1 garnish appropriate to the dish. • Mystery fruit and nut must be evident on the plate. • On the plate, a minimum of TWO cooking methods must be evident including baking and frying. • <u>Skills Test: Separate 3 eggs. Whisk by hand the whites with Castor sugar (given 180g) to Stiff Peaks. Whisk by hand the yolks with Castor sugar (given 120g) to Ribbon Stage within first 15 minutes.</u> • You must show evidence of working to a workplan/prep-list. • Counters sink and fridges must be organized and uncluttered. • You must be clean, neat, well-groomed and presentable. You must wash hands at the start, between tasks, and at the end after cleaning. • You must work clean, neatly and efficiently. Any spills need to be cleaned up within 5 minutes. • You must work safe, using the correct PPE - any dangerous activities will be penalized. • There must be no time-temperature abuse, no cross-contamination faults and tasting spoon protocols must be followed. • There must be no drip-contamination, foods stored separately, and all preparation must be wrapped/covered and labelled. • There must be no excessive wastage 		
Service Details	<ul style="list-style-type: none"> • Service time will be at 3 hours 30 minutes. The service window opens 5 minutes before service time and closes 5 minutes after service time. • The total module time is 4 hours, made up of 3 hours 30 minutes of cooking, and 30 minutes of clean down. The competitor must leave the kitchen at 4 hours together with their mise en place box, which will be collected for placement into the fridge overnight. • All mise en place and raw ingredients must be stored in TWO plastic boxes, of approx. 50 L, given to you on C1. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day. • The cake must be served warm, at a minimum of 30°C • 4 complete dessert portions served on 4 plates • 3 plates to be served for Kitchen Judging /Tasting • 1 plate for photographs and display • Sauce to be served on each plate • 1 sauce boat with a minimum of 100ml sauce to be served separately for the judges • Dishes to be covered with a Plate Cloche on service. 		

Main ingredients required for Mystery fruit & Nuts	The dish must include: <ul style="list-style-type: none"> • The Mystery Fruit, supplied at the start of day C4 (selected on Day C-2) • The Mystery Nut, supplied at the start of day C4 (selected on Day C-2) • 1 type of cake on all 4 plates • 1 type of chocolate mousse on all 4 plates • 1 type of sauce, appropriate to the dish, on all 4 plates • 1 type of garnish, appropriate to the dish, on all 4 plates
Basic ingredients	<ul style="list-style-type: none"> • On Day C-2 every competitor will be required to choose 5 Host-Specific Ingredients which will be given to you on Day C1. • There will be a Common Table available from Day C1 to C4. See Appendix 1 at the end of this document for the Common Table. • Every competitor will receive the same Black Box of set ingredients. No other ingredients will be available. See Appendix 2 at the end of this document for the Black Box ingredients.
Special equipment required	<ul style="list-style-type: none"> • No other service equipment is permitted other than that provided as per the infrastructure list.

Glossary

Brunoise:	A cube cut, small dice of 3mm-5mm in size, equal sides (faces) and uniform in shape.
Butter Sauce:	A hot sauce made with butter, which can be emulsified or not.
Cake:	A preparation involving a mixture of flour and sugar, sometimes with butter, eggs and/or baking powder or yeast.
Chocolate Mousse:	A chocolate, egg and/or cream set foam, with or without gelatine.
Garnish:	A decorative/ornamental item, small in size, and not simply herbs, flowers or leaves.
Gratinating:	A dry finishing method to create a browned crust on a dish usually by grilling with added cheese, sauce, breadcrumbs or finely chopped nuts. There is usually evidence of a little bubbling, blackened spots and marks.
Julienne:	A strip cut, matchstick sized, 3mm-5mm in width and breadth, and 5cm-7cm in length, equal and uniform in shape.
Low-pressure Steaming:	A moist cooking method applying steam at normal atmospheric pressure (not high pressure steaming using a pressure cooker). There is usually evidence of softening without losing shape, and a firm-to-the-bite (al dente) texture.
Pan-frying (Poêlée):	A dry cooking method using a sufficient quantity of pre-heated oil or fat in a shallow frying pan. There is usually evidence of a crisp texture with a little residual oiliness.
Poaching:	A moist gentle simmering method of cooking, covering food items either in a lot of liquid (Deep Poaching) or sufficient liquid (Shallow Poaching), below boiling point (70°C-90°C), usually in water, stock, milk, wine or oil, usually in a pot or saucepan where no bubbles or very small bubbles are visible – and it never comes to the boil (large bubbles). There is usually evidence of softening without losing shape.
PPE:	Personal Protective Equipment, such as gloves and aprons.
Stuffed Pasta:	A dough made from Semolina flour and eggs. When cooked it should not leak or lose shape, and should have a firm-to-the-bite (al dente) texture.
Torné/Turned:	A barrel-shaped cut, with either 5 or 7 equal sides, tapering down to 2 distinct ends.

Order list for Black Box

- All competitors will be given a standard Black Box of ingredients.
- You may choose to use as many, or as few, ingredients as you require.
- If you choose to include an ingredient from the list for your Black Box, only the pre-set prescribed quantities of ingredients will be given – nothing more, nothing less.
- You will be judged on wastage, so it is important to remember not to order more ingredients than you may require. Think in an economic and environmentally friendly way.
- **The list will be given in a separate excel sheet, which must be used by all competitors when returning the order.**

- You must indicate which of the ingredients on the list you will incorporate into your Black Box. When you order, write only Y or N as to whether or not to include that pre-set prescribed amount of ingredient into your Black Box. This Black Box will then be given to you on day C1 for your Mise en Place.
- After C1, your Black Box ingredients will be stored in ONE plastic box, of approx. 50 L. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day.
- There will also be a small amount of ingredients on the common table which will be replenished daily.
- Order list must be sent to following Email address: smgrh@online.no
- **The Black Box Order list MUST be submitted by 8th of July 2019 at 12 PM Greenwich Mean Time (GMT).**
- **Black Box Order Lists submitted later than this time will be given a loss of 5 points from the total score and all the ingredients in the list will be added to your Black Box.**
- The order list must contain Full name of competitor, Country Code, and e-mail address.

Ordering of extra Black Box Ingredients

- All competitors can request a substitution if an ingredient is deemed to not be of satisfactory quality, below the standard of what all other competitors have received. However, if all competitors are equally disadvantaged by the generic quality of a specific ingredient, there will be no substitution allowed. Rotten eggs, curdled milk and sour cream can all be swapped out for fresh products, provided the competitor has followed correct storage procedures and no time-temperature abuse.
- All competitors will be given an opportunity to order extra Black Box ingredients if they so wish during the competition. This could be because of a mistake, spill or ingredients being burnt.
- All competitors can order extra Black Box ingredients subjected to a penalty of **1 point per ingredient** re-ordered. The original pre-set amounts may only be ordered, and only if the ingredient is available in the workshop.

Order list for Host Specific Ingredients

- All competitors will be given a presentation on the Host Specific ingredients on Day C-2.
- All competitors will choose 5 out of the 10 Host Specific ingredients on Day C-2.
- The Host Specific ingredients order list will be given to each competitor to request the pre-set quantities of the Host Specific ingredients on Day C-2.
- The Host Specific ingredients will be given to each competitor at the start of the competition on Day C1 for use throughout the competition.

Appendix 1

Common table ingredients

Available in unlimited quantities

<u>Spices</u> Curry powder Black pepper White pepper Cayenne pepper Marjoram Cumin seeds
<u>Fresh Herbs</u> Parsley Thyme Mint Coriander Dill, fresh
<u>Dry Goods</u> Flour 70% Salt Sugar Isomalt

Appendix 2

Black Box ingredients

Available in these preset quantities

Spices	QTY	Unit	Dry Goods	QTY	Unit
Bay leaves	50	g	Sugar, White	500	g
Star Anise	4	each	Sugar brown	200	g
Cinnamon stick	1	each	Salt, Fine	100	g
Fresh Herbs	QTY	Unit	Coarse Salt	200	g
Rosemary	100	g	Flour, all purpose	1000	g
Wild Rocket	200	g	Corn starch	200	g
Baby Leaf	200	g	Baking powder	50	g
Vegetables	QTY	Unit	Yeast instant	20	g
Onion	2	kg	Gelatine	50	g
Celery	2	each	Golden Syrup	50	ml
Carrots	2	kg	Chocolate, dark	500	g
Garlic	2	heads	Eggs	20	each
Tomatoes	3	kg	Ground Almonds	250	g
Potatoes	2	kg	Mustard, Dijon	50	ml
Baby marrow	6	each	Tomato Paste	200	g
Red Peppers	2	each	Soya Sauce	200	ml
Cauliflower	½	each	Vinegar, White	500	ml
Button mushrooms	500	g	Vinegar , Balsamic	200	ml
Beetroot	500	g	Sunflower oil	1000	ml
Fruit	QTY	Unit	Olive oil, virgin	500	ml
Apples, Granny Smith	2	each	Wine, white	750	ml
Apples, Red	2	each	Wine, red	750	ml
Lemons	1	kg	Brandy	200	ml
Oranges	1	Kg	Beer - Ale/larger	330	ml
Strawberry	250	g	Staples	QTY	Unit
Raspberry	125	g	Couscous	100	g
Blackberry	125	g	Breadcrumbs	200	g
Blueberry	125	g	Pearled Barley	100	g
Red Currant Berry	125	g	Semolina	500	g
Dairy	QTY	Unit	Lentils	100	g
Butter, salted	500	g	Stocks	QTY	Unit
Butter, unsalted	500	g	Beef Bones	1000	g
Milk	2	l	Chicken Bones	1000	g
Cream	2	l			
Cheddar Cheese	250	g			
Cream Cheese	250	g			

Equipment, machinery, installations and materials required

It is expected that all Test Projects can be done by Competitors based on the equipment and materials specified in the Infrastructure List.

It is not allowed to use any kind of similar equipment from your own Toolbox that's already listed in the IL.

Also be aware that it's the chef making the food, not the equipment. We encourage you all to bring as few tools as possible.