

Test Project

Cooking

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Contents

Introduction to the Test Project	3
Contents.....	3
Description of project and tasks	4
Glossary	9
Appendix 1	11
Appendix 2	12
Equipment, machinery, installations and materials required	13

Introduction to the Test Project

The Test Project (TP) tasks have been 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 WSC2022SE will give us a better competition and also a better opportunity to showcase our cooking skills at the competition.

The Test Project for Cooking will be carried out in rotating modular format over a four (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. Competitors will be drawn into four groups (A, B, C, and D)

All Competitors compete in all three (3) modules over the four (4) days as per the Skills Management Plan (SMP).

The four groups of Competitors will all have the same mystery ingredients supplied on each competition day.

The mystery ingredients or recipes of the modules will be confirmed two (2) days before competition (C-2) by the Experts.

Each of the four groups will rotate through the three (3) kitchens undertaking all three (3) modules.

Module 1 involves a 5-hour mise-en-place component, prepared in the Preparation Kitchen followed the following day by a 5-hour production and presentation component finished in the Hot Kitchen (a total of 10 hours).

Module 2 involves a 5-hour pastry and dessert component, prepared and finished in the Cold Kitchen (a total of 5 hours).

Module 3 involves a 1-hour mystery skills and speed-test component (a total of 1 hour)

All three modules together constitute 16 hours in total.

A limited common table of ingredients will be available for all four days of the competition. Each Competitor will receive the same Black Box of set ingredients and will also be required to choose five Host-Specific Ingredients on Day C-2, which will be supplied on Day C1 to the Competitors.

Each Competitor will be given TWO plastic boxes of approx. 50 L, to store their mise-en-place and other Black Box ingredients. One box will be for refrigerated ingredients, and the other for ambient temperature ingredients. These boxes are each Competitor's own responsibility, and they are responsible for how it is packed and arranged, and in which storage area it is held. The boxes will be labelled by country code and Competitor name and will be locked away in a separate fridge for cold storage, and a storeroom for ambient storage, in the periods between each competition day.

A mystery component will be provided where needed.

Contents

Module 1	10 hours	55 % of total Marks
Module 2	5 hours	35 % of total Marks
Module 3	1 hour	10 % of total Marks

Description of project and tasks

MODULE 1 - 10 HOURS TOTAL 10 HOURS KITCHEN TIME IN TOTAL INCLUDES PARTS A AND B		
Part A	Mise en Place Preparation - 5 hours	Prep Kitchen NO OVEN *** Only induction hobs and Sous Vide
Description	<p>Prepare the mise en place for Module 1.</p> <ul style="list-style-type: none"> On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients which will be given on Day C1. On Day C-2 the experts will confirm the Main Mystery Ingredients which will only be supplied at the start of Module 1 when they are required, not before. There will be a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table.</i> Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. No other ingredients will be available. <i>See Appendix 2 at the end of this document for the Black Box.</i> 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 five 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. 	
Timing Details	<p>Part A total module time is 5 hours, made up of 4 hours 30 minutes of preparation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at five hours.</p> <p>Part B continues on the following day.</p>	
Storage	<p>The Competitor must leave the kitchen at five hours together with their TWO mise en place storage boxes, one of which will be collected for placement into the fridge overnight, and the other placed in the ambient storeroom overnight.</p>	

MODULE 1 - 10 HOURS TOTAL

10 HOURS KITCHEN TIME IN TOTAL INCLUDES PARTS A AND B

Part B	Production and Presentation - 5 hours	Hot Kitchen
Description	<p>Entrée/Starter Prepare six (6) individual starters based on the concept of “quail eggs and potato rösti”, suitable for a la carte service for 6 persons.</p> <p>Main Course Prepare six (6) individual Olivier Salads suitable for a la carte service for six persons. Prepare six (6) Chicken Kyiv main course plates with individual garnish, a minimum of two (2) vegetables, one (1) starch and a minimum of one (1) type of sauce, appropriate to the dish, suitable for a la carte service for six persons. Prepare one (1) GN ½ tray for buffet service of a lacto-vegetarian hot main course. Compulsory ingredients include: chickpeas, red lentils, black lentils and soya TVP chunks. Prepare one (1) accompanying breadbasket, suitable for a la carte service for six persons.</p> <ul style="list-style-type: none"> On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients which will be given on Day C1. On Day C-2 the experts will confirm the Main Mystery Ingredients which will only be supplied at the start of Module 1 when they are required, not before. There will be a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table.</i> Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. No other ingredients will be available. <i>See Appendix 2 at the end of this document for the Black Box.</i> 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 to be cleaned up within five 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. 	
Compulsory Ingredients	<ul style="list-style-type: none"> 2 Whole Chickens 250g Mystery Meat – Smoked Turkey 12 Quail eggs 100g dried chickpeas 100g red lentils 100g black lentils 250g soya TVP chunks 	
Basic Ingredients	<ul style="list-style-type: none"> Ingredients from personal Black Box Host specific ingredients 	

	<ul style="list-style-type: none"> Ingredients from the common table
Timing Details	<p>The module time is 5 hours, made up of 4 hours 30 minutes of preparation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at five hours.</p>
Service Details	<p>There are two service windows:</p> <ul style="list-style-type: none"> The first service time will be at 3 hours 30 minutes for the starter course. The service window opens 5 minutes before service time and closes five minutes after service time. There will be a further 5 minutes penalty period, thereafter dishes will not be accepted for tasting judging. The dishes need to be loaded onto the service trolley at their kitchen and then the Competitor needs to raise their hand to indicate that they are ready for service. The second service time will be at 4 hours 30 minutes for the main course. The service window opens five minutes before service time and closes five minutes after service time. There will be a further five minutes penalty period, thereafter dishes will not be accepted for tasting judging. The dishes need to be loaded onto the service trolley at their kitchen and then the Competitor needs to raise their hand to indicate that they are ready for service. The total module time is 5 hours, made up of 4 hours 30 minutes of cooking, and 30 minutes of clean down. The Competitor must leave the kitchen at five hours. Starter Course may be served hot or cold. Six complete starter course portions served on six plates <ul style="list-style-type: none"> Three starter plates for Blind Tasting Judging One starter plate for Kitchen Judging One starter plate for photographs One starter plate for public display Main Course must be served hot, with a plate temperature at a minimum of 35°C Six complete main course portions served on six plates <ul style="list-style-type: none"> Three main course plates for Blind Tasting Judging One main course plate for Kitchen Judging One main course plate for photographs One main course plate for public display Sauce to be served on each plate One sauce boat with a minimum of 100ml sauce to be served separately for the judges Six salad portions to be served in six bowls. One buffet vegetarian main course served in a GN ½ tray. One accompanying bread basket, suitable for a la carte service for six persons.
Special equipment provided	<p>No other service equipment permitted other than that provided in the Infrastructure List</p>
Storage	<p>The Competitor must leave the kitchen at five hours together with their TWO storage boxes, one of which will be collected for placement into the fridge overnight, and the other placed in the ambient storeroom overnight.</p>

MODULE 2 – 5 HOURS TOTAL

5 HOURS KITCHEN TIME

	Dessert - 5 hours	Cold Kitchen NO OVEN *** Only induction hobs and Sous Vide
Description	<p>Prepare a dessert with individual garnish, suitable for a la carte service for six persons</p> <p>Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Cake • Bavarois • Fruit (Mystery) • Chocolate garnish • One (1) Sauce minimum • A minimum of TWO (2) cooking methods must be evident, but no oven baking • On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients which will be given on Day C1. • On Day C-2 the experts will confirm the Main Mystery Ingredients which will only be supplied at the start of Module 1 when they are required, not before. • There will be a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table.</i> • Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. No other ingredients will be available. <i>See Appendix 2 at the end of this document for the Black Box.</i> • 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 five 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. 	
Timing Details	<p>The total module time is 5 hours, made up of 4 hours 30 minutes of preparation and presentation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at five hours.</p>	
Service Details	<p>The service time will be at 4 hours 30 minutes for the dessert course. The service window opens five minutes before service time and closes 5 minutes after service time.</p>	

There will be a further five minutes penalty period, thereafter dishes will not be accepted for tasting judging. The dishes need to be loaded onto the service trolley at their kitchen and then the Competitor needs to raise their hand to indicate that they are ready for service.

MODULE 3 – 1 HOUR TOTAL

1 HOUR KITCHEN TIME

	Mystery Skills Speed Tests - 1 hour	Prep Kitchen NO OVEN *** Only induction hobs and Sous Vide
Description	<p>Prepare various skills tasks to be released on C-2</p> <ul style="list-style-type: none"> • Task 1 - Separate as many eggs as possible into yolks and whites in 120 seconds with no shells in either mixture. Given 15 eggs. • Task 2 - Whisk by hand 120g egg whites with castor sugar to Stiff Peak Meringue within 5 minutes. Given 120g castor sugar. • Task 3 - Whip by hand 75ml cream within 5 minutes to firm enough stage to hold upside-down over your head for 5 seconds. • Task 4 - Use 2 egg yolks to prepare minimum 100ml Sauce Hollandaise within 10 minutes. Given 20ml water, 15ml Vinegar, 3 Black Peppercorns, 1 bay leaf, 125g butter, ½ Lemon, cayenne pepper, salt • Task 5 - Use 2 egg yolks to prepare minimum 150g hand-rolled lasagne sheet Pasta within 10 minutes. Given 100g Flour, 100g Semolina, Salt • Task 6 - Use 2 egg yolks to prepare minimum 150ml Crème Anglaise within 10 minutes. Given 150ml Milk, 50ml cream, 30ml sugar, 5ml Vanilla Essence <ul style="list-style-type: none"> • 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 five 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. 	
Timing Details	Total module time is 1 hour, made up of 45 minutes of skills tests, and 15 minutes of compulsory clean down. The Competitor must leave the kitchen at one hour.	

Glossary

Brunoise:	A cube cut, small dice of 3mm-5mm in size, equal sides (faces) and uniform in shape.
Baking	A long dry method of cooking, usually in an oven, where the food is cooked by way of the natural liquid content of the food being modified by steam under dry convection heat. The process may also be fan-assisted or steam-assisted.
Bavarois	Also known as Crème Bavarois or Bavarian Cream, it is an egg yolk custard stiffened with gelatine, usually flavoured with fruit purée or chocolate, aerated with whipped cream and sometimes foamed egg whites. It has a set foamy mousse-like consistency which is still firm to the bite, and not as soft as a mousse.
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.
Chicken Kyiv:	Chicken fillet filled with cold parsley herb butter, coated in egg and breadcrumbs, and then fried and/or baked.
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.
Lacto-Vegetarian	Someone who only eats plant-based foods and dairy products (no eggs).
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.
Olivier Salad:	A derivation of potato salad, made with added carrots, green peas, onion, celery, gherkins, mustard, boiled eggs and cuts of cold meats. Also known as a Russian Salad, invented by the Belgian chef Lucien Olivier at the Hermitage Restaurant in Moscow in 1860.
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.
Sous Vide:	Similar to poaching where the food item is individually vacuum sealed in a plastic bag and slowly cooked at a low temperature for a long period of time in a temperature-controlled water bath.
Torné/Turned:	A barrel-shaped cut, with either five or seven equal sides, tapering down to two 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.
- 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 to think in an economic and environmentally friendly way.
- After C1, your Black Box ambient 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 storeroom for the periods between each competition day.
- After C1, your Black Box chilled 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.

Ordering of extra Black Box Ingredients

- All Competitors can request a substitution of an ingredient if it 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, a spill or if ingredients get burnt.
- All Competitors can order extra Black Box ingredients subject to a penalty of **one 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 (not experts) will choose five out of the ten 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

Spices

Curry powder
Black pepper
White pepper
Cayenne pepper
Marjoram/Oregano
Cumin seeds
Coriander seeds
Fennel seeds
Paprika, powder

Fresh Herbs

Coriander
Dill
Mint
Parsley
Thyme
Basil
Rosemary

Dry Goods

Flour 70%
Salt, fine
Salt, coarse
Sugar, white
Isomalt
Butter

Vegetables

Onion, brown

Alcohol

Wine, white
Wine, red
Gluhwein
Brandy
Pear Schnapps
Plum Schnapps
Kirsch Liqueur
Beer - Ale/larger

Compulsory ingredients

Available only on the day of competition

12 Quail Eggs
2 Whole Chickens (1.2kg)
250g Smoked Turkey
100g Dried Chickpeas
100g Red Lentils
100g Black Lentils
250g Soya TVP chunks

500g Mystery Fruit Quince

5 Host-Specific Ingredients

Item 1 100g Emmentaler
Item 2 100g Gruyere
Item 3 100g Sbrinz
Item 4 200g Dried Pears
Item 5 150g Bündnerfleisch
Item 6 200g Rosé Couverture
Item 7 20g Porcini mushrooms
Item 8 500ml Rivella milk drink
Item 9 20g Ovomaltine
Item 10 150g Chestnut flour

Speed Test Ingredients

500 Eggs
5 l Cream
6 l Milk
5 kg Sugar
5 kg Butter
200ml Vanilla Essence
4 kg Semolina
750ml Vinegar
5kg Flour
4 kg Semolina
750ml Vinegar
16 lemons

Appendix 2

Black Box ingredients

Available only in these preset quantities

<u>Spices</u>	QTY	Unit	<u>Dry Goods</u>	QTY	Unit
Bay leaves	5	each	Sugar, White *	250	g
Cardamon seeds	5	each	Sugar brown	200	g
Cinnamon stick	1	each	Salt, Fine *	100	g
Paprika, powder *	50	ml	Coarse Salt *	100	g
Star Anise	4	each	Flour, all-purpose *	1000	g
Vanilla Pod	1	each	Corn starch	100	g
<u>Fresh Herbs</u>	QTY	Unit	Baking powder	32	g
Basil *	50	g	Yeast instant	20	g
Rosemary *	50	g	Gelatine	30	g
Wild Rocket	100	g	Glucose	100	ml
Baby Leaf	100	g	Golden Syrup	100	ml
<u>Vegetables</u>	QTY	Unit	Chocolate, dark	500	g
Onion, brown *	1	kg	Eggs, 60g	18	each
Onion, red	2	each	Flaked Almonds	200	g
Celery	1	each	Ground Almonds	200	g
Carrots	1	kg	Mustard, wholegrain	50	ml
Garlic	1	head	Tomato Paste	200	g
Tomatoes, round	1	kg	Soya Sauce	150	ml
Potatoes	2	kg	Pickled Gherkins, bottled	125	ml
Baby marrow/Courgette	6	each	Vinegar, White	500	ml
Red Bell Peppers	2	each	Vinegar, Balsamic	200	ml
Cauliflower	1	each	Sunflower oil	1000	ml
Cucumber	1	each	Olive oil, virgin	250	ml
Green Peas, frozen	250	g	<u>Staples</u>	QTY	Unit
Swiss Chard	100	g	Breadcrumbs	500	g
Button mushrooms	500	g	Couscous	100	g
Beetroot	250	g	Polenta	100	g
<u>Fruit</u>	QTY	Unit	Semolina *	250	g
Green Pears	2	each	<u>Dairy</u>	QTY	Unit
Apples, Red	2	each	Butter, unsalted *	500	g
Lemons	2	each	Milk	1	l
Oranges	2	each	Cream	2	l
Mixed berries, frozen	300	g	Yoghurt	180	ml
Raspberry, fresh	100	g	Mozzarella Cheese	125	g
Blueberry, fresh	100	g	Parmesan Cheese	125	g
			Cream Cheese	125	g
* DENOTES EXTRA AVAILABLE ON THE COMMON TABLE					

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.