



# 2023 Regional Skills Canada Competition



## 2023 South West Regional Skills Canada Competition

Contest Description (Scope Document)

Lethbridge College

Saturday, March 18, 2023

<b>EVENT:</b> Baking		<b>LEVEL:</b> Secondary
<b>DURATION OF CONTEST:</b> 4 HOURS		<b>LOCATION:</b> Lethbridge College AN 1639
<b>COMPETITION SCHEDULE:</b>		<b>REGIONALIZED: YES</b> If YES, To compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
<b>CHECK IN (CE 1305)</b>	<b>7:40 AM</b>	
<b>ORIENTATION</b>	<b>8:30 AM</b>	
<b>COMPETITION START</b>	<b>9:00 AM</b>	
<b>COMPETITION END</b>	<b>1:00 PM</b>	
<b>CLEAN UP</b>	<b>1:00 – 1:30 PM</b>	
<b>AWARDS CEREMONY INFORMATION:</b> The awards ceremony will be held at 4:00 p.m. in the Swing Space (AN1804). It is open to the public, parents are encouraged to attend.		

### CONTEST INTRODUCTION

The baker/pastry competitor is a skilled individual who produces a wide range of intricate baked goods including yeasted and non-yeasted products. A degree of specialist knowledge and skill is required.

### SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will be tested on ingredient selection and portioning, mixing, make up procedures, hand shaping bread and buns, methods of finishing, proofing, baking and presentation.

The baker/pastry competitor will also be tested on their work efficiencies as they have to present products at specified times. During the competition the judges will be evaluating their workplace safety, sanitation, hygiene and organization. Competitors will also be evaluated on effective use of ingredients. Examples are:

- Are they producing only the required quantities?
- Do they have significant quantity of extra product?
- Did they have to remake a product a second time?

All food waste must be placed into a supplied container, which will be provided at each workstation. Disposing of the food waste cannot be done until competitors have received notice from the judges at the end of the competition day.

Their ability to work on their own and adapt to changing equipment and environment is essential.



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### ORGANIZATION

Competitors have 4 hours to produce all of the products described below. They are free to organize all of their work day as they wish, ensuring all products are presented at the end of the competition.

Careful attention must be made to properly label their mise en place, and/or products.

### PRESENTATION TIMING

Competitors have a 10-minute window to present their products (either 12:50 – 1:00). Products can be presented up to 10 minutes after their allotted time with a (10%) ten percent point reduction (1:00 – 1:10). All products presented after the 10-minute extension of the allotted time will receive a zero. Once the products are presented on the judge's presentation table no alterations can be made.

### ORIENTATION

At the commencement of the orientation, the competitor's supporters can help them bring their toolboxes into the bakery. Once the competitors are at their location, the supporters are to leave and cannot assist in unpacking or setting up the workstation.

### SAFETY, SANITATION AND ORGANIZATION

Competitors will be assessed based on the following criteria's:

- Correct uniform, no jewelry
- Workstation emptied, sanitized at end time
- Organization of tools and equipment
- Food Sanitation – of raw material and ingredients
- Hygiene / Cleanliness workstation
- Hygiene / Personal
- Workplace Safety

### PROJECT DESCRIPTION

#### 1. Piped Shortbread Cookie Production

Competitors are required to produce the following:

- 16 identical shortbread cookies
- Cookies must be 1.5-2 inches (3.8-5.08 cm) diameter baked.
- Cookies must be identical in size, shape and appearance.
- Decoration or garnish reflects the theme: **The Four Seasons**

Piped Shortbread will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 1:00 p.m.

#### 2. Bread Of The World Production – Concha Buns

Each Competitor is required to produce the following:

- 12 Mexican Concha buns
- Buns must weigh 65-75 g each after baking
- All buns must be made from the same dough.



- All buns must be hand shaped in a round form.
- Buns are to be identical in size, shape, and design.
- Preferment's are permitted but not required. If using they must be brought into the competition and presented to the judges during set up. Examples of preferment's: Polish, sponge, biga, levain.
- All buns are required to have a traditional conchas cookie topping using either a lemon or chocolate cookie topping that is stamped with a traditional concha stamp



Concha Buns will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 1:00 p.m.

### 3. Choux Paste-Filled Eclairs

Each competitor is required to produce 10 identical Filled Éclairs.

- Baked dimensions are: 4" - 5" length (10.1 cm - 12.7 cm) x a maximum width of 1 ½" (3.8 cm)
- Topped or dipped with a soft fondant. At least 50% of the fondant must be visible on the finished product.
- Eclairs must be filled with a chantilly cream, which will be made on site by the competitor
- Garnish is freestyle.
- Eclairs must be cut horizontally for filling

### 4. Themed Decorated Cake

Each competitor is required to produce the following:

Competitors will be required to design the decoration of the cake to visibly reflect the theme.

- Competitors will bring in 1x 8-inch (20cm) round baked chocolate sponge cake. The cake must be whole and can only be cut into 3 layers after the judges have weighed the baked cake to confirm its weight. Competitors will have the cake on the workstation during the set up for the judges to weigh. Maximum weight of the baked cake is 500g.
- Make your own Swiss or Italian Buttercream (flavour optional).
- Exterior is to be iced with Swiss or Italian Buttercream and left straight sided without decorations.
- Cake is to be filled with Swiss or Italian Buttercream
- Iced cake height must not exceed 4.25 inches (10.8 cm). Other decorations must be added above and beyond this height.
- Simple syrup for spraying or soaking cut layers is required.
- Cake is required to be decorated respecting the theme: **The Four Seasons**
- A piped chocolate script ("*The Four Seasons*") representing the competitor's theme is required.
- A slice of cake, 1/8<sup>th</sup> of the cake will be presented on a 10" round plate provided by Skills Alberta – the competitor will cut 1/8" of the cake for presentation.



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Themed cake and cut slice will be placed on a sheet pan as directed for judging and placed in the identified area, by 1:00 p.m.

**At the conclusion of the competition, students can take all their baking and decorated products home, please bring appropriate containers and bags to transport your products home with you.**

### UNIFORM

Professional uniform is required to enter the competition area.

- A white chef's coat, apron, side towel and oven mitts will be provided by the committee
- Please wear appropriate bakers/pastry clothing: plain white shirt, white, checkered or black pants or skirt (MUST BE non-flammable material) (no jeans, leggings, yoga pants, hoodies, or baggy clothing allowed). Please note: skirts will NOT be allowed at Provincials.
- Closed toe black or white shoes with a slip resistant sole (no other shoes permitted).
- No jewelry is allowed, which includes all earrings, bracelets, studs, watches etc.
- Long hair must be restrained. (long hair is any hair below the chef's coat collar).  
No nail polishes or acrylic nails.

### EQUIPMENT & MATERIALS

#### Equipment and Materials Competitors Must Supply:

- Bring all equipment you need for your competition with the exception of the major equipment listed below. Competitors are free to bring any of their own utensils.
- **All food ingredients required for preparation** – these ingredients MUST BE included on the attached Common Table of ingredients
- Competitors may not bring their own plating dishes. All competitors will use the plating dishes supplied by Lethbridge College.
- Chef's jacket will be provided by Lethbridge College unless the competitor has their own. Uniforms **may not be** inscribed with any logo or name (including school name jackets). Skills Canada Alberta or Skills Canada logo jackets are permitted.
- Please note that Career Transitions and/or Lethbridge College are not responsible for those items brought by the competitor. Please ensure that you pack up all of your belongings at the end of the event.

#### Equipment and Materials Supplied by the Committee:

All major equipment:

- Oven, tabletop mixer with bowl and attachments, proofer, fridge, and freezer space and cooling racks, work bench, wash basins, baking sheets (16x24 inches 40 x 60cm)
- An apron, a chef's jacket, side towels and a hat will be provided for use and must be returned at the end of the competition.



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## JUDGING CRITERIA

The criteria will include the judging of safety and sanitary practices, organization, handling of ingredients, hand tool manipulation, and the final product. Students may converse with the judges but are not allowed outside assistance during the competition hours.

<b>Piped Shortbread Cookie</b>	<b>Themed Decorated Cake</b>
Presentation Time	Presentation Time
Consistency	1 Cake Brought in and Cut in 3
Size	Weight of Baked Cake
Quantity	Filling
Bake	Taste
Taste	Decoration Skills
Effective Use of Ingredients	Theme and Overall Impression
	Effective Use of Ingredients
<b>Bread of the World – Concha Buns</b>	
Presentation Time	<b>Safety Sanitation and Organization</b>
Weight	Organization and Work Process
Quantity	Hygiene
Bake	Appearance/Uniform
Uniformity	Sanitation
Taste	Work Safe
Effective Use of Ingredients	Cleaned Up and Emptied Workstation On Time
<b>Filled Eclairs</b>	
Consistency	
Bake	
Filling	
Taste	
Effective Use of Ingredients	



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### RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

[https://education.alberta.ca/media/160519/fod\\_sum.pdf](https://education.alberta.ca/media/160519/fod_sum.pdf)

FOD1010: FOOD BASICS

FOD1020: CONTEMPORARY BAKING

FOD:2040: CAKE & PASTRY

CKA3400: KITCHEN ORIENTATION

CKA3410: CULINARY FUNDIMENTALS

FOD2050: BREAD PRODUCTS

FOD3030: CREATIVE BAKING

FOD3040: YEAST PRODUCTS

CKA3450: BAKESHOP 1

CKA3470: YEAST PRODUCTS

### CLOTHING REQUIREMENT

It is important that competitors present a professional image and appearance. Appropriate work clothing must be worn to compete. All clothing must be neat and clean and free of rips and tears. Casual wear such as shorts will not be permitted. No loose fitting clothes or jewelry.

### SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

### ADDITIONAL INFORMATION

Lunch will be provided for all competitors, teacher chaperones, judges, and volunteers. Unfortunately, all allergies may not be able to be accommodated for. Your lunch ticket will be in the back of your name tag. The Skills Expert will announce when lunch is available for Baking competitors.

### PARKING INFORMATION & VENUE MAPS:

Please park in Lot V – there is no charge. Overflow will also be allowed in Lot P. A printable parking map of Lethbridge College can be found at: : <https://lethbridgecollege.ca/document-centre/forms/facilities-management/lc-parking-map>

### REGIONAL REGULATIONS & POLICIES

A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <http://www.skillsalberta.com/policies-and-procedures>



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## EVENT SCHEDULE

7:40 a.m.	Competitors should check in at the Richardson’s Oilseed Room (CE1305) and wait to be escorted to the competition area. Competitors should NOT bring their equipment to the competition area until a competition organizer directs them to do so. Competitors should be prepared to wait in the competitor lounge with their equipment until directed to the competition area.
8:00 a.m.	Students will be escorted to competition area.
8:10 a.m.	Set up and orientation for students - teachers must leave the competition area. Students may begin to set up their workstation once direction has been given by the competition coordinator.
9:00 a.m.	Competition begins
1:00 p.m.	Competition ends – presentation area ready for judging. Students may now begin clean up.
1:30 p.m.	Judging begins. Lunches for the students have been set aside.
2:15 p.m.	Students receive feedback from the judges – look for scheduled times
4:00 p.m.	Awards Ceremony (Swing Space – AN1804) – open to the public.

## COMMITTEE MEMBERS

Chef Amanda Kawchuk	Lethbridge College
Chef Doug Overes	Lethbridge College
Judy Stolk-Ingram	Career Transitions
Tara Yagos	Career Transitions

## PORTIONING OF ALCOHOL

### **Important Note: Secondary Competitors/Minors**

If competitors are wanting to use the listed Liquor/Alcohol within their formula, competitors must consult with a Judge member for assistance. Secondary competitors/minors are not to handle any alcohol. A Judge or PTC member will dispense the desired amount within the formula for the competitor.





COMMON TABLE INGREDIENT LIST	
<b>ALCOHOL</b>	<b>FRUIT/HERBS</b>
Baileys	Fresh Lemons/Oranges
<b>DAIRY &amp; FAT</b>	Fresh Mint
Whipping Cream	Fresh Raspberries
Butter, unsalted	<b>LEAVENING AGENTS/STARCH</b>
Whole Milk	Instant Yeast
Eggs, large	Fresh Yeast
Vegetable Oil	Baking powder / Baking Soda
Vegetable Shortening	Cornstarch
<b>DECORATING INGREDIENTS</b>	<b>NUTS &amp; SEEDS</b>
Rolled Fondant	Ground Almonds
Soft Fondant	Sliced Almonds
Marzipan	Ground Hazelnuts
<b>FRUIT PUREE</b>	Sliced Hazelnuts
Raspberry/Mango/Passion Fruit	<b>SWEETENING AGENTS</b>
<b>CHOCOLATE</b>	Sugar, granulated
Coating Chocolate	Sugar, icing powder
Cocoa Powder	Sugar, brown
<b>FLAVOURING</b>	Sugar, castor/berry
Lemon Extract	Honey
Almond Extract	Glucose Syrup
Vanilla Extract	<b>STAPLES</b>
Salt	Silicon Paper
Instant Coffee	Cling Film
Vanilla Bean Paste	Aluminum Foil
<b>FLOUR</b>	Paper Towels
Bread Flour	
All-Purpose Flour	Cream of Tartar
Pastry Flour	
You may bring your own food color. Only the ingredients listed may be used during the competition, no others will be allowed other than those listed above.	





## Pâte à Choux

**Yield:** 12 Cream Puffs and 12 Éclairs

**Ingredients:**

250 mL (1 cup)	Water
Pinch	Salt
120 g	Unsalted Butter
150 g	Bread Flour
4	Large Eggs

**Procedure:**

- Preheat oven to 220°C (425°F)
- Bring water, salt and butter to a rolling boil
- Add flour and stir with a wooden spoon until a ball forms and it leaves the sides of the pot clean
- Remove from heat and allow to cool slightly
- Transfer ball to a mixer with a paddle attachment
- With the mixer on medium speed add one egg at a time until fully absorbed
- Once all eggs are added pipe into desired shapes onto parchment or silicone lined bakers trays
- Bake 220°C (425°F) for 10 minutes and then lower the oven temperature to 190°C (375°F) and continue to bake until well browned and dry in the centers



## Separated Egg Sponge

**Yield:** 1 – 9” round pan or 375 grams

**Ingredients:**

80 g	Egg Yolks
55 g	Sugar
80 g	Cake Flour, sifted
120 g	Egg whites
pinch	Salt
40 g	Sugar
Pinch	Cream of Tartar

**Procedure:**

- Preheat oven to 425 ° F (220 ° C)
- Whip yolks and sugar until very fluffy, pale and thick
- Fold in cake flour so as not to deflate
- Whip egg whites in a warmed mixing bowl until just below soft peaks
- Add sugar, salt and tartar and continue to whip until just over soft peaks
- Fold meringue into batter gently but quickly
- Spread evenly into pan
- Bake for about 12 minutes and chill.
- Cut into layers once cooled and decorate as required.



## Enriched Shortbread

**Yield:** 26 – 2” – 3” cookies

**Ingredients:**

240 g	Cake or Pastry Flour
180 g	Butter
120 g	Castor (Berry) Sugar
45 g (3)	Egg Yolks

**Procedure:**

- Preheat oven to 380°F
- Cream the butter and sugar
- Add the egg yolks one at a time and beat into the cream
- Add the flour and **stir** to a smooth paste
- Transfer to a piping bag fitted with a star tube
- Pipe the mix into rosettes, éclairs or rings onto a silicone, greased or parchment lined baking sheet