

TEST PROJECT DOCUMENT

NSC2020_Cooking –EN

Submitted by:

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INTRODUCTION TO TEST PROJECT DOCUMENTATION

The Test Project for Cooking will be carried out in rotating modular format over a 2 day period, total project time is 12 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 3 modules over the 2 days as seen in the time management plan.

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

CONTENTS

Module 1 Chicken and Fresh dill	4 hours	33% of Total Marks
Module 2 Sea bass and Curry powder	4 hours	34 % of Total Marks
Module 3 Chocolate mousse and Bake cake	4 hours	33 % of Total Marks



DESCRIPTION OF PROJECT AND TASKS

Module1 - 4 hours total			
C1	Part A	Main Course with Whole Chicken & Fresh dill	Skill 24
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. • Skills Test: Prepare and Serve 2 identical 3-egg omelettes with a filling of your own choice within first 15 minutes • 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. • Main Course must be served hot, with a plate temperature at a minimum of 40°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 	



<p>Main ingredients required for Mystery Meat</p>	<p>The dish must include:</p> <ul style="list-style-type: none">• Chicken, supplied at the start of day C1• Fresh dill , supplied at the start of day C1• 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
<p>Basic ingredients</p>	<ul style="list-style-type: none">• Every competitor will receive the same of set ingredients.• No other ingredients will be available. See Appendix 1at the end of this document for the market list ingredients.
<p>Special equipment required</p>	<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 Sea bass & Curry powder	Skill 24
		Morning 8.00 -12.00	
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. • Skills Test: Prepare 1 soft boiled egg and 2 hard boiled egg. Serve the 2 hard boiled egg shelled (without shell) within first 15 minutes • 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. • Main Course must be served hot, with the plate temperature at a minimum of 40°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 		



Main ingredients	<p>The dish must include:</p> <ul style="list-style-type: none">• Sea Bass , supplied at the start of day C1• Curry powder , supplied at the start of day C1• 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">• Every competitor will receive the same of set ingredients.• No other ingredients will be available. See Appendix 1at the end of this document for the market list 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			
C2	Part B	Dessert with Strawberry & Cashew nut	Skill 24
		Afternoon 13.30 - 17.30	
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 on the dish. • All 4 plates to be served with 1 garnish appropriate to the dish. • Fresh Strawberry must be processed. • The Strawberry and Cashew nut must be evident on the plate. • On the plate, a minimum of TWO cooking methods must be evident including baking and frying. • Skills Test: Separate 2 eggs. Whisk by hand the whites with Castor sugar (given 100 g) to Stiff Peaks. within first 15 minutes. • 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. • 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 		



<p>Main ingredients required for Mystery fruit & Nuts</p>	<p>The dish must include:</p> <ul style="list-style-type: none">• Strawberry , supplied at the start of day C1• Cashew nut , supplied at the start of day C1• 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
<p>Basic ingredients</p>	<ul style="list-style-type: none">• Every competitor will receive the same of set ingredients.• No other ingredients will be available. See Appendix 1 at the end of this document for the market list ingredients.
<p>Special equipment required</p>	<ul style="list-style-type: none">• No other service equipment is permitted other than that provided as per the infrastructure list.



APPENDIX 1

MAIN INGREDIENTS LIST

Module 1 Main Course (Meat & Herb)	QTY	Unit
Whole Chicken (1.8 -2.2 kg/ pc.)	2	pcs
Fresh Dill	60	gr

Module 2 Main Course (Fish & Spice)	QTY	Unit
Whole Sea-bass (800 g/pc)	2	pcs
Curry powder	50	g

Module 3 Dessert (Fruit & nut)	QTY	Unit
Fresh Strawberry	200	g
Cashew nut	150	g



INGREDIENTS LIST

<u>Spices</u>	QTY	Unit	<u>Dairy</u>	QTY	Unit
Bay leaves	10	pcs	Butter, unsalted	750	g
Star Anise	4	each	Milk	1	l
Cinnamon stick	1	each	Cream	1.5	l
<u>Fresh Herbs</u>	QTY	Unit	Cheddar Cheese	150	g
Fresh Parsley	50	g	Cream Cheese	150	g
Fresh Mint	50	g	<u>Dry Goods</u>	QTY	Unit
Fresh Coriander	50	g	Sugar, White	600	g
<u>Vegetables</u>	QTY	Unit	Sugar brown	100	g
Onion	1	kg	Salt, Fine	100	g
Celery	200	g	Flour, all purpose	1000	g
Carrots	1.5	kg	Baking powder	50	g
Garlic	50	g	Gelatine sheet(50g/pack)	1	pack
Tomatoes	1	kg	Chocolate, dark 58 %	500	g
Potatoes	2	kg	Eggs	24	each
Green Zucchini	2	each	Mustard, Dijon	50	ml
Red Peppers	2	each	Tomato Paste	100	g
Cauliflower (500 g max)	½	each	Vinegar, White (Thai)	500	ml
Button mushrooms	200	g	Vinegar ,white wine	200	ml
Fresh Sugar snap	100	G	Cooking oil (palm oil)	1000	ml
Eggplan	150	G	Olive oil,	250	ml
Spinach (Frozen)	250	G	Paprika pepper poeder	25	g
Brocoli	300	g	White pepper powder	50	g
<u>Fruit</u>	QTY	Unit	Black pepper powder	50	g
Apples, Granny Smith	2	each	<u>Staples</u>	QTY	Unit
Lemons	3	Pcs	Couscous	100	g
Oranges	2	Pcs	Breadcrumbs	100	g
			Semolina	200	g