



**Skills**Canada  
PrinceEdwardIsland

**SECONDARY COOKING COMPETITION**  
**Monday March 6, 2017**  
**AT**  
**THE CULINARY INSTITUTE OF CANADA**



Recipes

# Test Project

## Menu:

Filled Pasta Ravioli with  
Alfredo Sauce

\*\*\*\*\*

Poached Salmon  
Bercy Sauce  
Rice Pilaf with Tomato Concasse  
Sauteed Broccoli Florets  
Sauteed Carrots Batonnet

\*\*\*\*\*

Crème Caramel  
Shortbread Cookie  
Fresh Fruit Garnish



(a) Tourné: 2 in. long  $\times$   $\frac{3}{4}$  in. diameter, with 7 sides, and flat-ended (5 cm  $\times$  2 cm).



(b) Large dice:  $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in. (2 cm  $\times$  2 cm  $\times$  2 cm).



(c) Medium dice:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in. (12 mm  $\times$  12 mm  $\times$  12 mm).



(d) Small dice:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in. (6 mm  $\times$  6 mm  $\times$  6 mm).



(e) Brunoise (broon-wahz):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in. (3 mm  $\times$  3 mm  $\times$  3 mm).



(f) Fine brunoise:  $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; round, square, or rectangular).



(i) Lozenge:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$  2  $\frac{1}{2}$ -3 in. (6 mm  $\times$  6 mm  $\times$  6-7.5 cm).



(l) Julienne (or allumette potatoes):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$  2  $\frac{1}{2}$  in. (3 mm  $\times$  3 mm  $\times$  6 cm).



(m) Fine julienne: 2 in. long  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  5 cm).

# Fresh Semolina Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

8 ounces	Semolina Flour	225 gram
8 ounces	Bread flour	225 gram
5	Eggs	5
½ fluid ounce	Olive oil	15 millilitre
Pinch	Salt	pinch

1. Mound the flour on a work surface. Make a well in the center and add the eggs, oil and salt.
2. Working from the centre outward, gradually mix the flour into the eggs to make a dough.
3. When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.
4. Cover the dough and let it rest at least 30 minutes.
5. Cut the dough into 3 to 5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
6. Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook.

## Alfredo Sauce

On Cooking 5

Sauces

Yield:

2 ounces	Whole butter	60 gram
12 fluid ounces	Heavy cream	375 millilitre
2 ounces	Parmesan cheese, grated	60 gram
To taste	Salt	To taste
to taste	White pepper	To taste

1. Combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly.
2. Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked.
3. Adjust the seasonings and serve.

## Spinach & Ricotta Filling

Professional Cooking 8 - 401

Pasta

Yield: Filling for 1 ½ pounds of pasta - 10 portions

1 pound 3 ounces	Ricotta cheese	560 grams
3 ½ ounces	Parmesan cheese, grated	100 grams
2	Egg yolks	2
5 tablespoons	Spinach, cooked, drained, chopped	20 grams
¼ teaspoon	Nutmeg	1 millilitre
To taste	Salt	To taste
To taste	White pepper	To taste

1. Mix together all ingredients.
2. Should be used the day it is made.

## Court Bouillon for Fish

Professional Cooking 8 – 639

Fish & Shellfish

Yield: 1 litre

1 quart	Water	1 liter
2 ounces	White Vinegar, Wine Vinegar, Or Lemon Juice	60 millilitre
2 ounces	Onions, Sliced	60 gram
1 ounce	Celery, Sliced	30 gram
1 ounce	Carrots, Sliced	30 gram
½ ounce	Salt	15 gram
⅛ teaspoon	Peppercorns, Crushed	0.5 millilitre
1 small	Bay Leaf	1
1/16 teaspoon	Thyme	0.25 millilitre
3	Parsley Stems	3

1. Combine all ingredients in a stock pot or sauce pot and bring to a boil.
2. Reduce heat and simmer 30 minutes.
3. Strain and cool.

## Bercy Sauce

Professional Cooking 8 – 184H

Sauces

Yield: 1 litre

2 ounces	Chopped shallots	60 grams
½ cup	White wine	125 millilitre
1 quart	Fish velouté	1 litre
2 ounces	Raw butter	60 gram
2 tablespoons	Chopped parsley	30 millilitre
To taste	Lemon juice	To taste

1. Reduce by  $\frac{2}{3}$  chopped shallots and white wine.
2. Add fish velouté and reduce slightly.
3. Finish with raw butter, chopped parsley and lemon juice to taste.

## Tomato Concassé

Professional Cooking 8

Vegetable

	Roma Tomatoes
--	---------------

1. Blanch and peel the tomatoes and cut in half crosswise.
2. Gently squeeze out the seeds.
3. Small dice the seeded tomatoes.



## Rice Pilaf with Tomato Concassé

Professional Cooking 8 – 384B

Starches

Yield: 1½ pounds, Five 5-ounce portions

1 ounce	Butter	30 gram
1 ½ ounces	Onions, fine dice	45 gram
1 cup	Long-grain rice	250 millilitre
6 to 8 ounces	Chicken stock	175 - 250 millilitre
12 fluid ounces	Tomato Concassé with juice	350 millilitre
To taste	Salt	To taste

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid and tomatoes. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 18-20 minutes, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

# Crème Caramel

Professional Cooking 8 – 1013B

Custards & Creams

Yield: 6, 5-ounce portions

8 ounces	Eggs	250 grams
4 ounces	Sugar	175 grams
¼ teaspoon	Salt	1 millilitre
1 ½ teaspoons	Vanilla	8 millilitre
1 ¼ pint	Milk	625 millilitre
Caramel		
6 ounces	Sugar	180 grams
1 fluid ounce	water	30 millilitre

1. Combine the eggs, sugar, salt and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
2. Scald the milk in a double boiler or in a saucepan over low heat.
3. Gradually pour the milk into the egg mixture, stirring constantly.
4. Skim off all foam from the surface of the liquid.
5. Arrange custard cups in a shallow baking pan.
6. Caramel: Cook sugar and water until it caramelizes. Line the bottoms of the custard cups with the hot caramel. Be sure the cups are clean and dry.
7. Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
8. Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.
9. Bake at 325°F until set, about 45 minutes.

10. Carefully remove from the oven and cool. Store, covered, in the refrigerator overnight.

11. Unmold onto a plate for service.

## Shortbread Cookies

Professional Cooking 8 – 975A

Cookies

Yield: 6 ounces

3 ounces	Butter	90 gram
2 ounces	Sugar	60 gram
1/8 teaspoon	Salt	0.5 millilitre
1 ounce	Egg yolks	30 gram
4 ounces	Pastry flour	125 gram

1. Have all ingredients at room temperature.
2. Place the fat, sugar & salt in the mixing bowl. With the paddle attachment, cream these ingredients at low speed.
3. Add the eggs and blend at low speed.
4. Sift in the flour. Mix until just combined.
5. Roll dough 1/4 inch thick.
6. Use greased or parchment-lined baking sheets.
7. Bake at 350°F about 15 minutes.