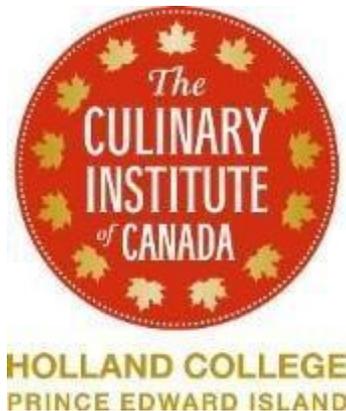




SECONDARY COOKING COMPETITION
Monday March 5, 2018
AT
THE CULINARY INSTITUTE OF CANADA



Recipes

Test Project

Menu:

Minestrone Soup

Pan-Seared Top Sirloin Cap Steak
Sauce Béarnaise
Mashed Potatoes
Roasted Root Vegetables

Pâte Sucrée Lemon Tart



(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).

Minestrone Soup

Professional Cooking 8 - 263

Yield: 3 quarts (3 litres) 12, 8 fluid ounce (250 millilitre) portions

2 fluid ounces	Olive oil	60 millilitre
8 ounces	Onions, sliced thin	250 grams
4 ounces	Celery, small dice	125 grams
4 ounces	Carrots, small dice	125 grams
1 teaspoon	Garlic, chopped	5 millilitres
4 ounces	Green cabbage, shredded	125 grams
4 ounces	Zucchini, medium dice	125 grams
8 ounces	Canned tomatoes, crushed	250 grams
2 ½ quarts	White stock	2.5 litres
½ teaspoon	Dried basil	2 millilitres
3 ounces	Small macaroni, such as ditalini	90 grams
12 ounces	Drained, canned cannellini beans	375 grams
2 tablespoons	Chopped parsley	30 millilitres
To taste	Salt	To taste
To taste	Pepper	To taste
As needed	Parmesan cheese, grated	As needed

1. Heat the oil in a heavy pot over medium heat.
2. Add the onions, celery, carrots and garlic, sweat them in the oil until almost tender. Do not brown
3. Add the cabbage and zucchini. Stir to mix the vegetables. Continue to sweat another 5 minutes.
4. Add the tomatoes, stock and basil. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked. (Do not overcook. The soup will continue to cook when the pasta is added.)

5. Add the pasta and continue to simmer the soup until the pasta is cooked. (Alternatively, cook pasta separately and add to the soup just before serving.)
6. Add the beans and return soup to a boil.
7. Add the parsley. Season to taste with salt and pepper.
8. Just before service, top with the parmesan cheese, or serve cheese separately.

Pan-Seared Top Sirloin Cap Steak

Steak to be cooked medium rare – 140°F / 60°C

	Top Sirloin Cap Steak	
	Seasoning	
	Butter	

1. Trim meat as necessary.
2. Season steaks lightly all over.
3. Use a shallow oven-proof, stainless steel pan with a heavy bottom, large enough to cook the meat without over-crowding. Preheat the pan.
4. Heat the butter in the pan.
5. Place seasoned steak in the pan, cook and butter baste until a brown crust forms.
6. Flip the steak using tongs and sear the second side of the steak in the same manner.
7. Test doneness of the steak. If necessary, finish in the oven until the desired temperature is reached.
8. Remove steak to a cutting board and allow to rest.

Sauce Béarnaise

Professional Cooking 8 - 195

Yield: 24 fluid ounces (720 millilitres)

1 pound 4 ounces	Butter	600 grams
2 ounces	Shallots, Chopped	30 grams
½ cup	White Wine Vinegar	120 millilitres
2 to 3	Tarragon stems, chopped	2 to 3
½ teaspoon	Peppercorns, Crushed	2.5 millilitres
6	Egg Yolks	6
To taste	Salt	To taste
To taste	Cayenne	To taste
To taste	Lemon Juice	To taste
1 tablespoon	Chopped Parsley	15 millilitres
2 tablespoons	Fresh tarragon, chopped	30 millilitres

1. Review the guidelines for preparing Hollandaise and Béarnaise.
2. Clarify the butter. You should have about 1 pound clarified butter. Keep the butter warm but not hot.
3. Combine the shallots, vinegar, tarragon, and peppercorns in a saucepan and reduce by three-fourths. Remove from the heat and cool slightly.
4. To make it easier to beat with a wire whip, it is best now to transfer this reduction to a stainless steel bowl. Use a clean rubber spatula to make sure you get it all. Let the reduction cool a little.
5. Add the egg yolks to the bowl and beat well.
6. Hold the bowl over a hot-water bath and continue to beat the yolks until they are thickened and creamy.
7. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm, clarified butter. Add the butter drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice or warm water.
8. Strain the sauce through cheesecloth.

9. Season to taste with salt, cayenne, and a few drops of lemon juice. Mix in the parsley and tarragon.

10. Keep warm (not hot) for service. Hold no longer than 2 hours.

Notes:

For safety, pasteurized eggs are recommended.

If fresh tarragon is not available, use 1 teaspoon (5 millilitre) dried tarragon in place of the tarragon stems in the reduction, and use ½ teaspoon (2 millilitres) dried tarragon in place of the fresh leaves to finish the sauce.

Mash Potatoes

Professional Cooking 8 - 353

Yield: 12, 5-ounce portions

4 ½ pounds	Potatoes	2 kilograms
3 ounces	Butter	90 grams
½ cup	Light cream, hot	125 millilitres
As needed	Milk, hot	As needed
To taste	Salt	To taste
To taste	White pepper	To taste

1. Peel and eye the potatoes and cut them into uniform sizes. Simmer in water to cover until tender.
2. Drain well and let the potatoes steam dry for a few minutes.
3. Pass the potatoes through a food mill or ricer into the bowl of a mixer.
4. Beat in butter, then cream.
5. Add enough hot milk to bring potatoes to proper consistency. They should be soft and moist, but firm enough to hold their shape, not runny.
6. Add salt and white pepper to taste.

Roasted Root Vegetables

Professional Cooking 8 - 332

Vegetables

Yield: 16, 4-ounce portions

18 ounces	Carrots, peeled	500 grams
18 ounces	Celery root, peeled	500 grams
12 ounces	Turnips, peeled	375 grams
12 ounces	Parsnips, peeled	375 grams
12	Shallots, peeled	12
12	Garlic cloves, peeled	1
4 fluid ounces	Olive oil	125 millilitres
1 ½ teaspoons	Dried thyme	7 millilitres
1 ½ teaspoons	Coarse salt	7 millilitres
1 teaspoon	Coarsely ground black pepper	5 millilitres

1. Cut the carrots, celery root, turnips, and parsnips into 1-inch (2.5 centimeter) dice.
2. Place these cut vegetables, plus the shallots and garlic cloves, in a baking pan.
3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt and pepper. Toss or mix until the vegetables are well coated with oil. Add more oil if necessary.
4. Bake at 375°F (190°C) about 45 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly. Do not allow them to become too browned or they may be bitter.

Pâte Sucrée Lemon Tart

Professional Baking 7 - 314

Yield: 1 pound 9 ounces (852 grams)

6.5 ounces	Butter, softened	216 grams	54%
4 ounces	Confectioners' sugar	132 grams	33%
½ teaspoon	Salt	2 grams	0.5%
¾ teaspoon	Lemon zest, grated	2 grams	0.5%
4 drops	Vanilla extract	4 drops	
3 ounces	Eggs, beaten	100 grams	25%
12 ounces	Pastry flour	400 grams	100%

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.
5. **Scaling:** Remove dough from the refrigerator. Scale the dough as required:

10 to 12 ounces	10 inch (25 centimetre) tarts	300 to 340 grams
8 to 10 ounces	9 inch (23 centimetre) tarts	225 to 300 grams
6 to 8 ounces	8 inch (20 centimetre) tarts	175 to 225 grams
4 to 5 ounces	6 inch (15 centimetre) tarts	115 to 140 grams

6. Let the dough stand a few minutes, or work it briefly with the hands to make it pliable. Dough should be cold, but if it is too cold and hard, it is difficult to roll out without cracking.
7. Roll out the dough on a floured surface or floured canvas. Roll slightly less than ¼ inch (5 millimetres).
8. Place the dough in the tart pan. Allow the dough to settle into the pan and then press it into the corners without stretching it.

9. Trim off excess dough.
10. Refrigerate for at least 20 to 30 minutes before continuing. Prick the bottom of the dough all over with a fork. Line the shell with parchment and fill it with dried beans.
11. Bake at 400°F (200°C) until the shells are fully baked and lightly browned, about 20 minutes.
12. Cool the shell completely.

Lemon Tart

Professional Baking 7 - 353

Tarts

Yield: one 10-inch (25 centimetre) tart

1	10-inch (25-cm) tart shell	1
4 ounces	Sugar	120 grams
1 tablespoon	Lemon zest, grated	15 millilitre
4	Eggs	4
6 ounces	Lemon juice	175 millilitre
2 ounces	Heavy cream	60 millilitre

1. Bake the tart shell until it is golden but not too brown. Cool.
2. In a mixer fitted with the paddle attachment, blend the sugar and zest together thoroughly.
3. Add the eggs. Mix until well combined, but do not whip.
4. Mix in first the lemon juice and then the cream. Pass the mixture through a strainer.
5. Pour the strained filling into the tart shell.
6. Bake at 325°F (165°C) just until the filling is set, no longer, about 20 minutes.