



Prince Edward Island 2025 PROVINCIAL Skills
CULINARY Competition, Secondary
Monday, March 31, 2025
AT
THE CULINARY INSTITUTE OF CANADA



HOLLAND COLLEGE
PRINCE EDWARD ISLAND

**2025 Provincial Skills
Culinary Competition, Secondary
Sponsored by
The Culinary Institute of Canada
Monday, March 31, 2025**

PURPOSE OF THE CHALLENGE:

To recognize students for their excellence and professionalism in Culinary Arts. To confirm a representative for PEI at the National Skills Secondary Competition May 29 & 30, 2025 in Regina, Saskatchewan.

SKILLS AND KNOWLEDGE TO BE TESTED:

To demonstrate culinary skills, encourage the high standards required for employment and to recognize excellence and professionalism in the culinary field.

SPECIFIC REQUIREMENTS:

Students will produce a 3-course menu, X 4 plates per course within 4 hours. Each entrant will prepare and cook:

- **Velouté Sauce:**
 - Prepare and present **1 litre of velouté sauce**.
 - Veloute sauce must be used as the basis for the sauce with chicken.
- **Perogy Dough**
 - Prepare and present **400 g of perogy dough**.
 - The perogy dough must be used.
- **Precision Cuts Competency:** Competitors will produce the following:
 - **100 g medium dice** (using a vegetable/fruit from the common table).
 - **100 g small dice** (using a vegetable/fruit from the common table).
 - **100 g julienne** (using a vegetable/fruit from the common table).
 - All competencies must be utilized in the Menu.
 - You are encouraged (but not required) to use the full weights, but the ingredients should be showcased in some recognizable form.

Prepare four (4) portions of the following three (3) course menu:

Appetizer: Perogy Inspired Appetizer

- **Perogies** must include:
 - A potato filling
 - An appropriate, modern functional garnish
 - A sauce / dressing of the competitor's choice (Hot or Cold)

Main Course: Stuffed Chicken Breast

- **Stuffed Chicken Breast Main Course** must include:
 - A minimum of one (1) starch preparation, A minimum of two (2) vegetable / fruit preparations
 - The velouté based sauce must be modified into a derivative sauce of the competitor's choice.

- A minimum of one (1) functional garnish that is modern, and complimentary.

Dessert: Tea/Sweet Biscuit Inspired Creation

- **Dessert** must include:
 - A Tea / Sweet Biscuit preparation
 - A minimum of one (1) fruit-based sauce
 - A minimum of one (1) flavored Chantilly cream.
 - One (1) functional edible garnish

Competitors will provide a food requisition for their menus to Chef Andrew Nicholson (wanicholson@hollandcollege.com) by Friday, March 14, at 12 PM.

Competitors will be present in the CIC Lobby no later than **11:45 am on Monday, March 31, 2025.**

DURATION OF THE COMPETITION:

Monday, March 31, 2025

12:00pm - 1:00 pm	All competitors are invited to a free lunch in the cafeteria. Uniform to be handed out.
1:15 pm - 1:30 pm	Tour of the culinary facility
1:30 pm - 2:00 pm	Orientation of kitchen and equipment, introduction to 2nd Year student kitchen helpers
2:00 pm - 6:00 pm	Preparation of 3 course meal
6:00 pm	Serving of the meal according to schedule.
7:00 pm – 8:00pm	Cleaning of kitchen and Awards Presentation

The plates will be presented to the judges according to a set time schedule.

Competitors will have 30 minutes between courses to reset and plate the next course.

Competitors must plate 3x judges' plates + 1x Show plate on their own.

6:00 PM	Appetizer
6:30 PM	Entree
7:00 PM	Dessert

7:00 PM - 7:30 PM CLEANING OF KITCHEN

8:00 PM **AWARDS PRESENTATION**

2025 Provincial Skills Culinary Competition

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Provide the Competition Chair with the following typewritten or computer-generated document.

**** Please do not place your name on the menu document. ****

Menu: Must be written in proper format describing menu courses.

Your menu will be marked using the following criteria:

- ◆ Menu language
- ◆ Content
- ◆ Description
- ◆ Originality/ Creativity
- ◆ Spelling
- ◆ Usage of product

Work Plan: Specifies each preparation step as well as the approximate time to perform the task. The work plan must be clear enough so it may be easily followed and understood by the KITCHEN judges.

- Utilizing ingredients within the par stock list but not necessarily ALL provided.
- Each competitor must demonstrate proper knife, sanitation, and storage techniques.

Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). *Professional Chef* (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”, or “Professional Chef” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Veloute

Source: Professional Cooking 9th edition, Page 188

Yield: 2 Quarts (2 Litres)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
7. Strain through a China cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Potato and Cheese filled Pierogi with Caramelized Onions, Beurre Noisette and Sage

Source: Professional Chef 10th edition, Page 694

Yield: 10 servings

Filling

Chef's Potatoes	6 lbs	2.72 kg
Egg Yolks	7 each	7 each
Cheddar Cheese	9 oz	225 g
Green Onions, halved & thinly sliced	1 ¾ oz	50 g
Salt	to taste	to taste
Nutmeg	to taste	to taste

Dough

Semolina Flour	1 lb 5 oz	595 g
All-Purpose Flour	1 lb 5 oz	595 g
Eggs	9 each	9 each
Salt	1 oz	28 g
Egg Wash	2 fl oz	60 ml

Cooking & Beurre Noisette

Clarified Butter	6 oz	170 g
Butter	12 oz	340 g
Salt	¼ tsp	1.25 g
Peppercorns, white, ground	to taste	to taste
Onions, Caramelized	1 lb 12 oz	794 g
Sage, chiffonade	2 Tbsp	6 g
Sour Cream	1 lb	454 g

1. Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water under tender enough to mash easily. Drain, reserving and chilling 8 oz (240 ml) of the cooking liquid. Dry the potatoes over low heat or on a sheet pan in a 300 F (149 C) oven until no steam rises from them. While the potatoes are still hot, puree them through a food mill or potato ricer into a heated bowl.
2. Add the egg yolks, cheese, and green onions. Season with the salt, pepper, and nutmeg. Set the filling aside.
3. To make the dough, place the reserved potato water, flours, eggs, and salt into a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for 20 minutes.

4. Roll out the dough using a past machine to a 1/16" (1.5 mm) thickness. Cut the dough into circles using a 2 1/2" (6 cm) biscuit cutter. Lightly brush the edges with egg wash.
5. Place approximately 1 Tbsp (15 ml) of the filling onto the center of the dough. Fold in half to form a half-moon and pinch the edges to seal.
6. Simmer the pierogi in boiling salted water until the dough along the edge seals are fully cooked, 4 to 5 minutes. The pierogi are ready to finish now, or they may be cooled in ice water, drained, refrigerated for later service.
7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, and heated through, about 2 minutes per side.
8. Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and bring it to noisette (golden brown), about 2 minutes. Add a pinch of salt and white pepper, and drizzle over the pierogi.
9. Garnish with the caramelized onions, sage and sour cream and serve immediately.

Biscuits

Source: Professional Cooking 9th edition, Page 946

Yield: 2 lb. 10 oz (1278 g)

Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12 g	2%
Sugar	1 oz	30 g	5%
Baking powder	1.2 oz	36 g	6%
Shortening or butter	7 oz	210 g	35%
Milk	13 oz	390 g	65%

Bake at 425°F (220°C) for approximately 15 minutes.

Biscuit Method:

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment. If preferred, you may cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles coarse cornmeal.
4. Combine the liquid ingredients. Biscuits may be prepared in advance up to this point. Portions of each mixture may then be scaled and combined just before baking.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined, and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees after each fold.
7. Repeat this procedure about 10 to 20 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over kneading toughens the biscuits. The dough is now ready for makeup.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.