



2019
22nd ANNUAL SKILLS MANITOBA COMPETITION
CONTEST DESCRIPTION
Thursday, April 11th, 2019

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: Secondary

NOTE: The kitchen can only accommodate nine (9) competitors, on a first come first serve basis. One (1) competitor per school (unless spots are available).

CONTEST LOCATION:

Patterson Global Foods Institute School of Hospitality & Culinary Arts
504 Main Street
Winnipeg, Manitoba, R3B-1B8
Contest Kitchen – Room 307A
Judging Room – Room 313 – Mixology Lab

IN PLACE EQUIPMENT:

A walk-in cooler, reach-in freezer, and ice machine are available to the contestants. As well, there is an under-counter glass-doored fridge at each station, photos on page 4 and 5.

FOR MORE INFORMATION, PLEASE CONTACT THE COMMITTEE:

Raymond B. Czayka	rczayka@retsd.mb.ca	204-667-2960 ext. 2434
Jeffrey Brandt	jbrandt57@rrc.ca	204-631-3428
Kristen Chemerika-Lew	kchemerika-lew@rrc.ca	204-631-3466

CONTEST TIME & DURATION:

07:15 – Arrive
07:30 – 20 minutes to set up your station
07:50 – 10 minute briefing in lab 307
08:00 – Start time
11:30 – Finish time, 3 ½ hours

RATIONALE:

To evaluate each contestant's readiness, preparedness for employment and recognise outstanding students for excellence and professionalism in Culinary Arts.

SKILLS AND KNOWLEDGE TO BE TESTED:

To demonstrate skills and competency in Culinary Arts by being able to produce a First Course, Main Course, and a Dessert Course for two (2) people within a three and a half (3½), hour time frame.

Recipes will be provided.

The courses will include:

1. **Prepare and present two (2) portions of Potage Cr cy** with a competitors' choice of garnish.
2. **Prepare and present two (2) portions of Chicken Cacciatore with Hand-cut Fresh Pappardelle Pasta.**
3. **Prepare and present two (2) portions of Chocolate Mousse** with a Fruit Sauce and the competitors' choice of a Cookie made using the Creaming Method.

Although recipes are included in this Contest Description, and must be respected, creativity and extra skill level will be marked accordingly in line with knowledge of current culinary trends and modern plate presentation.

The competition will judge sanitation, economy and timing, technical skills, methods, presentation, and taste.

Candidates are free to consult reference books of their choice during the contest, however, for correct final preparation, if there is a dispute, *Professional Cooking for Canadian Chef's 8th Edition* will be viewed as accurate. Culinary terms must be respected.

Plate one (1) will be for tasting, plate two (2) will be for presentation. Both plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Economy and timing	10%
Preparation	25%
Presentation	15%
Taste and Required Menu Components	35%
Total	100%

CONTEST DETAILS:

The competitor must present two (2) menus and one (1) schedule to the organizer once the competition begins. Documents must be typed and/or legibly written.

7:50 to 8:00 am Final Instructions

8:00 am Start of Competition

11:00 am Serve First Course – Potage Cr cy with competitors' choice of Garnish

11:15 am Serve Main Course – Chicken Cacciatore with Hand-cut Fresh Pappardelle Pasta.

11:30 am Serve Dessert – Chocolate Mousse Tart with a Fruit Sauce and the competitors' choice of a Cookie utilising the creaming method.

11:30 – 12:30 Kitchen cleaning

PRESENTATION TIMING:

Both plates for each course must be presented together at the same time by the competitor. Marks will be deducted if courses are served late.

There is a five (5) minute window to present your course. One (1) point will be deducted for each minute late after the five (5) minute window, up to five points.

After ten (10) minutes, the contest will be closed and the late plate(s), will not be judged.

SPECIAL STATEMENT – KITCHEN CLEANING:

Only the competitor and their instructor will be allowed in the kitchen prior to the contest to unpack equipment.

Only the competitor will set up the station.

Only the instructor and competitor will be allowed into the kitchen to clean up after the contest.

The kitchen must be in the same spotless condition that it was prior to the start of the contest. This includes wiping down ALL surfaces including stoves, tables, sinks, pot washing area, and common table. The floor in your station **MUST** be swept and/or mopped before the contest organizer agrees that the station/kitchen area is clean.

No competitor will be able to leave the kitchen until the ENTIRE kitchen is clean. Failure to do so can lead to disqualification.

EQUIPMENT, TOOLS, MATERIALS TO BE PROVIDED BY COMMITTEE:

One (1) stove with gas burners, one (1) worktable, fridge space, electric outlet, sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, and one (1) table for display of finished plates. All china is supplied. Competitors are not allowed to use their own china or serving platters.







EQUIPMENT, TOOLS, MATERIALS TO BE SUPPLIED BY COMPETITOR:

- A personal toolbox with knives, ladles, whips, spatulas, piping bag and tips, rolling pin, and any other items required to complete your menu.
- Competitors may bring any equipment / tool deemed necessary with them, including basic equipment such as a small mixer, food processor, and timers. Phones cannot be used as timers and are not allowed in the contest area.
- Competitors may also bring all needed equipment with them, including items such as cling film, aluminum foil, wax paper, plastic containers to store food, as well as a scale, kitchen towels, dish towels, etc. Some of which are listed on the Common Table.

Please note that all equipment must fit on the workstation.

Toolboxes and equipment that do not fit in or on the workstation will have to be stored outside of the contest area and cannot be used during the contest. All material should be dishwasher safe and marked clearly for easy identification.

WORKSITE SAFETY RULES / REQUIREMENTS:

All articles to be worn are the sole responsibility of the contestant.

Required clothing, (provided by the competitor);

- Non-slip, closed toe, water resistant shoes (**NO** flip flops, sandals, crocs, etc.)
- Dark, (Black or Navy Striped), or checked professional chef's pants/trousers. **NO jeans.**
- Double breasted, full sleeve, **white** Chef's jacket.
- Professional necktie.
- White Apron.
- Side Towels.

Competitors may be disqualified for improper attire.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ingredients:

Competitors will receive protein, fruits, fresh vegetables, and dairy products. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted. The table with common food items is available to all competitors including a selection of fresh herbs, wines, spirits, and stocks as listed in this document.

Competitors are not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.

Food items and quantities are subject to change without notice, depending on availability and quality. All competitors will have the same conditions.

ADDITIONAL INFORMATION:

For all plates, the presentation should be modern and clean.

The portion sizes are specified for a three (3) course menu – **see the Contest Description.**

Appropriate recipe quantity conversions must be made for two (2) portions of each course. Menu titles and recipes must be respected.

Culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in the menu must be used to prepare the food.

The menu must be prepared with the items on the common food table.

Waste of any food item from the common table will be marked accordingly. Do not waste food items.

Composting and recycling principals will be employed.

Four round plates will be provided.

Reference books and recipes can be consulted during the competition.

NOTE - SUSTAINABILITY:

Recycling - will go into designated recycling containers, (white bucket or labelled container), and will stay on the competitor's station for the judges to inspect.

Composting - unusable food organics (peelings, egg shells, soiled paper, etc.) will go into a designated organics container, (white bucket or labelled container) for the judges to inspect.

Composting cannot include any protein matter (meat, fat, or bones).

Garbage - will go into designated garbage containers (½ hotel pans) and will stay on the competitor's station for the judges to inspect.

Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the judges feel that the competitor is being wasteful in their use of power or water.

MENU:

First Course:	Potage Cr�cy with a competitors' choice of Garnish.
Main Course:	Chicken Cacciatore with Hand-cut Fresh Pappardelle Pasta.
Dessert:	Chocolate Mousse with a Fruit Sauce and the competitors' choice of a Cookie utilising the Creaming Method.

First Course	Potage Cr�cy with a competitors' choice of Garnish.
Description	Prepare and present two (2) portions of the First Course.
Service Details	<ul style="list-style-type: none">• Potage Cr�cy with a competitors' choice of Garnish• One (1) bowl judged & one (1) plate for display
Basic Ingredients	<ul style="list-style-type: none">• Use ingredients from the main ingredients & common table• Use ingredients on your station - provided
Guidelines	<ul style="list-style-type: none">• Two (2) round wide-rimmed soup/pasta bowls will be provided for the Potage Cr�cy plus two (2) round white side plates for the Garnish – This is a total of four (4) plates• No other containers or service equipment permitted other than those provided as per scope document
Main Course	Chicken Cacciatore with Hand-cut Fresh Pappardelle Pasta.
Description	Prepare and present two (2) portions of the Main Course.
Service Details	Each plate should consist of: <ul style="list-style-type: none">• Four (4) pieces of chicken cut into eight (8) pieces on two (2) plates• Cacciatore Sauce• Precise cut of recipe ingredients – competencies <i>Complete plates should not exceed 350 grams/portion.</i> Cooking temperature of chicken must meet food safety standards.
Main Ingredients Required	Recipes supplied by the Committee. A list of all ingredients available for this module will be available on the Common Food Table page of this test project.
Basic Ingredients	<ul style="list-style-type: none">• Use ingredients from the main ingredients & common table.• Use ingredients at your station - provided
Guidelines	<ul style="list-style-type: none">• Two (2) round twelve (12) inch plates provided for the Main Course• No plates or containers (service equipment) permitted other than provided as per test project document.

Dessert	Chocolate Mousse with a Fruit Sauce and the competitors' choice of a Cookie made using the Creaming Method.
Description	Prepare and present two (2) portions of the Dessert.
Service Details	<p>Each plate should consist of:</p> <ul style="list-style-type: none"> • Chocolate Mousse • Choice of Fruit Sauce • Choice of Cookie made using the creaming method <p>Complete plates should not exceed 350 grams/portion.</p>
Main Ingredients Required	<p>Recipes supplied by the Committee.</p> <p>A list of all ingredients available for this module will be available on the Common Food Table page of this test project.</p>
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the main ingredients & common table. • Use ingredients at your station - provided
Guidelines	<ul style="list-style-type: none"> • Two (2) round twelve (12) inch plates provided for the Dessert • No plates or containers (service equipment) permitted other than provided as per test project document.

COMMON FOOD TABLE:

All items are subject to change without notice, depending upon availability and quality. All competitors will have the same conditions.

A selection of other Common Dry Herbs and Spices will be available.

Common Table List - All items are subject to availability.

PROTEINS
Broiler-Fryer Chicken – whole – fresh
SPIRITS
Brandy
Marsala
Orange Liqueur
White Wine
PRODUCE
Apple – Royal Gala
Arugula – Baby
Asparagus – Green
Avocados
Blueberries – frozen
Carrots
Celery
Garlic – whole
Kiwi
Lemons
Limes
Mango
Onion
Oranges
Parsnips
Peppers – green
Peppers – red
Peppers – yellow
Potato – Russet
Potato – Yukon Gold
Raspberries – frozen
Rutabagas
Shallots – peeled
Spinach – Baby
Strawberries
Tomato – Roma
Turnips

DAIRY/EGGS
Butter – salted
Butter – unsalted
Cheese – Parmesan – grated
Cheese – Gruyere – sliced
Cream – 35%
Cream cheese
Eggs – large
Milk – 2%
Sour Cream – 14%
STOCKS – PREPARED
Brown stock
Chicken stock
HERBS/SPICES DRY
Allspice
Basil
Bay leaf
Cinnamon
Cloves
Ginger
Mace
Nutmeg
Pepper – Cayenne
Pepper – white – ground
Peppercorns, whole black
Tarragon
Additional assorted dry herbs and spices
HERBS – FRESH
Basil
Chives
Mint
Parsley

Tarragon
Thyme
DRY GOODS
Almonds – sliced
Baking powder
Baking soda
Chocolate – dark (Callebaut d811)
Chocolate – white (Callebaut cw2)
Coconut
Cornstarch
Extract – Almond
Extract – Vanilla
Flour – All Purpose and/or Bread
Flour – Pastry
Flour – Semolina
Honey
Mustard – Dijon
Oil – Avocado
Oil – Olive
Oil – Vegetable
Pan spray
Salt – table
Sea salt – coarse
Sugar – brown
Sugar – icing
Sugar – white - granulated
Tomatoes – canned – crushed with juice
Tomatoes – canned - whole
Tomato – paste
Vanilla extract
Vinegar – Balsamic
Vinegar – Red Wine
Vinegar – White
Vinegar – White wine
Walnuts – pieces
NON-FOOD ITEMS
Aluminum foil
Butcher's twine
Cheesecloth

Disposable gloves
Paper towels
Parchment paper
Plastic wrap
Wood chips for smoking

SPECIAL STATEMENT:

It is important that competitors present a professional image and appearance.

Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines.

Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Committee, and resolution may be directed at that time. The Committee's resolution is final, and non-compliance may result in point deduction or removal from the contest.

Any grievances must be directed immediately to a Skills Manitoba Committee member.

MARKING CRITERIA:

All categories are marked from one (1) to ten (10) with 2 (two) decimal points, and then multiplied with the multiplication factor in an Excel Spreadsheet.

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none">• Appropriate and professional uniform• Personal hygiene and cleanliness• Safety• Cleanliness of work station, floor and fridge• Cutting board hygiene• Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none">• Food waste• Energy and water waste• Wasted time• Appropriate planning of tasks• Respected timetable regarding serving times
25 %	Preparation	<ul style="list-style-type: none">• Correct basic cooking techniques• Correct culinary methods• Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none">• Portion size and disposition of food• Harmonious colours• Clean plates• Appetising, modern, and artistic
35 %	Taste & Required Menu Components	<ul style="list-style-type: none">• Appropriate textures of foods• Degree of doneness• Balanced taste and seasonings• Taste according to menu

NOTATION:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very good	2	Insufficient
6	Good	1	Insufficient

Secondary Cooking Recipes

1. Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
2. The recipes are intended to be adjusted to produce the appropriate quantities, flavours, and correct seasoning.
3. Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “Professional Cooking for the Canadian Chef 8th Edition”.
4. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in this scope.
5. Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation (e.g. procedures used in the recipes, cooking methods, and guidelines for plate presentations).
6. Traditional and correct cooking practices should be respected and encouraged.
7. Recipes are guidelines only, to be followed to produce the set menu items for each competency. Competitors are to prepare enough food for two (2) portions.
8. The recipes are intended to be followed but enhancements can be made.
9. A cookie recipe has been included but the competitor may choose ANY cookie recipe following the Creaming method.
10. Where ingredients that are unavailable or out of season appropriate substitutions will be made. All competitors will have access to the same ingredients.



(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).

Cutting chicken into quarters and eighths, bone in



- Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife.
- Spread the chicken open and spread through the bones on one side of the backbone.



- Cut off the backbone completely and save for stocks.
- Cut through the skin between the leg and the breast.



- Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.
- To cut into eighths, cut the drumstick and thigh apart at the joint.



- Cut the breast and wing quarter into two equal pieces. Another method is simply to cut off the wing.
- The chicken cut into eighths. Note that the first joint of each wing has been cut off.

Italian Tomato Sauce for Pasta*

Professional Cooking 8 – 399A

Sauces

Yield: 1 ½ quarts (1.5 litres)

Portions: 16, 3-fluid ounce (3-millilitre)

8 fluid ounces	Olive oil	240 millilitres
4 ounces	Onion, chopped fine	110 grams
4 ounces	Carrot, chopped fine	110 grams
4 ounces	Celery, chopped fine	110 grams
3 pounds	Canned whole tomatoes	1360 grams
1 clove	Garlic, minced	1 clove
½ ounces	Salt	15 grams
1 ½ teaspoons	Sugar	7 millilitres

1. Heat the olive oil in a large saucepot. Add the onions, carrots and celery and sauté lightly for a few minutes. Do not let the vegetables brown.
2. Add remaining ingredients. Simmer uncovered, about 45 minutes, until reduced and thickened.
3. Pass through a food mill. Taste and adjust seasonings.
4. For service, this sauce should be tossed with freshly cooked pasta in a bowl before being plated, rather than simply ladled over the pasta.

***NOTE:** The Italian Tomato Sauce is optional to use when serving the Pappardelle Pasta. Butter, Olive Oil, and or cheese can be used. Competitors discretion, but it must be listed on the menu.

Purée of Carrot Soup – Potage Crècy

Professional Cooking 8 – 246A

Soup

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

2 ounces	Butter	60 grams
2 pounds	Carrots, small dice	1 kilogram
8 ounces	Onions, small dice	250 grams
2 ½ quarts	Chicken stock or white veal stock	2.5 litres
8 ounces	Potatoes, small dice	250 grams
To taste	Salt	To taste
To taste	Pepper	To taste
Optional		
6 – 8 fluid ounces	Cream, hot	180 – 250 millilitres

1. Heat the butter in a heavy saucepot over moderately low heat.
2. Add the carrots and onions and sweat the vegetables until they are about half cooked. Do not let them brown.
3. Add the stock and potatoes. Bring to a boil.
4. Simmer until the vegetables are tender.
5. Purée the soup by passing it through a food mill or by using an immersion blender.
6. Bring the soup back to a simmer. If necessary, add more stock to thin the soup to the proper consistency.
7. Season to taste.
8. If desired, finish the soup with hot cream at service time.

Chicken Cacciatore

Professional Cooking 3 – 313

Poultry - Chicken

Yield: 25, 8 – 10-ounce (250 – 300 gram) chicken, 3 ounces (90 millilitres) sauce

15 – 17 pounds	Broiler-fryers, disjointed	7.5 – 8 kilograms
1 pound	Flour	500 grams
2 tablespoons	Salt	30 millilitres
1 ½ teaspoons	Pepper	7 millilitres
8 ounces	Oil	250 millilitres
1 ¼ pounds	Onion, sliced thin	600 grams
1 pound	Green pepper, cut into bâtonnet	500 grams
5 ounces	Celery, cut into bâtonnet	150 grams
5 ounces	Carrot, cut brunoise	150 grams
2 tablespoons	Garlic, chopped fine	30 millilitres
1 cup	White wine or Marsala	250 millilitres
2 ½ quarts	Tomatoes (canned) crushed with juice	2.5 litres
8 ounces	Tomato paste	250 grams
2	Bay leaves	2
½ teaspoon	Basil	2 millilitres

1. Cut chicken into eighths.
2. Place the flour in a pan and season with salt and pepper.
3. Dredge the chicken in the flour. Shake off excess.
4. Heat the oil in a large sauté pan or skillet. Add the chicken pieces and brown well on all sides over high heat.
5. Remove the chicken from the pan and place in a brazier.
6. Pour about 5 ounces (150 millilitre) of the oil used to brown the chickens into a sauce pot. (Discard the rest of the oil, but keep the sauté pan handy.)
7. Add the onion, green pepper, celery, carrot, and garlic. Sweat until nearly tender.
8. Add the wine, tomatoes, tomato paste, and herbs. Bring to a boil.
9. Add a ladleful of the sauce to the pan in which the chickens were browned. Deglaze the pan and pour the liquid back into the sauce. Simmer about 5 minutes.
10. Pour the sauce over the chickens. Bring to a boil. Cover the pan and finish cooking in a 300°F (150°C) oven or over low heat on the stove. Cooking will take 30 to 45 minutes.
11. When the chicken is tender, remove it from the sauce and place in a hotel pan.
12. Degrease the sauce. Reduce the sauce over high heat until thickened to desired consistency. Adjust seasoning. Pour over the chicken.

Fresh Semolina Pasta

Professional Cooking 8 - 400

Pasta

Yield: 1 ½ pounds

1 pound	Semolina Flour	450 grams
5	Eggs	5
½ fluid ounce	Olive oil	15 millilitres
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.

Pappardelle: Cut by hand, using a fluted cutting wheel, into long noodles about ¾ inch (18 millimetres wide).



Chocolate Mousse

Professional Cooking 8 - 1021

Dessert - Mousse

Yield: 2 $\frac{3}{4}$ pounds (1.25 kilograms) or 2 $\frac{1}{2}$ pints (1.25 litres)

Portions: 12, 4 $\frac{1}{2}$ fluid ounce (145 millilitre)

1 pound	Bittersweet chocolate	500 grams
4 ounces	Butter	125 grams
6 ounces	Egg yolks	180 grams
8 ounces	Egg whites	250 grams
2 $\frac{1}{2}$ ounces	Sugar	75 grams
8 fluid ounces	Heavy cream	250 millilitres

1. Melt the chocolate over hot water.
2. Remove from the heat and add the butter. Stir until the butter is melted and completely mixed in.
3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat.
5. Fold the egg whites into the chocolate.
6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture.
7. Spoon the mousse into serving dishes or use a pastry bag fitted with a star tube.
8. Chill the mousse well before serving.

Basic Short Dough for Cookies

Professional Baking 7 - 490

Cookies

Yield: 3 pounds 3 ounces (1611 grams)

1 pound	Butter	500 grams	67%
8 ounces	Sugar	250 grams	33%
0.25 ounces	Salt	8 grams	1%
3 ounces	Eggs	95 grams	12.5%
0.25 ounces	Vanilla extract	8 grams	1%
1 pound 8 ounces	Pastry flour	750 grams	100%

1. **Creaming method** - Scale ingredients accurately. Have all ingredients at room temperature.
2. Place the butter, sugar, salt and spices in the mixing bowl.
3. With the paddle attachment, cream these ingredients at low speed. Partway through mixing, stop the machine and scrape down the bowl to ensure even mixing.
4. For light cookies, cream until the mix is light and fluffy to incorporate more air for leavening. For denser cookies, blend to a smooth paste, but do not cream until light.
5. Add the eggs and liquid if any and blend in at low speed.
6. Sift in the flour and leavening. Mix until just combined. Do not overmix, or gluten will develop.
7. **Makeup** – Rolled method. Roll out $\frac{1}{8}$ inch (3 millimetre) thick and cut out with cutters of various shapes.
8. **Baking** – 375°F (190°C), about 10 minutes.

Variations: Short dough is a versatile mixture that can be made up in many ways to provide variety. Some of the many possible variations are described here;

Flavoring the dough: During mixing, flavor the dough to taste with lemon, cinnamon, mace, or almond extract. Fine coconut or chopped nuts also may be mixed with the dough if it is available on the Common Table.

Garnishing before baking: Decorate the tops with chopped or whole nuts, or other various ingredients.

Garnishing after baking: Examples of materials for garnishing cookies are melted chocolate (to coat completely or to drizzle on with a paper cone).

The dough can also be used to make sandwiched cookies.