



**2020**  
**23<sup>rd</sup> ANNUAL SKILLS MANITOBA COMPETITION**  
**CONTEST DESCRIPTION**  
**Thursday, April 9<sup>th</sup>, 2020**

**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:**

**Paterson 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:**

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**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

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Last Update: January 23<sup>rd</sup>, 2020

## **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) Omelettes with a side salad accompaniment with Emulsified French Dressing.
2. Prepare and present two (2) portions of Thai Style Shrimp Stir-fry with Green Curry Sauce and Brown Rice Pilaf.
3. Prepare and present two (2) portions of Rhubarb Tart with Streusel topping and Crème Anglaise.

The above three (3) courses to be prepared with ingredients found on the Common Table – Par Stock table and the Requisition Sheet.

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 8<sup>th</sup> 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%
<b>Total</b>	<b>100%</b>

### **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** – A filled, 2 Egg, Classic French Omelette with Side Salad and Emulsified French Dressing.

**11:15 am Serve Main Course** – Thai Style Shrimp Stir-fry, with Green Curry Sauce and Brown Rice Pilaf.

**11:30 am Serve Dessert** – Rhubarb Tart with Streusel topping and Crème Anglaise.

**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 only their requisitioned food items from the Requisition Table. Items will be available on the Common Table – Par Stock table. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted if items run out.

**Competitors are not permitted to bring any foodstuffs to the contest, including coloring agents, 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:**

<b>First Course:</b>	Classic French 2 egg Filled Omelette, Side Salad dressed with an emulsified French Dressing.
<b>Main Course:</b>	Thai Style Shrimp Stir-fry with Green Curry Sauce and Brown Rice Pilaf.
<b>Dessert:</b>	Rhubarb Tart with Streusel topping and Crème Anglaise.

<b>First Course</b>	<b>Classic French 2 egg Filled Omelette, side salad accompaniment with emulsified French Dressing.</b>
Description	<b>Prepare and present two (2) portions of the First Course.</b> <ul style="list-style-type: none"><li>• 2 egg Omelette</li><li>• Filling to consist of Brie Cheese and Crimini Mushrooms.</li></ul>
Service Details	<ul style="list-style-type: none"><li>• Prepare two servings.</li><li>• One (1) 12 inch dinner plate judged &amp; one (1) 12 inch dinner plate for display.</li></ul>
Basic Ingredients	<ul style="list-style-type: none"><li>• Use ingredients from the main ingredients &amp; common table</li><li>• Use ingredients on your station – provided.</li></ul>
Guidelines	<ul style="list-style-type: none"><li>• Omelet tutorial</li></ul> <p><a href="https://www.youtube.com/watch?reload=9&amp;v=h8PcsmRypjk">https://www.youtube.com/watch?reload=9&amp;v=h8PcsmRypjk</a></p> <p>Video provided by Rouxbe Online Culinary School.</p>
Special Equipment Required	<ul style="list-style-type: none"><li>• Recipes are provided.</li><li>• 12-inch dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document.</li></ul>



<b>Main Course</b>	<b>Thai Style Shrimp Stir-fry with Green Curry Sauce and Brown Rice Pilaf</b>
Description	<ul style="list-style-type: none"> <li>• Prepare and present two servings, One (1) 12 inch dinner plate judged &amp; one (1) 12 inch dinner plate for display.</li> </ul>
Service Details	<ul style="list-style-type: none"> <li>• Cooking temperatures must meet minimum 72°C industry standards.</li> <li>• Completed plates should not exceed 350 grams per portion.</li> </ul>
Main Ingredients Required	<ul style="list-style-type: none"> <li>• Recipes supplied by the Committee.</li> <li>• A list of all ingredients available for this module will be available on the Common Food Table page of this test project.</li> </ul>
Basic Ingredients	<ul style="list-style-type: none"> <li>• Use ingredients from the main ingredients &amp; common table.</li> <li>• Use ingredients at your station – provided.</li> </ul>
Guidelines	<ul style="list-style-type: none"> <li>• Two (2) round twelve (12) inch plates provided for the Main Course.</li> <li>• No plates or containers (service equipment) permitted other than provided as per test project document.</li> </ul>

<b>Dessert</b>	<b>Rhubarb Tart with Streusel topping and Crème Anglaise</b>
Description	<ul style="list-style-type: none"> <li>• Prepare and present two servings. One (1) 12 inch dinner plate judged &amp; one (1) 12 inch dinner plate for display.</li> </ul> <p>Each plate should consist of:</p> <ul style="list-style-type: none"> <li>• Rhubarb Tart with Streusel topping.</li> <li>• Crème Anglaise.</li> <li>• A mystery fruit or berry, presented skillfully, to be incorporated on the plate. Example: Placing a whole strawberry on the plate does not show culinary skill.</li> </ul>
Service Details	<ul style="list-style-type: none"> <li>• Completed plates should not exceed 200 grams per portion.</li> </ul>
Main Ingredients Required	<ul style="list-style-type: none"> <li>• Recipes supplied by the Committee.</li> <li>• A list of all ingredients available for this module will be available on the Common Food Table page of this test project.</li> </ul>
Basic Ingredients	<ul style="list-style-type: none"> <li>• Use ingredients from the main ingredients &amp; common table.</li> <li>• Use ingredients at your station – provided.</li> </ul>
Guidelines	<ul style="list-style-type: none"> <li>• Two (2) round twelve (12) inch plates provided for the Dessert</li> <li>• No plates or containers (service equipment) permitted other than provided as per test project document.</li> </ul>

## **COMMON FOOD TABLE:**

**All items are subject to availability and quality, but all competitors will have the same conditions when requisitioning their food ingredients.**

**The Committee will make every attempt to have available all requisitioned food items.**

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

**Common Table List is now a Separate Document.**

## **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.

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

### 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 8<sup>th</sup> 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. 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).

## Emulsified French Dressing

Professional Cooking 8 – 666A

Salad Dressing

Yield: 1 quart (1litre)

1	Egg, preferably pasteurized	1
1 ½ teaspoon	Salt	7 millilitre
1 ½ teaspoon	Paprika	7 millilitre
1 ½ teaspoon	Dry mustard	7 millilitre
¼ teaspoon	White pepper	1 millilitre
1 ½ pints	Salad oil	700 millilitre
4 fluid ounces	Cider vinegar	125 millilitre
2 fluid ounces	Lemon juice	60 millilitre
As needed	Vinegar, lemon juice, or water	As needed

1. Place the egg in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise.
8. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

## Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 millilitres)

1 fluid ounce	Vegetable oil	30 millilitres
1 ½ ounces	Green curry paste (PC8 211A)	45 millilitres
2 fluid ounces	Water or stock	60 millilitres
14 fluid ounces	Coconut milk, canned, unsweetened	410 millilitres
1 ½ ounces	Nam pla (Thai fish sauce)	45 millilitres

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer and simmer several minutes to blend flavours.

**Note:** in Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavoured with a curry paste, and stew the meat in the sauce with the desired vegetables.

## Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

15	Serrano chiles, seeded and chopped	15
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro leaves, chopped	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 millilitre
1 teaspoon	Nutmeg	5 millilitres
3 fluid ounces	Vegetable oil	90 millilitres

1. Combine all ingredients in a food processor. Process until the mixture forms a smooth paste.
2. Refrigerate and use as needed to make curry sauces.

**Note:** Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste. If it is not available use fresh ginger.

Cilantro roots are the roots attached to ordinary cilantro that are usually discarded. Save, wash thoroughly and use for this preparation. If not available, use cilantro stems.



## Shrimp in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 millilitres
2 ½ pounds	Shrimp, Black Tiger, 16 – 20 count	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 210B)	525 millilitres
2 ½ pounds	Mixed vegetables – previously blanched	1 kilogram

1. Peel and devein the shrimp.
2. Heat the oil in a sauté pan or wok over high heat.
3. Add the shrimp and stir-fry until well seared.
4. Add the curry sauce and vegetables. Cook a few minutes longer, until the shrimp are completely cooked.
5. Serve with rice.

### Mixed Vegetables

2 ounces	Green pepper, lozenge	60 grams
2 ounces	Eggplant, large dice	60 grams
2 ounces	Zucchini, medium dice	60 grams

1. Blanch the vegetables together.
2. Drain well.

## Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds

2 ounces	Butter	60 grams
1 ounce	Onion, brunoise	30 grams
1 ounce	Celery, small dice	30 grams
1 ounce	Carrot, small dice	30 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 litre
To taste	Salt	to taste

1. Heat the butter in a heavy saucepan. Add the vegetables 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. 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 1 hour, 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 Anglaise

Professional Cooking 8 – 1010

Custard Sauce

Yield: 2 ½ pints (1.25 litres)

12	Egg yolks	12
8 ounces	Sugar	250 grams
1 quart	Milk	1 litre
1 tablespoon	Vanilla	15 millilitres

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the milk in a boiling-water bath or over direct heat.
3. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip.
4. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F / 85°C).
5. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.

## Rhubarb Tart with Streusel Topping

Dessert should have a maximum weight of 200 grams including sauce and garnish.

### Pâte Sucrée

Professional Baking 7 – 314A

Pastry

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.

### Baked Tart Shells

Professional Baking 7 – 351

- Remove the dough from the refrigerator.
- Scale the dough as required.
- 4 – 5 ounce (115 – 140 grams) for 6-inch (15 centimeter) tarts.
- Bake 6-inch tart shell at 450°F until golden.

## Rhubarb Pie Filling

Professional Baking 7 – 294F

Fillings

Yield: 2 pounds 6 ounces (1070 grams) – one 9-inch (23 centimetre) pie

1 pound 6 ounces	Rhubarb, cut into 1-inch pieces	650 grams
1 ounce	Butter	30 grams
3 ounces	Sugar	90 grams
2 ounces	Water, cold	60 grams
0.75 ounces	Cornstarch	15 grams
3.5 ounces	Sugar	100 grams
¼ teaspoon	Salt	1 gram
0.25 ounces	Butter	7 grams

### **Cooked fruit method.**

1. Sauté the rhubarb lightly in the first quantity of butter until they are slightly softened. Add the first quantity of sugar as the rhubarb cooks. This will draw juices out of the rhubarb, which will then simmer in these juices.
2. Mix the water and starch until smooth. Add the starch mixture to the rhubarb and boil until the liquid is thick and clear.
3. Remove from the heat. Add the remaining ingredients. Stir gently until the sugar is dissolved and the butter is melted.
4. Cool completely.

## Streusel Topping

Professional Baking 7 – 195A

Toppings

Yield: 1 pound (514 grams)

4 ounces	Butter &/or shortening	125 grams	50%
2.5 ounces	Granulated sugar	75 grams	30%
2 ounces	Brown sugar	60 grams	25%
¼ teaspoon	Salt	1 gram	0.5%
¼ to ½ teaspoon	Cinnamon or mace	0.6 – 1 gram	0.25 – 0.5%
8 ounces	Pastry flour	250 grams	100%

1. Rub all ingredients together until the fat is thoroughly blended in and the mixture appears crumbly.

## Rhubarb Tart Assembly

1. Fill cooked shell with pie filling.
2. Top each with 50 grams streusel topping and bake until topping is golden.
3. Allow to cool.
4. Present 1 tart per plate with Crème Anglaise, utilizing the assigned mystery fruit.
5. Maximum weight is 200 grams per portion.