



SKILLS CANADA

CANADIAN SKILLS COMPETITION 2009

CHARLOTTETOWN, PEI

COOKING

**SECONDARY**

**RECIPES**

Recipes can be found in The Canadian Edition of “On Cooking”: a textbook of culinary fundamentals / Sarah R. Labensky, 3<sup>rd</sup> and 4<sup>th</sup> edition.

The recipes are intended as a guide.

- Common and correct cooking practices will be respected and encouraged.
- Competitors must make appropriate recipe quantity conversions to complete the required amount of portions with reasonable portion sizes.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- Contestants will use prunes only for the Roast Pork dish. Although the recipe suggests other versions no other substitution will be accepted.
- For the **Rösti Potatoes**, vegetable oil or clarified butter may be substituted for bacon lard. Contestants must complete a simple **Rösti**. Do not complete the suggested baked cheddar version.
- Competitors must utilize the Crepe recipe however the filling and garnishes are open to the competitor’s creativity.

# Gazpacho

Recipe 11.10 in *On Cooking*, Canadian Edition

YIELD: 4 qt. (4 L)

Tomato, peeled and diced	2 lb. 8 oz.	1.2 kg
Onion, medium dice	8 oz.	250 g
Green pepper, medium dice	1	1
Red pepper, medium dice	1	1
Cucumber, peeled, seeded, medium dice	1 lb.	450 g
Garlic, minced	1 oz.	30 g
Red wine vinegar	2 oz.	60 mL
Lemon juice	2 oz.	60 mL
Olive oil	4 oz.	120 mL
Salt and pepper	TT	TT
Cayenne pepper	TT	TT
Fresh bread crumbs (optional)	3 oz.	90 g
Tomato juice	3 qt.	3 L
White stock	as needed	
Garnish:		
Tomato, peeled, seeded, small dice	8 oz.	250 g
Red pepper, small dice	4 oz.	120 g
Green pepper, small dice	4 oz.	120 g
Yellow pepper, small dice	4 oz.	120 g
Cucumber, peeled, seeded, small dice	3 oz.	90 g
Green onion, sliced fine	2 oz.	60 g
Croutons	as needed	

1. Combine and purée all ingredients except the tomato juice, stock and garnish in a VCM, food processor or blender.
2. Stir in the tomato juice.
3. Adjust the consistency with stock.
4. Stir in the vegetables, the garnishes and adjust the seasonings.
5. Serve in chilled cups or bowls garnished with croutons.

# Pork Loin with Prunes

Recipe 16.4 in *On Cooking, Canadian Edition*

YIELD: 6 7-oz. (210-g) Servings – METHOD: Roasting

Boneless pork loin roast, 3 lb. (1.5 kg)	1	1
Salt and pepper	TT	TT
Prunes, pitted, or other dry fruit	12 oz.	375 g
Carrot, chopped coarse	3 oz.	90 g
Onion, chopped coarse	6 oz.	170 g
Vegetable oil	1	15 mL
	Tbsp.	
Clarified butter	1	15 mL
	Tbsp.	
Fresh rosemary	1 tsp.	5 mL
Fresh thyme	1 tsp.	5 mL
Bay leaf, crushed	1	1
Garlic cloves	2	2
Apple juice	8 oz.	250 mL
White stock	8 oz.	250 mL
Sugar	2 oz.	60 g
Vinegar	2 oz.	60 mL

1. Trim and butterfly the pork loin; reserve the trimmings. (To butterfly the loin, slice it partway through the centre and open it like a book, then flatten it into a rectangular shape.) Season with salt and pepper.
2. Reserve 12 prunes and arrange the remaining prunes along the length of the loin. Roll up the loin and tie with butcher's twine.
3. Brown the pork roll and pork trimmings, carrots and onions in the oil and butter.
4. Add the herbs and garlic and roast the pork on the bed of trimmings and vegetables at 350°F (170°C), basting frequently with the fat that accumulates in the pan, until done, approximately 45-60 minutes.
5. Poach the reserved prunes in the apple juice until plump; set aside.
6. Remove the roast from the pan and keep it warm. Degrease the pan and deglaze with white stock. Simmer for 15 minutes, then strain.
7. Combine the sugar and vinegar in a saucepan. Bring to a boil and cook without stirring until the mixture turns a caramel colour. Immediately remove it from the heat and add the juices from the roasting pan. When the sputtering stops, return the pan to the heat and skim any fat from the surface; keep the sauce warm over low heat.
8. Drain the prunes. Remove the twine from the roast. Slice and serve the meat with the sauce and prunes.

VARIATION: Use dried apricots, apples or cranberries instead of prunes.

# Rösti Potatoes

Recipe 23.14 in *On Cooking*, Canadian Edition

The Four Seasons, New York, NY  
Chef Christian Albin

YIELD: 6 Servings – METHOD: Pan-frying

Boiling potatoes, large	4	4
Bacon fat	2 oz.	60 mL
Lard	2 oz.	60 mL
Kosher salt and pepper	TT	TT
Whole butter	1 oz.	30 g

1. Cook the potatoes in salted water until almost done.
2. Drain and cool the potatoes, then peel and coarsely grate them.
3. Heat the bacon fat and lard in a heavy, shallow 10-inch (25-cm) skillet with sloping sides until quite hot. Spread half the potatoes over the bottom of the pan; sprinkle with salt and pepper. Cover with the remaining potatoes and cook over medium-high heat until the bottom turns brown and crusty, approximately 10 minutes.
4. Turn the potatoes in one piece. This is easiest to do by placing a large plate over the pan and turning both together so that the potatoes fall onto the plate. Slip the turned-over potatoes off the plate back into the pan, browned side up. Cook until the bottom is browned.
5. Before serving, smooth the edges of the potatoes with a spatula. Sprinkle with salt and brush the edge of the pan with whole butter. It will melt and run into the potatoes.

VARIATION: Cheddar Cheese Rösti Potatoes: Make two thin potatoes cakes. Top one with a layer of 7 ounces (200 g) sour cream, 2 ounces (60 g) cubed sharp cheddar cheese and 2 tablespoons (30 mL) chopped chives. Top with the other cake. Dot with 1 tablespoon (15 mL) whole butter and bake in a 400°F (200°C) oven for 15 minutes.

# Sweet Crepes

Recipe 32.8 in *On Cooking*, Canadian Edition

YIELD: 30 6-inch (15-cm) Crepes

Whole eggs	6	6
Egg yolks	6	6
Water	12 oz.	350 mL
Milk	18 oz.	540 mL
Granulated sugar	6 oz.	180 g
Salt	1 tsp.	5 mL
Flour	14 oz.	420 g
Unsalted butter, melted	5 oz.	150 g
Clarified butter		as needed

1. Whisk together all liquid ingredients except the melted butter. Add the sugar, salt and flour; whisk together. Stir in the melted butter. Cover and set aside to rest for at least 1 hour before cooking.
2. Heat a small sauté or crepe pan; brush lightly with clarified butter. Pour in 1 to 1-1/2 ounces (30-45 mL) of batter; swirl to coat the bottom of the pan evenly.
3. Cook the crepe until set and light brown, approximately 30 seconds. Flip it over and cook a few seconds longer. Remove from the pan.
4. Cooked crepes may be used immediately or covered and held briefly in a warm oven. Crepes can also be wrapped well in plastic wrap and refrigerated for 2-3 days or frozen for several weeks.