



**Skill India**  
कौशल भारत - कुशल भारत



# SAMPLE TEST PROJECT

## India Skills 2023 District Skill Competitions Cooking Skill - 34

WSC2022\_TD34\_EN

**District Selection Sample Test Project**

**(DATE)**



## Table of Contents

A. Preface .....	.....
B. Test Project .....	.....
C. Marking Scheme .....	.....
D. Ingredients & Infrastructure List .....	.....
E. Instructions for candidates .....	.....
F. Health, Safety, and Environment .....	.....

COOKING

# SECTION A

## A. Preface

### Skill Explained

The professional chef can work in a wide range of establishments including high-class restaurants, hotels, welfare caterings such as hospitals and residential homes, theme parks and industrial sites, providing catering services to guests and staff. These skills include menu compilation, food costing, purchasing, storage, and utilization of food commodities and their control, work/time management, planning, communication and managing a kitchen brigade. The chef in a high-class hotel or restaurant offering fine dining will need to demonstrate outstanding skills in food preparation and its presentation. Strict maintenance of the highest personal and food hygiene and safety are paramount always. Effective communication skills are essential for the chef.

The chef in a high-class hotel or restaurant offering fine dining will need to demonstrate outstanding skills in food preparation and its presentation. They will be expected to create and adapt dishes that meet the expectations of demanding customers who are used to dining in exclusive restaurants. Fashions and trends in cuisine fluctuate so it is important that the top-class chef keeps abreast of these trends and adapts their product and service accordingly. The customer wishing to experience fine dining is expecting a memorable meal experience which incorporates the setting and ambiance of the restaurant, restaurant theatre, and outstanding customer care, as well as exceptional food.

**Eligibility Criteria-** Competitors born on or after 01 Jan 2002 are only eligible to attend the Competition

### Total Duration: 4 Hours

### MODULE INSTRUCTIONS

1. The Test Project for Cooking will be carried out on one-day period, total project time 8 hours.
2. All food preparations will commence and conclude on the same day. Competitors are not permitted to do preparations in advance.
3. A common ingredients list on the day of competition and a specific module ingredients list will be available on the day of competition.
4. All modules to be planned based on ingredient list.
5. Only the required ingredient in specific quantity should be indented as there will be negative marking for wastage.
6. The crockery, cutlery and glassware will be provided by the organizer.
7. Competitor may bring their own knife kit and small non-electrical equipment like moulds etc. but need to disclose it before the commencement of the competition.

## B. Test Project

**Duration of Test project : 4 hours**

**Module 1 (Knife skill) : 2 hours**

**Module 2 (Cooking Skill) : 2 hours**

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### **Module 1 (Knife skill) : 2 hours**

- Vegetable cuts - 1 hour
- Butchery Skill - 1 hour

### **Module 2 (Cooking skill): 2 hours**

- Salad - 45 minutes
- Main Course with one starch - 1 hour 15 minutes

## **Module 1 (Knife skill): 2 hours - Day 1**

### **Description**

#### Vegetable Cuts (1 hour)

- 4 plates of each vegetable cuts
- Should demonstrate and present 10 classical cuts of vegetables (Julienne / Fine Julienne / Brunoise / Fine Brunoise / Baton / Batonnet / Chiffonade / Tourne / Macedoine / Lozenge)

#### Butchery Skill (1 hour) - (Chicken deskinning & deboning)

- Chicken Deskinning
- Chicken Deboning

## Module 2 (Cooking skill): 2 hours – Day 1

### Description

Salad (45 minutes) - Cold (Vegetarian)

- 4 plates of each
- Should make use of the Module 1 vegetable cuts
- Salad has to be served cold
- Minimum weight should be 80 gms

Main Course with one starch (1 hour 15 minutes): Prepare main course using fabricated chicken (task performed in butchery skills) with starch.

- Main course to be served with 1 starch.
- Portion size for main course should not exceed 180 gms and for accompaniment 30 gms
- Should make use of the fabricated chicken (task performed in butchery skills)
- Common ingredients to be ordered from common table
- Total 4 plates to be prepared
- All dishes to be served hot

## MODULE TIMING (COMPETITORS)

### COMPETITION OVERVIEW (DAY 1)

Reporting at : 08:00 hrs.  
Module 1 (Knife skill) : 2 hours  
Module 2 (Cooking Skill) : 2 hours

08:00	-	Reporting Time
8:45 – 9:05	20 mins	Experts – Competitor Open Conversation (Module briefing)
9:10 – 9:20	10 mins	Procurement and set up for vegetable cuts
9:20 – 10:20	60 mins	Vegetable Cuts
10:20 – 10:30	10 mins	Cleaning
10:30 – 10:50	20 mins	<b>Tea Break</b>
10:50 – 11:00	10 mins	Procurement and set up for Butchery skill
11:00 – 12:00	60 mins	Butchery skill
12:00 – 12:10	10 mins	Cleaning
12:10 – 01:10	60 mins	<b>Lunch Break</b>
01:15 – 02:00	45 mins	Salad - Mise en place & cooking
02:00 – 02:15	15 mins	Salad service
02:15 – 02:30	15mins	Cleaning
02:30 – 03:30	1 hour	Main Course - Mise en place & cooking
03:30 – 03:45	15 mins	Main Course Service
03:45 – 04:05	20 mins	Cleaning
04:05 – 04:30	25 mins	Experts – Competitor Open Conversation (De-briefing)

### C. Marking Scheme

	<b>Criteria</b>	<b>Mark</b>
A	Hygiene	12 %
B	Preparation	28 %
C	Presentation	20 %
D	Tasting	40 %



### Module 1 Objective

	Total	
	4	Uniform Hygiene (Max-0.5)
		Personal hygiene (Max-0.5)
		Workstation hygiene (Max-01)
		Wastage (Max-01)
		Organisational skills (Max-01)
<b>Knife Skill</b>	2	Culinary knife skills (Max-0.5)
		Appropriate size (Max-1)
		Clean cuts performed (Max-0.5)
<b>Butchery Skill</b> (Chicken deskinning & deboning)	2	Culinary knife skills (Max-0.5)
		Clean cuts performed (Max-1)
		Clean carcass (Max 01)

### Module 1 Subjective

	Total	
<b>Knife Skill</b>	6	Visual Appeal (Max - 1)
		Uniformity in cuts (Max -2)
		Yield (Max - 2)
		Precision of cuts (Max - 1)
<b>Butchery Skill</b> (Chicken deskinning & deboning)	7	Visual Appeal (Max - 1)
		Deskinning of chicken (Max -2)
		Deboning Yield (Max - 3)
		Precision of cuts (Max - 1)

<b>Module 2 Objective</b>		
	<b>Total</b>	
	<b>4</b>	Uniform Hygiene (Max-0.5)
		Personal hygiene (Max-0.5)
		Workstation (Max-01)
		Wastage (Max-01)
		Burnt and spoilt (Max-01)
<b>Salad (Vegetarian)</b>	<b>2</b>	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		4 plates with equal portions and weight 80 gms (Max-01)
<b>Main Course with one starch</b>	<b>2</b>	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		Total portions and weight (Max-1)
<b>Module 2 Subjective</b>		
	<b>Total</b>	
<b>Salad (Vegetarian)</b>	<b>7</b>	Visual Appeal (Max - 1)
		Taste (Max -3)
		Taste Dressing (Max -1)
		Texture (Max - 1)
		Culinary Skills (Max - 1)
<b>Main Course with one starch</b>	<b>5</b>	Visual Appeal (Max - 1)
		Taste (Max - 2)
		Texture (Max - 1)
		Culinary Skills (Max - 1)

## D. INGREDIENTS & INFRASTRUCTURE LIST

Sl. No.	Meat & Meat Products	Seafood & Seafood Products	Dairy & Dairy Products	Vegetables	Fruits	Nuts	Dry Ingredients	Alcohol & Wines	Spices
1	Whole chicken with skin		Milk	Onion	Apple	Pinenuts	Corn Flour	White Wine	Mustard
2	Chicken Mince		Cream Amul	Baby Potato	Orange	Walnuts	Refined Flour	Red Wine	Cumin
3	Bacon		Mozzarella	Carrot	Pineapple	Almonds	Semolina	Dark Rum	Fennel
4	Ham		Feta Cheese	Tomato	Grapes	Hazelnuts	Chocolate Compound	Brandy	Whole Dry Chillies
5	Eggs		Parmesan	Cherry Tomato	Sweet Lime	Cashewnuts	Arborio Rice		Coriander Seeds
6			Processed Cheese	Bell Peppers	Pomegranate	Raisins	Refined Oil		Nutmeg
7			Sour Cream	Broccoli	Banana	Prunes	Extra Virgin Olive Oil		Garlic Powder
8			Cream Cheese	Baby Corn	Kiwi	Figs	Olive Oil		Cinnamon Pwd
9			Curd	Fresh Herbs	Ripe Mango	Apricots	Sesame Oil		Coffee Powder
10			Buttermilk	Spinach	Watermelon	Peanuts	Wine Vinegar		Green Tea
11			Butter	Potatoes	Muskmelon	Dates	Cider		Cocoa Pwd
12			Margarine	Asparagus			Sugar		Paprika Powder
13			Milk Powder	Rosemary			Yeast		White Pepper Powder

14				Variety Lettuce			Sea Salt		Black Pepper Powder
15				Beetroot			Pasta		
16				Celery			Mango Essence		
17				Leeks			Black Olives		
18				Lemon			Green Olives		
19				Garlic					
20				Shallots			Jaggary		
21				Ginger			Palm Sugar		
22				Cauliflower			Split Gram Lentil (Kali Masoor)		
23				Curry Leaves			Durum Wheat Flour		
24				Peas (Frozen)			Grain Sugar		
25				Brussel sprouts			Honey		
26				Mint			Balsamic Vinegar		
27				Basil			Panko Bread Crumbs		
28				Thyme			Sundried Tomatoes		
29				Coriander Fresh			Pearl Barley		
30				Parsley			Fava Beans		
31				Tarragon			Leaf Gelatin		
32				Cucumber			Coconut Milk		
33				Red Radish			Cornflakes		
34				Lime Leaves			Coconut Cream		
35				Zucchini			Sandwich Bread		
36				Purple Cabbage			Toor Dal		
37				Sweet Corn			Brown Bread		
38				Dill					
				Lemon Grass					

<b>S. No.</b>	<b>Item Name &amp; Description</b>				
<b>1</b>	Sink Unit	<b>21</b>	Squeezy Bottle	<b>41</b>	Pallet Knife
<b>2</b>	Refrigerator	<b>22</b>	Chinois (Conical Strainer)	<b>42</b>	Sharpening Steel
<b>3</b>	Deep Freezer	<b>23</b>	Vegetable Grater	<b>43</b>	Whisk
<b>4</b>	Working Tables	<b>24</b>	Weighing Scale	<b>44</b>	Hand Blenders
<b>5</b>	Induction Burners	<b>25</b>	Whisk	<b>45</b>	Thermometers
<b>6</b>	Fry Pans 10"	<b>26</b>	Aluminum Foil	<b>46</b>	Crockery
<b>7</b>	Fry Pans 8"	<b>27</b>	Cling Wrap	<b>47</b>	Platters
<b>8</b>	Spatula Wooden 12"	<b>28</b>	Kitchen Dusters	<b>48</b>	Duster Or Kitchen Towels
<b>9</b>	Chopping Boards 18"X12"X1.5" Green/ White	<b>29</b>	Knife 10" Blade	<b>49</b>	MOP
<b>10</b>	Chopping Boards 18"X12"X1.5" Red	<b>30</b>	Knife 5" Blade	<b>50</b>	Cleaning Agents
<b>11</b>	Garnish Bowl Ss Small	<b>31</b>	Peeler	<b>51</b>	Invoice Format
<b>12</b>	Mixing Bowl Medium	<b>32</b>	Storage Pans With Lid	<b>52</b>	Weighing Machine
<b>13</b>	Induction Saucepans	<b>33</b>	Ladles	<b>53</b>	Storage Containers
<b>14</b>	Lemon Squeezer	<b>34</b>	Spoons	<b>54</b>	LPG Cylinders (Gas Bank)
<b>15</b>	Measuring Jug 1 Lt. Capacity	<b>35</b>	Water Bottles	<b>55</b>	Two Gas Burners & Griddle Plate
<b>16</b>	Kitchen Thermometer	<b>36</b>	Steel Stock Pot (4 Ltr Approx.)	<b>56</b>	Oven (Gas / Electrical)
<b>17</b>	Non-Stick Pan 10"	<b>37</b>	Steel Saucepan (2 Ltr Approx.)	<b>57</b>	Chiller And Freezers
<b>18</b>	Ss Kitchen Tongs	<b>38</b>	Steel Saute Pan	<b>58</b>	Ss Kitchen Rack
<b>19</b>	Perforated Spoon With Handle (Pony) 4" Diameter	<b>39</b>	CHEF KNIFE	<b>59</b>	Dry Storage Cabinet
<b>20</b>	Garbage Can With Lid	<b>40</b>	CHEF KNIFE (THICK BLADE)	<b>60</b>	Cease Fire/Fire Extinguisher
				<b>61</b>	Griller

## E. Instructions for candidates

*The participating Competitors must ensure:*

- Perform all tasks by wearing proper Personnel Protective Clothing.
- Candidate must report on given time at the Competition Venue
- Candidate will not get any additional time for completing the task.
- Candidates are not allowed to use any kind of unfair means during the test.
- All must follow the instruction given by examiner
- The Test Project will be carried out in Modular format over a 2- day period, total project time 12 hours
- Competitors are not permitted to do any preparations in advance.
- THSC / NSDC reserve all rights to any audio/visual/print recording and coverage of the event. Any publication, reproduction or copying of the same can only be made with written consent of the organizers.
- All participants must be in Uniforms. No company name/logo should be visible to the Judges during the competition. Violation of this guideline will lead to disqualification.
- All finalists/winners must be present in uniform at the Award Ceremony
- Participants are not required to bring their own Tool kit

### **Skill-specific safety requirements for Kitchen are:**

- All Competitors must wear a chef's jacket, long black or finely checkered trousers, safety shoes, and hats.
- In all cases jewelry should be minimal
- All Competitors must know how to use all the equipment on site before starting the Competition
- All Competitors must be aware of all dangers associated in working in a bakery kitchen and be aware of the specific Health and Safety regulations of the Competition Organizers

## F. Health, Safety, and Environment

1. All accredited participants and supporting volunteers will abide by rules and regulations with regards to Health, Safety, and Environment of the Competition venue.
2. All participants will assume liability for all risks of injury and damage to property, loss of property, which might be associated with or result from participation in the event. The organizers will not be liable for any damage, however in case of Injury the competitor will immediately inform the immediate organizer for medical attention.
3. Competitors could lose marks or excluded from the competition (as per Competition Rules & Health and Safety documents) if they are identified working in an unsafe manner or create an unsafe workplace condition.
4. All machinery and/or equipment must comply with the mandatory safety requirements.
5. Competitors must keep their work area clear of obstacles and their floor area clear of any material, equipment, or items likely to cause someone to trip, slip or fall.
6. Experts will use the appropriate personal protective equipment when inspecting, checking or working with a Competitor's project.

The personal hygiene of each individual person that handles food during the Competition is an important aspect of food hygiene. Together with health, the following hygiene regulations must also be respected:

- Cut wounds to the hands and arms must be covered and made watertight using dressings such as rubber finger covers, gloves or approved adhesive bandages. In food preparation skill competitions these adhesive bandages must be bright blue.
- No persons must have ulcerous or weeping wounds on their arms and hands.
- No sneezing or coughing is permitted close to food.
- Work clothes must always be clean.
- Suitable headwear must be worn

Washing hands represents a key aspect of personal hygiene. Germs are transmitted to food by direct contact with the hands. For this reason, the hands must be washed at regular intervals with the supplied anti- bacterial hand wash liquid:

- After using the toilet
- After touching raw foods (e.g., fish, meat, poultry, eggs, etc.)
- After coming into contact with waste
- Before commencing competition and after each break
- After touching the hair, uncovered body parts, wiping the nose, coughing or sneezing
- After handling soiled equipment or utensils
- After handling chemicals
- After handling tobacco
- After consumption of food or drink

Disposable towels must be used for drying the hands. If disposable gloves are used, they must be regularly changed and certainly after contact with unclean areas or objects (e.g., packaging material, waste bins, money).

The following points must be considered when selecting work clothing:

- No jewelry and/or wrist watches
- Appropriate protective clothing, e.g. hairnet, gloves, apron
- The use of nail extensions, nail varnish and perfume is prohibited.

Smoking is prohibited in the food preparation and handling area!

Risk Assessments will be carried out by the Workshop Manager for all food related workshops.