



Skill India
कौशल भारत - कुशल भारत



SAMPLE TEST PROJECT

India Skills 2023 Zonal Skill Competition Cooking Skill - 34

WSC2022_TD34_EN

Zonal Selection – Sample Test Project

(DATE)



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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: 6 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 organiser.
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 : 6 hours

Module 1 (Knife skill) : 2 hours

Module 2 (Cooking Skill) : 4 hours

Module 1 (Knife skill) : 2 hours

- Vegetable cuts : 45 minutes
- Butchery Skill : 1 hour 15 minutes (Chicken deboning & Fish Fillet)

Module 2 (Cooking skill) : 4 hours

- Egg Cookery : 15 minutes (Rolled Omelette)
- Starch cooking : 30 minutes (Mash Potatoes)
- Salad : 45 minutes
- Cooking techniques : 1 hour (Moist & dry)
- Mystery Basket : 1 hour 30 minutes

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

Description

- Vegetable Cuts (45 minutes)
 - 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 15 minutes) - (Chicken deboning & Fish Fillet)
 - Chicken Deboning
 - Fish Fillet – should fillet one round and one flat fish.

Module 2 (Cooking skill): 4 hours – Day 1

Description

- **Egg Cookery : 15 minutes**
 - Should prepare rolled omelette
 - Total 4 plates to be prepared
 - Should serve with any one accompaniment.

- **Starch cooking: 30 minutes**
 - Should prepare Mash Potatoes
 - Portion size for mash potatoes should not be 210 gms.
 - Total 4 portions to be prepared

- **Salad : 45 minutes**
 - 4 plates of each
 - Salad has to be served cold
 - Minimum weight should be 80 gms

- **Cooking techniques: 1 hour**
 - Should prepare one dish with accompaniments with dry/moist/comboination cooking techniques.
 - Portion size should not exceed 180 gms.
 - Common ingredients to be ordered from common table
 - Total 4 plates to be prepared
 - All dishes to be served hot

- **Mystery Basket: 1 hour 30 minutes**
 - Should prepare one dish with accompaniments.
 - Portion size should not exceed 180 gms and for accompaniment 30 gms
 - 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) : 4 hours

08:00	-	Reporting Time
8:25 – 8:50	25 mins	Experts – Competitor Open Conversation (Module briefing)
8:50 – 9:00	10 mins	Procurement and station setup
9:00 – 09:45	45 mins	Vegetable cuts
09:45 – 11:00	1 hour 15 mins	Butchery Skills
11:00 – 11:15	15 mins	Tea Break
11:15 – 11:20	5 mins	Station setup
11:20 – 11:35	15 mins	Egg Cookery
11:35 – 11:40	5 mins	Cleaning & Station setup
11:40 – 12:10	30 mins	Starch cooking
12:10 – 12:55	45 mins	Salad
12:55 - 01:10	15 mins	Cleaning of station
01:10 – 01:55	45 mins	Lunch Break
02:00 – 02:10	10 mins	Station Setup
02:10 – 03:10	1 hour	Cooking Techniques
03:10 – 03:25	15 mins	Dish Service
03:25 – 03:35	10 mins	Station setup & collection of mystery basket
03:35 – 05:05	1 hour 30 mins	Mystery Basket
05:05 – 05:20	15 mins	Dish Service
05:20 – 05:40	20 mins	Cleaning
05:40 – 06:00	20 mins	Experts – Competitor Open Conversation (De-briefing)

C. Marking Scheme

	Criteria	Mark
A	Hygiene	12 %
B	Preparation	28 %
C	Presentation	20 %
D	Tasting	40 %

COOKING

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)
Knife Skill	2	Culinary knife skills (Max-0.5)
		Appropriate size (Max-1)
		Clean cuts performed (Max-0.5)
Butchery Skill (Chicken deboning & Fish Fillet)	2	Culinary knife skills (Max-0.5)
		Clean cuts performed (Max-1)
		Clean carcass / Clean bone (Max 01)

Module 1 Subjective

	Total	
Knife Skill	6	Visual Appeal (Max - 1)
		Uniformity in cuts (Max -2)
		Yield (Max - 3)
		Precision of cuts (Max - 1)
Butchery Skill (Chicken deboning & Fish Fillet)	7	Visual Appeal (Max - 1)
		Deboning of chicken (Max -2)
		Yield (Max - 1)
		Fish fillet (Max - 2)
		Yield (Max - 1)

Module 2 Objective

	Total	
	4	Uniform Hygiene (Max-0.5)
		Personal hygiene (Max-0.5)
		Workstation (Max-01)
		Wastage (Max-01)
		Burnt and spoilt (Max-01)
Egg Cookery	2	No spill/ fingerprints (Max-0.5)
		Elements W accompaniment (Max-0.5)
		4 plates with equal portions and weight 80 gms (Max-01)
Starch cooking	2	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		Total portions and weight (Max-1)
Salad	2	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		4 plates with equal portions and weight 80 gms (Max-01)
Cooking techniques	2	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		Total portions and weight (Max-1)
Mystery basket	3	No spill/ fingerprints (Max-0.5)
		Elements W garnish (Max-0.5)
		Proper accompaniment (Max-1)
		Total portions and weight (Max-1)

Module 2 Subjective

	Total	
Egg Cookery	5	Visual Appeal (Max - 1)
		Texture (Max - 3)
		Taste (Max - 1)
		Culinary Skills (Max - 1)
Main Starch cooking	5	Visual Appeal (Max - 1)
		Taste (Max - 1)
		Texture (Max - 2)
		Culinary Skills (Max - 1)
Salad	5	Visual Appeal (Max - 1)
		Taste (Max - 2)
		Texture (Max - 1)
		Culinary Skills (Max - 1)
Cooking techniques	5	Visual Appeal (Max - 1)
		Texture (Max - 2)
		Culinary Skills (Max - 2)
Mystery basket	7	Visual Appeal (Max - 1)
		Taste of dish (Max - 1)
		Taste of accompaniment (Max - 1)
		Texture- of dish (Max - 1)
		Texture- of accompaniment (Max - 1)
		Culinary Skills & Creativity (Max - 2)

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	Round fish	Milk	Onion	Apple	Pinenuts	Corn Flour	White Wine	Mustard
2	Bacon	Flat fish	Cream Amul	Baby Potato	Orange	Walnuts	Refined Flour	Red Wine	Cumin
3	Ham		Mozzarella	Avocado	Pineapple	Almonds	Semolina	Rum	Fennel
4	Eggs		Feta Cheese	Tomato	Grapes	Hazelnuts	Chocolate Compound		Whole Dry Chilies
5			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	Fresh Figs	Peanuts	Wine Vinegar		Green Tea
11			Butter	Potatoes		Dates	Cider		Cocoa Pwd
12			Margarine	Asparagus		Aluminum Foil	Sugar		Paprika Powder
13			Milk Powder	Rosemary	Squash	Cling Wraps	Yeast		White Pepper Powder
14			Curd	Variety Lettuce	Sweet Corn		Sea Salt		Black Pepper Powder

15			Whip Cream / Rich Cream	Beetroot	Dill		Pasta		
16				Celery	Lemon Grass		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				Carrot			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				Baby Carrots			Coconut Cream		
35				Fennel			Sandwich Bread		
36				Lime Leaves			Toor Dal		
37				Zucchini			Brown Bread		
38				Purple Cabbage					

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