

Provincial Scope Document

CULINARY ARTS (Post-Secondary)

April 28th, 29th 30th 2021

VIRTUAL CONTEST DESCRIPTION

CONTEST AREA: CULINARY ARTS			LEVEL: Post-Secondary
COMPETITION DATE AND TIMES:			LOCATION: COMPETITOR'S SCHOOL. SEE COMPETITION FORMAT INFORMATION BELOW REGISTRATION DEADLINE: APRIL 20TH, 2021 11:59PM
ZOOM LIVE STREAM ORIENTATION	Wednesday April 28, 2021	8:00 AM – 8:30 AM	
ZOOM LIVE STREAM Competition Day 1	Thursday April 29, 2021	Log in & Safety Check 8:30 AM – 9:00 AM Competition 9:00 AM – 1:30 PM	
ZOOM LIVE STREAM Competition Day 2	Friday April 30, 2021	Log in & Safety Check 8:30 AM – 9:00 AM Competition 9:00 AM – 1:30 PM	

DURATION:

WorldSkills Trade: #34

COMPETITION FORMAT: (IN PERSON, AT A POST-SECONDARY INSTITUTION)

All post-secondary competitors will be competing within their school environment and must arrange in advance with Instructor/ coach/ proctor for a safe competition location, according to their school's COVID-19 safety policies. They will need to prepare their competition space with all of the required tools, equipment, materials, and technology that will be needed to complete the competition. Instructors/ coach/ proctor and competitors will need to work together to ensure the competitor is ready for success on their competition day.

Each competitor must have a teacher/ supervisor available throughout the day, in case of incident. (Coach/ Instructor/ Proctor must be present at the competition orientation.)

Competitors and Teachers should be prepared to receive additional information about the competition projects, livestreams, etc. prior to the competition. Please ensure you are double checking for emails from Skills, including checking junk mail.

Competitors will join the assigned videoconference link that will be emailed to all registered competitors. Competitors will need to position their camera in such a way that the judges can see their entire work area. Competitors must always remain in the visible work area during the contest.

Please ensure there is adequate lighting in the competitor's workspace.

ZOOM LIVESTREAMS:

Tech Check: A "Tech Check" will take place prior to the competition with the purpose of giving the competitor an opportunity to ensure they have all of the necessary technology in place to join in their virtual orientation meeting the morning of their competition. On the competition day, there will be no time to work out technology issues. This is our opportunity

to work out any unforeseen issues and to start your competition day off prepared. There may also be an opportunity to ask questions regarding the competition day if time allows.
An email with the ZOOM link will be sent out in advance of the competition.

Competition Orientation: The competition will begin with a virtual orientation. Competitors will join the assigned videoconference link that will be emailed to all registered competitors for the competition orientation. Camera's MUST be on and competitors visible on the camera during the orientation.

Live Streamed Competition: Competitors must be live on Zoom throughout the entire day. Camera's MUST be on and competitors visible on the camera, as well as mics on when requested. A laptop and remote camera would be ideal.

PROJECT SUBMISSION DEADLINE: AS INDICATED ON PROJECT SUBMISSION SUMMARY P.3-5

- **PROJECT SUBMISSION LINK:**
- You will be invited to share your pictures, videos and documents through a Drop Box email sent to you by the Organizer. I recommend the proctor or instructor submit the documents. You will be asked to provide the email you wish to use in the competition.
- files can be uploaded into the submission box within the email, follow instructions through the submission link.

ACCEPTED FILE TYPE: pdf, doc, docx, xls, mp4, jpg, jpeg, Instructions to be included in the orientation.

Submissions will be due at the times specified in the Contest Description. Please note: Late submissions sent after the date and time limits specified within this Contest Description will not be accepted.

SAFETY: Please follow health and safety protocols as laid out by your institution. It is the instructors/ coach/ proctor's responsibility to ensure a safe competition. The health, safety and welfare of all individuals involved with Skills Canada British Columbia are of vital importance. Safety is a condition of participation with Skills Canada British Columbia and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

Please note: This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information.

CONTEST INTRODUCTION

The competition will evaluate each competitor’s culinary competencies and creativity while recognizing the outstanding students for excellence and professionalism in their field.

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare three menu items as outlined in this scope. The practical test challenges both culinary knowledge and creativity. This scope outlines what is required from each competitor, and how marks are awarded.

General Cooking Skills, Time Management Based on Assigned Contest and Workplan, Creativity, Work Habits, Presentation of Food, Safety, Cleanliness and Hygiene, Use of Leftovers, Ability to Work Under Pressure, Ability to Prepare A Menu from Set Recipes, Knowledge of Current Culinary Trends and Modern Plate Presentation.

PROJECT DESCRIPTION AND TIMING

<p>10.5 Hrs. Total Kitchen Time</p>	<p>Wednesday April 28, 2021</p> <p>8:00 AM: All competitors check-in and attend Mandatory Online Orientation</p> <p>Thursday April 29, 2021 Competition DAY 1 Module A</p> <p>8:00AM: Log in to Live Stream, Instructions for the day – Recap Orientation, Review of Test Project, Assign Egg Cookery, Question period, Test system for documents sent / received.</p> <p>8:30 AM – 9:00 AM Set up (no food prep allowed) Recipe exercise will be sent. 9:00 AM: Start Competition 9:30 AM: Submit Recipe Costing Exercise</p> <p>(No food is to be contacted until Costing Exercise is submitted. Costing Exercise may be submitted prior to the 30 min deadline then competitors may start cooking)</p> <p>10:30 AM: Work Plan Submission Due 11:00 – 11:15 AM: Pressure Test – Egg Cookery</p> <p>(Proctor to submit Egg photos by no later than 11:30 am)</p> <p>12:00 PM: Presentation of Vegetable Competencies 12:15 PM: Submit Photos of Vegetable Competencies (pictures must include a photograph of each type of cut next to a ruler clearly showing the measurement). 12:00 – 1:00 PM: Mise en Place for Day 2 Menu 1:00 PM – 1:30 PM: Cleanup <i>* Mise en place for part two of the competition may also be carried out anytime during the competition.</i></p>
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	<p>Day 2 Module B</p> <p>8:00AM: Log in to Live Stream, Instructions for the day – Recap Orientation, Review of Test Project, Question period, Test system for documents sent / received. 8:30 AM – 9:00 AM Set up (no food prep allowed) 9:00 AM: Day 2 Competition Start 10:30 AM: Menu & Work Plan for Day 2 Submission Due</p> <p>12:00 PM: Presentation of Ovo-Lacto Appetizer 12:30 PM: Presentation of Main Course 1:00 PM: Presentation of Dessert</p> <p>1:00PM - 1:30 PM: Cleanup & Leave Site (Station should be checked by proctor before leaving)</p> <p>(Photos of weighed finished plates along with visible temperature shot should be submitted by no later than 1:15pm)</p>
	<p>Submission Deadline Summary</p> <p>Day 1 9:30 AM: Submit Recipe Costing Spreadsheet 10:30 AM: Submit Work Plan 11:30 AM: Submit Egg Photos 12:15 PM: Submit Photos of Vegetable Competencies</p> <p>Day 2 10:30 AM: Submit Menu 1:15 PM: Submit Photos for each Dish</p>
	<p>Submissions for Judging (Screenshots and Photos to Submit)</p> <p>At the indicated time, all competitors must be hands off and wait for the judges to see their dishes and then competitors can take their photos to submit for judging.</p> <p>At the conclusion of each section, competitors will need to allow the judges to take a screenshot of their final plates. In addition, the competitors need to submit FOUR photographs of their final plates/products WITHIN 15 MINUTES of each section's deadline. For the photos, please submit:</p> <ul style="list-style-type: none"> ○ one photo with both plates to show consistency of presentation ○ one close up overhead shot of one plate to show presentation details ○ one close upside shot, or angle shot to show presentation details ○ a photo of one plate on a scale to show portion size - make sure you zero your scale so that you are only weighing the food presented and the weight can be clearly seen on the scale ○ One photo with temperature reading if applicable

	<ul style="list-style-type: none"> ○ Make sure your competitor number is clearly visible in each photo using a white label or masking tape i.e., on the plate rim, baking sheet etc. <p>*Proctor/Teacher can assist competitors with taking photos and submitting required photos and documents to ensure a seamless competition. An email will be sent to the proctor/teacher containing the Dropbox submission invitation</p>
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Day 1 Module A

Description	<p>Recipe Costing Exercise</p> <ul style="list-style-type: none"> ● Costing Spreadsheet template to be sent to competitors and submitted by deadline indicated ● Formula calculations functions will be locked ● Competitors must use a 4-function calculator <p>See example spreadsheet as Appendix I</p>
Description	<p>Vegetable precision cuts – Presented on cutting board clearly separated</p> <p>150 g each of the following:</p> <p>Present clearly separated on cutting board</p> <ul style="list-style-type: none"> ● 100 g Julienne leek to be used in appetizer ● 100 g carrot brunoise to be used in appetizer ● 100 g of each tourné zucchini, tournéd celeriac, and tournéd button mushrooms – to be used in main course <p>See cuts of vegetables Appendix II</p>

<p>Description</p>	<p>Pressure Test</p> <p>Egg Cookery – competitors will be assigned 5 varieties from the list below. Competitors must serve two (2) of each variety in 15 minutes. Eggs will be judged on appearance temperature and timing.</p> <p>Sunny Side, Over Easy, Over Medium, Poached Soft, Poached Medium, Soft Boiled, Hard Boiled</p> <p>Use 5 x white china 10-inch plates</p>
<p>DAY 2 Module B</p> <p>Description</p>	<p>Prepare an Ovo-Lacto vegetarian Appetizer featuring a dry pulse –</p> <ul style="list-style-type: none"> ● Must be served warm (minimum 65 C) with a sauce and garnish. ● Must have balance of colours, textures and flavours ● Must include the brunoise competency. <p>Two (2) plates will be presented for each course,</p> <ul style="list-style-type: none"> ● <i>Portion size – 150 grams per plate minimum to 200 grams per plate maximum</i> ● Use white china 10-inch plates
<p>Description</p>	<p>Main Course</p> <ul style="list-style-type: none"> ● Sustainable seafood course featuring sustainably farmed Whole Trout. ● Must use Black Tiger Prawns 21/25 ● Must be gluten free. ● Must present a dish according to the recommendations of the Canada Food Guide that half the dish served is colourful vegetables & accompaniments. ● Must include one whole grain from the common table. ● Must include an edible garnish that contributes to the dish. ● Must include a sauce. <p>Cooking temperature must meet industry safety standards.</p> <ul style="list-style-type: none"> ● Two (2) plates will be presented for each course, ● Use white china 12-inch plates <p><i>Portion size –250 grams minimum - 350 grams per plate maximum.</i></p>

Main Ingredients Required	A list of all ingredients available for this project will be included in the common food table document.
Description - Dessert	<p>Prepare a Dessert with ingredients found on the Ingredient list –</p> <ul style="list-style-type: none"> • Must include almond milk. • Must include avocado. • Must include a warm component (minimum 40 C) and a cold component. • Must include a sauce. • Must include an edible garnish that contributes to the dish. • Two (2) plates will be presented for each course <ul style="list-style-type: none"> • Portion size – 150 grams per plate minimum to 200 grams per plate maximum. • Use white china 10-inch plates
Special Equipment Required	<ul style="list-style-type: none"> • 10” and 12” White Plates will be provided by the competitor’s school

EQUIPMENT & MATERIALS

Equipment and Materials <u>Competitors and School Must Supply:</u>	
<p>Basic equipment such as:</p> <ul style="list-style-type: none"> - Knives - Piping bags and tips - Ladles - Rolling pin - Spatulas - Digital Scale (Must Have) - Whips - Recipes/reference books - Basic 4 Function Calculator 	<ul style="list-style-type: none"> - Basic pots and pan set, including sauté pans, stewing pots, sheet pans, bowls, china caps, cutting boards, molds etc. - Kitchen towels and dish towels - Side towels or oven mitts - Sanitizing equipment (spray bottles and/or pails) - All plateware detailed in the project description - Good Quality Camera or Smartphone for Video streaming - Computer or laptop for Submissions
<p>CLOTHING REQUIREMENT Appropriate work clothing must be worn to compete. All clothing must be neat and clean, and free of rips and tears. Casual wear will not be permitted. No loose-fitting clothes or jewelry. Required clothing (Provided by Competitor):</p> <ul style="list-style-type: none"> - Nonslip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.) - Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted. - Professional Chefs Hat, (no baseball caps) skull caps are acceptable. - Hair net if hair is longer than neck length - Side Towels - Black or checked chef trousers - White Apron - White Necktie (<i>optional</i>) 	

Use of Precision Controlled Equipment:

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment* must be limited to no more than one application over the contest.
- *(any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g., Immersion Circulators, Thermal Mixers)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.

*Competitors and schools will need to work together to arrange for the tools, equipment, and materials provided by the competitor. If a competitor and/or school is not able to procure a certain item, please contact jmaxwell@skillscanada.bc.ca to inquire if additional arrangements can be made.

Judging Criteria:

- General cooking skills, work habits, cooking techniques
- Timing and finishing within the allocated times
- Leftover food. Unused food will be penalized according to the judges' discretion
- Presentation of food, appropriate use and balance of food ingredients
- Adherence to safety and sanitation rules and regulations
- Professionalism, including cooperation and demeanor during competition
- Cleanliness of kitchen during and after competition. To include all working areas of competitor's kitchen.
- Appropriateness of written menu compared to the final plates for presentation and evaluation of components.

Timing deductions:

One mark is deducted from the overall score for each minute late on any course or competencies. There is a maximum deduction of 5 points for the contest.

Distribution of Marks:

- | | |
|------------------------------------|----------|
| • Safety/Sanitation: | 20 marks |
| • Organization/Product Utilization | 15 marks |
| • Preparation/Technical Skills: | 20 marks |
| • Presentation | 25 marks |
| • Required Components | 20 marks |

TIE BREAKING PROCESS

*In the case of a tie, the highest score in the presentation section will prevail.

APPENDIX I














Recipe Costing Exercise – example,

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

Formulas for calculation will be locked

Name of Recipe								No. of Portions:		22	
ingredient	As Purchased (AP)			Edible Portion (EP)			Unit cost (cost per gram)	Recipe - Units Needed		Recipe Ingredient Cost	
	Purchase amount	unit	Purchase cost	Edible Portion yield %	Yielded amount						
Onion	20	kg	19.57	90%	18000	g	0.001	250	g	\$0.25	
Carrot	20	kg	16.85	93%	18600	g	0.001	250	g	\$0.13	
Celery	525	g	1.91	82%	431	g	0.004	125	g	\$0.50	
Eggs - whole sep.	684	g	3.48	40%	274	g	0.013	250	g	\$3.25	
Lemons	576	g	7.80	50%	288	g	0.027	30	g	\$0.81	
Calculate the number of complete portions the recipe will yield, given a (#, mL, g) portion size											
Calculate the cost per ingredient, and the total recipe cost											
Calculate the yielded cost per portion											
Calculate the suggested selling price, given a 23.5% food cost											
Calculate the Gross Profit per portion in dollars/cents.											
Total recipe cost (\$)										\$4.94	
Yielded cost per portion (\$)										\$0.22	
Suggested selling price (\$)										\$0.94	
Food Cost %										23.5%	
Gross Profit per portion (\$)										\$0.72	

APPENDIX II – Referenced from Gisslen: Professional Cooking

	(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).

Post-Secondary Food Common Table

You will be marked for overuse, or waste of products. ONLY the foods indicated on the Common Table are permitted for use. Absolutely no outside food products are to be brought into the contest.

ALCOHOL	FRESH HERBS	PRODUCE VEGETABLES	PRODUCE VEGETABLES Cont.
Beer, IPA	Basil	Arugula, baby	Peppers, Green
Beer, Stout	Chives	Asparagus	Peppers, Red
Brandy, VSOP	Cilantro	Avocado	Peppers, Yellow
Grand Marnier	Dill	Microgreens, Asst	Peppers, Serrano
Port, Ruby	Mint	Green Beans, French	Peppers, Thai Red
Rum, Dark	Oregano	Red, Yellow, candy cane Beets	Potatoes, Fingerling
Pernod	Parsley, Curley	Bok Choy	Potatoes, Russet 100 ct
White Wine	Parsley, Italian Flat leaf	Suey Choy	Red Radish
Red Wine	Rosemary	Broccoli	Spinach, Baby
Vermouth	Tarragon	Jumbo Carrots	Tomato, Cherry Mixed
DAIRY	Thyme	Cauliflower	Tomato, Roma
Butter, Salted	Lemon Grass	Celery	Yams
Butter, Unsalted	Lime Leaves	Celeriac (Celery Root)	Zucchini, Green
Cream, 35%		Eggplant	
Cream, 10%	FRESH FRUIT	Whole White Garlic	
Milk, 3.25%		Galangal	PROTEINS
Sour Cream	Apples, Gala	Ginger	Slab bacon
Yogurt, Greek	Blackberries	Kale, baby	Whole Trout
Eggs, large	Lemons	Leeks	Shrimp, 21/25
	Limes	Mushrooms, Button	Stock, White Chicken
DAIRY CHEESE	Mango	Mushrooms, Cremini	Stock, Brown Veal
Brie	Oranges	Mushrooms, Oyster	Stock, Fish
Cream Cheese	Pineapple	Mushrooms, Shitake	
Gruyere	Raspberries	Mushrooms, Shimeji	
Parmesan	Strawberries	Onion, Green	FROZEN FRUIT
Roquefort		Onion, Yellow	Blackberries, IQF
		Onion, Red	Blueberries, IQF
		Shallots	Raspberries, IQF
		Parsnips	Strawberries, IQF
		Lemon Grass	Rhubarb, IQF
NUTS	DRY GOODS CONT'	DRY SPICES & HERBS	WHOLE GRAIN
Almonds, Sliced	Olives, Kalamata	Basil - Dried	Barley
Pecans, Whole	Sesame Seeds, White & Black	Bay Leaves	Red Fife
Pine Nuts	Shortening	Coriander, Ground	Quinoa, White
Hazelnuts, Whole	Pistachio, shelled	Cinnamon, Ground	Quinoa, Red
	Fish Sauce	Cinnamon, Sticks	Rice, Brown
NON-DAIRY	Tomatoes, Canned. Whole	Cloves, whole & Ground	
Almond Milk	Tomato Paste	Cumin, Ground	

Coconut Milk	Pure Vanilla Extract	Mace, Ground	
	Vanilla Paste	Mustard, Ground	MISCELLANEOUS
DRY GOODS	Vinegar, Balsamic	Nutmeg, Ground	Aluminium Foil
Agar Agar	Vinegar, Apple Cider	Paprika	Butcher's twine
Baking Powder	Vinegar, White Wine	Pepper, black, whole	Cheese Cloth
Chocolate, Dark	Vinegar, Red Wine	Pepper, Cayenne	Nitrile Gloves
Chocolate, Milk	Vinegar, White	Pepper, White	Cooking Spray
Chocolate, White	Worcestershire	Thyme - Dried	Parchment paper
Cocoa Powder	Yeast, Instant	Turmeric	Plastic Wrap
Coffee Beans, Dark Roast	Soya Sauce	Salt, Fine Sea	Wood Chips for Smoking
Corn Starch	Sugar, Brown	Salt, Kosher	
AP Flour	Sugar, White granulated		
Bread Flour	Sugar, Icing	FROZEN	
Pastry Flour	Sugar, Isomalt	Filo Pastry	
Bread Flour "OO"	Tamari (Gluten Free Soy)	Puff Pastry	
Gelatine, Leaves			
Gelatine, Powder		LEGUMES/DRIED PULSE	
Glucose Syrup		Lentil, beluga	
Honey		Lentil, Green	
Maple Syrup		Beans, White	
Mustard, Smooth Dijon, Grainy & Prepared		Chickpea	
Oil, Canola,			
Oil, Olive, Extra Virgin			
Oil, Grapeseed			

ADDITIONAL INFORMATION

Skills Canada British Columbia Regional and Provincial Rules and Regulations

Post-Secondary Competitor Information is at <https://skillscanada.bc.ca/2021-provincial-competition-documents/>

Team British Columbia Information

Team British Columbia will be selected from the competitions Gold medalists who will then be eligible to participate at the Skills Canada National Competition (SCNC).

It is recommended that competitors review the SCNC contest description to be familiar with the national contest description and project at <http://www.skillscanada.com/>.

Please be prepared in advance to accept a position on Team BC and know how your school will support your participation.

Ethical Conduct

We recognize that participants will be competing individually in their own unique environments. We expect all competitors to compete fairly, respecting and abiding by the established rules in the true spirit of Skills Canada BC

Technical Committee

Phillip Lie	Tech Chair plie@vcc.ca
Debbie Shore	Vancouver Island University
Wendy Gilmour	Vancouver School Board
Lee Green	Vancouver School Board
Sian Hurley	University of the Fraser Valley
Xavier Bauby	North Island College
John Lewis	Vancouver Community College
Rita Gower	Vancouver Island University

Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Virtual National Skills Competition

Skills Canada BC reserves the right to make changes to the scope document. Please check the website for update.

