

Provincial Scope Document

CULINARY ARTS (Post-Secondary) Saturday April 9th 2022

At VCC, Downtown Campus, 250 West Pender Street, Vancouver

Check in time: 11:30am. Contest starts: 12:30pm

Timing:

11:30 am Check in and briefing (*mystery items will be revealed at this time*)
12:00 pm. **Submit workplans and complete handwritten menus. As soon as menu and work plans are completed, competitors may set up station – equipment only. Absolutely no food contact at this time.**

12:30 pm	Competition starts
3:30 pm	Presentation of Appetizer (<i>mystery Fin Fish</i>)
4:00 pm	Presentation of Main Course (<i>mystery item</i>)
4:30 pm	Presentation of Dessert

Purpose of the Challenge:

To encourage the highest possible standards for employment and to recognize outstanding students for excellence and professionalism in their field.

Skills & Knowledge to be Tested:

General Cooking Skills, Timing, Creativity, Work Habits, Presentation of Food, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to prepare a menu, Knowledge of current culinary trends and modern plate presentation.

The following 9 skills have been identified and validated as key skills for success for the workplace in the legend below:

¹Numeracy, ²Communication, ³Collaboration, ⁴Adaptability, ⁵Reading, ⁶Writing, ⁷Problem Solving, ⁸Creativity and Innovation, ⁹Digital

Specific Requirements:

Within 4 hours each entrant will prepare and cook a three-course menu. Two (2) plates of each will be required, 1 for the judges and 1 for public display.

- Appetizer
- Main course
- Dessert

Plated Appetizer

Description	<p>Prepare plated appetizer</p> <ul style="list-style-type: none">• 2 (two) - servings total• Each plate must demonstrate 2 (two) preparations of a mystery Fin Fish<ul style="list-style-type: none">○ One preparation must incorporate a mousseline of the mystery item.○ 2nd preparation is choice of candidate• Must contain minimum 2 (two) vegetables, 1 of competitor's choice and 1 must be tournéd zucchini.• Must feature, at minimum, one sauce (<i>served hot</i>)• Must be served with a prepared edible garnish – leaves and herbs do not count <p>Remaining ingredients for production may be selected from the items listed in the Common Table document.</p>
Service Details	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none">• Protein items must be cooked – no raw preparations• Dishes must be served hot• Dishes must be sauced, not served on side• Total portion size to be between 125 – 165 grams <p>Provided Service wares:</p> <ul style="list-style-type: none">• 12" plates, round white
Timing of Service	<ul style="list-style-type: none">• Appetizer must be presented for judging 3 hours after the start of the Module.

Lamb Loin Main Course

<p>Description</p>	<p>Prepare Lamb Loin main course</p> <ul style="list-style-type: none"> • 2 (two) portions total • Sous-Vide technology cannot be used for cooking of lamb • Must incorporate mystery item – <u>starch</u> • Must incorporate mystery item – <u>vegetable</u> • Must incorporate at minimum 3 Vegetables (including mystery item) using different cooking methods for each, 1 (one) must be tourné button mushrooms • Must have at minimum 1 sauce (<i>served hot</i>)
<p>Service Details</p>	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Total plate portion must be between 185 -250 grams • Sauce to be served on plates, and also on the side in 1 (one) sauce boat (90 ml minimum) • Protein items must be cooked – no raw preparations • Dishes must be served hot <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plates, round white • Sauce boat
<p>Timing of Service</p>	<ul style="list-style-type: none"> • Main course plates must be presented for judging 3.5 hours after the start of the Competition (30 min after plated appetizer is due)

Plated Dessert Creation

Description	<p>Prepare Dessert Creation</p> <ul style="list-style-type: none"> • 2 (Two) - servings total • Must feature a component using an egg-white foam based fruit mousse • Must feature a component using a sponge-method cake • Must feature a component using chocolate • Must be served with a tempered chocolate garnish
Service Details	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Minimum 95 grams total portion size for each plate • Service temperature is room temperature – no frozen components <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plates, round white
Timing of Service	<ul style="list-style-type: none"> • Desserts must be presented for judging 4 hours after the start of the Module (30 min after lamb main courses are due).

All the food items will be supplied by the technical committee and given in the form of a common table of ingredients available to all of the competitors. Competitors **may not** bring any food of any type to the site.

Competitors will write a **menu** and make it available to the judges **within 30 minutes** of starting the competition (on paper supplied), and then prepare, cook, and present their appetizer, main course and dessert, within the **4 hours**. Each competitor must include in their menu the mandatory items **listed under the specific requirements**.

If the competitors do not include all of the items in their menus and on their plates, competitors plates will be disqualified. Please pay careful attention to this when working with your students.

All ingredients will be presented on a common table, which the competitors will be able to use throughout the 4-hour competition. This list of ingredients is attached to this scope document.

Service Requirements:

There will be a 5-minute window for the presentation of the courses. For example

The appetizer must be served between 3:25pm and 3:30pm. One point will be deducted for each minute late after the 5-minute window has expired. At 3:36pm, no plates will be accepted. The following service standards must be applied to all dishes:

- Cooking temperature of meats must meet industry standards
- Present two plates, one for presentation, and one for tasting by the judges

Equipment / Tools / Materials

Supplied by Committee:

- All food items
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops,
- Refrigeration
- Cutting boards, cloths
- Small food processor, hand blender, mixers w/ attachments, robot coup & Vitamix
- Pots, Pans Mixing Bowls, sheet pans, trays, ladles, kitchen spoons
- Plates 12", Sauce boats
- Cleaning supplies
- Portion cups, plastic film, parchment paper, tasting spoons
- Vacuum sealer
- Paper and pencil or pen for writing out their menu in either English or French.

Supplied by Contestant:

- Any specialized cooking utensils (not provided by the host site), knives
- circulators may be allowed at the discretion of the technical committee (see note below regarding precision-controlled equipment).
- A suitable reference textbook for help in devising their menu and personal recipes.
- No other presentation plates, china or glassware will be allowed.

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.

If you do not supply your own specialized utensils and knives, you will not be given any at the contest site.

Clothing Requirements:

Non-identifiable cook's jacket (i.e. no school logos or names, please), chef's hat, appropriate pants (checkered, black or white), CSA kitchen shoes, white apron. Kitchen towels will be supplied by the host venue.

Judging Criteria:

- General cooking skills, work habits, cooking techniques
- Timing of courses and finishing within the 4 hours.
- Leftover food. Unused food will be penalized according to the judges' discretion
- Presentation of food, appropriate use and balance of food ingredients
- Taste of final dish for flavour, seasoning, appropriateness to pre-submitted menu
- 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 for tasting.

Distribution of Marks:

- Safety/Sanitation: 15 marks
- Organization/Product Utilization 10 marks
- Preparation/Technical Skills: 25 marks
- Presentation: 15 marks
- Taste/Required Components 35 marks

Please see sample marking sheet for further detail on the mark breakdown in each category

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
Lesley Stav	Chefs Association Vancouver Island
Xavier Bauby	North Island College
Ysabel Sukic	Vancouver Community College
John Lewis	Vancouver Community College
Rita Gower	Vancouver Island University

Gold medal winners at the BC Provincial Skills Competition are eligible to compete in the World Skills Selection Competition at the Canadian National Skills Competition May 26th and 27th, 2022 in Vancouver.

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

Common Table for PS and WSSC 2022

All items are subject to availability.

Alcohol
Beer, India Pale Ale
Beer, Stout – Guinness
Brandy, VSOP
Grand Marnier
Port, Ruby
Rum, Dark
Madeira
Pernod
Vermouth, White, Dry
Wine, Red, BC Pinot Noir
Wine, Red, BC Bordeaux Blend
Wine, White, BC Sauvignon Blanc
Wine, White, BC Riesling
Dairy
Butter, Unsalted
Cheese, Cream
Cheese, Danish Blue
Cheese, Gruyere
Cheese, Parmesan Reggiano
Cream, 35%
Eggs, Large
Milk, Homogenised, 3.25%
Sour Cream
Yogurt, Plain
Dry Goods
Agar Agar
Baking Powder
Baking Soda
Capers
Chocolate, Dark, Callebaut 811 (53.7%)
Chocolate, Milk, Callebaut 823 (33.6%)
Chocolate, White, Callebaut,w2nv (28%)
Cocoa Powder
Coconut Milk
Coffee Beans, dark roast
Condensed Milk
Corn Starch
Fish Sauce - Nam Pla
Flour, Almond
Flour, AP
Flour, Bread
Flour, Pastry
Gelatine, Leaves
Gelatine, Powdered
Glucose
Honey
Lentils, Puy
Maple Syrup
Mustard, Dijon – Plain & Grainy
Nuts, Almond, whole blanched
Nuts, Hazelnuts, whole

Nuts, Pecans, whole
Nuts, Pine nuts
Nuts, Pistachios - shelled
Oil, Canola
Oil, Olive, Extra Virgin
Olives, Kalamata
Sesame Seeds, Black
Sesame Seeds, White
Soya Sauce – Gluten Free
Sugar, Brown
Sugar, Granulated, White
Sugar, Icing
Sugar, Isomalt
Tabasco Sauce
Tomato Paste
Vanilla, Powder
Vanilla Bean
Vanilla, Pure
Vinegar, Balsamic
Vinegar, Cider
Vinegar, White
Vinegar, White wine
Vinegar, Red Wine
Worcestershire Sauce
Yeast, Instant

Frozen Items
Blackberries, IQF
Blueberries, IQF
Raspberries, IQF
Strawberries, IQF

Herbs – Fresh
Basil
Chives
Cilantro
Chervil
Dill
Mint
Oregano
Parsley; Flat Leaf
Rosemary
Tarragon
Thyme

Miscellaneous
Wood Smoking Chips
Pan Spray
Produce - Fruit
Apples, Gala
Blueberries
Grapes (white)
Lemons

Common Table for PS and WSSC 2022

Limes
Mango
Oranges
Pineapple
Raspberries
Produce - Vegetables
Asparagus, Green
Arugula, Baby
Micro Greens, Assorted, Barnston Island
Beans, green
Beets, Red
Broccoli
Carrots
Cauliflower
Celery
Celery Root (Celeriac)
Cucumber, English
Fennel
Garlic Bulb
Globe Artichoke
Ginger Root
Kale
Leeks
Lentils, Puy
Lemon Grass
Mushrooms, Button
Mushrooms, Oyster
Mushrooms, Shiitake
Mushrooms, Brown Shemiji
Onions, Green
Onions, Spanish
Parsnips
Peas, Sugar Snap
Peppers, Green
Peppers, Red
Peppers, Red Finger Chili's
Potato, Russet 100ct
Potato, Sweet

Potato, Yellow
Shallots
Spinach, Baby
Tomato, Roma
Tomato, Cherry Red
Zucchini, green
Proteins & Stocks
Bacon, Double Smoked, Slab
Stock, Veal
Stock, Fish
Stock, Chicken
Lamb, Single Short-loin, Bone-in, trimmed NAMP#232A 2 each
Miso Paste, Yellow
Mystery Fin Fish - Salmonoid
Spices - Dry
Allspice
Bay Leaves
Coriander Seed
Cinnamon, Stick
Curry Powder
Cumin, Seed
Fennel Seeds
Ginger, Ground
Nutmeg, Whole
Oregano, Dried
Paprika, Hungarian
Pepper, Cayenne
Peppercorns, Black
Peppercorns, White
Salt, Kosher
Salt, Maldon Sea
Sesame Seeds, White
Thyme
Turmeric
Star Anise