

Regional Scope Document

CULINARY ARTS (Secondary)2023

Check in time 1 hour before contest. Contest duration 3.5hrs

Timing:

1 hr prior to start
30 min. prior to start

Check in and briefing
Set-up workstation (*equipment only*)

- No contact with food is permitted at this time.
- Only competitors are permitted in the contest area.
No assistance is permitted at this time.

Competition starts

30 min. after start

Submission of handwritten menu may be presented before deadline. No other cooking can take place until this is completed.

3 hrs after start
3.5 hrs after start

Presentation of Main Course
Presentation of Dessert Course

Clean up and inspection of workstation

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, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to prepare a menu from a list of ingredients, Knowledge of current culinary trends and plate presentation techniques.

*****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:

- The competitors must design and write a menu from a list of required and common ingredients and produce a main course burger with an oven cooked potato component and a dessert plate featuring a chocolate brownie within 3.5 hours.
- Each entrant will prepare and cook two main course plates and two dessert plates following the submission of two handwritten menus. The plates and menus will be used as follows:
 - one plate and menu for tasting by the judges
 - one plate and menu for visual display for the judges and public
- In addition to the mandatory food items, competitors must requisition any food items required to prepare their menu from a list of available ingredients no later than 1 week prior to the competition date. A small number of common table items (see attached list) will also be available to all competitors on the day of the competition.
- Competitors may not bring any food items to the competition.
- No ingredients besides those on the requisition/common table list may be used. Competitors must use all the items they have requisitioned. Wastage and over ordering of food items will be reflected in the scoring.
- Competitors submit two neatly handwritten menus on 11"x 8.5" white printer paper and make it available to the judges within 30 minutes of the competition start time. The menu cannot state the competitor's name or school. Competitors will prepare, cook, and present their plates within 3.5 hours.

Prepare two (2) portions of the following two (2) course menu.

Description	<p><u>Main Course:</u> Burger and a Potato Dish.</p> <p>Competitors will make an <i>oven cooked potato element</i> to accompany their burger. Some examples of this are: seasoned roasted potatoes, oven roasted french fries, duchess potatoes, dauphinoise/ scalloped potatoes. <i>It is <u>not</u> permissible to use a deep fryer or air fryer for the potato component.</i></p> <ul style="list-style-type: none"> • Must include <i>at minimum</i> 1 other modern, complimentary, and appropriate garnish (minimum 1 condiment/sauce). • 6oz (180g) burger max. 400g ground beef total / competitor. • Potato element cannot exceed 100 grams. • Standard burger buns will be provided. Competitors can make their own if preferred. <p><u>Dessert:</u> Brownie</p> <p>Brownie dessert, to include a fruit-based sauce. Must include <i>at minimum</i> 1 other modern, complimentary and appropriate garnish. Total Dessert Course plate portion must be between 95 -180 grams</p> <p>Service temperature is room temperature – no frozen components</p> <p>***The maximum pan size that is permissible to use by competitors is a 9" x 9".</p>
Service Details	<p>Cooking temperature of meats must meet food safety standards. 12" round white plates for main course- 2 each 12" round white plates for dessert – 2 each</p>
Main ingredients required	<p>A list of all ingredients available for this module will be included in the common food table document.</p>

******If the competitors do not include all the above-mentioned menu items on their plates, the plate will be disqualified.***

All ingredients will be presented on a common table, which the competitors will be able to use throughout the competition. Please be advised that the table will close 30 minutes before the end of the competition. This list of ingredients is attached to this scope document.

Timing of Service:

There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example: Dessert Course must be served from 11:30 a.m. to 11:32 p.m. After which one (1) point will be deducted per minute until 11:42 a.m. At 11:43 a.m. submitted work will no longer be accepted for judging.

The following service standards must be applied to all dishes:

- Main course plates not to exceed 420g, Dessert plates not to exceed 180g
- Present two plates for each course, one for presentation, and one for tasting by the judges
- All ingredients will be presented on a common table, which the competitors will be able to use throughout the 3.5-hour competition. This list of ingredients is attached to this scope document.

Equipment / Tools / Materials

Supplied by venue:

- All food items
- Gas or Electric stoves and ovens
- Sinks
- Tabletops,
- Refrigeration
- Cutting boards,
- Pots, Pans Mixing Bowls, sheet pans, trays, ladles, spoons
- Cleaning supplies
- Portion cups, plastic film, parchment paper, tasting spoons
- 12" Plates,
- butchery trays
- Paper and pencil or pen for writing out their menu in English.

Supplied by Competitor:

- Any specialized cooking utensils/equipment (not provided by the host site), knives, cloths etc.
- 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.

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

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.

Clothing Requirements:

Non-identifiable cook's jacket (i.e., no school logos or names, please), chef's hat, appropriate pants (checkered, black or white), good kitchen shoes, white apron and any white kitchen towels needed.

Judging Criteria:

- General cooking skills, work habits, cooking techniques
- Timing and finishing within the 3.5 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
Andrew George	Skilled Trades BC
Benjamin Faber	Lasalle College Vancouver
Ben Kiely	Pacific Institute of Culinary Arts
Debbie Shore	Vancouver Island University
Erica McArther	Lepp Farm Market
Jason Harper	Cocktails and Canapes
John Lewis	Vancouver Community College
Leah Patitucci	Culinary Team Canada
Lesley Stav	CF-North Vancouver Island Culinary Association
Wendy Gilmour	Vancouver School Board
Xavier Bauby	North Island College
Ysabel Sukic	Vancouver Community College

Winners at the BC Regional Skills Competition are eligible to compete at the Provincial Skills Competition April 19th, 2023 at the Abbotsford Tradex Center.

Gold medal winners at the BC Provincial Skills Competition are eligible to compete at the Canadian National Skills Competition May 25th and 26th, 2023 in Winnipeg, Manitoba.














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

" www.skillscanada.bc.ca

REGIONAL RECIPES

- The recipes you research are intended to be followed to produce the appropriate flavours and correct seasoning. Please adjust yields to reflect portion requirements.
- Although recipes are **not** included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’s preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.

Knife Cuts for Reference

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

Skills Canada BC Regional Competition Skill 34 Cooking 2023

Secondary Requisition List - All items are subject to availability.

Common Table - Secondary Regional

Produce	Amount	Dry Goods	Amount
Berries, Blueberries		Baking Powder	
Berries, Raspberries		Baking Soda	
Berries, Strawberries		Breadcrumbs, Panko	
Carrots		Burger Buns, Brioche 75gr (4.5")	
Celery		Chocolate, Callebaut, Dark, (53.7%)	
Citrus, Lemon		Chocolate, Callebaut, Milk, (33.6%)	
Citrus, Lime		Chocolate, Callebaut, White, (28%)	
Citrus, Orange		Cocoa Powder	
Corn on the Cob		Corn starch	
Cucumber		Dry Active Yeast	
Garlic		Flour, AP, Bread, Cake	
Leeks		Honey	
Mushrooms, Button #1		Maple Syrup	
Onion, Green		Milk Powder	
Onion, Yellow		Molasses	
Pepper, Jalapeno		Oil, Vegetable	
Potato, Russet,		Pickles, Dill	
Potato, Sweet		Salt, Fine	
Potato, Yukon		Salt, Kosher	
Tomato, Cherry		Sesame seeds, white	
Tomato, Roma		Shortening, Vegetable	
		Soy sauce	
Proteins and Stocks		Sugar, White	
Bacon		Sugar, Powdered	
Beef, Ground, Medium		Sugar, Brown	
Eggs, Large		Vanilla, Extract	
		Vinegar, Cider	
Dairy		Vinegar, Red Wine	
Butter		Vinegar, White	
Cheese, Cheddar		White Bread	

Cheese, Goat		Worcestershire Sauce	
Cheese, Swiss		Miscellaneous	
Cream, 35%		Wood Smoking Chips	
Milk, 3.25%		Pan Spray	
		Bamboo Skewers, 6 " for burger	
Nuts			
Almonds, whole		Spices	
Hazelnut, whole		Bay Leaf	
Pecans, whole		Cayenne	
Walnuts, whole		Chile Powder	
		Cumin	
Frozen		Fennel Seed	
Blackberries		Garlic Powder	
Blueberries, wild		Mustard Powder	
Currants		Mustard Seeds, yellow	
Cranberries		Nutmeg	
Raspberries		Paprika	
Strawberries		Peppercorns, black	
		Peppercorns, white	
Herbs		Sumac	
Basil		Thyme	
Chives			
Cilantro		Leafy Greens	
Chervil		Boston Bibb	
Dill		Baby Head lettuce	
Mint		Green Leaf	
Oregano		Lola Rosa	
Parsley; Flat Leaf		Swiss Chard	
Rosemary		Watercress	
Tarragon			
Thyme			

