

SKILLS BC PROVINCIAL COMPETITION

April 17th, 2024

Tradex Center Abbotsford

PROVINCIAL SCOPE DOCUMENT

COOKING TRADE Post-Secondary

General Information

This **Test Project** is based on content present in the Skills Canada National Competition for cooking. Please note that the objective of this project is to show case the measurable skills of our competitors. We encourage the minimal use of gadgets and specialized equipment.

All relevant documents are available on the Skills BC Website.

Please address any questions to

the Provincial Technical Chair Phillip Lie plie@vcc.ca

The competition will comprise of **two (2) courses to be completed within 3.5 hours**
Mystery items will be revealed at the start of the competition on April 17th, 2024, at 1pm.

DESCRIPTION OF PROJECT AND TASKS

Timing:

12:00 p.m.	Check in and briefing
12:30 p.m.	Set up stations (<i>equipment only</i>) <ul style="list-style-type: none"> No contact with food is permitted at this time. Only competitors are permitted in the contest area. No assistance is permitted at this time
1:00 p.m.	Competition starts Mystery Basket items are revealed.
1:30 p.m.	Submission of handwritten final menu and dish elements in addition to a mise en place list and work plan. These may be presented before 1:30 pm deadline. No other cooking can take place until this is completed.
4:00 p.m.	Presentation of Main Course Plates
4:30 p.m.	Presentation of Dessert Course Plates

Clean up and inspection of workstation completed by 5:00pm

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 and 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



READING



NUMERACY



CREATIVITY & INNOVATION

Specific Requirements:

The competitor must design and write a two (2) course menu from a **Mystery basket and common table of ingredients** producing two (2) identical **main course plates** and two (2) identical **dessert plates** along with a work plan and menu elements within 3 1/2 hours.

The plates and menus will be used as follows:

- one plate, menu and elements sheets for the tasting judges.
- one plate, menu and elements for visual display for the floor judges and public.

*(please note that competitors are required to write two (2) menus and elements on provided templates and a work plan **must be visible**. The competitor must list all the elements and important cooking techniques present on the plate to receive marks).*

Mystery Basket

Competitors will be provided with a 'mystery basket' containing five (5) items/ingredients. **All** these items/ingredients must be featured prominently menu.

The mystery basket will include the following:

- Grain/Pulse
- Fruit
- Alcoholic Beverage
- Mushroom
- Vegetable

Competitors **may not bring any food items** to the competition.

No ingredients besides those on the common table and mystery basket may be used. Wastage of food items will be reflected in the scoring.

Main Course

Description	<p>Prepare two (2) main course plates visible components on the plate must include:</p> <ul style="list-style-type: none"> • Duck, must <i>utilize two (2) different cooking methods</i>. • At least two (2) items from the mystery basket • A minimum of 3 Vegetable preparations, utilizing <u>different cooking methods for each. One must be a classic precision cut.</u> • A minimum of 1 starch preparation. • A minimum of 1 sauce (served hot). • A minimum of one (1) cooked functional edible 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"> • Total plate portion must be between 185 -250 grams. • Sauce is to be served on plates and on the side in one (1) sauce boat (90ml 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" plate, round white – 2 each • Sauce boat – 1 each
Timing of Service	<p>Plates must be presented for judging <u>3 hours</u> after the start of the competition.</p>

Plated Dessert Creation

Description	<p>Prepare two (2) dessert course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Minimum of at least two (2) items from the mystery basket • Pastry (i.e., choux, puff pastry, pâte brisée, pâte sucrée, etc.) • Custard (i.e., pastry cream, crème Anglaise, Bavaois, etc.) • Must include either a chocolate, or sugar garnish. • A minimum of one (1) sauce.
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"> • Total plate portion must be between 95 - 150 grams. • No frozen components permitted. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white
Timing of Service	<p>Desserts must be presented for judging <u>3.5 hours</u> after the start of the Module (30 minutes after main courses are due).</p>

NOTES

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

Example – Main Course must be served from 4:00 p.m. to 4:02 p.m. After which one (1) point will be deducted per minute until 4:12 p.m. At 4:13 p.m. submitted work will no longer be accepted for judging.

*****If the competitors do not include all the above-mentioned menu items in their plates, the plates will be disqualified. Please pay careful attention to this when working with your students.**

All ingredients other than the mystery basket 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.

All terminology, cooking techniques and technical aspects related to this contest will be referenced and determined from the following textbook:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Contest Rules can be referenced from the Skills Canada web site. Please pay special attention to the eligibility section.

https://www.skillscompetencescanada.com/wp-content/uploads/2023/06/SCNC24-Competition-rules_EN_Oct-11_202380.pdf

Equipment / Tools / Materials

Supplied by Committee:

- All food items.
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops
- 1 x full rack and roll
- Sheet pans 4 x full, 4 x half
- Refrigeration/ freezer
- Small food processor, hand blender, mixers w/ attachments, robot coupe, spice grinder & Vitamix (*shared equipment*)
- Plates, 12"
- Cleaning supplies
- Vacuum sealer with small, medium, and large bags.
- Menu and elements templates, pencil or pen.

Supplied by Competitor:

- All cooking utensils, knives, cutting boards, cloths, etc.
- Small kitchen appliances
 - Portable burners are not allowed, but specialty cooking equipment such as 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 (no baseball caps), appropriate pants (checkered, black or white), CSA kitchen shoes, white apron. Kitchen towels will **Not** be supplied by the host venue.

Judging Criteria:

- General cooking skills, work habits, cooking techniques.
- Timing of courses 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 details on the mark breakdown in each category found on the Skills BC website.***

Common Table - Post-Secondary & Secondary

Common Table - Post-Secondary & Secondary		
	Consolidated Provincial	
Produce	Miscellaneous	Dry Goods
Green Beans, French	Cheese Cloth	Malt syrup
Beets, yellow with leaf on	Parchment Paper	Milk powder
Carrots	Smoking Chips, Hardwood	Nuts Whole, Almonds / hazelnuts - (blanched) , walnut pieces
Celery	White Bread	Oil: Extra Virgin Olive, Vegetable/ canola
Cucumbers, long english	Dairy	Olives, Kalamata
Fennel	Butter -unsalted	Rice - Arborio
Garlic	Cheese, Parmesan Reggiano	Salt - Kosher, Fine sea salt
Ginger	Cream, whipping	Sesame Seeds, white
Leeks	Cream, Sour - 14%	Shortening
Micro-Greens, assorted	Milk, 3.25%	Soy Sauce
Mushrooms, Button #1	Alcohol	Sugar: white, powdered, brown
Onions: green, red, shallots, yellow	Wine, Red - Cabernet Sauvignon, shiraz	Tomato Paste
Peppers: jalapeño, red, yellow	Wine, White - Chardonnay, Reisling	Vanilla, Bean / Extract
Potato: Russet, Yukon Gold	Beer: IPA, Lager	Vinegar - white wine, red wine , balsamic
Radish: red, daikon	Brandy, VSOP	Spices
Spinach, baby	Non alcoholic wine: Red and White (secondary)	Bay Leaf
Squash, butternut	Dry Goods	Cayenne
Tomato: cherry, Roma	Agar Agar	Cumin
Zucchini, green	Apricot Glaze	Paprika
Protein and Stocks	Baking Powder	Peppercorns, black / white
Bacon - breakfast sliced	Baking Soda	Rosemary
Duck whole- (Post secondary only)	Bread Crumb, Panko	Thyme
Duck breast smoked - (Secondary only)	capers - minature	Herbs Fresh
Prosciutto, sliced	Chocolate, Callabaut, Dark, (53.7%)	Basil
Eggs, Large	Chocolate, Callabaut, Milk, (33.6%)	Chervil
Chicken stock	Chocolate, Callabaut, White, (28%)	Chives
fish -stock	Cocoa Powder	Cilantro
veal stock - brown	Coffee, Instant	Parsley, Italian
Fresh Fruit	Corn Starch	Rosemary
Blackberries	Instant Yeast	Thyme
Blueberries	Flour: AP, Bread, Cake / Pastry Blend, Almond	
Citrus: lemon, lime, orange	Gelatin: Sheets, Powder	
Strawberries	Glucose	
Raspberries	Honey	
Frozen Fruit		
Raspberries		
Strawberries		

Technical Committee

Phillip Lie	Tech Chair plie@vcc.ca
Andrew George	Skilled Trades BC
Atifa Prinsloo	Lasalle College Vancouver
Ben Kiely	Pacific Institute of Culinary Arts
Buddy Wolfe	Vancouver Island University
Debbie Shore	Vancouver Island University
John Lewis	Vancouver Community College
Lee Green	Vancouver School Board
Leah Patitucci	Culinary Team Canada
Lesley Stav	Chefs Association Vancouver Island
Robert Budlong	Camosun College
Xavier Bauby	North Island College
Ysabel Sukic	Vancouver Community College

Gold medal winners at the BC Provincial Skills Competition are eligible to compete at the Canadian National Skills Competition May 30th and 31st, 2024 at Expo Cité Québec, QC.

Skills Canada BC reserves the right to make changes to the scope document.

Please check the website for updates.

www.skillscanada.bc.ca