

# Regional Scope Document

## **CULINARY ARTS (Secondary)2024**

### 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 Conversion Test, handwritten final menu, dish elements mise en place list and work plan/timeline. These may be presented before 9:00 a.m. deadline. No other cooking can take place until this is completed.

3.0 hrs after start

Presentation of Omelette

3.5 hrs after start

Presentation of Main 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:

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



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 **plates of each** 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 four (4) ingredients. They **are** required to feature all four ingredients into their menus.

The mystery basket will include the following:

- Herb/Spice
- Cheese
- Mushroom
- Vegetable

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

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

## Prepare two (2) portions of the following

<b>Description</b>	<p><b>French Omelette – Ovo - Lacto</b> Prepare two (2) x 2-egg French Omelettes Minimum of 2 fillings (4 maximum) including cheese, or vegetables.</p> <p><b><u>Main Course: Pizza with Side Salad</u></b></p> <ul style="list-style-type: none"> <li>• <b>Pizza main course</b> must include a minimum of: <ul style="list-style-type: none"> <li>▪ Pizza Dough</li> <li>▪ Tomato sauce base. Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce.</li> <li>▪ One (1) item from the mystery box</li> <li>▪ Two (2) vegetable preparations</li> <li>▪ One (1) protein preparation (or protein substitute)</li> <li>▪ One (1) type of cheese</li> </ul> </li>   <li>• <b>Side Salad accompaniment</b> must include a minimum of: <ul style="list-style-type: none"> <li>▪ Three (3) types of lettuce and/or greens from common table</li> <li>▪ One (1) precision cut</li> <li>▪ One (1) vinaigrette – competitor’s choice of flavour</li> <li>▪ One (1) functional garnish that is modern, and complimentary.</li> </ul> </li> </ul>
<b>Service Details</b>	<p>Cooking temperature of meats must meet food safety standards. 12” round white plates for omelette and main course – 4 each. 8” round white soup plate for side salad – 2 each.</p>
<b>Main ingredients required</b>	<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 in their plates, the plates will be disqualified. Please pay careful attention to this when working with your students.***

### 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: If the Main 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:** The pizza must have a minimum diameter of 15 cm (6”) and a maximum of 20 cm (8”) or the equivalent surface area for other pizza shapes. The pizza must fit on the 12” plate provided (while not going onto the rim of the plate). Salad to be served on the side in the soup plate provided. Present two plates for each course, one for presentation, and one for tasting by the judges.
- 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* (9<sup>th</sup> 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](https://www.skillscompetencescanada.com/wp-content/uploads/2023/06/SCNC24-Competition-rules_EN_Oct-11_202380.pdf)

## Equipment / Tools / Materials

### ***Supplied by venue:***

- All food items.
- Gas or Electric stoves and ovens
- Sinks
- Tabletops
- Refrigeration/Freezer
- Cutting boards
- Pots, Pans Mixing Bowls, sheet pans, trays, ladles, spoons.
- Cleaning supplies
- Portion cups, plastic film, parchment paper, tasting spoons.
- 12” Plates, 8” soup plates
- Paper and pencil or pen.

### ***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 and elements 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 in the skills BC website***

### Common Table - Secondary – Regional

Produce	Spices	Dry Goods
Green Beans, French	Bay Leaf	Agar Agar
Beets, yellow with leaf on	Cayenne	Capers
Carrots	Cumin	Coffee, Instant
Celery	Paprika	Cocoa Powder
Cucumbers, long english	Peppercorns, black / white	Cornstarch
Fennel	Rosemary	Flour: AP, Bread,
Garlic	Thyme	Gelatin: Powder, Sheets
Ginger	<b>Dairy</b>	Honey
Leeks	Butter -unsalted	Instant yeast
Lettuce: Arugula, Frisée, Radicchio, Romaine, Spinach	Cheese, Parmesan Reggiano	Malt Syrup
Micro-Greens, assorted	Cheese: Mozzarella shredded 20%,	Milk Powder
Mushrooms, Button #1	Cream, whipping	Oil: Canola, Olive
Onions: green, red, shallots, yellow	Cream, Sour - 14%	Olives, Kalamata
Peppers: jalapeño, red, yellow	Milk, 3.25%	Salt: fine, kosher, sea salt
Potato: Russet, Yukon Gold	<b>Miscellaneous</b>	Sesame Seeds, white
Radish: red, daikon	Cheese Cloth	Soy Sauce
Squash, butternut	Parchment Paper	Sugar: white, powdered, brown
Tomato: cherry, Roma	Smoking Chips, Hardwood	Tomato: canned whole, paste, purée
Zucchini, green	White Bread	Vinegar: Balsamic, cider, red, white
<b>Protein and Stocks</b>	<b>Herbs Fresh</b>	
Bacon - breakfast sliced	Basil	
Duck Breast, Smoked	Chervil	
Pepperoni, sliced	Chives	
Prosciutto, sliced	Parsley, Italian	
Eggs, Large	Rosemary	
	Thyme	

## REGIONAL RECIPES

- The recipes are intended as a guide and may be adjusted as required to produce appropriate quantities, flavors and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to the “On Cooking” or “Professional Cooking” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., procedure to make omelettes, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

### French Omelette

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Yield: 1 each 2-egg omelette

2 each	Eggs	2 each
To taste	Salt	To taste
To taste	Pepper	To taste
1 Tablespoon	Clarified Butter	15 millilitres
As desired	Filling Ingredients	As desired
<b>Optional:</b>		
1 Tablespoon	Water or milk	15 millilitres

1. Collect all the equipment and ingredients.
2. Beat the eggs in a small bowl just until well combined. Do not whip until frothy. Season with salt and pepper. If desired 1 tablespoon (15 ml) of water or milk can be added to make the omelette lighter.



3. Place the omelette pan over high heat.
4. When the pan is hot, add 1 tablespoon (15 ml) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot.
5. Add the eggs to the pan. They should begin to coagulate around the edges and the bottom in a few seconds.
6. With one hand, vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrap the pan.
7. Stop shaking and stirring.
8. When the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelette.
9. Tilt the handle up and shake the pan so the omelette slides to the opposite side of the pan and begins to climb the opposite slope.
10. For a filled omelette, spoon the filling across the center of the eggs, perpendicular to the handle.
11. With the fork, fold the sides of the omelette over the center. The omelette should now be resting in the corner of the pan and have an approximately oval shape.
12. Grasp the handle of the pan with your palm underneath and tilt the omelette out onto the plate so it inverts and keeps an oval shape.

**Note:** Please review the French Omelette tutorial link from Rouxbe.com:  
<https://www.youtube.com/watch?v=h8PcsmRypjk>

## Tomato Sauce II (Vegetarian II)

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Yield: 2 quarts (2 litres)

Portions: 16., 4-fluid ounce (120-millilitres)

1 fluid ounce	Olive oil	30 millilitres
4 ounces	Onion, medium dice	126 grams
4 ounces	Carrot, medium dice	125 grams
2 quarts	Tomatoes, canned or fresh, coarsely chopped	2 litres
1 quart	Tomato puree, canned	1 litre
Sachet:		
1 clove	Garlic, minced	1 clove
½ each	Bay Leaf	½ each
1/8 tsp	Thyme, dried	½ millilitre
1/8 tsp	Rosemary, dried	½ millilitre
1/8 tsp	Peppercorns, crushed	½ millilitre
To taste	Salt	To taste
To taste	Sugar	To taste

1. Heat the olive oil in a large saucepot.
2. Add the onions and carrots and celery and sauté until lightly softened, but do not brown.
3. Add the tomatoes and their juice, tomato puree, and the sachet. Bring to a boil and reduce the heat and simmer over very low heat, 1 ½ to 2 hours, or until reduced for the desired consistency.
4. Remove the sachet. Strain the sauce or pass it through a food mill.
5. Adjust the seasonings with salt and a little sugar.

## Pizza Dough (Italian Bread Variation)

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Yield: 2 lb 14 oz (1.258 kg)

Portions: 10, 5 ounce (150 millilitre)

1 pound 12 ounce	Bread Flour	750 grams	100 %
1 pound 2 ounces	Water	480 grams	64 %
0.33 ounce	Yeast, instant	9 grams	1.2 %
0.5 ounce	Salt	15 grams	2 %
$\frac{3}{4}$ teaspoon	Malt Syrup	4 grams	0.5 %
<b>Optional:</b>			
0.63 ounces	Olive Oil	18 grams	2.5 %

1. Straight Dough Mixing Method: Combine all the ingredients in the mixing bowl and mix at speed 1 until combined. Turn the mixer to speed 2 for 8 to 10 minutes.
2. Ferment at 80 F (27 C) for 1.5 hours at 80% humidity (or 2 hours at 75 F (24 C) until at least double in size.
3. Pound the dough down in the bowl and scale the dough to the desired weight:

<b>Size:</b>	8 inch	12 inch	14 inch	16 inch
<b>Dough Weight:</b>	7 – 8 oz	10 – 12 oz	13 – 15 oz	18 – 20 oz

4. Round the dough and let it rest on the bench. Roll out the dough to the desired size and thickness.
5. Add the tomato sauce, cheese, and toppings as desired.
6. Bake at 550 F (290 C) without proofing until the desired doneness (golden brown).

## Basic Vinaigrette

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Yield: 1 quart (1litre)

1 cup	Wine Vinegar	250 milliliters
1 Tablespoon	Salt	15 milliliters
1 teaspoon	White pepper	5 milliliters
3 cups	Salad oil	750 milliliters

1. Mix the vinegar, salt, and white pepper until the salt is dissolved.
2. Using a wire whip, a mixing machine, or a blender, begin adding the oil a few drops at a time. Gradually increase the oil into a thin stream. Mix again before using.

## Recipe Conversion Exercise Instructions & Example

This sample is for competitors to use as reference. 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 shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitor must supply writing implement – pen or pencil.
- Competitor CANNOT use their own device for their calculations. (i.e.: smartphone, tablet, personal calculator, another programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

Competitor No. \_\_\_\_\_

Score: \_\_\_\_ / 15

Recipe Name: **Brown Sauce**














Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 grams
2	Onion	0.500 kg	X	0.125	=	63 grams
3	Celery	0.250 kg	X	0.125	=	31 grams
4	Butter	0.250 kg	X	0.125	=	31 grams
5	Bread Flour	0.250 kg	X	0.125	=	31 grams
6	Beef Stock	6 litres	X	0.125	=	750 millilitres
7	Tomato Puree	0.250 kg	X	0.125	=	31 grams
8	Bay Leaf	0.008 kg	X	0.125	=	1 gram
9	Thyme	0.012 kg	X	0.125	=	2 grams
10	Parsley Stems	8 each	X	0.125	=	1 each
<b>Desired Total Yield:</b>						<b>0.500 litres</b>

# Precision Cuts

**Source:** Professional Cooking 9<sup>th</sup> edition

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

## Technical Committee

Phillip Lie	Tech Chair <a href="mailto:plie@vcc.ca">plie@vcc.ca</a>
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

**Winners at the BC Regional Skills Competition are eligible to compete at the Provincial Skills Competition April 17th, 2024, 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 30<sup>th</sup> and 31<sup>st</sup>, 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](http://www.skillscanada.bc.ca)