

SKILLS BC PROVINCIAL COMPETITION

April 16th, 2025

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.**
Specific mandatory ingredients will be revealed at orientation on April 16th, 2025.

DESCRIPTION OF PROJECT AND TASKS

Timing:

10:30 a.m.	Check in and briefing specific mandatory ingredients revealed. Lunch is provided at the site.
12:00 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, No access to your box once the competition has begun.
12:30 p.m. 1:00 p.m.	Competition starts Submission of 2 each of the following: handwritten final menu and dish elements in addition to a pre written mise en place list and work plan. These may be presented before the 1:00 pm deadline. No other cooking can take place until this is completed. however, once handed in to a floor judge you may begin cooking.
3:30 p.m.	Presentation of Main Course Plates
4:00 p.m.	Presentation of Dessert Course Plates

Clean up and inspection of workstation completed by 4:30 p.m. followed by debriefing competitors only from judges. Once you have left the competition site, no further consultation on your performance will be given.

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 nine key Skills for Success, validated for workplace success, are:

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

Specific Requirements:

The competitor must design and write a two (2) course menu from **mandatory ingredients for the Main course along with a common table** producing two (2) identical **main course plates** and two (2) identical **dessert plates** 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 are needed for a visual display for the floor judges and the public.

*(please note that competitors must 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).*

Mandatory ingredients

Below is a list of mandatory ingredients. **All** of these items/ingredients must be used in their main course.

The ingredient Inventory per competitor will include the following below.
Specific varieties/sizes of ingredients will not be revealed until the day of the competition:

- Potatoes
- Tomatoes
- Green beans
- Olives
- Eggs
- Anchovies
- Lettuce/Leaf

Competitors **may not bring any food items** to the competition.
No ingredients besides those on the common table and Mandatory ingredients may be used. Wastage of food items will be reflected in the scoring.

Main Course

Description	<p>Prepare two (2) Niçoise inspired main course plates visible components on the plate must include:</p> <ul style="list-style-type: none"> • Fresh water fish (no raw preparations) • All items utilized from the specific mandatory ingredient list. • A minimum of 3 different cooking methods. • A minimum of 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 225 - 275 grams. • Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum). • Protein items must be cooked – no raw preparations. • Dishes must be served hot - no cold element preparations. <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"> • Choux Pastry • Custard based filling (i.e., pastry cream, bavarois, chiboust etc). • Must include either a tempered chocolate garnish, or sugar garnish. • Cooked fruit element (separate element that is not a sauce) • 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 - 2 each
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 courses, after which deductions in points will occur.

Example – Main Course must be served between 3:30 p.m. to 3:31(59 sec) p.m. at 3:32 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 mandatory ingredients will be presented on a common table, which the competitors can 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 BC web site. Please pay special attention to the eligibility section.

Equipment / Tools / Materials

Supplied by Committee:

- All food items.
- Gas or Electric stoves and ovens
- Sink facilities
- Tabletops
- 1 x full rack and roll (bottom half is for your equipment only)
- Sheet pans 4 x full, 4 x half
- Refrigeration/ freezer
- Small food processor, hand blender, mixers w/ attachments, robot coupe, spice grinder & Vitamix (*all shared equipment in limited supply*)
- 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
- Portion cups and lids
- 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. (This can only be used while writing your menu.)
- 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.

Please note: Failure to meet the PPE requirements of the competition could result in refusal into the competition area.

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 at the discretion the judges.
- 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 the rules and marking criteria for further details on the mark breakdown in each category found on the Skills BC website. Here, you will find all other related documents.

<https://skillscanada.bc.ca/competitions/>

Common Table & Requisition Form - SECONDARY /POST SECONDARY PROVINCIAL								
email your inventory to plie@vcc.ca by April 7th 2025 in excel format								
This form can be found in the competition website skill 34								
NAME -			Thank you			COMPETITION -		
Produce	Quantity	Unit	Herbs - Fresh	Quantity	Unit	Dry Goods	Quantity	Unit
Arugula		g	Basil		g	Agar Agar		g
Carrots		g	Chervil		g	Baking Powder		g
Celery		g	Chives		g	Baking Soda		g
Celery root		g	Cilantro		g	Breadcrumbs, Panko		g
Fennel		g	Dill		g	Capers/. MINATURE		g
Garlic		g	Mint		g	Chocolate Dark, Callebaut 54.5%		g
Ginger		g	Parsley, Italian		g	Chocolate Milk, Callebaut C383		g
Leeks		g	Rosemary		g	Chocolate White, Callebaut 28%		g
Micro-Greens, assorted		g	Sage		g	Coffee, Instant		g
Mushrooms, shiitake		g	Tarragon		g	Cocoa Powder		g
Mushrooms, shiitake		g	Thyme		g	Cornstarch		g
Onions, green		g	Dairy	Quantity	Unit	Dried Fruit: Apricots,		g
Onions, red		g	Butter, Unsalted		g	Dried Fruit Cherries		g
Onion, shallots		g	Cream, Whipping		mL	Flour, all purpose		g
Onion, yellow		g	Cheese: Aged Cheddar		g	flour 00		g
Peppers, jalapeno		g	Cheese: Parmesan-Regianno		g	flour-semolina		g
Peppers, red		g	Cheese: Brie		g	Gelatin, sheets		each
Potato, russet		g	Cheese: Emmenthal		g	Gelatin, powder		g
Potato, yukon gold		g	Milk, 3.25%		mL	Glucose		g
Radish, red		g	Sour Cream, 14%		mL	Honey		g
Radish, daikon		g	Alcohol	Quantity	Unit	Mustard Dijon		g
Spinach		g	Beer: IPA, Lager		mL	Mustard Grainy		g
Squash, butternut		g	Madeira		mL	Mushrooms, Dried, Shitake,		g
Tomato, roma		g	Wine White: Chardonnay		mL	Mushrooms, Dried, Morels		g
Zucchini, green		g	Wine White: Riesling		mL	Oil, canola		mL
Miscellaneous	Quantity	Unit	Wine Red: Cab Sauvignon		mL	Oil, olive extra virgin		mL
Cheese Cloth, 30 cm		each	Wine Red: Pinot Noir		mL	Salt, fine		g
Parchment Paper		each	Sherry, Dry White		mL	Salt, kosher course		g
Smoking chips, assorted		g	Brandy, VSOP		mL	Salt, Maldon		g
White bread, sliced		each	Grand Marnier		mL	Sesame seeds, white		g
Fruit, frozen	Quantity	Unit	Sherry, Dry White		mL	Shortening		g
Blackberries		each	Non alcoholic wine: RED (SECONDARY ONLY)		mL	Soy Sauce		mL
Blueberries		each	Non alcoholic wine: WHITE (SECONDARY ONLY)		mL	Sugar, white		g
Raspberries		each	Spices - Dry	Quantity	Unit	Sugar, brown		g
Strawberries		each	Bay Leaves		g	Sugar, powdered		g
Fruit, fresh	Quantity	Unit	Cardamom		g	Tomato, paste		g
Apple, Royal Gala		each	Cinnamon, sticks		g	Vanilla, bean		g
Apple, Granny Smith		each	Cloves		g	Vanilla, extract		g
Blueberries		each	Nutmeg, Whole		g	Vinegar, balsamic		mL
Citrus: lemon		each	Peppercorns: black, white		g	Vinegar, red wine		mL
Citrus: lime		each	Peppercorns: white		g	Vinegar, white wine		mL
Citrus: orange		each	Rosemary		g	Nuts	Quantity	Unit
Mango		each	Star Anise		g	Almonds, whole		g
Pears, D'Anjou		each	Thyme		g	Hazelnut, whole		g
Strawberries		g	Protiens specific	Quantity	Unit	Pistachios, whole		g
Additional Proteins and stocks	Quantity	Unit	Secondary					
Bacon, sliced		g	Chicken Breast Supreme (2 each)	2	each			
Bacon, Double Smoked, slab		g	Chicken Breast, Boneless Skinless					
Chorizo, Dried		g	Post-Secondary					
Dark beef		ml	Chicken Breast, Boneless Skinless					
Fish Fumet		ml	Fish, Fresh Water	2	each			
White Chicken		ml						
Chicken Breast, Boneless Skinless		g						
eggs - large		each						

Precision Cuts

Source: Professional Cooking 9th edition

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(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).

Technical Committee

Phillip Lie	Tech Chair plie@vcc.ca
Buddy Wolfe	Vancouver Island University
David Lang	Camosun College
Leah Patitucci	Culinary Team Canada
Lesley Stav	Chefs Association Vancouver Island
Robert Budlong	Camosun 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 29th and 30st, 2025 Regina Exhibition Association Limited (REAL) District, Regina.

Please also be advised that this is a world-qualifying year at nationals. Cross-reference age eligibility for all levels of the competition via the Skills BC website.

Good Luck!

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

Please check the website for updates.

www.skillscanada.bc.ca