

SKILLS BC PROVINCIAL COMPETITION

April 16th, 2025

Tradex Center Abbotsford

PROVINCIAL SCOPE DOCUMENT

COOKING TRADE 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 showcase 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 **two (2) courses to be completed within 3.5 hours**. Mystery items will be at the start of the competition on April 16th, 2025, at 8:00 am.

DESCRIPTION OF PROJECT AND TASKS

Timing:

7:00 a.m.	Check-in and briefing. Mystery items revealed.
7:30 a.m.	Set up workstation (<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.
8:00 a.m.	Competition starts -
8:30 a.m.	Submission of 2 each of the following: handwritten final menus and dish elements in addition to a prewritten mise en place list and work plan. These may be presented before the 8:30 a.m. deadline. No other cooking can take place until this is completed however, once handed in to a floor judge you may begin cooking.
9:30 a.m.	Presentation of Knife cuts
11:00 a.m.	Presentation of Appetizer
11:30 a.m.	Presentation of Main course

Clean up and inspection of workstation completed by 12:00 p.m. followed by debrief to competitors only from judges. Once you have left the competition site, no further consultation on your performance will be given. Lunch is provided at the site.

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 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 a common table of ingredients and **Mystery items**, 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 must write two (2) menus and menu 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 Items

During orientation, competitors will be provided with a tray of 'mystery Items' containing five (5) ingredients. They are not required to use all the ingredients but must feature a minimum of 60% of the ingredients into their menus and must be clearly visible on the menu and menu elements.

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

Precision Cuts, Appetizer Course and Main Course

Description

- Precision Cuts Competency: Competitors will produce the following:
 - **50 g medium dice** (using a vegetable/fruit from the mystery items or common table).
 - **50 g small dice** (using a vegetable/fruit from the mystery items or common table).
 - **50 g julienne** (using a vegetable/fruit from the mystery items or common table).
 - All competencies must be utilized in their menu.
 - Amounts used are at the discretion of the competitor but must be written into their menu and menu elements and must display the core competency.
 - Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilised in the menu.

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

Appetizer Course: Perogy

- **Perogies** must include:
 - Potato filling
 - An appropriate, modern functional garnish
 - A sauce/ dressing of the competitor's choice (Hot or Cold)
 - A minimum of one (1) item from the mystery box

Main Course: Stuffed Chicken Breast

- **Stuffed Chicken Breast Main Course** must include:
 - A minimum of one (1) starch preparation
- A minimum of two (2) vegetable/fruit preparations
 - The velouté based sauce must be modified into a derivative sauce of the competitor's choice.
 - A minimum of one (1) functional garnish that is modern, and complimentary.
 - A minimum of one (1) ingredient from the mystery box included in the stuffing

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"> • Appetizer: Minimum 150 g to maximum 210 g • Main Course: Minimum 250 g to maximum 300 g <p>Cooking temperature must meet food safety standards, no frozen components.</p> <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plates, round white for appetizer and dessert (4 per competitor) • All vegetable cuts must be presented in provided containers.
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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 11:30 a.m. to 11:32 a.m.

At 11:32 a.m. 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.

*****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 textbooks:**

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

Labensky, Sarah et al. (2017). **On Cooking, A Textbook of Culinary Fundamentals** (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). **Professional Chef** (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). **Professional Baking** (7th edition). New Jersey: John Wiley & Sons.

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 is 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
- Pasta machine
- 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, cloths to be supplied by the competitor.

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, and cooking techniques.
- Timing and finishing within 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 the pre-submitted menu
- Adherence to safety and sanitation rules and regulations
- Professionalism, including cooperation and demeanour during competition.
- Cleanliness of kitchen during and after competition. To include all working areas of the competitor's kitchen.
- Appropriateness of the 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/>

SECONDARY RECIPES

- Some recipes are provided here. We recommend that you refer to the “On Cooking,” “Professional Cooking,” or “Professional Chef” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season, appropriate substitutions should be made.

Veloute

Source: Professional Cooking 9th edition, Page 188

Yield: 2 Quarts (2 Litres)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
7. Strain through a China cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Potato and cheese-filled Pierogi with Caramelized Onions, Beurre Noisette and Sage.

Source: Professional Chef 10th edition, Page 694

Yield: 10 servings

Filling

Chef's Potatoes	6 lbs	2.72 kg
Egg Yolks	7 each	7 each
Cheddar Cheese	9 oz	225 g
Green Onions, halved & thinly sliced	1 ¾ oz	50 g
Salt	to taste	to taste
Nutmeg	to taste	to taste

Dough

Semolina Flour	1 lb 5 oz	595 g
All-Purpose Flour	1 lb 5 oz	595 g
Eggs	9 each	9 each
Salt	1 oz	28 g
Egg Wash	2 fl oz	60 ml

Cooking & Beurre Noisette

Clarified Butter	6 oz	170 g
Butter	12 oz	340 g
Salt	¼ tsp	1.25 g
Peppercorns, white, ground	to taste	to taste
Onions, Caramelized	1 lb 12 oz	794 g
Sage, chiffonade	2 Tbsp	6 g
Sour Cream	1 lb	454 g














1. Scrub, peel and cut the potatoes into large pieces. Boil them in salted water under tender enough to mash easily. Drain, reserving and chilling 8 oz (240 ml) of the cooking liquid. Dry the potatoes over low heat or on a sheet pan in a 300 F (149 C) oven until no steam rises from them. While the potatoes are still hot, puree them through a food mill or potato ricer into a heated bowl.
2. Add the egg yolks, cheese, and green onions—season with the salt, pepper, and nutmeg. Set the filling aside.
3. To make the dough, place the reserved potato water, flours, eggs, and salt into a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for 20 minutes.
4. Roll out the dough using a pasta machine to a 1/16" (1.5 mm) thickness. Cut the dough into circles using a 2 ½" (6 cm) biscuit cutter. Lightly brush the edges with egg wash.

5. Place approximately 1 Tbsp (15 ml) of the filling onto the center of the dough. Fold in half to form a half-moon and pinch the edges to seal.
6. Simmer the pierogi in boiling salted water until the dough along the edge seals are fully cooked, 4 to 5 minutes. The pierogi are ready to finish now, or they may be cooled in ice water, drained, refrigerated for later service.
7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, and heated through, about 2 minutes per side.
8. Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and bring it to a noisette (golden brown) for about 2 minutes. Add a pinch of salt and white pepper, and drizzle over the pierogi.
9. Garnish with the caramelized onions, sage and sour cream and serve immediately.

Precision Cuts

Source: Professional Cooking 9th edition

Page: 145

	(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).

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-Reggiano		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						

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.

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