

## SKILLS BC PROVINCIAL COMPETITION

**April 15<sup>th</sup>, 2026**

**Tradex Center Abbotsford**

# PROVINCIAL SCOPE DOCUMENT

## COOKING TRADE Post-Secondary

### General Information

This **Test Project** is based on the 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](mailto: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 15<sup>th</sup>, 2026.

## 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"> <li>No contact with food is permitted at this time.</li> <li>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.</li> </ul>
<b>12:30 p.m.</b>	<b>Competition starts</b>
1:00 p.m.	Submission of 2 each of the following: handwritten final menu and dish elements including specific mandatory ingredients and where they are used. In addition, a prewritten 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

***The workstation cleanup and inspection are completed by 4:30 p.m., followed by a debriefing for competitors only, led by the 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:***

<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

## 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 menu 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 the 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 ingredient categories. All of these items/ingredients must be present over the two courses and be easily identifiable.

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

- Fruits
- Fungi
- Leaf
- Shoots
- Root/tubers
- Alcohol

Competitors are **not permitted to bring any food items** to the competition. No ingredients, except those commonly found on the table, and Mandatory ingredients may be used. Wastage of food items will be reflected in the scoring.

## Main Course

<b>Description</b>	<p><b>Utilizing half a duck, competitors will prepare two (2) main course plates. Visible components on the plate must include:</b></p> <ul style="list-style-type: none"> <li>• Protein component, must be cooked en croute (e.g., <i>Pithivier / Wellington</i>) and must include the following: <ul style="list-style-type: none"> <li>○ Duck - Breast cooked medium rare – medium.</li> <li>○ Duck – Leg must be utilised</li> <li>○ Mushroom Duxelles</li> <li>○ Puff Pastry</li> <li>○ For presentation, the finished product must be cut in half to show the cross section.</li> </ul> </li> <li>• Items utilized from the mandatory ingredient list</li> <li>• A minimum of 3 different cooking methods demonstrated</li> <li>• A functional vegetable element/garnish</li> <li>• A minimum of 1 sauce</li> </ul>
<b>Service Details</b>	<p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service</b>.</p> <ul style="list-style-type: none"> <li>• Total plate portion must be between 225 - 325 grams.</li> <li>• Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum).</li> <li>• Protein items must be cooked – no raw preparations.</li> <li>• Dishes must be served hot - no cold element preparations.</li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12" plate, round white - 2 each</li> <li>• Sauce boat - 1 each</li> </ul>
<b>Timing of Service</b>	<p><b>Plates must be presented for judging <u>3 hours</u> after the start of the competition.</b></p>

## Plated Dessert Creation

<b>Description</b>	<p>Prepare two (2) dessert course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> <li>• <b>Individual Entremets</b> (a multi-layered mousse-based cake must include)</li> <li>• Sponge component</li> <li>• Garnish, (such as tempered chocolate, sugar component)</li> <li>• Mystery fruit element must be incorporated within the entremets (<i>such as mousse, glaze, gelee, sponge</i>), <b>not a sauce</b>.</li> <li>• A minimum of one (1) sauce.</li> </ul>
<b>Service Details</b>	<p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service</b>.</p> <ul style="list-style-type: none"> <li>• Total plate portion must be between 95 - 150 grams.</li> <li>• No frozen components permitted.</li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12" plate, round white - 2 each</li> </ul>
<b>Timing of Service</b>	<p>Desserts must be presented for judging <b><u>3.5 hours</u></b> 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 competitors do not include all the above-mentioned menu items on their plates, they will be disqualified. Please pay careful attention to this when working with your students.***

A list of all ingredients available for this competition is included in the common table document. Please note there is a limit for each ingredient per competitor!

All 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*** (9<sup>th</sup> edition). New Jersey: John Wiley & Sons.

Contest Rules can be referenced on the Skills BC website. Please pay special attention to the eligibility section.

### **Equipment / Tools / Materials**

#### ***Supplied by the Committee:***

- All food items.
- Gas or Electric stoves and ovens
- Shared Sink facilities (*please note that competitors will be expected to clean their dishes as they go; no additional assistance will be provided*).
- Tabletops
- 1 x full rack and roll (bottom half is for your equipment only)
- Sheet pans 4 x full, 4 x half
- Refrigeration / Freezer
- Plates, 4 x 12" main course plates
- Cleaning supplies
- Zip-lock bags
- Menu and elements templates, pencil, or pen.

***Supplied by the Competitor:***

- All cooking utensils, knives, cutting boards, strainers, oven cloths, pots, pans, etc.
- All kitchen appliances/ equipment, small and large, required to complete their menu, e.g., blenders, grinders, food sealers, bags, and hand blenders....
- Portion cups and lids, plastic film, foil, parchment paper, cheesecloth
- Portable burners are not permitted, 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, knives, and additional equipment, you will not be provided with any at the contest site. In short, bring everything you need.***

**Use of Precision Controlled Equipment:**

- This contest is intended to showcase the comprehensive skill sets necessary to be 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. The host venue will not supply kitchen towels.

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

### **Judging Criteria:**

- General cooking skills, work habits, and cooking techniques.
- Timing of courses and finishing within 3.5 hours.
- Leftover food. Unused food will be penalized at the discretion of 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 demeanour during competition.
- Cleanliness of the kitchen during and after the 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 refer to the rules, marking criteria and mark breakdown for each category on the Skills BC website.***

***Here, you will find all other related documents.***

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



## Common Table Inventory














Dairy	Maximum Amount	
Butter, Unsalted	0.345	kg
Cream, 35%	0.5	litre
Milk, 3.25%	0.025	litre
Cream Cheese	0.0625	kg
Sour Cream, 14%	0.0125	litre
Cheese, Brie	0.0625	kg
Cheese, Parmesan-Regianno	0.05	Kg
Dry Goods	Maximum Amount	
Agar Agar	0.005	kg
Baking Powder	0.01	Kg
Baking Soda	0.01	kg
Breadcrumbs, Panko	0.075	kg
Capers	0.025	kg
Chocolate Dark, Callebaut 54.5%	.25	kg
Chocolate Milk, Callebaut 38%	.25	kg
Chocolate White, Callebaut 28%	.25	kg
Coffee, Instant	0.015	kg
Cocoa Powder	0.125	kg
Cornstarch	0.05	kg
Dried Fruit: Cherries	0.1	kg
Flour: All Purpose	0.5	kg
Gelatin: Powder	0.0075	kg
Gelatin: Sheets	7.5	each
Glucose	0.025	kg
Honey	0.15	kg
Mushrooms: Dried, Shiitake	0.075	kg
Mushrooms: Dried, Morels	0.007	kg
Oil: Canola	0.5	litre
Oil: Extra Virgin Olive	0.25	litre
Poppy Seeds	0.01	kg
Salt: fine, kosher	0.125	kg
Salt: Maldon Sea Salt	0.025	kg
Sesame Seeds, White	0.01	kg
Shortening	0.227	kg
Sugar: white	0.2	kg
Sugar: Powdered, brown	0.15	kg
Sugar: Isomalt	0.05	kg
Tabasco Sauce	0.0125	litre
Tomato: diced	0.375	litre
Tomato: Paste	0.025	kg
Vanilla: bean	1	each
Vanilla: extract	0.025	litre
Vinegar: Balsamic, Cider	0.1	litre
Vinegar: Red, White	0.15	litre
Frozen	Maximum Amount	
Blackberries	0.15	kg
Blueberries	0.15	kg
Puff Pastry	1	sheets
Raspberries	0.15	kg
Strawberries	0.15	kg
Fruit, Fresh	Maximum Amount	
Citrus: Lemon	1.5	each
Citrus: Lime	1	each
Citrus: Orange	1	each
Nuts	Maximum Amount	
Almonds, slivers	0.1	kg
Pistachios, whole	0.05	kg
Alcohol – Post Secondary Only	Maximum Amount	
Beer: IPA	0.3	litre
Brandy VSOP	0.05	litre
Madeira	0.05	litre
Wine Red: Cab Sauvignon	0.1875	litre
Wine White: Sauvignon Blanc	0.1875	litre

Herbs and Spices – Fresh	Maximum Amount	
Basil	0.015	kg
Chervil	0.0075	kg
Chives	0.03	kg
Dill	0.015	kg
Mint	0.015	kg
Oregano	0.0075	kg
Parsley, Italian	0.026	kg
Tarragon	0.0075	kg
Thyme	0.015	kg
Herbs and Spices – Dry	Maximum Amount	
Bay Leaves	0.005	kg
Cinnamon, Sticks	.0075	kg
Fennel, seed	0.0075	Kg
Nutmeg, whole	0.005	kg
Peppercorns: black, white	0.0125	kg
Pepper: Cayenne	0.0025	kg
Star Anise	0.0075	kg
Miscellaneous	Maximum Amount	
Butcher's Twine	1	meter
Cheesecloth	1	meter
Parchment Paper	5	sheets
Smoking Chips: assorted	0.042	kg
White Bread	6	slices
Vegetables	Maximum Amount	
Carrots	0.45	kg
Celery	0.5	bunch
Cucumber, English	0.25	each
Fennel	0.125	kg
Garlic	0.05	kg
Ginger	0.05	kg
Leeks	0.5	bunch
Lettuce: Selection of Greens &	0.25	kg
Lettuce: Spinach, cello	0.05	kg
Mushrooms: Button, Cremini	0.25	kg
Onions: Green	0.5	bunch
Onions: Red	0.25	kg
Onions: Shallots	0.05	kg
Onions: Yellow	0.4	kg
Peppers: Jalapeno	0.5	each
Peppers: Red	0.25	kg
Potato: Russet, Yukon Gold	0.25	kg
Radish, Red	0.25	bunch
Squash, Butternut	0.25	kg
Tomato, Roma	0.2	kg
Zucchini, Green	0.15	kg
Secondary	Maximum Amount	
Chicken, whole (1.35kg/3lb avg)	1	each
Peppers: green	0.25	kg
Tomato, Juice	0.125	litre
White Wine: Dealcoholized	0.05	litre
Post-Secondary	Maximum Amount	
Caul Fat	0.1	kg
Duck, half, King Cole (1kg/2.5lbs avg)	Half	each
Prosciutto, Sliced	0.05	kg
Proteins and Stocks	Maximum Amount	
Bacon, Sliced	0.227	kg
Bacon: Double Smoked, slab	0.075	kg
Eggs, Large	6	each
Stocks: dark veal	1	litre
Stocks: white chicken	0.5	litre

## Precision Cuts

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

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

### **Technical Committee**

Phillip Lie	Tech Chair <a href="mailto:plie@vcc.ca">plie@vcc.ca</a>
Alex Ritchie	Vancouver Community College
Ben Kiely	Pacific Institute of Culinary Arts
Buddy Wolfe	Vancouver Island University
Jason Harper	Exec Chef and Culinary Director, Moxies
Kristina Dyrblom	Vancouver Community College
Leah Patitucci	Culinary Team Canada / Fairmont Pac Rim
Lesley Stav	Chefs Association Vancouver Island
Stefanie Francavilla	Thomas Haas Patisserie
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 27<sup>th</sup> - 30<sup>th</sup>, 2026, Enercare Centre, Toronto, Ontario.**

**Good Luck!**

**Skills Canada BC reserves the right to modify the scope document.**

**Please check the website for updates.**

[www.skillscanada.bc.ca](http://www.skillscanada.bc.ca)