

## SKILLS BC PROVINCIAL COMPETITION

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

Tradex Center Abbotsford

# PROVINCIAL SCOPE DOCUMENT

## COOKING TRADE 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 **two (2) courses to be completed within 3.5 hours.**

## DESCRIPTION OF PROJECT AND TASKS

### Timing:

7:00 a.m.	Check-in and briefing.
7:30 a.m.	Set up workstation ( <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 will be allowed once the competition has begun.</li> </ul>
<b>8:00 a.m.</b>	<b>Competition starts -</b>
8:20 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 8:20 a.m. deadline. No other cooking can take place until this is completed however, once handed in to a floor judge you may begin your competencies.
8:40 a.m.	<b><i>Butchery Presentation Deadline</i></b>
9:30 a.m.	Presentation Deadline of Knife Cuts, these may be presented at your station before the 9:30 a.m. deadline. No other cooking can take place until this is completed however, once assessed by a floor judge you may continue cooking.
11:00 a.m.	Presentation of Appetiser
11:30 a.m.	Presentation of the Main course

***The workstation clean-up and inspection are to be completed by 12:00 p.m., followed by a debrief for competitors only, led by the 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:***

<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 a common table of ingredients, producing two (2) identical plates of each course 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 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).*

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

## Precision Cuts, Butchery, Appetiser Course and Main Course

### Description

- **Precision Cuts Competency (See Appendix #1)**

Competitors will produce and utilize the following in their menu:

3 x 50g, Vegetable cuts - small dice, julienne, batonnet.

- Amounts used in plates are at the discretion of the competitor but must be written into their menu and must display the core competency.
- Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu.

- **Chicken Butchery Competency -Timed Test**

Competitors will be provided with a whole chicken at 8:20 am and must complete the following task within a 20-minute time period. *(Please be advised that this chicken will be used in your main course plates.) Any additional protein should be wrapped suitably stored and labelled to industry standards in provided bags.*

**Task - Break chicken down into bone-in 8 cut. Please see appendix #2,**

French trimming is optional, skin may be removed but must be shown,

#### **Appetiser: Gazpacho Soup**

- The appetiser must include:
  - Tomatoes, Cucumber, Bell pepper, Onion, Garlic, EV Olive oil, Vinegar, Seasoning and a Bread component
  - one (1) item from the vegetable cuts

#### **Main Course: Chicken Chasseur**

- The main course must include:
  - Chicken, Shallots or Onions, Garlic, Mushrooms, Tomatoes, Sauce, Parsley
  - Must utilize white and dark meat on each plate
  - A minimum of one (1) starch preparation
  - A minimum of two (2) vegetable preparations
  - Two (2) items utilized from the vegetable cuts
  - A minimum of one (1) functional edible garnish

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!

<b>Service Details</b>	<ul style="list-style-type: none"> <li>• Two (2) each of the following plate ware will be provided:             <ul style="list-style-type: none"> <li>• 8” round white soup plates for the Appetiser</li> <li>• 12” round white plates for Main Course</li> </ul> </li> <li>• No service wares (China) permitted other than that provided. Service spoons, glasses, ramekins, etc., are not allowed.</li> <li>• Appetiser: Industry standard 250 ml per portion</li> <li>• Main Course: Minimum 350 g to maximum 425 g</li> <li>• Cooking temperature must meet food safety standards.</li> </ul>
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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 will be available on a common table that 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 and the limits of ingredients are 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* (9<sup>th</sup> edition). New Jersey: John Wiley & Sons.

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

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

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

## 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, 2 x 8" soup plates and 2 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 small kitchen appliances required to complete their menu, e.g., blenders, grinders, robo coupe, stand mixers, food sealers, bags, e.t.c  
(*No Blast Chiller Permitted*)
- Portion cups and lids, cling film, foil.
- 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, and cloths to be supplied by the competitor.

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 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 the 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 the kitchen during and after the competition. To include all working areas of the competitor's kitchen, including the management of their dirty dishes throughout the competition.
- 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/>**

## SECONDARY RECIPES

- Some recipes are provided here. We recommend referring 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 to meet the necessary yields.
- These textbooks also include photographs, text, and online content that illustrate proper and safe working techniques, as well as essential aspects of preparation (e.g., cooking roux, velouté, pan searing, demi-glace, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- When ingredients are unavailable or out of season, suitable substitutions should be made.

## **Gazpacho**

Source: *Professional Cooking for Canadian Chefs*

Yield: **2 litres (2 Quarts)**

### **Ingredients**

Tomatoes, peeled and chopped fine	2.5 lb.	1.2 kg
Cucumbers, peeled and chopped fine	1 lb.	0.500 kg
Onions, peeled and chopped fine	8 oz.	0.250 kg
Green bell peppers, peeled and chopped fine	4 oz.	0.125 kg
Crushed Garlic	½ tsp	0.002 litre
Fresh white bread crumb	2 oz.	0.060 kg
Water or tomato juice, cold	1 pt.	0.500 litre
Red wine vinegar	3 fl oz.	0.090 litre
Olive oil	4 fl oz.	0.125 litre
Salt	to taste	to taste
Pepper	to taste	to taste
Cayenne or hot red pepper sauce	to taste	to taste
Lemon juice or vinegar	to taste	to taste
<b>Garnish:</b>		
Onion, small dice	2 oz.	0.060 kg
Cucumbers, small dice	2 oz.	0.060 kg
Green pepper, small dice	2 oz.	0.060 kg

### **Procedure**

1. If a blender is available, combine all the ingredients in the blender and process until liquefied.
2. If a blender is not available, combine all the ingredients except the Olive Oil. Pass them through a food mill. If a smoother soup is desired, pass through a fine sieve. Rub the solids through the sieve to puree them. Place the mixture in a stainless-steel bowl. Using a wire whip, slowly beat in the olive oil.
3. Add salt, pepper, and cayenne or pepper sauce to taste.
4. If Necessary, adjust the tartness by adding a little lemon juice or vinegar.
5. Chill the soup thoroughly.
6. Combine the garnish ingredients in a small bowl or bain-marie.
7. At service time, ladle 200 ml (6 oz.) of gazpacho into chilled soup cups. Top with 15 - 30 g (1 -2 Tbsp.) diced vegetables garnish. If desired gazpacho may be served with ice cubes,

## **Chicken Chasseur**

Source: *Professional Cooking for Canadian Chefs*

Yield: **20 portions: 1/4 chicken, 45 ml (1.5 oz.) sauce**

### **Ingredients**

Chickens 0.9 to 1 kg (2 to 2 1/4 lb.) each	5 each	5 each
Salt	to taste	to taste
Pepper	to taste	to taste
Oil	2 fl oz.	0.060 litre
Shallots (or Onions), cut brunoise	2 oz.	0.060 kg
Mushrooms, Sliced	8 oz.	0.250 kg
White Wine (de-alcoholized only)	8 fl oz.	0.250 litre
Demi-Glace	1.5 pt..	0.250 litre
Tomatoes Concassé (fresh)	8 oz.	0.250 kg

### **Or**

Tomatoes, canned, drained, & chopped	4 oz.	0.125 kg
Salt	to taste	to taste
Pepper	to taste	to taste
Parsley, chopped	2 Tbsp.	0.060 litre

### **Procedure**

1. Cut the chicken into 8 pieces (See Appendix #2)—season with salt and pepper.
2. Heat the oil in a large brazier or large sauté pan—Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly—season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 165°C (325°F) for 20-30 minutes, or until done.
8. When the chicken is done, remove it from pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings.
9. Serve ¼ chicken (1 piece of dark meat and 1 piece of light meat) per portion. Cover with 45 ml (1.5 fl oz) of sauce.

## Common Table Inventory

Dairy	Maximum Amount	
Butter, Unsalted	0.345	kg
Cream, 35%	0.5	litre
Milk, 3.25%	0.025	litre
Sour Cream, 14%	0.0125	litre
Cheese, Parmesan-Regianno	0.05	kg
Dry Goods	Maximum Amount	
Baking Powder	0.01	kg
Baking Soda	0.01	kg
Breadcrumbs, Panko	0.075	kg
Cornstarch	0.05	kg
Flour: All Purpose	0.5	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
Sugar: white	0.2	kg
Tabasco Sauce	0.0125	litre
Tomato: diced	0.375	litre
Tomato: Paste	0.025	kg
Vinegar: Balsamic, Cider	0.1	litre
Vinegar: Red, White	0.15	litre
Proteins and Stocks	Maximum Amount	
Bacon, Sliced	0.227	kg
Bacon: Double Smoked, slab	0.075	kg
Chicken, whole (1.35kg/3lb avg)	1	each
Eggs, Large	6	each
Stocks: dark veal	1	litre
Stocks: white chicken	0.5	litre
White Wine: Dealcoholized	0.05	litre
Herbs and Spices – Fresh	Maximum Amount	
Basil	0.015	kg
Chervil	0.0075	kg
Chives	0.03	kg
Oregano	0.0075	kg
Parsley, Italian	0.026	kg
Tarragon	0.0075	kg
Thyme	0.015	kg

Herbs and Spices – Fresh	Maximum Amount	
Bay Leaves	0.005	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 & Microgreens	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: Green	0.25	kg
Peppers: Red	0.25	kg
Potato: Russet, Yukon Gold	0.25	kg
Radish, Red	0.25	bunch
Squash, Butternut	0.25	kg
Tomato, Juice	0.125	litre
Tomato, Roma	0.2	kg
Zucchini, Green	0.15	kg
Fruit, Fresh	Maximum Amount	
Citrus: Lemon	1.5	each

## Appendix #1 Precision Cuts

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

## Appendix #2 – Chicken Butchery

FIGURE 17.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife, as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)



(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

## 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)