



11th TERRITORIAL SKILLS COMPETITION - SCOPE DOCUMENT

34 –COOKING Post Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION: 3.5 HOURS

To evaluate each contestants preparation for employment and to recognize outstanding students for excellence and professionalism in culinary arts practices.

To demonstrate skills and 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

The competition will be the preparation of an appetizer, a main course and desert pre-determined by the technical committee. Each competitor will produce two identical plates. One plate will be presented for the tasting judges, and one plate for public display on a timed schedule. The names and recipes for the dishes are provided.

Each Competitor will submit their menu detailing their selections prior to final plate presentation.

Specific Requirements

Competitors may not bring any food type on the site. Only those ingredients provided by the technical committee will be allowed.

Ingredients

On competition day, each contestant will receive a basket containing fresh meats, fruits, vegetables, and dairy products. Quantities are limited. There will also be a common table of ingredients for the use of all contestants.

The technical committee will provide all ingredients for the fixed menu.

Preparation of a set 3- courses menu for 2 persons (soup, main course & dessert). Titles of dishes are provided without recipes. Competitors are free to consult reference books of their choice during the contest. Culinary terms must be respected. Each competitor must hand in two copies of their menu in English.

EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

Supplies provided by each contestant

Personal tool kits containing knives, pastry bag with tips, etc.

Contestants may bring any tools they find necessary.

Any equipment deemed necessary may be brought to the competition.

All equipment must be arranged at the workstation.

Uniforms:

Contestants must wear professional cooking uniforms. Embroidery on the uniforms identifying the contestant, sponsors or territory must be tasteful. Safety shoes with non-skid soles are mandatory.

Reference Materials:

Contestants may bring and consult reference works of their choice, "Professional Cooking", Gisslen and "On Cooking", Labensky are recommended.

The technical committee will provide all ingredients and recipes for the fixed menu.

Equipment provided by the technical committee:

1 Electric stove

2 Burners, electric

1 Workstation, with dry storage space

1 Power outlet

Sinks with hot and cold water

Soap and disinfectant (sanitize)

All ingredients, cookware, and dishes required for the competition

SAFETY REQUIREMENTS

Contestants must wear non-skid-soled shoes at all times.

POINT BREAKDOWN / 100 TOTAL

Hygiene, personal and work cleanliness	20%
Economy, work planning and time management	20%
Application and use of culinary methods & techniques	20%
Presentation of final product	20%
Taste of final product	20%

Rating Scale

Perfect	10
Very good	9
Good	8
Rather good	7
Sufficient	6
Medium	5
Weak	4
Insufficient	3
Bad	2
Zero	1

TECHNICAL COMMITTEE MEMBERS - JUDGES

Travis Stewart, Technical Chair

Yellowknife Association for Community Living, Yellowknife, NT