



14th TERRITORIAL SKILLS COMPETITION - SCOPE DOCUMENT

34 –COOKING Post Secondary

(NOTE: Scope may change without notice)

PURPOSE OF THE CHALLENGE

DURATION: 2 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.

Post Secondary Cooking Competition Orientation
Foodservices Room, St. Pat's High School
Workstation set up

- 2:00 P.M. Kitchen Opens, orientation, workstation set up.
2:30 P.M. Submit menu
Post Secondary level Cooking Competition begins
- 4:30 P. M. Plate Presentation and Final Judging
- 4:30-5:00P.M. Clean – up

The Salmon & Scallop main course must be served from 4:30 pm to 4:35 pm. At 4:35 pm one point will be deducted per minute until 4:40 pm.

Workstation and kitchen clean up, confirmed with technical chair before leaving kitchen area.

SKILLS AND KNOWLEDGE TO BE TESTED

The competition will be the preparation of a main course 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.

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. Three different cooking methods must be used in the preparation of the main course.

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

Main Course
Salmon, Scallops and Asparagus

Prepare two (2) portions of a main course using farm raised Salmon, Scallops, and green asparagus. The Main Course should be served hot and must include:

- Salmon (farm raised)
- Scallops
- Green asparagus

The dish must include a minimum of:

- One (1) farce (or forcemeat)
- One (1) sauce
- Two (2) vegetables
- One (1) starch

Portion size of main course - 180g minimum

Service temperatures for courses served hot must be +50C minimum on sauce and vegetable

Two portions of each course must be served on plates provided.

Ingredients are limited to the ingredients available on the common table document

Expectations:

Cooking methods and culinary terminology stated in menu must be respected and used to prepare the required dishes.

Two plates are to be prepared. One will be presented to the judge's table and one plate is for display at the public table.

Reference books and recipes may be consulted all day long.

All items are subject to changes without notice, depending availability and quality, but all competitors will have the same conditions.

*** **NOTE***** Common table items subject to change based on availability of ingredients. Please let the Technical Chair know if any further items are required.

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.

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. 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

Sanitation	15%
<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Safety • Work station, floor and fridge cleanliness • Cutting board hygiene • Proper food storage methods 	
Time and Product Utilization	10%
<ul style="list-style-type: none"> • Food wastage • Energy and water wastage • Time management • Respected timetable in regards to serving • Proper planning of tasks 	
Preparation	25%
<ul style="list-style-type: none"> • Proper basic cooking techniques • Proper culinary methods • Professional use of tools and equipment 	
Presentation	15%
<ul style="list-style-type: none"> • Portion size and disposition of food • Harmonious colours • Clean plates • Appetizing, modern and artistic 	
Taste	30%
<ul style="list-style-type: none"> • Proper textures of foods • Degree of doneness • Balanced taste and seasonings • Taste according to menu 	
Set Items	5%
<ul style="list-style-type: none"> • Presentation in accordance with the required dishes 	

TECHNICAL COMMITTEE MEMBERS - JUDGES

Technical Chair - Mark Plouffe, CCC
 Ecole St. Patrick High School, Yellowknife, NT