



# Provincial Scope Document

## *CULINARY ARTS (Post Secondary) 2009*

Check in time: 12:00. Contest 12:45.

### **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, Presentation of Food, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to make up a menu from a modified Black Box and write it neatly, Knowledge of current culinary trends and modern plate presentation.

### **Specific Requirements:**

To be able to design and write a menu from a **Modified Black Box Format** and produce **two presentation platters** within 3 1/2 hours.

Each entrant will prepare and cook **12 pieces each of 4 different hors d'oeuvre** and **2 dessert trios** following their written menu. The plates will be used as follows:

- one plate for tasting by the judges
- one plate for visual display for the judges and public

All of the food items will be supplied by the technical committee and given to the competitors in the form of a black box for the required ingredients and a common table of ingredients available to all of the competitors. Competitors **may not** bring any food of any type to the site.

Competitors must make a serious attempt to use most of the items contained in their black box. This black box will not be known to the competitors, except for the required listed ingredients below, until after they have entered the competition area. The other mystery ingredients consist of common items found in teaching kitchens. They will

then design and write a **hors d'oeuvre and dessert trio menu** and make it available to the judges **within 30 minutes** of opening the black box (on paper supplied), and then prepare, cook, present their plates, and clean up their station within the **3 ½ hours**. Suitable spacing between the presentation of plates will be required (15 - 20 minutes is ideal). Each competitor must also include in their menu the following mandatory requirements:

**12 portions each of 4 different hors d'oeuvre:**

*Portion size for hors d'oeuvre is 2 bites each. All items are to be presented on platters, each with 6 portions of 4 types. No shot glasses, spoons, or other serveware are to be used. Items must be able to be picked up and eaten without cutlery.*

**2 must be cold items**

**2 must be hot items**

**Required ingredients: scallops, duck breast, goat cheese**

**2 dessert trios:**

**1 must have a pastry or cake base**

**1 must have a fruit or custard filling**

**1 dessert sauce must be included**

*If the competitors do not include all of the above mentioned items in their menus and in their plates, their plates will be disqualified. They have to make a sincere attempt to use some of each item in their plates and in their menus. Please pay careful attention to this when working with your students.*

The other items in the Black Box will not be that difficult or that strange from the range of products found in most Professional Teaching Kitchens in British Columbia.

In addition to the black box, there will be a common table of ingredients which the competitors will be able to use throughout the 3 ½ -hour competition. This list of ingredients is attached to this scope document.

## **Equipment / Tools / Materials**

*Supplied by Committee:*

- All food items
- Electric stoves and ovens
- Sinks
- Tabletops,
- Refrigeration (one to be shared by two competitors)

- Oversize plates ( 8 x 16 white platters for the hors d'oeuvre, 12" white dinner plates for dessert trios) for presentation and tasting purposes.
- Paper and pencil or pen for writing out their menu in either English or French.

*Supplied by Contestant:*

- Any and all cooking utensils, knives, cutting boards, cloths, etc.
- Any moulds or special baking dishes needed
- **No other cooking sources of heat will be allowed** (eg. Small gas burners, chafing heat sources, deep fryers, etc.)
- A suitable reference textbook for help in devising their menu and personal recipes.
- No pre-written menus and 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.*

*Clothing Requirements:*

Non-identifiable cook's jacket (i.e. no school logos or names, please), chef's hat, appropriate pants (checkered, black or white), good kitchen shoes , white four (4) way apron and any white kitchen towels needed.

### Judging / Distribution of Marks:

- General cooking skills, work habits, cooking techniques
- Timing of courses and finishing within the 3 1/2 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 pre-submitted menu
- Adherence to safety and sanitation rules and regulations
- Professionalism, including cooperation and demeanor during competition
- Cleanliness of kitchen during and after competition. To include all working areas of competitor's kitchen.
- Appropriateness of written menu compared to the final plates for presentation and for tasting.
- Use of the **black box and required ingredients** in the menus and in the plates.

### Technical Committee

Ben Weber	Technical Chair	ben.weber@sd75.mission.bc.ca
Don Gyurkovits	International Culinary School at the Art Institute	
Dennis Green	Propel	

**Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Skills Competition May 20-23, 2009, Charlottetown, PEI.**

**Skills Canada BC reserves the right to make changes to the scope document. Please check the website for updates.**

## Common Table List – subject to availability

### **PROTEINS**

bacon, sliced  
shrimp  
anchovies  
salmon, smoked presliced

### **STOCKS, PREPARED**

chicken stock  
brown stock

### **CONVENIENCE/SPECIALTY PRODUCTS**

dijon mustard  
horseradish, prepared  
thai fish sauce  
mayonnaise  
mirin  
sambal oelek  
soy sauce  
wasabi powder  
tomato paste  
nori  
coconut milk  
panko  
bread, white sliced  
olives, kalamata

### **DAIRY/EGGS**

butter unsalted  
buttermilk  
cream cheese  
cream, whipping  
milk homogenized  
sour cream  
yogurt  
eggs large  
parmesan  
cheddar cheese

### **HERBS AND SPICES (FRESH)**

basil  
chives  
cilantro  
dill  
mint  
parsley  
rosemary  
tarragon  
thyme  
garlic whole  
ginger

### **HERBS/SPICES, DRY**

assorted

### **RICES AND GRAINS**

rice, sushi  
rice, arborio

### **SALTS**

salt, table  
sea salt, coarse

### **SWEETENERS**

sugar, brown  
honey, liquid  
maple syrup  
sugar, white granulated  
sugar, icing

### **VINEGARS**

apple cider  
balsamic  
red wine  
rice wine  
white wine

### **VEGETABLES**

asparagus  
carrot  
celery  
cucumber  
eggplant japanese  
fennel  
leeks  
mushroom mixed  
mushroom white button  
onion green bunch  
onion jumbo  
onion red  
pepper red  
pepper yellow  
potato new  
potato russet  
shallots  
spinach, washed  
squash, butternut  
tomato cherry  
tomato roma  
yams  
zucchini

### **FRUIT**

apple  
pear  
lemon  
lime  
oranges  
raspberries  
mango  
pineapple  
strawberries  
kiwi  
cranberries

### **LIQUOR**

brandy  
marsala  
port  
red wine  
sherry  
white wine  
coffee liqueur  
orange liqueur

### **OILS**

olive, extra virgin  
sesame  
vegetable

### **BAKING SUPPLIES**

baking powder  
baking soda  
couverture dark  
couverture milk  
couverture white  
cocoa powder  
cream of tartar  
vanilla  
gelatin leaves  
yeast dry instant

### **PASTRY PRODUCTS, PREPARED**

filo pastry  
puff pastry  
wonton wrappers

### **FLOURS**

all purpose flour  
cornmeal  
pastry/cake flour  
rice flour  
cornstarch