



Provincial Scope Document

CULINARY ARTS (Post Secondary) 2010

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 plates of each item** within 3 1/2 hours.

Each entrant will prepare and cook **2 different vegetarian appetizers, of which one must be vegan and 1 ovo lacto vegetarian entree** 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 **vegetarian 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:

2 portions each of 2 different vegetarian appetizers:

- 1 must be vegan**
- 1 student's choice**

2 portions of an ovo-lacto vegetarian entree:

Required ingredients: tofu, lentils

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)
- Plates (10" white dinner plates) 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

JC Felicella / Don Gyurkovits
donaldgyurkovits@telus.net

Technical Chair

jfelicella@vcc.ca /

Don Gyurkovits International Culinary School at the Art Institute

J Felicella Vancouver Community College

Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Skills Competition May 20-23, 2010, Waterloo, Ontario.

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

STOCKS, PREPARED

vegetable stock

CONVENIENCE/SPECIALTY PRODUCTS

dijon mustard
mayonnaise
soy sauce
tomato paste
bread crumbs
olives
firm tofu
coconut milk

DAIRY/EGGS

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

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
soy beans
avocado

FRUIT

apple
pear
lemon
lime
oranges

HERBS AND SPICES

assorted dry and fresh

DRY GOODS

red wine
white wine
olive, extra virgin
sesame
vegetable
baking powder
baking soda
all purpose flour
cornmeal
rice flour
cornstarch
lentils, green

rice, arborio
rice, basmati
sea salt
honey, liquid
maple syrup
sugar, white granulated
assorted vinegars
whole hazelnuts
pumpkin seeds
garbanzo beans, canned