



Provincial Scope Document

CULINARY ARTS (Secondary) 2010

1st Heat: Check in time: 7:30. Contest: 8:00.

2nd Heat: Check in time: 12:00. Contest 12:45.

If you are in the 2nd heat, you are not permitted to view the first heat. Second Heat contestants are required to stay away from the Culinary Arts Contest area until the 11:45am registration.

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 a **three course** meal within 3 1/2 hours.

Each entrant will prepare and cook **Appetizer: 2 Vegetable Ragout, your choice;** **Main Course: Duck Breast (2 breasts, skin on)**, and **Dessert: 2 Dessert of your choice using choux paste** 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 two 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 **three (3) course 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 items:

Appetizer: 2 Vegetable Ragout, your choice; Main Course: Duck Breast (2 breasts, skin on)

Dessert: 2 Dessert of your choice using choux paste

If the competitors do not include either of the above mentioned two 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
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops,
- Refrigeration
- Oversize plates (10" white dinner plates, 10" white soup plates, and 12" 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.
- No other cooking sources of heat will be allowed (eg. Small gas burners, chafing heat sources, 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 **Appetizer: 2 Vegetable Ragout, your choice; Main Course: Duck Breast (2 breasts, skin on)** and the **Dessert: 2 Dessert of your choice using choux paste** in the menus and in the plates.

Technical Committee

Ben Weber Technical Chair
Chelsea Holman
Sam Sharpels

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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.

BC Skills Competition 2010

Common Table Ingredients

Dairy	Herbs	Dry Store	Veg & Fruit	Veg & Fruit	Misc.
36% Cream	Parsley	Olive Oil	Baker Potato	Mushrooms	Baking Powder
Homo Milk	Tarragon	Canola Oil	Yans	Mangos	Yeast
Unsalted Butter	Basil	Sesame Oil	Ginger	Lemons	Baking soda
Eggs	Thyme	Assorted Spices	Zucchini	Oranges	Brown Stock
Cream Cheese	Rosemary	White Wine Red Wine	Asparagus	Strawberries	Brown Veal Jus
Sour Cream	Chives	Assorted Vinegars	Leek	Pears	Callebeaut Choc. (semi-sweet)
Yogurt		Soy Sauce	Roma Tomato	Apples	White Callebeaut Choc.
Cheddar Cheese		Dijon Mustard	Celery	Raspberries	Gelatin
Parmesan Cheese		Aborio Rice	Onions	Shallots	Breadcrumbs
		Basmati Rice	Carrots	Garlic	Aluminum Foil
		Tomato Paste	Spinach		Plastic Wrap
		AP Flour	Salad Mix		Silicon Paper
		Sea Salt	Green Onion		Honey
		Corn Starch	Yellow Peppers		
		Corn Syrup	Red Peppers		
		Brown Sugar	Beans		
		Icing Sugar			
		Vanilla			

All items are subject to availability.