



# Provincial Scope Document

## *CULINARY ARTS (Post Secondary) 2012*

### Timing:

12:00	Check in and briefing
12:30	Set up stations
<b>1:00</b>	<b>Competition start</b>
1:30	Submission of menu
4:00	Presentation of Quail starter
4:30	Presentation of Salmon and Scallop main course

### 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 list of ingredients and write it neatly, Knowledge of current culinary trends and modern plate presentation.

### Specific Requirements:

The contestant must design and write a menu from a **list of required and common ingredients** and produce a **two course** meal within 3 1/2 hours.

Each entrant will prepare and cook **two (2) portions of a starter featuring quail** and **two (2) portions of a main course featuring salmon and scallops** following the submission of a 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

**\*\*\*New for 2012:** In addition to the mandatory food items, competitors must requisition any food items required to prepare their menu from a list of available ingredients no later than 1 week prior to the competition date. A small number of common table items (see attached list) will be also be available to all competitors on the day of the competition.

Competitors **may not bring any food items** to the competition.

No ingredients besides those on the requisition/common table list may be used. Competitors must make a serious attempt to use most of the items they have requisitioned. Wastage and over ordering of food items will be reflected in the scoring.

They will then submit a neatly handwritten or typed **two (2) course menu** and make it available to the judges **within 30 minutes** of the competition start time. The menu can not state the competitor's name or school. Competitors will prepare, cook, and present their plates within **3 ½ hours**.

Each competitor must include in their menu the following mandatory items:

**Two (2) portions of a starter featuring quail**

- competitors will be given two(2) whole quail each
- may be served hot or cold
- must include one dressing or sauce
- must include one garnish of choice

**2 main course plates featuring salmon and scallops**

- competitors will be supplied with 400 g salmon and 200 g scallops each
- must include one sauce
- must include two vegetables
- must include one starch

**A forcemeat or farce must be used in either the starter or main course plate**

***If the competitors do not include any of the above mentioned items in their menus and in their plates, their plates will be disqualified. Please pay careful attention to this when working with your students.***

**Requisitioned/common table items**

- Requisitioned items will be provided to each competitor as ordered. There will be no additional supply of these items at the competition.
- Common table items will be provided in limited amounts for the use of all competitors.

## Service Requirements:

**There will be a 5 minute window for the presentation of each course.**

- The starter must be served between 3:55 and 4:00
- The main course must be served between 4:25 and 4:30
- One point will be deducted for each minute late after the 5 minute window has expired.

**The following service standards must be applied to all dishes:**

- Portion size for the starter should be minimum 80 g
- Portion size for the main course should be minimum 180 g
- Cooking methods and terminology used in the menu must be clearly shown in the finished dish.
- Hot items must be served between 50 and 60C
- Cold items must be served below 15C
- All items must be served on the supplied plates

## Equipment / Tools / Materials

*Supplied by Committee:*

- All food items as requisitioned by the competitor
- Gas or Electric stoves and ovens
- Sinks (one to be shared by two competitors)
- Tabletops
- Refrigeration
- Oversize plates (10" white dinner plates) for presentation and tasting purposes.
- Paper and pencil or pen for writing

*Supplied by Contestant:*

- Any and all cooking utensils, knives, cutting boards, cloths, etc.
- No other cooking sources of heat will be allowed (e.g. Small gas burners, chafing heat sources, etc.)
- A suitable reference textbook for help in devising their menu and personal recipes.
- 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 Criteria:

- 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 **quail** and the **salmon and scallops** in the menu and in the plates.

### Distribution of Marks:

- Safety/Sanitation: 15 marks
- Organization/Product Utilization 10 marks
- Preparation/Technical Skills: 25 marks
- Presentation: 15 marks
- Taste/Required Components 35 marks

### Technical Committee

Dennis Green      Technical Chair  
Don Gyurkovits  
Mike Doyle  
Margo Murphy

[dgreen@go2hr.ca](mailto:dgreen@go2hr.ca)

**Gold medal winners at the BC Skills Competition are eligible to compete at the Canadian Skills Competition May 13-16, 2012 in Edmonton, AB.**

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

# BC Skills Competition 2012

Requisition List - All items are subject to availability.

Competitor Name: \_\_\_\_\_

School: \_\_\_\_\_

Instructor: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate the quantities of the ingredients you require for your menu and submit to the technical chair no later than April 11, 2012

e-mail: [dgreen@go2hr.ca](mailto:dgreen@go2hr.ca)

Fax: 604-633-9796

ITEMS	Amount.
<b>REQUIRED PROTEINS</b>	
salmon	400g
scallops	200g
quail	2 ea
<b>ADDITIONAL PROTEINS</b>	
bacon	
<b>VEGETABLES &amp; FRUITS</b>	
apples	
asparagus	
beets	
blueberries (frozen)	
bunch spinach	
butternut squash	
cabbage (green)	
cantaloupe	
carrots	
cauliflower	
celery ribs	
cucumber	
eggplant, japanese	
fennel	
garlic whole	
ginger	
leek	
lemons	
lettuce	

# BC Skills Competition 2012

Requisition List - All items are subject to availability.

Competitor Name: \_\_\_\_\_

School: \_\_\_\_\_

Instructor: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please indicate the quantities of the ingredients you require for your menu and submit to the technical chair no later than April 11, 2012**

e-mail: [dgreen@go2hr.ca](mailto:dgreen@go2hr.ca)

Fax: 604-633-9796

ITEMS	Amount.
limes	
mango	
mushrooms, shiitake	
mushrooms, white button	
onions	
oranges	
pears	
pepper green	
pepper red	
pepper yellow	
pineapple	
potatoes (new)	
potatoes (russet)	
red cabbage	
shallots	
tomato (cherry)	
tomatoes (roma)	
turnip	
yams	
zucchini	
<b>DAIRY / EGGS</b>	
butter unsalted	
cheese - parmesan grated	
cream (light)	
cream (whipping)	
eggs (large)	
milk (2%)	
sour cream	
yogurt	

# BC Skills Competition 2012

Requisition List - All items are subject to availability.

Competitor Name: \_\_\_\_\_

School: \_\_\_\_\_

Instructor: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate the quantities of the ingredients you require for your menu and submit to the technical chair no later than April 11, 2012

e-mail: [dgreen@go2hr.ca](mailto:dgreen@go2hr.ca)

Fax: 604-633-9796

ITEMS	Amount.
<b>STOCKS &amp; SAUCES</b>	
brown stock	
chicken stock	
vegetable stock	
<b>HERBS &amp; SPICES FRESH</b>	
basil	
chives	
cilantro	
mint	
parsley	
rosemary	
tarragon	
thyme	
<b>OILS</b>	
canola	
olive	
sesame	
<b>VINEGARS</b>	
balsamic	
wine (red)	
wine (white)	
<b>LIQUOR</b>	
wine (red)	
wine (white)	

# BC Skills Competition 2012

Requisition List - All items are subject to availability.

Competitor Name: \_\_\_\_\_

School: \_\_\_\_\_

Instructor: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please indicate the quantities of the ingredients you require for your menu and submit to the technical chair no later than April 11, 2012**

e-mail: [dgreen@go2hr.ca](mailto:dgreen@go2hr.ca)

Fax: 604-633-9796

ITEMS	Amount.
<b>DRY GOODS</b>	
barley	
bread crumb	
capers	
cornmeal	
cornstarch	
cranberries (dried)	
flour – all purpose	
gelatin leaves	
gelatin powder	
hazelnuts (whole)	
honey liquid	
horseradish, prepared	
lentils, green	
olives (green)	
orzo	
panko	
raisins	
rice - arborio	
rice – long grain	
sambal oelek	
soy sauce	
sugar (brown)	
sugar (white)	
sundried tomatoes	
tomato paste	
vanilla imitation extract	
wonton wrappers	

# BC Skills Competition 2012

**Common Table List** – limited amounts of these items will be available to all competitors.  
All items are subject to availability.

<b>HERBS/SPICES, DRY</b>	<b>OILS</b>
assorted dry herbs/spices	canola
	pan spray
<b>DRY GOODS</b>	<b>NON FOOD ITEMS</b>
baking powder	aluminum foil
baking soda	disposable gloves
dijon (regular)	paper towels
flour (all purpose)	parchment paper
sea salt	plastic wrap
sugar (white)	skewers – bamboo
tabasco	wood chips for smoking
worcestershire sauce	