



Provincial Scope Document

CULINARY ARTS (Secondary) 2012

Check in time: 7:30. Contest: 8:00.

Timing:

| | |
|-------------|---------------------------------|
| 7:30 | Check in and briefing |
| 8:00 | Set up stations |
| 8:30 | Competition start |
| 9:00 | Submission of menu |
| 11:30 | Presentation of breakfast plate |
| 12:00 | Presentation of 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 prepare a menu from set recipes, Knowledge of current culinary trends and modern plate presentation.

Specific Requirements:

To be able to use set recipes to produce a **two course** meal within 3 1/2 hours.

Each entrant will prepare and cook **two (2) breakfast plates featuring Eggs Benedict** and **two (2) main course plates featuring Beef Roulade** from standardized recipes.

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 in the form of a common table of ingredients available to all of the competitors. Competitors **may not** bring any food of any type to the site.

Competitors will write a **two (2) course menu** and make it available to the judges **within 30 minutes** of starting the competition (on paper supplied), and then prepare, cook, and present their plates, within the **3 ½ hours**. Each competitor must include in their menu the following mandatory items:

Two (2) breakfast plates featuring Eggs Benedict

- **two eggs per portion**
- **must include an edible garnish prepared from ingredients on the common table – see recipe for details**

Two (2) main course plates featuring the supplied recipes

- **Beef Roulade**
- **Braised Red Cabbage**
- **Steamed Broccoli**
- **Duchesse Potato**

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

All ingredients will be presented on a common table, which the competitors will be able to use throughout the 3 ½ -hour competition. This list of ingredients is attached to this scope document.

Service Requirements:

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

- The breakfast plate must be served between 11:25 and 11:30
- The main course must be served between 11:55 and 12:00
- 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:

- Hot items must be served between 50 and 60C
- All items must be served on the supplied plates

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) for presentation and tasting purposes.
- Paper and pencil or pen for writing out their menu in either English or French.
- Standardized recipes for the required items on the menu

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 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.

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

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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

Common Table List - All items are subject to availability.

PROTEINS

bacon
back bacon
beef inside round
beef, ground lean

STOCKS, PREPARED

beef stock
brown stock
chicken stock

DAIRY/EGGS

butter unsalted
cream, whipping
eggs large
milk homogenized

HERBS/SPICES, DRY

assorted

DRY GOODS

baking powder
baking soda
dijon mustard
dill pickles
English muffins
flour, all purpose
horseradish, prepared
pan spray
red wine vinegar
salt, table
sea salt, coarse
sugar, white granulated
tomato paste
vegetable oil
white wine vinegar
worcestershire sauce

NON FOOD ITEMS

aluminum foil
disposable gloves
paper towels
parchment paper
plastic wrap
toothpicks

PRODUCE

apple
broccoli
cabbage, red
carrot
celery
garlic whole
leek
lemon
lime
melon
mushrooms
onion green bunch
onion jumbo
orange
parsley
pear
pepper red/yellow
pineapple
potato new
potato russet
spinach, washed
thyme
tomato cherry
tomato roma