



# Regional Scope Document

## *CULINARY ARTS (Secondary) 2010*

### **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 produce a **two course** meal within 3 (three) hours from a **Modified Black Box Format**.

Each entrant will prepare and cook **2 servings: Vegetable Ragout (your choice)** and **2 servings: Stuffed Chicken Breast (using 1 double breast bone in)** as a main course. The plates will be used as follows:

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

Within the three hours, the competitors will follow their written menu, prepare and cook the 4 plates, present them to the judges, and clean their area completely for the next competitor.

All of the food items will be supplied by the hosting 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 utilize all items contained in each of their black boxes. The black box will not be known to the competitors, except for the ingredient below, until after they have entered the competition area. They will then design a two (2) course meal, write out a menu on paper supplied (menu will have to be given to the judges no longer than just prior to the competitor's first plate being presented) prepare, cook and present their plates within 3 hours. The menu will include the **2 servings: Vegetable Ragout (your choice) and the main course to utilize the 2 servings: Stuffed Chicken Breast (using 1 double breast bone in)**. 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:

**2 servings: Vegetable Ragout (your choice)**

**2 plates of the main course utilizing the 2 servings: Stuffed Chicken Breast (using 1 double breast bone in) and the mystery ingredients supplied in the black box**

*If the competitors do not include either the 2 servings: Stuffed Chicken Breast (using 1 double breast bone in) or the black box ingredients in their menus and in their plates, their plates will be disqualified. They do not have to use all of each item, but 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 that the competitors will be able to use throughout the competition. This list of ingredients will be supplied to each registered competitor three weeks prior to the regional. See sample list attached.

## Equipment / Tools / Materials

Supplied by Committee:

- All food items
- Propane converted gas stoves and ovens and/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.

- 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 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 flavor, 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.

<i>Competitor No.</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>A Sanitation</b> (score from 1-10)												
<b>Kitchen Skills</b> (score from 1-10)												
<b>B</b> Multiply by 1.5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Mise en place</b> (score from 1-10)												
<b>C</b> Multiply by 2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>D Cleanliness</b> (score from 1-10)												
<b>Timing</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
1st course (score from 0-5)												
2nd course (score from 0-5)												
3rd course (score from 0-5)												
<b>SUB-TOTAL</b>	0	0	0	0	0	0	0	0	0	0	0	0
<b>E</b> Divide by 3	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Presentation</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>

1st course	(score from 1-10)												
2nd course	(score from 1-10)												
3rd course	(score from 1-10)												
<b>SUB-TOTAL</b>		0	0	0	0	0	0	0	0	0	0	0	0
Divide by 3		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>F</b>	Multiply by 2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

**Taste**

**1 2 3 4 5 6 7 8 9 10 11 12**

1st course	(score from 1-10)												
2nd course	(score from 1-10)												
3rd course	(score from 1-10)												
<b>SUB-TOTAL</b>		0	0	0	0	0	0	0	0	0	0	0	0
Divide by 3		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>G</b>	Multiply by 2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

**1 2 3 4 5 6 7 8 9 10 11 12**

**TOTALS**

(Lines A+B+C+D+E+F+G)

0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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