



Eastern Ontario Secondary School Skills Challenge
@ St. Lawrence College Cornwall

Culinary Arts
(team of 1)

Time/Location: 8:00 a.m to 4:00 p.m.
Cafeteria - Aultsville

Purpose of the Contest:

- Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules.
- Present and promote to the public a view into the trade of Cook
- To demonstrate new culinary trends.

Skills and knowledge to be tested:

- The competition will be a practical cooking and food presentation contest.
- Secondary school students will prepare a set of 3 Course Menu for two persons (Soup, Main Course and Dessert). Competitors must follow recipes and directions provided for this day.
- Each competitor must submit two copies of their menu in either French or English no later than 30 minutes after starting in the kitchen.
- Presentation of dishes is according to the attached time schedule.
- An official time clock will be designated.
- Secondary students will present one plate to judges and one plate for display.

Judging Criteria:

Practical 95%

15% Hygiene

Proper and professional clothes
Personal hygiene and cleanliness
Safety
Proper food storage methods

Cutting board hygiene

10% Time and Product Utilization

Food wastage
Energy and water wastage
Wasted time
Proper planning of tasks

25% Presentation

Proper cooking techniques
Proper culinary methods
Professional use of tools and equipment

15% Presentation

Portion size and disposal of food
Degree of doneness
Balanced taste and seasoning
Taste according to menu
Respected timetable in regards to serving times

5% Set Items

Presentation in concordance with the demanded dishes

Every item is pointed on a scale of 1 to 10, and then converted by computer to reflect the percentages.

The Scale:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very Good	2	Insufficient
6	Good	1	Insufficient

Tie Breaking - In the event of a numerical tie the competitor with the highest score in the taste category will be deemed to be the winner.

Equipment and materials:

Supplied by the committee:

- All food supplies necessary to produce the requested menu items
- Worktable
- Two (2) burners, gas or electric
- Shared refrigeration
- Shared equipment – food processors and measuring scales
- Shared sink for food preparation, pot washing
- Presentation table for display of finished entrees

- Shared hand washing sink

*competitors may not bring any food type on site, including: colouring agents, wood chips, beans, and oils spray or any other consumable product.

Presentation equipment like skewers, shot glasses etc: are not acceptable and may not be used.

Supplied by Competitor:

- Personal tool kits, including, but not limited to: knives, ladles, whips, spatulas, piping bag and tips and rolling pins.
 - Competitors may bring any tool deemed necessary with them
 - Basic pots and pans set, including sauté pans, trays, bowls, china caps, cutting boards and moulds
 - Competitors may also bring all needed equipment such as Saran wrap, aluminum paper, wax paper, plastic food containers, scale, kitchen towels, oven mitts and sanitizing spray bottles
 - 2 white soup bowls with liners
 - 2 white dinner plates
 - 2 white dessert plates
- * please note that all equipment must fit on the workstation

Tool boxes and equipment that does not fit in or on the workstation will have to be stored and cannot be used during the contest. All materials should be dishwasher proof and marked clearly for easy distinction.

Reference Books

Every competitor can bring and consult a reference book or his/her personal recipes during the contest. The organizers will provide recipes for the set menu.

Safety:

Safety is a priority. At the discretion of the judges, any competitor can be removed from the competition site for not having the proper safety equipment and/or not acting in a safe manner.

All articles required to be worn are the sole responsibility of the contestants. The mandatory clothing requirements are the following:

- White cooks jacket
- Apron
- Chef's hat (hair net if required)
- Necktie
- Suitable non-slip footwear (no running shoes)
- Check or white cook's pants
- Jewelry such as rings, bracelets and necklaces, piercings or any items deemed unsafe and unsanitary by the competition judges shall be removed*

* competition judges will have final authority on matters of safety

Job Interview:

To assist competitors in fully preparing for their eventual job searches and to become valued employees, there is a job interview incorporated into the contest. It is expected that the competitors will arrive prepared with a resume and prepared for interview questions and discussion. Competitor's performance on the interview accounts for 5% of the competitors overall mark.

Competition Agenda:

8:00 to 8:30	Registration and Announcements
8:30 to 8:40	Move to Contest Area
8:40 to 9:00	Orientation Session
9:00 to 1:15	Contest 12:30 – 12:45 – presentation of soup at designated location 12:45 – 1:00 – present main course 1:00 – 1:15 – present desert
1:15 to 1:45	Clean Up
1:45 to 2:30	Job Interviews
2:30 to 3:15	Final Judging and Results Compilation
3:15 to 3:45	General Feedback Session
3:45	Awards Presentations

Dry Storage	Fruits/Vegetables	Stocks/Sauces	Specialty Items
Chocolate, couverture	Apples, Granny Smith	White Stock	Cinnamon sticks
Chocolate, dark	Fresh mangoes	Brown stock	Star anise
Chocolate, white	Blueberries	Dairy	Vanilla extract
Cocoa powder	Raspberries	Butter - salted	Fresh white bread
Corn starch	Strawberries	Butter - unsalted	Tomato Juice
Flour AP	Kiwi	Cream, Whipping 35%	Apple Juice
Baking Powder	Oranges	Eggs	
Gelatin, Granular/sheets	Celery	Milk	
Salt, sea salt	Carrots		Fresh Herbs
Honey	Green Onions		Basil
Vinegar, White, Cider, Red	Garlic		Mint
Oil, Canola, Olive	Shallots	Meat Items	Parsley
Rice, long grain	Onions – red, white	Beef Loin	Rosemary
Sugar, Brown	Lemon		Thyme
Sugar, Granulated	Lime		
Sugar, Icing	Potatoes Starchy		
Peppercorns	Tomatoes, medium		
Bay Leaves	Green Peppers		Wines/Liquor
Nutmeg (whole)	Asparagus		Brandy
Cloves	Cucumber		White Wine
Nuts & Dried Fruit	Red Peppers		Red Wine

Almonds Sliced	Yellow Peppers		
Whole Hazelnuts			

Menu

Soup	<i>Gazpacho</i>
Main Course	<i>Beef Entree</i>
Starch	<i>Rosti Potatoes</i>
Vegetable	<i>Asparagus Spears</i>
Dessert	<i>Your Choice Utilizing Crepes</i>

Instructions:

- For all plates, the presentation should be modern and clean
- The portion sizes should be appropriate for a 3 course menu.
- Appropriate recipe quantity conversions must be made for two portions each course.
- Menu titles and recipes must be respected.
- Culinary terminology and traditional culinary techniques must be respected
- Cooking methods stated in menu must be used to prepare the food.
- The menu must be prepared with the items on the common food table.
- Supplied by the competitors
 - 2 white dinner plates (10 inch diameter)
 - 2 white soup bowls with under-liner plates
 - 2 white dessert plates (10 inch diameter)
- One plate of each course must be put on the judge's table to be tasted. The other is for the public display table.
- You should not waste any food items from the common tables: waste will be marked accordingly. Food scraps must be handled in a professional manner and may not be discarded until they have been inspected by the judges.
- Composting and recycling principals will be employed.
- All items are subject to changes without notice, depending on availability and quantity.