

Cariboo Regional Skills Competition

Scope Document

Culinary Arts (Secondary) (2023)

Thompson Rivers University
March 3, 2023

CULINARY ARTS (Secondary) (2023)

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:

- Produce a **two-course** meal within three hours from a **Modified Black Box Format**.
- Each entrant will prepare and cook **two appetizers of Scallops** and **two Servings of Chicken Breast (The competitors will get a 500-gram piece of Chicken Breast - skin on)** 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 four plates, present them to the judges, and clean their area completely.

Competition Notes:

- 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 ingredients above until after they have entered the competition area.
- They will then design a two-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 three 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:
 - **Two appetizers of Scallops and 2 plates of the**
 - **A main course utilizing the two Servings of Chicken Breast and the mystery ingredients supplied in the black box.**
 - ***If the competitors do not include either the Scallops or Chicken Breast 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.***

Equipment / Tools / Materials:

Supplied by Committee:

- All food items
- Propane converted gas stoves and ovens and/or electric stoves and ovens
- Sinks
- Tabletops
- Refrigeration
- Pots, pans and cutting boards
- 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:

- 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
- any white kitchen towels needed.
- Knives.

NOTES

- ***If you do not supply your own knives, you will not be given any at the contest site.***
- 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.

Judging / Distribution of Marks (General)

- 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.

Judging / Distribution of Marks (Specific)

- Sanitation 10%
- Kitchen Skills 15 %
- Mise en place 20 %
- Cleanliness 10 %
- Timing 5 %
- Presentation 20 %
- Taste 20 %

Technical Chair:
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