

# Skills Canada Provincial Competition

2020



**COOKING**

**34**

## **23rd Annual Skills Canada Provincial Competition**

Contest Date: Friday, March 20, 2020

Contest Location: College of the North Atlantic, Prince Philip Drive

Contest Number: 34

Level: Post-Secondary

**SKILLS CANADA PROVINCIAL COMPETITION**

**MARCH 20, 2020**

**ST. JOHN'S, NEWFOUNDLAND AND LABRADOR**

# **POST - SECONDARY**

**COOKING TRADE**

CONTEST DESCRIPTION

**Competition Chair:**

Danial Flight, RSE - NTC Newfoundland and Labrador

## 1. INTRODUCTION

### 1.1 Purpose of the Challenge

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

### 1.2 Duration of contest.

- **Post-Secondary Contest – 6 hours Total**  
**Orientation March 19 /2020**  
**Room G116**  
**5:00 -6:00 PM**  
**Prince Philip Drive**

**Student can drop of equipment and pick for stations on this day.**

- **Day 1: Date: March 20/2020**
  - **Module 1 Morning**
  - 6:30-7:00 set up. Competition starts 7:00 am to 11:30 am (3 1/2-hour contest plus ½ hour set-up)
  - **Afternoon**
  - 12:30 Pm to 3:30 pm (3 hours, 30 minute clean-up time)

# **Post-Secondary:**

## **Module 1 – Pressure Test, Appetizer Course, Main Course and Dessert**

### **2. CONTEST DESCRIPTION**

**2.1** List of contest documents produced and timeline for when competitors have access to the documents.

DOCUMENT	DATE OF DISTRIBUTION VIA
Test Project	January 13 <sup>th</sup> , 2020
Common Food Table list	January 17 <sup>th</sup> , 2020

### **3. EQUIPMENT, MATERIAL, CLOTHING**

#### **3.1 Equipment and material provided by College of North Atlantic**

- All food from the contest and the common table
- Propane stove / Propane oven or convectional oven
- 1 x 8 foot worktable with one shelf
- Adequate fridge and freezer space
- Available Sink with hot and cold water
- 1 display area for finished plates.
- Garbage, Recycling and Organics/Compost bins

**NOTE: All unusable food organics (peelings, egg shells, cooked bones, soiled paper, etc.) will go into a designated organic container for inspection by judges. Recyclables and Garbage will go into separate designated containers.**

## **China is provided for competitors**

### **Post – Secondary Competitors:**

#### **Module 1:**

- Pressure Test – Suitable container will be provided
- Appetizer – 4 each – 9” Round Plate and Sauce Bowl
- Main Course – 4 each- 12” Square plate
- Dessert – 4 each – 9” Round Plate

### **NOTE:**

#### **Sustainability**

**Recycling** - will go into designated recycling containers (1/2 hotel pans) and will stay on the competitor's station for the judges to inspect

**Composting** - unusable food organics (peelings, egg shells, soiled paper, etc.) will go into a designated organics container (1/2 hotel pans) for inspection by judges. Composting cannot include any protein matter (meat, fat, or bones)

**Garbage** - will go into designated garbage containers (1/2 hotel pans) and will stay on the competitors' station for the judges to inspect.

**Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the judges or PTC feel that the competitors are being wasteful in their use of power or water.**

### 3.2 Equipment and material provided by the competitor

- It is not permitted to bring any foodstuffs to the contest, including **coloring agents, wood for smoking, canned oil sprays or other consumable products**. Only the food provided can be used – with no substitutions permitted.
- Service wear & China like skewers, shot glasses etc. are not permitted for presentation on the judged plates.
- Competitors may bring any tool and/or equipment deemed necessary.
- All of the tools and/or equipment **must** fit on the workstation (nothing may be stored on the floor)
- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, china caps, cutting boards, molds etc.
- Basic equipment such as a small mixer and food processor.
- Saran-wrap, aluminum foil, wax paper, and plastic containers to store food
- Scale
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Sanitizing equipment (spray bottles and/or pails).
- Recipes and reference books.
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment **must** be marked clearly for easy identification.
- A Chef Hat will be the competitor responsibility

### **3.3 Required clothing (Provided by competitor)**

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Checked chef trousers, or all Black
- Double Breasted White Chef Jacket (***All White Jacket***) **No Logo**
- White Apron
- Side Towels
- Uniform for 1 working days
- Uniforms cannot have embroidery to identify the competitor, school or sponsors. (Marks will be deducted if Jacket has logo or names)

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines. Therefore, articles of jewelry that pose a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the PTC Committee, and resolution may be directed at that time. The PTC's resolution is final, and non-compliance may result in points deduction, or removal from the contest.

## **4. SAFETY REQUIREMENTS**

### **4.1 List of required personal protective equipment(PPE) provided by competitors**

- No PPE required

### **4.2 List of required personal protective equipment(PPE) provided by College of North Atlantic**

- No PPE required

## 5. ASSESSMENT

### 5.1 Point breakdown

POINT BREAKDOWN	/100
Sanitation	16
Organization & Product Utilization	24
Preparation and Technical Skill	15
Presentation	15
Taste & Required Menu Components	30

## 6. ADDITIONAL INFORMATION

### 6.1 On-site Language translation (Not required)

### 6.2 Tie (No ties are allowed)

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

### 6.3 Competition rules

Please refer to the competition rules of the Skills Canada National Competition.

**6.4** In regards to scoring, in case of discrepancy in terms of proper techniques, temperature, methodology, terminology, etc., the PTC committee will make the final decision.

### 6.5 Product Availability

All product available on the common list (see the test project document) will be supplied for the competitor by the committee

## 7. NATIONAL TECHNICAL COMMITTEE MEMBERS

Region	Name	Email address
Provincial Technical Chair	Danial Flight	Danial.flight@cna.nl.ca
Committee Member		