

## NWT-NORTH REGIONAL SKILLS COMPETITION

### CONTEST DESCRIPTION (SCOPE) DOCUMENT

#### 34 - COOKING – Secondary Level

(NOTE: Scope may change without notice)

#### PURPOSE OF THE CHALLENGE

**DURATION: 6 HOURS**

To evaluate each contestants preparation for employment and to recognize outstanding students for excellence and professionalism in culinary arts practices.

#### SKILLS AND KNOWLEDGE TO BE TESTED

The competition will include the demonstration of competencies and preparation of an appetizer and a main course pre-determined by the technical committee. Each competitor will produce two identical plates. One plate will be presented for the tasting judges, and one plate for public display on a timed schedule. The names and recipes for the dishes are provided.

<b>9:30 A.M. - 10:00 A.M.</b>	Secondary Cooking Competition Orientation
<b>10:00 A.M.</b>	Workstation set up competition Begins.
<b>12:00 P.M.</b>	Competencies Presentation
<b>12:30-1:00 P.M.</b>	Lunch
<b>2:30 P.M.</b>	Appetizer Presentation
<b>3:00 P.M.</b>	Plate Presentation and Final Judging Begins
<b>3:30 P.M.</b>	Clean up

There is a 5-minute window to present your product. There will be a point-per-minute deduction for every extra minute of lateness up to 5 minutes. Workstation and kitchen clean up, confirmed with technical chair before leaving kitchen area.

#### EQUIPMENT, TOOLS, SUPPLIES, AND CLOTHING

##### Specific Requirements:

Competitors may not bring any food type on the site. Only those ingredients provided by the technical committee will be allowed.

##### Reference Materials:

Contestants may bring and consult reference works of their choice, "Professional Cooking", Gisslen and "On Cooking", Labensky are recommended.

**Supplies and Tools to be provided by Contestant:**

Personal tool kits containing knives, pastry bag with tips, etc.  
 Contestants may bring any tools they find necessary.  
 All equipment must be arranged at the workstation.

**Equipment provided by the technical committee:**

- 1 Electric stove (shared)
- 2 Burners, electric
- 1 Workstation, with dry storage space
- 1 Power outlet

**The technical committee will provide all ingredients and recipes for the fixed menu.**

**Ingredients:**

On competition day, each contestant will receive a basket containing fresh meats, fruits, vegetables, and dairy products. Quantities are limited. There will also be a common table of ingredients for the use of all contestants. The technical committee will provide all ingredients for the fixed menu.

**Clothing:**

Contestants must wear professional cooking uniforms. Embroidery on the uniforms identifying the contestant, sponsors or territory must be tasteful. Shoes with non-skid soles are mandatory.

**Common Table****Dairy and Eggs**

Butter, unsalted	Light Cream	Parmesan Cheese	Eggs
Butter, salted	2% Milk		

**Meats**

Beef Steak
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**Pantry**

AP Flour	Olive Oil	Beef Stock	Garlic Powder
White Wine Vinegar	Crushed Tomatoes	Vegetable Stock	Onion Powder
Lemon Juice	Small Macaroni	Cannellini Beans	

**Fruits & Vegetables**

Celery	Garlic Cloves	Green Cabbage	Zucchini
Onion	Shallots	Turnips	
Carrots	Parsnips	Broccoli	

**Herbs and Spices**

Tarragon-Fresh	Peppercorns	Salt, Table	Cayenne
White Pepper	Thyme	Parsley- Fresh	Salt, Coarse

**NOTES:**

1. Common table items subject to change based on availability of ingredients.
2. Please let the Technical Chair know if any further items are required.

**JUDGING CRITERIA**

Sanitation	15%
<ul style="list-style-type: none"><li>• Proper and professional clothes</li><li>• Personal hygiene and cleanliness</li><li>• Safety</li><li>• Work station, floor and fridge cleanliness</li><li>• Cutting board hygiene</li><li>• Proper food storage methods</li></ul>	
Time and Product Utilization	10%
<ul style="list-style-type: none"><li>• Food wastage</li><li>• Energy and water wastage</li><li>• Time management</li><li>• Respected timetable in regards to serving</li><li>• Proper planning of tasks</li></ul>	
Preparation	25%
<ul style="list-style-type: none"><li>• Proper basic cooking techniques</li><li>• Proper culinary methods</li><li>• Professional use of tools and equipment</li></ul>	
Presentation	15%
<ul style="list-style-type: none"><li>• Portion size and disposition of food</li><li>• Harmonious colours</li><li>• Clean plates</li><li>• Appetizing, modern and artistic</li></ul>	
Taste	35%
<ul style="list-style-type: none"><li>• Proper textures of foods</li><li>• Degree of doneness</li><li>• Balanced taste and seasonings</li><li>• Taste according to menu</li></ul>	

**TECHNICAL COMMITTEE MEMBERS & JUDGES****Technical Chair – Danny Jellema**

East Three Secondary School

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