

REGIONAL SKILLS COMPETITION

CONTEST DESCRIPTION DOCUMENT COOKING – Secondary Level

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.

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

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