



ptions

RENFREW COUNTY SKILLS COMPETITION

Scope of Culinary Arts

Purpose of the Competition:

To highlight and evaluate the culinary skills, teamwork, and creativity of the competitors as they prepare food items. This challenge will test the creativity of our young competitors. This competition will mimic some portions of the Garde-Manger and Maitre d's section of a Hospitality operation.

MAXIMUM: This contest is limited to 12 teams consisting of 2 competitors each.

Skills and Knowledge to be tested:

- To demonstrate proper safety and sanitation procedures
- To demonstrate proper 'mise en place' and preparation
- To demonstrate the ability to balance seasonings
- To demonstrate creativity in food presentation
- To prepare a food dish which tastes good
- To demonstrate a professional attitude and teamwork skills
- To prepare a dish in ~1 hour

General Rules and Guidelines

- **Schools must identify students with allergies when registering.**
- The schedule will be posted prior to the event, and will be available at registration on the day of the event.
- Teams must work unassisted by additional individuals, and may only converse with their teammate.
- Only the ingredients supplied by the committee will be allowed. Any use of other ingredients will result in disqualification.
- Students will present 1 plate for the judges. A picture will be taken of the submitted plate.
- Students will be given ~1 hour to complete their dish.

Equipment and Materials:

| <u>Supplied by Competitor:</u> | <u>Supplied by Committee:</u> |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Professional attire, clean, comfortable shoes <input type="checkbox"/> Paper and pencil for planning <input checked="" type="checkbox"/> Cutting boards, knives, peeler(s), and/or other non-powered kitchen accessories, bowls, aprons or chefs/cooks clothing. Judges reserve the right to allow/disallow any specialty tools on the day of the competition. | <ul style="list-style-type: none"> <input type="checkbox"/> All ingredients <input type="checkbox"/> Access to fresh Water <input type="checkbox"/> Serving Dishes <input type="checkbox"/> Healthy Snack, Lunch and water supplied for all competitors. |

Challenge: Salad and Vinaigrette

Each team will create a salad and vinaigrette using the lettuce/greens blend, vegetables, fruits, oil(s), vinegar(s), and other ingredients provided. There will be a common table where teams can access items they may wish to incorporate in their salad and/or vinaigrette.

Common allergens will be avoided (tree nuts, shellfish) on the common table but we cannot guarantee that items have never come into contact with common allergens.

Dish requirements:

- Salad must be presented for judging on provided serving dish, not dressed
- Vinaigrette must be presented for judging in provided vessel
- Salad must include a minimum of 3 vegetables/fruits (not including lettuces/greens)
- Vinaigrette must include, at minimum, oil, vinegar, and an emulsifier
- Serving size for salad is a 'dinner size' salad
- All provided common ingredients will require no or a very minimal amount of refrigeration

There will be >1 rounds with approximately 4 teams in each round.

Timetable:

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|-------------|---|
| 8:00 | Lead Teacher meeting- Board room of PMC (beside main entrance) |
| 8:30 – 8:55 | Registration / Orientation / Rules – No communication with teacher advisors during the competition. All questions to be directed to the person - in - charge of the event. |
| 9:00 – 2:00 | SCHEDULE PROVIDED WHEN # OF TEAMS ARE SUBMITTED |
| 2:00 – 2:30 | Final Judging |
| 2:30 | Awards Ceremony |

JUDGING CRITERIA: Total Possible Score is 100%

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|--|--|
| <p><u>Safety & Sanitization 10%</u> Proper, professional safety & sanitization methods Clothing (hat, t-shirt, apron) Personal hygiene and cleanliness Work station cleanliness</p> | <p><u>Economy & Timing 10%</u> Food – economy of use (little wastage, waste bucket to be evaluated) Time – used efficiently Respected timetable in regards to serving times (at 55 minute mark, food <u>must</u> be presented) Proper planning of tasks</p> |
| <p><u>Preparation 20%</u> Proper basic culinary techniques Professional use of tools and equipment Knife skills</p> | <p><u>Presentation 20%</u> Portion Size and Plate Presentation Harmonious colours, a variety of textures and shapes Clean Plates Appetizing and artistic</p> |
| <p><u>Taste 25%</u> Texture ratio of plated foods Balanced taste and seasonings in vinaigrette Harmony of salad and vinaigrette in combination</p> | <p><u>Professionalism & Teamwork 10%</u> Determined by judges observations</p> |

NOTE:

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.

Culinary Common Table:

| PANTRY ITEMS (not an exhaustive list) | FRUITS (not an exhaustive list) |
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| Oil/s | Lemons |
| Vinegars | Limes |
| Maple Syrup | Oranges |
| Honey | Berries |
| Mustard(s) | Tomatoes |
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| VEGETABLES (not an exhaustive list) | HERBS - FRESH (not an exhaustive list) |
| Cauliflower | Parsley |
| Tomatoes | Cilantro |
| Radish | Chives |
| Broccoli | Mint |
| Peppers | |
| Tomatoes | SPICES – DRY |
| Carrots | (not an exhaustive list) |
| | Various |