

**Purpose of the Competition:**

To highlight and evaluate the culinary skills of the competitors as they prepare food items utilized in high end kitchens. In accordance with theories of the culinary trade the challenges, although simple at first glance, will test the creativity of our young competitors. The industry now demands that cooks and Chefs be able to create dishes using simple venues, and making them exceptionally unique. This competition will mimic 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. One team per school. If more space becomes available we will reach out to schools.**

**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 under 1 hour

**General Rules and Guidelines**

- This contest is limited to 12 teams consisting of 2 competitors each. **Competitors must register by the deadline**, otherwise spots will be filled by other schools. This means that some schools may have more than two teams in the competition.
- **Schools must identify students with allergies when registering. (i.e. seafood)**
- The schedule will be posted prior to the event, and will be available at registration on the day of the event.
- Contestants 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 for a display board.
- Students will be given 1 hour to complete their dish.

**Equipment and Materials:**

<b><u>Supplied by Competitor:</u></b>	<b><u>Supplied by Committee:</u></b>
<input type="checkbox"/> Professional, clean, comfortable shoes	<input type="checkbox"/> Food and ingredients
<input type="checkbox"/> Paper and pencil for planning	<input type="checkbox"/> Fresh Water
<input checked="" type="checkbox"/> proper professional outfits	<input type="checkbox"/> Serving Dishes
	<input type="checkbox"/> Kitchen Equipment
	** Healthy Snack, Lunch and water supplied for all competitors.

## Challenge: Fried rice

Each team will create a fried rice dish based on the requirements provided below

Dish requirements:

- Include a minimum of 3 vegetables
- Must have a protein
- Servings for 1 (lunch size) – wastefulness will be penalized

Schedule will be provided for each team on the day of event.

### Timetable:

8:00	<b>Lead Teacher meeting- Board room of PMC (beside main entrance)</b>
8:30 – 8:55	<b>Registration / Orientation / Rules</b> – 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	<b>Final Judging</b>
2:30	<b>Awards Ceremony</b>

**JUDGING CRITERIA:** Total Possible Score is 100%

<b><u>Safety &amp; Sanitization 10%</u></b> Proper, professional safety & sanitization methods Clothing (hat, t-shirt, apron, proper hair attire) Personal hygiene and cleanliness Workstation cleanliness Proper food storage	<b><u>Economy &amp; Timing 10%</u></b> Food – economy of use (little wastage, waste bucket to be evaluated) Energy and water use/wastage Time – used efficiently Respected timetable in regards to serving times (at 55 minute mark, food <u>must</u> be presented) Proper planning of tasks
<b><u>Preparation 20%</u></b> Proper basic culinary techniques Professional use of tools and equipment Knife skills	<b><u>Presentation 20%</u></b> Portion Size and Plate Presentation Harmonious colours, a variety of textures and shapes Clean Plates Appetizing, modern and artistic
<b><u>Taste 30%</u></b> Proper textures of foods Degrees of doneness Balanced taste and seasonings	<b><u>Professionalism &amp; Teamwork 10%</u></b> To assist competitors in fully preparing to become valued employees.

**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 Pantry:**

PANTRY ITEMS	FRUITS & OTHER PRODUCE
Panko Bread Crumbs	Limes
Canola oil	Oranges
Vinegar (rice vinegar)	Garlic
Oil – Olive	Lemons
Maple Syrup	
Honey	
Beef stock	
Chicken stock	
Soy sauce	
Flour	<b>PROTEIN</b>
Butter	Beef
thai sauce	Tofu (extra firm)
teriyaki sauce	Eggs
Sugar – white, brown	chicken
rice- jasmine/white	pork
	<b>HERBS - FRESH</b>
	Parsley
	Cilantro
	Chives
	<b>SPICES – DRY</b>
	Paprika
	Cayenne
<b>VEGETABLES</b>	Salt
<b>(must use a minimum of 3 from this list)</b>	Pepper – White & Black
Carrots	Chipotle
Celery	Garlic powder
Onion	Onion Powder
Peppers – green, red, yellow, orange	
Broccoli	
Cauliflower	Red Pepper Flakes
Zucchini	
Spicy peppers	
bean sprout	
Micro greens	