



RENFREW COUNTY SKILLS COMPETITION

Scope of Culinary Arts

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 Hot Line 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 and prepare a food dish which tastes good
- To demonstrate a professional attitude and teamwork skills
- To prepare a dish and clean their station in under 45 minutes

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 available at registration on the day of the event.
- Contestants must work unassisted by additional individuals, and may only converse with their teammate. A school staff member must supervise their competitors while competing.
- Only the ingredients, equipment and plateware supplied by the committee will be allowed. Any use of other ingredients, equipment and plateware 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 30 minutes to complete their dish, and 15 minutes to clean.
- **Staff and students MUST submit signed Canadian Armed Forces waivers DAY OF to be eligible to compete. MKT's (Mobile Kitchen Trailers) will be used for the cooking competition. Waivers will be available on Options website when received from CAF.**

Equipment and Materials:

<u>Supplied by Competitor:</u>	<u>Supplied by Committee:</u>
<ul style="list-style-type: none">➤ Professional, clean, comfortable shoes➤ Paper and pencil for planning➤ Proper professional uniforms	<ul style="list-style-type: none">➤ Food and ingredients➤ Fresh Water➤ Serving Dishes➤ Kitchen Equipment

	** Healthy Snack, Lunch and water supplied for all competitors.
--	---

Challenge: Eggs Benedict

Each team will create an Eggs Benedict dish based on the requirements provided below

Dish requirements:

- 2 poached eggs
- Hollandaise sauce
- English muffin
- Servings for 1 (lunch size) – wastefulness will be penalized

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

Timetable:

8:00	Lead Teacher meeting- general purpose room of PMC (near CAF MKT's)
8:30 – 8:55	Registration / Orientation / Rules / Schedule – No communication with teacher advisors during the competition. All questions to be directed to the person in charge of the event.
9:00 – 1:30	SCHEDULE PROVIDED WHEN # OF TEAMS ARE SUBMITTED
1:30 – 2:00	Final Judging
2:30	Awards Ceremony

JUDGING CRITERIA: Total Possible Score is 100%

<p><u>Safety & Sanitization 10%</u> Proper, professional safety & sanitization methods Clothing - hat, chef coat (if unavailable at the school we will have some for use during the event), apron, proper hair attire Personal hygiene and cleanliness Workstation cleanliness Proper food storage</p>	<p><u>Economy & Timing 10%</u> 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 30 minute mark, food <u>must</u> be presented to judge(s)) 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, modern and artistic</p>
<p><u>Taste 30%</u></p>	<p><u>Professionalism & Teamwork 10%</u></p>

Proper textures of foods Degrees of doneness Balanced taste and seasonings	To assist competitors in fully preparing to become valued employees.
--	--

NOTE:

Tie Breaking – In the event of a numerical tie, the competitor(s) with the highest score in the taste category will be deemed to be the winner.

Culinary Pantry:

PANTRY ITEMS	FRUITS & OTHER PRODUCE
Butter	Limes
Dijon Mustard	Oranges
Hot Sauce	Garlic
Cream/Whipped Cream	Lemons
Clarified butter	Hot Peppers
	Avocados
GREENS & HERBS - FRESH	PROTEIN
Parsley	Eggs
Cilantro	Peameal bacon
Chives	Ham
Dill	Bacon
Microgreens	smoked salmon
SPICES – DRY	
Paprika	
Cayenne	
Salt	
Pepper – White & Black	
Chipotle	
Garlic powder	
Onion Powder	
Cumin	
Red Pepper Flakes	