

# 2022 POST-SECONDARY PROVINCIAL SKILLS CANADA COMPETITION



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## Contest Description Edmonton Expo Centre, Edmonton

May 4 - May 5, 2022

**Please Note: Due to the uncertainty caused by COVID 19, the PSCC could be subject to change at any time based on the public health context. This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in yellow.**

<b>EVENT:</b> Culinary Arts	<b>LEVEL:</b> Post-Secondary
<b>WORLDSKILLS TRADE #:</b> 34	<b>LOCATION:</b> HALL B, Edmonton EXPO Centre, Edmonton
<b>MAY 3</b>	
<b>4:30 PM:</b> MANDATORY ORIENTATION FOR ALL COMPETITORS	
<b>5:15 – 5:45 PM:</b> BASIC KITCHEN SET-UP	
<b>COMPETITION SCHEDULE:</b>	
<p><b>May 4: Competition Day 1</b>  <b>7:30 AM:</b> Competitors arrive on site and drawing of morning Pressure Test.</p> <p>Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed competitors may set up their stations. (<i>Equipment only, Absolutely no food contact at this time.</i>)</p> <p><b>8:00 AM:</b> Start Module A - Prepare Canapés  <b>Morning Pressure Test - Time and Activity TBD</b>  <b>12:00 – 12:45 PM:</b> Mandatory Break - Candidates leave the site. Candidates may meet with their trainer and expert during this time.  <b>12:45 PM:</b> Return to kitchen and setup of station - <i>equipment only.</i>  <b>1:00 PM:</b> Food production resumes.  <b>2:00 PM:</b> Presentation of Vegetable Precision Cuts.  <b>3:00 PM:</b> Presentation of Canapé platter.  <b>3:10 PM:</b> End of food production. Clean-up.  <b>3:30 PM:</b> Candidates leave the site.</p>	<p><b>May 5: Competition Day 2</b>  <b>7:30 AM:</b> Competitors arrive on site and drawing of morning Pressure Test.</p> <p>Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed, competitors may set up their stations. (<i>Equipment only, Absolutely no food contact at this time.</i>)</p> <p><b>8:00 AM:</b> Start Module B - 3 course menu  <b>Morning Pressure Test - Time and Activity TBD</b>  <b>12:00 – 12:45 PM:</b> Mandatory Break - Candidates leave the site. Candidates may meet with their trainer and expert during this time.  <b>12:45 PM:</b> Return to kitchen and setup of station - <i>equipment only.</i>  <b>1:00 PM:</b> Food production resumes.  <b>2:00 PM:</b> Presentation of appetizer.  <b>2:30 PM:</b> Presentation of main course.  <b>3:00 PM:</b> Presentation of dessert.  <b>3:10 PM:</b> Food Production ends. Cleanup and inspection of workstations.  <b>4:00 PM:</b> Candidates leave the site with their equipment.</p>

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## CONTEST INTRODUCTION

The competition will evaluate each competitor's culinary competencies and creativity while recognizing outstanding students for excellence and professionalism in their field.

## SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menus (Module A and Module B) as outlined in this contest description. The practical test challenges both culinary knowledge and creativity. This contest description outlines what is required from each competitor each day, and how marks are awarded.

## MYSTERY INGREDIENTS

This two-day competition features mystery ingredients which **must** be incorporated into the dishes prepared. These items will be revealed during the contest orientation at 4:30 PM on May 3<sup>rd</sup>, 2022.

## PRESSURE TESTS

Competitors will be assigned a skills 'pressure test' on each day that will reflect industry situations where cooks are required to adjust work plans to meet unexpected guest requirements.

All competitors must complete this activity. The 'pressure tests' will be revealed by draw to competitors upon arrival at 7:30 AM. At the start of the contest and in the presence of the competitors, the PTC will draw a pressure test from the list below and inform competitors of when it must be completed. Competitors will be given 5 minutes prior to the start of the competition to adjust their work plans to accommodate the added tasks.

**Trainers cannot be present or assist the competitors with this task.**

The timing judge will give competitors a 5-minute warning for when it needs to be presented.

One of the four following tasks will be drawn each contest day. All competitors will perform the same pressure tests.

- Regardless of the pressure test task to be performed, no more than 30 minutes will be allocated.
- In some cases, a recipe may be provided that must be followed for this task.
- The pressure test must be incorporated into the workplan and be performed at the specified time.
- During this segment candidates may carry out mise en place for Day 2 as best fits into their workplan.
- There is a two (2) minute window to present the pressure test food product, after which deductions in points will occur for up to five (5) minutes. After this period the presentation window will closed for judging.

## List of possible PRESSURE TESTS:

1. **Prepare Italian Meringue** – Prepare Italian meringue rosettes. (Must be completed within 30 minutes.)

On a parchment lined half-sized sheet pan pipe 12 identical rosettes (three rows of four). All must be equal in size (diameter: 3 – 4 cm, height: 3 – 4 cm), identical in shape, and evenly spaced on the bake sheet. Present on the half-sized sheet pan provided.



2. **Fillet a whole round fish** – Present two boneless/skinless fillets. (Must be completed within 15 minutes.)  
Present trim and bones with fillets on a sheet tray.
3. **Prepare Hollandaise sauce** – 200 mL (Must be completed within 30 minutes.)  
Using clarified butter and egg yolks (emulsification) with a reduction, and proper ratio utilizing 227 grams (half pound) of butter.  
A service container will be provided to present the sauce.  
Directions for Hollandaise preparation can be found in [On Cooking](#) or [Professional Cooking](#).
4. **Egg Cookery** – Competitors will be assigned 5 varieties from the list below. Competitors must serve two (2) of each variety within 15 minutes. Eggs will be judged on appearance, temperature, timing, and taste. (Must be completed within 15 minutes.)
  - Sunny Side Up
  - Over Easy
  - Over Medium
  - Poached Soft
  - Poached Medium
  - Soft Boiled
  - Hard Boiled

Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetizer, main course, and dessert courses.

Start time and finish time will be provided at the start of the competition. Plates and containers will be provided for the eggs.

Directions for egg cookery can be found in [On Cooking](#) or [Professional Cooking](#).



### Module A (Day1) - Competencies

<b>Description</b>	Competencies, Pressure test, and Mise en Place for Day 2
<b>Service Details</b>	<p><b>Vegetable precision cuts</b> – To be used in Day 2 menu items. Presented in individual containers (containers will be provided).</p> <ul style="list-style-type: none"> <li>• 100 g Julienne leek</li> <li>• 100 g carrot brunoise</li> <li>• 100 g of each tourné zucchini, tourné celeriac, and tourné button mushrooms</li> <li>• See cuts of vegetables on example document below.</li> </ul> <p>All five vegetable competencies must be utilized in Module B throughout any of the three courses. The amounts used are at the discretion of the competitor but must be written into their menu, and must showcase the core competency.</p>
<b>Available ingredients</b>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the common food table document below.</li> </ul>
<b>Special equipment required</b>	<ul style="list-style-type: none"> <li>• Containers for competencies will be provided.</li> <li>• Pressure test to be presented in the appropriate plates, bowls or containers that will be provided by the PTC.</li> <li>• No service wares (China) will be permitted other than that provided by the committee.</li> </ul> <p>Service spoons, glasses, ramekins etc. are not allowed.</p>

Day 1	Module A – (Day 1) Canapé Platter
<b>Description</b>	<ul style="list-style-type: none"> <li>• The platter must consist of 18 pieces total.</li> <li>• 3 (three) varieties x 6 pieces – presented on one platter.</li> <li>• One Type must incorporate a <b>Stuffed Dumpling</b> made from handmade dough.</li> <li>• One Type must utilize <b>Prawns</b>.</li> <li>• One Type must utilize <b>Duck Breast</b>.</li> <li>• One Type must be prepared <b>Lacto-Ovo Vegetarian</b>.</li> </ul>
<b>Service Details</b>	<ul style="list-style-type: none"> <li>• All <b>Canapés</b> to be <b>2 (two) bites in size</b>.</li> <li>• All proteins must be cooked – no raw preparations.</li> <li>• All <b>Canapés</b> are to be served <b>hot</b>.</li> <li>• 1 of the canapé types must feature a <b>piped edible garnish</b>.</li> <li>• Molds are permitted for food production but cannot be used to present food.</li> </ul>

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	<p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 11" x 16" rectangular platter.</li> <li>• Present canapés as you see below. Straight lines (18 pieces).</li> </ul> <div data-bbox="794 447 1101 594" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are not allowed.)</li> </ul>
<p><b>Available ingredients</b></p>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the common food table document below.</li> </ul>
<p><b>Mise en Place</b></p>	<ul style="list-style-type: none"> <li>• Day two mise en place is to be stored neatly in your fridge or at your station.</li> </ul>



## Day 1 Competition Schedule in Detail

**7:30 AM** Arrival of competitors and judges.

- **Instructions for the day.**
- Recap of orientation and safety procedures.
- Review test project.
- Introduction of the PTC (Provincial Technical Committee) members and judges.
- Drawing and discussion of the pressure test for day one.
- Question period.

### **8:00 AM – Start Module A - Prepare Canapé Platter**

- Menu and work plan must be displayed on the workstation.

**Morning Pressure Test:** Time and Activity TBD

**12:00 PM – Mandatory Lunch Break (45 minutes). Competitors must leave site.**

**12:45 PM – Return to Kitchen, Set up Equipment Only.**

**1:00 PM – Food Production Resumes.**

**2:00 PM – Presentation of Vegetable Precision Cuts.**

**3:00 PM – Presentation of Canapé platter.**

**3:10 PM – Food Production ends. Clean up, and Inspection of work-stations.**

**3:30 PM – Competitors leave the site.**

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(a) Tourné: 2 in. long  $\times$   $\frac{3}{4}$  in. diameter, with 7 sides, and flat-ended (5 cm  $\times$  2 cm).



(b) Large dice:  $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in. (2 cm  $\times$  2 cm  $\times$  2 cm).



(c) Medium dice:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in. (12 mm  $\times$  12 mm  $\times$  12 mm).



(d) Small dice:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in. (6 mm  $\times$  6 mm  $\times$  6 mm).



(e) Brunoise (broon-wahz):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in. (3 mm  $\times$  3 mm  $\times$  3 mm).



(f) Fine brunoise:  $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; round, square, or rectangular).



(i) Lozenge:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$  2  $\frac{1}{2}$ -3 in. (6 mm  $\times$  6 mm  $\times$  6-7.5 cm).



(l) Julienne (or allumette potatoes):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$  2  $\frac{1}{2}$  in. (3 mm  $\times$  3 mm  $\times$  6 cm).



(m) Fine julienne: 2 in. long  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  5 cm).



Day 2	Module B – Appetizer, Main Course, and Dessert
<p><b>Description</b></p>	<p>Prepare 3 (three) servings of a <b>Hot Appetizer</b> using a <b>Mystery Fin Fish</b>.</p> <p><b>Each plate must demonstrate 2 (two) preparations of the Mystery Fin Fish.</b></p> <ul style="list-style-type: none"> <li>• One preparation must incorporate a mousseline of the mystery item.</li> <li>• The other preparation is choice of candidate but must be warm.</li> <li>• No raw fish preparations.</li> <li>• Must be served warm (<b>minimum 55°C</b>).</li> <li>• Must feature at minimum one warm sauce on the plate.</li> <li>• Must be served with a prepared edible garnish (no herbs or leaves).</li> <li>• Must include two vegetables of competitor’s choice.</li> </ul> <p>The remaining ingredients for the appetizer course may be selected from the items listed in the Common Table items.</p>
<p><b>Service details</b></p>	<ul style="list-style-type: none"> <li>• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.</li> <li>• <b>Plates must be sauced and accompanied by 1 (one) sauce boat with a minimum of 90 mL of additional sauce for the judges to evaluate.</b></li> <li>• Plates must be warm when plating food.</li> <li>• Molds are permitted for food production but cannot be used to present food.</li> <li>• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are not allowed.)</li> </ul> <p><b>Portion size – 125 g per plate minimum to 165 g per plate maximum.</b></p> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• Three (3) 11.25” plates, round, white</li> <li>• One (1) Sauce boat, white</li> </ul>



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<p><b>Description</b></p>	<p>Prepare 3 (three) <b>Main Course</b> servings featuring <b>lamb loin</b>.</p> <ul style="list-style-type: none"> <li>• Must incorporate a starch component using a <b>mystery</b> item.</li> <li>• Must incorporate three (3) different vegetables, one of which being a <b>mystery</b> item, and utilize <u>different</u> cooking methods for each vegetable type.</li> <li>• Must include at minimum one (1) sauce (hot) on the plate.</li> <li>• Protein items must be cooked – no raw preparations.</li> <li>• Sous-Vide technology <u>cannot</u> be used for cooking of the lamb loin.</li> </ul> <p>The remaining ingredients for the main course may be selected from the items listed in the Common Table items.</p>
<p><b>Service Details</b></p>	<ul style="list-style-type: none"> <li>• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.</li> <li>• <b>Plates must be sauced and accompanied by 1 (one) sauce boat with a minimum of 90 mL of additional sauce for the judges to evaluate.</b></li> <li>• Plates must be warm when plating food.</li> <li>• Molds are permitted for food production but cannot be used to present food.</li> <li>• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are not allowed.)</li> </ul> <p><b>Portion size – 185 g per plate minimum to 250 g per plate maximum.</b></p> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• Three (3) 11.25” plates, round, white</li> <li>• One (1) Sauce boat, white</li> </ul>

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<p><b>Description</b></p>	<p>Prepare 3 (three) servings of a plated <b>Dessert</b>.</p> <ul style="list-style-type: none"> <li>• Must feature a component using an <b>egg-white foam-based fruit mousse</b>.</li> <li>• Must feature a component using a <b>traditional Sponge-method cake</b>.</li> <li>• Must feature a component using <b>chocolate</b>.</li> <li>• Must be served with a <b>tempered chocolate garnish</b>.</li> </ul> <p>The remaining ingredients for the main course may be selected from the items listed in the Common Table items.</p>
<p><b>Service Details</b></p>	<ul style="list-style-type: none"> <li>• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.</li> <li>• Service temperature is room temperature – no frozen components.</li> <li>• Molds are permitted for food production but cannot be used to present food.</li> <li>• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are not allowed.)</li> </ul> <p><i>Portion size – 95 g per plate minimum to 175 g per plate maximum.</i></p> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• Three (3) 11.25” plates, round, white</li> </ul>
<p><b>Available ingredients</b></p>	<ul style="list-style-type: none"> <li>• A list of all ingredients available for this module is included in the common food table document.</li> </ul>



## Day 2 Competition Schedule in Detail

**7:30 - 8:00 AM – Presentation of menus, and work plans.**

- Menu and work plan must be displayed on the work station

**8:00 AM – Start Module B**

**Morning Pressure Test:** Time and Activity TBD

**12:00 PM – Mandatory Lunch Break (45min). Competitors must leave site.**

**12:45 PM – Return to Kitchen, Set up Equipment Only.**

**1:00 PM – Food Production Resumes.**

**2:00 PM – Presentation of appetizer course.**

**2:30 PM – Presentation of main course.**

**3:00 PM – Presentation of dessert.**

**3:10 PM – Clean-up of stations and competition area.**

**4:00 PM – Competitors leave the contest area with their equipment.**

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## GENERAL CONTEST DETAILS

### Common table

- Food items necessary to prepare the items in the test project including all required proteins, dairy, and produce items will be available in the common table area. A selection of dry goods, herbs, alcohol, and spices will also be available. Common table items will be specifically outlined in the common table document.
- The Provincial Technical Committee reserves the right to change or limit food items without notice, depending on availability and quality. **You will be marked accordingly for over-use, or waste of products.** ONLY the foods provided by Skills Canada Alberta are permitted for use.

### Work plan Submission

- One copy of the competitor's work plan is to be posted at the competitor's station. Competitors must submit two (2) copies of menus and work plans for both days of competition.
- Work plans can be legibly hand-written or printed using a word-processor. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
- Cooking methodologies used throughout the contest must follow those prescribed in the Test Project document. Recipes may be consulted throughout the competition.

### Menu Submission

To ensure continuity and so that the judges are evaluating submissions (food products) on an impartial and equal basis, the following guidelines must be followed for all menu submissions:

1. A completed menu must be prepared and submitted separately for each day of competition.
2. Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/college names cannot appear on the submitted menu.

### Work Plan & Menu Infractions

- The judging team will not evaluate any items served (or prepared) not specified on the menu.
- Depending on the severity of the infraction, plates may face deductions or may not be judged.

### Professional Conduct and Point Deductions

- It is the primary intent of the PTC to provide a fair, equitable and transparent contest.
- Therefore, during the contest **communication between candidates and persons outside the competition are not permitted**. This includes verbal, non-verbal, written, and electronic forms of communication. This includes the candidate's coach/instructor.
- If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site. Candidates must consult a PTC member with any questions that arise during the competition. Some questions may require more than one PTC member to discuss the question/concern to reach a decision.
- The schedule for the two days of competition is to be followed exactly. Work schedule and service times are to be respected. There will be a two (2) minute window to present your product. There will

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be a point-per-minute deduction for every extra minute of lateness for up to 5 minutes, after which plates will not be accepted. See example below:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	10:45 to 10:47	10:48	10:49	10:50	10:51	10:52	10:53

- All competitors are responsible for cleaning up of their work areas, stoves, sinks, and refrigerators before they leave the competition area at the end of each day of competition.
- Points will be deducted for competitors that do not comply. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

## Use of Precision Controlled Equipment

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment must be limited to **no more than ONE application over the two-day contest and cannot be used to cook the Lamb Loin.**
- Any equipment capable of controlling temperature to a high degree of accuracy will be considered precision. (e.g. Immersion Circulators, Thermal Mixers)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.

## Equipment Infractions

- Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

## EQUIPMENT & MATERIALS

### Equipment and Materials Competitors Must Supply:

Basic equipment such as:

Knives	Spatulas	All pots, frying pans, sheet pans, bowls, China caps, cutting boards, molds, etc.
Piping bag and tips	Scales	Kitchen towels and dishtowels
Ladles	Whips	Side towels, oven mitts
Rolling pin	Recipes and reference books	<i>Dish soap, sanitizing chemicals, and spray bottles or sanitizers will be supplied by the PTC.</i>

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## Note:

- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, plastic PVC tubes, canned oil sprays or other consumable products. Only the food provided can be used with no substitutions permitted.
- Service ware and China, skewers, shot glasses, etc. are not acceptable for presentation on the judged plates.
- Competitors may bring any tool and/or equipment deemed necessary. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- A chef hat will be supplied by Chef's Hat Inc. to be used for the two days of competition.
- Professional Chef Uniforms are available at the competitor's cost through Chef's Hat Inc. Please contact [lisa@chefs-hat.com](mailto:lisa@chefs-hat.com) to order. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Failure to comply with any rules on this document may result in an infraction. Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest.

## Required Clothing provided by the Competitor:

Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)	Side towels	White apron
Double breasted long sleeve white chef jacket	Black or checkered chef pants	White necktie
Uniforms for two working days. Uniform must not display any inscription or logo. Uniforms must be clean and in good repair.	Cleaning rags	

## Equipment and Materials Supplied by the Provincial Technical Committee (per competitor):

All food from the recipes and the common table	Adequate fridge and freezer space	All Plate ware & Service ware
One worktable with one shelf	One electric stove with oven	
Available sink with hot & cold water	One electric outlet per workstation	
Garbage, recycling, and Organics/Compost bins	One display area for finished plates	

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## JUDGING CRITERIA

Sanitation	<ul style="list-style-type: none"> <li>• Proper and professional clothes</li> <li>• Personal hygiene and cleanliness</li> <li>• Work-station, floor, and fridge cleanliness</li> <li>• Cutting board hygiene</li> <li>• Proper food storage methods</li> <li>• All general food safety rules must be followed</li> </ul>	15%
Organization & Product Utilization	<ul style="list-style-type: none"> <li>• Food wastage – full utilization of requisitioned food</li> <li>• Energy and water – efficient utilization</li> <li>• Time Management – posted work plan</li> <li>• Proper planning and execution of tasks</li> <li>• Menu to be submitted at proper time as outlined in the contest description</li> </ul>	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> <li>• Proper and professional use of the tools and equipment</li> <li>• Application &amp; execution of correct cooking techniques and methods</li> </ul>	25%
Presentation	<ul style="list-style-type: none"> <li>• Portion size in accordance with the test project parameters</li> <li>• Clean Plates</li> <li>• Plating &amp; Design</li> <li>• Harmonious colours</li> <li>• Appetizing and artistic presentation of food</li> <li>• Appropriate and complementary garnishes</li> </ul>	15%
Taste & Required Menu Components	<ul style="list-style-type: none"> <li>• Proper textures of food</li> <li>• Correct degrees of doneness</li> <li>• Balanced taste and seasonings</li> <li>• Flavours match the menu specifications and descriptions</li> <li>• Food service at proper temperature as specified in the test project and in accordance with industry standards</li> <li>• Respect timetable regarding serving times</li> <li>• All required elements outlined in the test project and the menu appear on the plate</li> </ul>	35%
<b>Overall Total</b>		<b>100%</b>

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## TIE BREAKING PROCESS

In the case of a tie, the highest score in the **Taste** section will prevail. Competitors should taste often and correct flavours and seasoning to enhance their placement.

## SAFETY

The health, safety, and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committee, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

**All questions must be addressed to the Provincial Technical Chairs Jason St. Laurent at [jstlaure@nait.ca](mailto:jstlaure@nait.ca) and Garnett Schoettler [garnett.schoettler@rdpolytech.ca](mailto:garnett.schoettler@rdpolytech.ca)**

## ADDITIONAL INFORMATION

### Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

*Competitors must be prepared to adhere to all public health measures in place at the time of the PSCC.*

### Lunch

Lunch for competitors will be provided by Skills Canada Alberta.

### Parking & Venue Maps

<http://edmontonexpocentre.com/attend/parking/>

### Competitor Registration

Competitor Registration for the PSCC will take place on Tuesday May 3, 2022 from 9:00am-6:00pm outside Hall B of the Edmonton EXPO Centre.

### Virtual Awards Ceremony

The Virtual Awards Ceremony will take place **Friday, May 6<sup>th</sup> at 6:30pm**. A link will be made available on the website with additional information prior to the ceremonies.

### Team Alberta Information

Team Alberta (Post-Secondary) will be selected at the PSCC happening on May 4 - May 5, 2022. Top eligible medalists will compete at the Skills Canada National Competition (SCNC) May 24-28, 2022 in Vancouver, BC. It is recommended that competitors review the SCNC contest description to be familiar with the national contest description and project at <http://www.skillsCanada.com/>.



# 2022 POST-SECONDARY PROVINCIAL SKILLS CANADA COMPETITION



**INSPIRE.  
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If a competitor is not able to attend the SCNC, competitors MUST notify Victoria Anderson [Victoriaa@skillsalberta.com](mailto:Victoriaa@skillsalberta.com) prior to the start of competition. If a gold medalist is not able to attend the SCNC, the next top-ranking individual will be asked to participate.

## Test Project change at the Competition

Where the Test Project has been circulated to Competitors in advance, PTC can change a maximum of 30% of the work content.

## Questions?

Please contact Mike Sury [Mikes@skillsalberta.com](mailto:Mikes@skillsalberta.com) if you have any questions regarding the Contest Description.

## PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Jason St. Laurent (Co-Chair)	Matthew Stinson	Sabrina delBen
Garnett Schoettler (Co-chair)	Jamie Williams	Robert Champ
Helmut Schoderbock	Andrew Springett	Jennifer Steele-Watts
Peter Keith	Jason Sachko	Jeff Lerouge
Ian Campbell	Carmen Wasylynuik	
Christopher Bunter		

## Post-Secondary Food Common Table

Alcohol	Herbs Fresh	Produce Vegetables	Produce Veg. Continued
Beer, India Pale Ale	Basil	Arugula, Baby	Peppers: Green
Beer, Stout - Guinness	Chives	Asparagus, Green	Peppers: Yellow
Brandy, VSOP	Cilantro	Avocado	Peppers: Red
Grand Marnier	Dill	Baby Shoots Assorted	Peppers: Red Finger Chili
Port, Ruby	Mint	Beans, French	Peppers: Serrano
Rum, Dark	Oregano	Beets, Red	Potatoes, Yellow
Pernod	Parsley, Curly	Bok and Suey Choy	Potatoes, Russet 100 ct
Vermouth, Dry White	Parsley, Flat leaf	Broccoli	Potatoes, Sweet
Wine, Red Non-Alcohol	Rosemary	Carrots	Radish, Red
Wine, White Non-Alco	Tarragon	Cauliflower	Spinach, Baby
Wine, White Varieties	Thyme	Celery	Tomato, Cherry Mixed
Wine, Red Varieties	Lemon Grass	Celeriac/Celery Root	Tomato, Roma
	Lime Leaves	Eggplant	Yams
		Garlic Bulb	Zucchini, Green
		Galangal	
<b>Dairy</b>	<b>Produce Fruit</b>	<b>Ginger</b>	<b>Proteins and Stocks</b>
Butter, Salted	Apples, Gala	Kale, Baby	Bones, Chicken

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Butter, Unsalted	Grapes, Green	Leeks	Bones, Fish
Cream, 35%	Blueberries	Lettuce, Green Leaf	Bones, Veal
Cream, Half and Half	Lemons	Mush: Button	Duck Breast
Milk, 3.25% Homo.	Limes	Micro Greens	Bacon, smoked Slab
Sour Cream	Mango	Mush: King Oyster	Chicken, Breast, B/S Fresh
Yogurt, Plain	Mystery Fruit or Berry	Mush: Shemiji	Lamb, single Shortloin, bone in, trimmed
Eggs, Large	Oranges	Mush: Shiitake	Fish: Mystery Fin Fish
	Pineapple	Mush: Mystery	Shrimp 26/30
<b>Dairy Cheese</b>	Raspberries	Onion, Green	
Parmesan		Onion, Red	<b>Frozen Fruit</b>
Roquefort	<b>Nuts</b>	Onion, Shallot	Strawberries
Brie	Almond Whole Blanched	Onion, Yellow	Rhubarb, Large Dice
Cream	Hazelnuts, Whole	Parsnips	Blackberries, IQF
Gruyere	Pecans, Whole	Peas, Sugar Snap	Blueberries, IQF
	Pine nuts	Lemongrass	Raspberries, IQF
<b>Non-Dairy Dairy</b>			
Coconut Milk			Filo
Almond Milk			Puff
<b>Dry Goods</b>	<b>Dry Good Continued</b>	<b>Dry Spices and Herbs</b>	<b>Legume/Pulse Dried</b>
Agar Agar	Tabasco Sauce	Basil – dried	Lentil, Beluga
Baking Powder	Thai Fish Sauce	Bay leaves	Lentil, Green
Baking Soda	Tomatoes, Can. Whole	Coriander - ground	Beans, White
Chocolate, Dark, Callebaut 811 (53.7%)	Tomato Paste	Cinnamon – ground	
Chocolate, Milk, Callebaut 823 (33.6%)	Vanilla, Paste	Cinnamon - sticks	
Chocolate, White, Callebaut, w2nv (28%)	Vanilla, Pure Extract	Cloves- ground	<b>Grains</b>
Cocoa Powder	Vinegar, Balsamic	Cumin - ground	Barley
Coffee Beans, dark roast	Vinegar, Cider	Mace – ground	Rice, Brown (Calrose)
Corn Starch	Vinegar, White	Mustard Dried	Red Fife
	Vinegar, White wine	Nutmeg - ground	Quinoa - White
Flour, All Purpose	Vinegar, Red Wine	Paprika	
Flour, Bread	Worcestershire Sauce	Pepper, Black Ground	
Flour, Pastry	Yeast, Instant and Fresh	Pepper, Cayenne	

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Gelatine, Leaves	Miso Paste, Yellow	Pepper, White Ground	
Gelatine, Powder		Peppercorn Blk Whole	
Glucose Syrup	<b>Miscellaneous</b>	Thyme – dried	
Honey	Aluminum foil	Tumeric - ground	
Maple Syrup	Butcher's twine	Salt – fine	
Mustard, Dijon – Plain & Grainy	Cheesecloth	Salt – kosher	
Oil, Canola	Disposable gloves		
Oil, Olive, Extra Virgin	Pan spray		
Olives, Kalamata	Parchment paper		
Sesame Seeds, White	Plastic wrap		
Shortening	Wood Smoke Chips		
Soya Sauce			
Sugar, Brown			
Sugar, Granulated White			
Sugar, Icing			
Sugar, Isomalt			