

2021 PROVINCIAL SKILLS CANADA COMPETITION



CONTEST DESCRIPTION

CONTEST AREA: CULINARY ARTS			LEVEL: Post-Secondary
COMPETITION DATE AND TIMES:			LOCATION: Competitors will compete individually from their local Post-Secondary Institution
ZOOM LIVE STREAM ORIENTATION	Saturday April 24, 2021	8:00 AM – 8:30 AM	
ZOOM LIVE STREAM Competition Day 1	Saturday April 24, 2021	8:30 AM – 1:30 PM	
ZOOM LIVE STREAM Competition Day 2	Sunday April 25, 2021	Log in & Safety Check 8:30 AM – 9:00 AM Competition 9:00 AM – 1:30 PM	
DURATION: 10.5 HOURS			WorldSkills Trade #: 34

COMPETITION FORMAT: (VIRTUAL, AT A POST-SECONDARY INSTITUTION)

Competitors will compete individually, in person, from their local Post-Secondary Institution. Location specific COVID-19 protocols must be followed. Post-Secondary Institutions and competitors will need to work together to ensure the competitor is ready for success on their competition day. They will need to prepare their competition space with all of the required tools, equipment, materials, and technology (as listed below) that will be needed to complete the competition. This competition will be closed to the public. Only registered competitors and assigned Provincial Technical Committee members will be allowed to attend.

COMPETITION ORIENTATION: The competition will begin with a virtual orientation. Competitors will join the assigned videoconference link that will be emailed to all registered competitors for the competition orientation. Camera's MUST be on and competitors visible on the camera during the orientation.

LIVESTREAMED COMPETITION: Competitors must film their competition throughout the entire day. Camera's MUST be on and competitors visible on the camera, as well as mics working. Competitors must consider their camera angle and lighting in advance of the competition. It is the competitors responsibility to ensure they are prepared for a day long livestream.

2021 PROVINCIAL SKILLS CANADA COMPETITION



PROJECT SUBMISSION LINK:

- <https://form.iotform.com/SkillsAB/2021PSCC>
- Multiple files can be uploaded at once, each file has a maximum size of 1G. If file sizes are larger than 1G, please follow alternate instructions through the submission link.
- **ACCEPTED FILE TYPE:** pdf, doc, docx, xls, xlsx, csv, txt, rtf, html, zip, mp3, wma, mpg, flv, avi, jpg, jpeg, png, gif. If you would like to submit a different type of file, please place it in a zip folder.
- To create a zip folder – Select all the files that you would like to submit and right-click your mouse, a menu will open, select Send To, and then click on Compressed (zipped) folder. A zip file will then be created containing your submission documents.

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 committees, 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.

- **Safety Checklist:** It is the responsibility of each competitor and teacher to review the Safety Checklist (<https://skillsalberta.com/additional-2021-competition-resources/>) in advance of the competition and ensure they are able to meet all safety requirements. During the orientation, the safety checklist will be formally reviewed.

AWARDS CEREMONY INFORMATION: Please join us for a live virtual awards ceremony on May 13th at 6:30PM.

Please note: 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

CONTEST INTRODUCTION

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

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare three menu items as outlined in this scope. The practical test challenges both culinary knowledge and creativity. This scope outlines what is required from each competitor, and how marks are awarded.

2021 PROVINCIAL SKILLS CANADA COMPETITION



PROJECT DESCRIPTION AND TIMING

<p>10.5 Hrs. Total Kitchen Time</p>	<p>DAY 1 Module A (8:00 AM – 1:30 PM)</p> <p>8:00 AM: All competitors check-in and attend Mandatory Online Orientation 8:30 AM – 9:00 AM Set up (no food prep allowed) 9:00 AM: Start Competition 9:30 AM: Submit Recipe Costing Exercise</p> <p>(Set up can occur at the competitors convenience, competition will begin at 9:00 AM)</p> <p>(No food is to be contacted until Costing Exercise is submitted. Costing Exercise may be submitted prior to the 30 min deadline then competitors may start cooking) You will have a 5 min window to submit the Recipe Costing exercise to the judges as indicated. After that time you will be facing a deduction for a late assignment until 10 min past deadline. At 11 min past the submission deadline your assignment will no longer be accepted for judging.</p> <p>11:00 – 11:15 AM: Egg Cookery</p> <p>12:00 PM: Presentation of Vegetable Competencies 12:00 – 1:00 PM: Mise en Place for Day 2 Menu 1:00 PM – 1:30 PM: Cleanup <i>* Mise en place for part two of the competition may also be carried out anytime during the competition.</i> (Photos of Egg cookery & Doneness Rubric as well as photos of Vegetable competencies and work plan should be submitted by no later than 1:15pm)</p> <p>Day 2 Module B (8:30 AM – 1:30 PM)</p> <p>8:30 – 9:00 AM: Log in to Live Stream & Safety Orientation 9:00 AM: Day 2 Competition Start</p> <p>12:00 PM: Presentation of Ovo-Lacto Appetiser 12:30 PM: Presentation of Main Course 1:00 PM: Presentation of Dessert</p> <p>1:00PM - 1:30 PM: Cleanup & Leave Site (Station should be checked by proctor before leaving)</p> <p>(Photos of weighed finished plates, Tasting Rubrics and menu and workplan should be submitted by no later than 1:15pm)</p>
-------------------------------------	---

2021 PROVINCIAL SKILLS CANADA COMPETITION



Submissions for Judging (Screenshots and Photos to Submit)

At the indicated time, all competitors must be hands off and wait for the judges to see their dishes and then competitors can take their photos to submit for judging.

You will have a 5 min window to submit the conversion exercise to the judges as indicated. After that time you will be facing a deduction for a late assignment until 10 min past deadline. At 11 min past the submission deadline your assignment will no longer be accepted for judging.

At the conclusion of each section, competitors will need to allow the judges to take a screenshot of their final plates. In addition, the competitors need to submit FOUR photographs of their final plates/products WITHIN 15 MINUTES of each section's deadline. For the photos, please submit:

- one photo with both plates to show consistency of presentation
- one close up overhead shot of one plate to show presentation details
- one close up side shot or angle shot to show presentation details
- a photo of one plate on a scale to show portion size - make sure you zero your scale so that you are only weighing the food presented and the weight can be clearly seen on the scale
- Make sure your competitor number is clearly visible in each photo using a white label or masking tape i.e. on the plate rim, baking sheet ect.

***Proctor/Teacher can assist competitors with taking photos and submitting required photos and documents to ensure a seamless competition.**

2021 PROVINCIAL SKILLS CANADA COMPETITION



Day 1 Module A

<p>Description</p>	<p>Recipe Costing Exercise</p> <ul style="list-style-type: none"> • Costing Spreadsheet template to be sent to competitors and submitted by deadline indicated • Formula calculations functions will be locked • Competitors must use a 4 function calculator <p>See example spreadsheet as Appendix I</p>
<p>Description</p>	<p>Vegetable precision cuts – Presented on cutting board clearly separated</p> <p>150 g each of the following:</p> <p>Present clearly separated on cutting board</p> <ul style="list-style-type: none"> • 100 g Julienne leek to be used in appetiser • 100 g carrot brunoise to be used in appetiser • 100 g of each tourné zucchini, tournéd celeriac, and tournéd button mushrooms – to be used in main course <p>See cuts of vegetables Appendix II</p>
<p>Description</p>	<p>Egg Cookery – competitors will be assigned 5 varieties from the list below. Competitors must serve two (2) of each variety in 15 minutes. Eggs will be judged on appearance temperature and timing.</p> <p>Sunny Side, Over Easy, Over Medium, Poached Soft, Poached Medium, Soft Boiled, Hard Boiled</p>

2021 PROVINCIAL SKILLS CANADA COMPETITION



<p>DAY 2 Module B</p> <p>Description</p>	<p>Prepare an Ovo-Lacto vegetarian Appetizer featuring a dry pulse –</p> <ul style="list-style-type: none"> • Must be served warm (minimum 72 C) with a sauce and garnish. • Must have balance of colours, textures and flavours • Must include the brunoise competency. <p>Two (2) plates will be presented for each course,</p> <ul style="list-style-type: none"> • <i>Portion size – 150 grams per plate minimum to 200 grams per plate maximum</i>
<p>Description</p>	<p>Main Course</p> <ul style="list-style-type: none"> • Main course featuring Whole Trout. • Must use Black Tiger Prawns 21/25 • Must be gluten free. • Must present a dish according to the recommendations of the Canada Food Guide that half the dish served is colourful vegetables & accompaniments . • Must include one whole grain from the common table. • Must include an edible garnish that contributes to the dish. • Must include a sauce. <p>Cooking internal temperature must meet industry safety standards.</p> <p>Two (2) plates will be presented for each course,</p> <p><i>Portion size –250 grams minimum - 350 grams per plate maximum.</i></p>
<p>Special Equipment Required</p>	<ul style="list-style-type: none"> • 12” White Dinner Plate will be provided by the competitors school
<p>Main Ingredients Required</p>	<p>A list of all ingredients available for this project will be included in the common food table document.</p>

2021 PROVINCIAL SKILLS CANADA COMPETITION



<p>Description - Dessert</p>	<p>Prepare a Dessert with ingredients found on the common table</p> <ul style="list-style-type: none"> • Must include almond milk. • Must include avocado. • Must include a warm component (minimum 50C) and a cold component. • Must include a sauce. • Must include an edible garnish that contributes to the dish. • Two (2) plates will be presented for each course <p><i>Portion size – 150 grams per plate minimum to 200 grams per plate maximum.</i></p>
<p>Special Equipment Required</p>	<ul style="list-style-type: none"> • 12" White Dinner Plate will be provided by the competitors school
<p>Main Ingredients Required</p>	<p>A list of all ingredients available for this project will be included in the common food table document.</p>

2021 PROVINCIAL SKILLS CANADA COMPETITION



APPENDIX I

Recipe Costing Exercise – example,

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

Formulas for calculation will be locked

Name of Recipe							No. of Portions:		22		
ingredient	As Purchased (AP)			Edible Portion (EP)			Unit cost (cost per gram)	Recipe - Units Needed		Recipe Ingredient Cost	
	Purchase amount	unit	Purchase cost	Edible Portion yield %	Yielded amount						
Onion	20	kg	19.57	90%	18000	g	0.001	250	g	\$0.25	
Carrot	20	kg	16.85	93%	18600	g	0.001	250	g	\$0.13	
Celery	525	g	1.91	82%	431	g	0.004	125	g	\$0.50	
Eggs - whole sep.	684	g	3.48	40%	274	g	0.013	250	g	\$3.25	
Lemons	576	g	7.80	50%	288	g	0.027	30	g	\$0.81	
Calculate the number of complete portions the recipe will yield, given a (#, mL, g) portion size											
Calculate the cost per ingredient, and the total recipe cost											
Calculate the yielded cost per portion											
Calculate the suggested selling price, given a 23.5% food cost											
Calculate the Gross Profit per portion in dollars/cents.											
Total recipe cost (\$)										\$4.94	
Yielded cost per portion (\$)										\$0.22	
Suggested selling price (\$)										\$0.94	
Food Cost %										23.5%	
Gross Profit per portion (\$)										\$0.72	

2021 PROVINCIAL SKILLS CANADA COMPETITION



APPENDIX II – Referenced from Gisslen: Professional Cooking

	(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).

2021 PROVINCIAL SKILLS CANADA COMPETITION



EQUIPMENT & MATERIALS

Skills Canada Alberta Provided Tools, Materials, and Equipment

Chef Hats		
------------------	--	--

Equipment and Materials Competitors and Institution Must Supply:	
Basic equipment such as: <ul style="list-style-type: none"> - Knives - Piping bags and tips - Ladles - Rolling pin - Spatulas - Digital Scale (Must Have) - Whips - Recipes/reference books - Basic 4 Function Calculator 	<ul style="list-style-type: none"> - Basic pots and pan set, including sauté pans, stewing pots, sheet pans, bowls, china caps, cutting boards, molds etc. - Kitchen towels and dish towels - Side towels or oven mitts - Sanitizing equipment (spray bottles and/or pails) - All plateware detailed in the project description - Good Quality Camera or Smartphone for Video streaming - Computer or laptop for Submissions
Required clothing (Provided by Competitor): <ul style="list-style-type: none"> - Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.) - Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted. - Side Towels - Black or checked chef trousers - White Apron - White Neck Tie 	

*Competitors and schools will need to work together to arrange for the tools, equipment, and materials provided by the competitor. If a competitor and/or school is not able to procure a certain item, please contact mikes@skillsalberta.com to inquire if additional arrangements can be made.

2021 PROVINCIAL SKILLS CANADA COMPETITION



JUDGING CRITERIA

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

TIE BREAKING PROCESS

*In the case of a tie, the highest score in the presentation section will prevail.

2021 PROVINCIAL SKILLS CANADA COMPETITION



Post-Secondary Food Common Table

You will be marked for overuse, or waste of products. ONLY the foods indicated on the Common Table are permitted for use. Absolutely no outside food products are to be brought into the contest.

ALCOHOL	FRESH HERBS	PRODUCE VEGETABLES	PRODUCE VEGETABLES Cont
Beer, IPA	Basil	Arugula, baby	Peppers, Green
Beer, Stout	Chives	Asparagus	Peppers, Red
Brandy, VSOP	Cilantro	Avocado	Peppers, Yellow
Grand Marnier	Dill	Microgreens, Asst	Peppers, Serrano
Port, Ruby	Mint	Green Beans, French	Peppers, Thai Red
Rum, Dark	Oregano	Red, Yellow, candy cane Beets	Potatoes, Fingerling
Pernod	Parsley, Curley	Bok Choy	Potatoes, Russet 100 ct
White Wine	Parsley, Italian Flat leaf	Suey Choy	Red Radish
Red Wine	Rosemary	Broccoli	Spinach, Baby
	Tarragon	Jumbo Carrots	Tomato, Cherry Mixed
DAIRY	Thyme	Cauliflower	Tomato, Roma
Butter, Salted	Lemon Grass	Celery	Yams
Butter, Unsalted	Lime Leaves	Celeriac (Celery Root)	Zucchini, Green
Cream, 35%		Eggplant	
Cream, 10%	FRESH FRUIT	Whole White Garlic	
Milk, 3.25%		Galangal	PROTEINS
Sour Cream	Apples, Gala	Ginger	Slab bacon
Yogurt, Greek	Blackberries	Kale, baby	Chicken, Ground
Eggs, large	Lemons	Leeks	Whole Trout
	Limes	Mushrooms, Button	Shrimp, 21/25
DAIRY CHEESE	Mango	Mushrooms, Crimini	Stock, White Chicken
Brie	Oranges	Mushrooms, Oyster	Stock, Brown Veal
Cream Cheese	Pineapple	Mushrooms, Shitake	Stock, Fish
Gruyere	Raspberries	Mushrooms, Shemiji	
Parmesan	Strawberries	Onion, Green	FROZEN FRUIT
Roquefort		Onion, Yellow	Blackberries, IQF
		Onion, Red	Blueberries, IQF
		Shallots	Raspberries, IQF
		Parsnips	Strawberries, IQF
		Lemon Grass	Rhubarb, IQF

2021 PROVINCIAL SKILLS CANADA COMPETITION



NUTS	DRY GOODS CONT'	DRY SPICES & HERBS	WHOLE GRAIN
Almonds, Sliced	Olives, Kalamata	Basil - Dried	Barley
Pecans, Whole	Sesame Seeds, White & Black	Bay Leaves	Red Fife
Pine Nuts	Shortening	Coriander, Ground	Quinoa, White
Hazelnuts, Whole	Pistachio, shelled	Cinnamon, Ground	Quinoa, Red
	Fish Sauce	Cinnamon, Sticks	Rice, Brown
NON DAIRY	Tomatoes, Canned. Whole	Cloves, whole & Ground	
Almond Milk	Tomato Paste	Cumin, Ground	
Coconut Milk	Pure Vanilla Extract	Mace, Ground	
	Vanilla Paste	Mustard, Ground	MISCELLANEOUS
DRY GOODS	Vinegar, Balsamic	Nutmeg, Ground	Aluminium Foil
Agar Agar	Vinegar, Apple Cider	Paprika	Butchers twine
Baking Powder	Vinegar, White Wine	Pepper, black, whole	Cheese Cloth
Chocolate, Dark	Vinegar, Red Wine	Pepper, Cayenne	Nitrile Gloves
Chocolate, Milk	Vinegar, White	Pepper, White	Cooking Spray
Chocolate, White	Worcestershire	Thyme - Dried	Parchment paper
Cocoa Powder	Yeast, Instant	Turmeric	Plastic Wrap
Coffee Beans, Dark Roast	Soya Sauce	Salt, Fine Sea	Wood Chips for Smoking
Corn Starch	Sugar, Brown	Salt, Kosher	
AP Flour	Sugar, White granulated		
Bread Flower	Sugar, Icing	FROZEN	
Pastry Flower	Sugar, Isomalt	Filo Pastry	
Bread Flower "OO"	Tamari (Gluten Free Soy)	Puff Pastry	
Gelatine, Leaves			
Gelatine, Powder		LEGUMES/DRIED PULSE	
Glucose Syrup		Lentil, beluga	
Honey		Lentil, Green	
Maple Syrup		Beans, White	
Mustard, Smooth Dijon, Grainy & Prepared		Chick Pea	
Oil, Canola,			
Oil, Olive, Extra Virgin			
Oil, Grapeseed			

2021 PROVINCIAL SKILLS CANADA COMPETITION



CLOTHING REQUIREMENT

Appropriate work clothing must be worn to compete. All clothing must be neat and clean, and free of rips and tears. Casual wear such as shorts and open toed shoes/sandals will not be permitted. No loose-fitting clothes or jewelry.

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations
[Regional and Provincial Rules and Regulations](#)

Post-Secondary Competitor Information is [available here](#).

Lunch

Lunch will be provided by Skills Canada Alberta

Team Alberta Information

Team Alberta will be selected from competition Gold medalists who will then be eligible to participate at the Skills Canada National Competition (SCNC) in a virtual format May 25-30, 2021. 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/>.

Ethical Conduct

We recognize that participants will be competing individually in their own unique environments. We expect all competitors to compete fairly, respecting and abiding by the established rules in the true spirit of Skills Canada Alberta.

Letter of Participation

Competitors who participate in the 2021 Provincial Skills Canada Competition are eligible for a Letter of Participation by request by contacting katherinek@skillsalberta.com.

COMMITTEE MEMBERS

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