

**CONTEST DESCRIPTION**

<p><b>CONTEST AREA:</b> Culinary Arts</p>	<p><b>LEVEL:</b> Secondary</p>
<p><b>COMPETITION SCHEDULE:</b>                  Competition Date: Tuesday, April 12, 2022                  Duration: 7.5 Hours (4.5 hours of cooking time)</p> <p>Mandatory Registration/Set-Up - 8:00 AM                  Mandatory Orientation - 8:30 AM                  Competition Starts - 9:00 AM (2.5 hours cooking)                  Mandatory Lunch Break - 12:00 to 12:30 PM                  Competition Starts - 12:30 PM (2.0 hours cooking)                  Competition Ends - 3:00 PM                  Submissions Due - 3:30 PM</p>	<p><b>LOCATION:</b>  <b>Competitor’s School</b> – please see the Competition Format below.</p> <p><b>LIVESTREAMED:</b>                  Yes – competitors will be required to be on camera through the entire competition.</p>
<p><b>COMPETITION FORMAT: (VIRTUAL/IN SCHOOL)</b>                  All secondary competitors will be competing within their school environment and must arrange in advance with a teacher for a safe competition location, according to their school’s COVID-19 safety policies. They will need to prepare their competition space with all the required tools, equipment, materials, and technology (as listed below) that will be needed to complete the competition. Teachers and competitors will need to work together to ensure the competitor is ready for success on their competition day.</p> <p>Each competitor must have a teacher/supervisor available throughout the day, in case of incident. The teacher/supervisor must be present at the competition orientation.</p> <p>Competitors and teachers should be prepared to receive additional information about the competition projects, livestreams, shipping, etc. prior to the competition. Please ensure you are double checking for emails from Skills Alberta, including checking junk mail or spam folders.</p> <p><b>WEBEX LIVESTREAMS:</b>  <b>Competition Registration and Orientation:</b> The competition will begin with a mandatory virtual registration. Competitors will join the assigned link that will be emailed to all registered competitors and registering teachers in advance. This will be the time that competitors are able to check in and ensure sound, cameras, and tech are working appropriately. The registration will be followed by competition orientation. Cameras <b>MUST</b> be on and competitors <b>VISIBLE</b> on the camera during the orientation.  <b>Competition Livestream: Competitors must remain on camera through their entire competition.</b> Cameras <b>MUST</b> 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 competitor’s responsibility to ensure they are prepared for the competition livestream. Please ensure you are on a strong and reliable network. If video communication is lost for an extended period, the competitor may have to forfeit the competition. This will be at the discretion of the PTC and Skills Alberta.</p>	

**Camera & Video Requirements:** Camera shot must be within 3-4 feet of the competitor's work area with **competitor's number clearly visible on an 8.5" x 11" piece of paper**. The angle should be unobstructed; competitor and workstation should be clearly visible. Avoid bright light behind the competitor.

**Honesty & Integrity:** It is the goal of Skills Alberta and the PTC to conduct a fair and equitable competition for all parties involved. A virtual competition relies on competitors and coaches conducting themselves honestly & professionally at all times. A competitor should not be talking to anyone outside of camera view during the competition. We understand that during presentation coaches/teachers can assist with photos and submissions. If a competitor is seen talking to people off camera during the working competition time, they will face point deductions and potential disqualification. This also applies to the teacher submitted objective tasting rubrics on *JotForm*. Whenever possible, competitors should have someone other than their teacher or coach taste their dishes and fill out the tasting rubric.

**PROJECT SUBMISSION LINKS:**

- **Teacher Tasting Jotform Link:** <https://form.jotform.com/220897943267268>
- **Competitor Jotform Link:** <https://form.jotform.com/SkillsAB/2022SCAVC>

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.

**Submissions will be due within 30 minutes of the end of competition time at 3:30 PM on April 12, 2022. Please see the "Submission Summary/Deadlines" on page 5 of this contest description. Please note that late submissions will not be accepted.**

**ACCEPTED FILE TYPES:** pdf, doc, docx, xls, xlsx, csv, txt, rtf, html, zip, mp3, wma, mpg, flv, avi, jpg, jpeg, png, and gif. If you would like to submit a different type of file, please place it in a zip folder. To create a zip file, 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 in advance of the competition to ensure all safety requirements are met prior to the competition. During the official competition orientation, the Safety Checklist will be formally reviewed with competitors. The Safety Checklist is posted as a separate document with the Contest Description.

# 2022 SECONDARY SKILLS CANADA ALBERTA VIRTUAL COMPETITION

INSPIRE.  
DEVELOP.  
ELEVATE.



## AWARDS CEREMONY INFORMATION:

Please join us for a live virtual awards ceremony on May 6, 2022, at 6:30 PM.

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 to the contest description 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 the competencies and 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.

### PROJECT DESCRIPTION

#### Competition Schedule for Tuesday, April 12, 2022

Duration: 7.5 Hours (4.5 hours of cooking time)

Mandatory Registration/Set-Up - 8:00 AM

Mandatory Orientation - 8:30 AM

Competition Starts - 9:00AM (2.5 hours cooking)

- Vegetable Competencies Presentation - 10:30 AM
- Omelette Presentation - 11:30 AM
- Clean Up - 11:30 AM to 12:00 PM

Lunch - 12:00 PM to 12:30 PM

Competition Starts - 12:30 PM (2.0 hours cooking)

- Whole Chicken Butchery Presentation - 1:00 PM
- Main Course Presentation - 2:30 PM
- Competition Ends/Clean Up - 3:00 PM

Submissions Due - 3:30 PM

#### Part One - 8:00 AM to 12:00 PM - (2.5 hours cooking time)

8:00 AM: All competitors check-in and register. Once you are registered, competitors can finish any other set-up as needed.

8:30 AM: **Mandatory** Online Orientation for Competitors and Teacher Supervisors.

*No food is to be contacted until the competition is started at 9:00 AM by the PTC chair.*

9:00 AM: Start Part One of the Competition

10:30 AM: Presentation of vegetable competencies, 100 g each:

- Carrot, bâtonnets
- Onion, small dice
- Tomato, concassé
- Cauliflower, florets

11:30 AM: Presentation of Filled Omelette Florentine (2 portions):

- Fresh Salsa (Pico de Gallo)
- Edible garnish that contributes to the dish

11:30 AM – 12:00 PM: Cleanup

12:00 PM – 12:30 PM: **Mandatory Lunch Break (CAMERAS MUST REMAIN ON!)**

*\*Mise en place for **part two of the competition** may also be carried out anytime during the morning, just not during lunch break.*

**Part Two - 12:30 PM to 3:30 PM - (2.0 hours cooking time)**

12:30 PM: Start Part Two of Competition

1:00 PM: Presentation of Whole Chicken Butchery (one chicken):

- Two Frenched Suprême Breasts
- Two Legs, Disjointed
- Carcass to be appropriately saved and stored for future use

2:30 PM: Presentation of Main Course (2 portions)

- Main course cannot exceed 420 g
- Pan Fried Chicken Breast Suprême (cannot exceed 200 g per plate)
- Duchesse Potatoes (cannot exceed 100 g per plate)
- Vegetable Bouquetiere
  - Cauliflower floret
  - Green beans
  - Carrot bâtonnets
- Pan Gravy
- Edible garnish that contributes to the dish

2:30 PM - 3:00 PM: Cleanup (station to be checked by proctor before leaving).

3:30 PM - All submissions are due – refer to the submission link on page 2 of this document.

### Submission Summary/Deadlines

*Please ensure all submissions/photos include your competitor number which Skills Alberta will advise you of by email after registration. Competitors can use tape or labels on the rim of their plates or trays for the photographs. The following items must be submitted before the 3:30 PM deadline.*

**Teacher Tasting Jotform Link (#5, 8, 9, 10): <https://form.jotform.com/220897943267268>**

**Competitor Jotform Link (#1, 2, 3, 4, 6, 7): <https://form.jotform.com/SkillsAB/2022SCAVC>**

1. Competitor's Menu
2. Competitor's Detailed Workplan
3. **ONE** Photo of Vegetable Competencies on a Tray or Cutting Board
4. **FOUR** Presentation Photos of Omelette Florentine & Salsa
  - a. one photo of both plates to show consistency of plating
  - b. one close-up overhead photo to show plating details
  - c. one side or angle photo to show plating details
  - d. one photo showing portion size (weight) on a scale (ensure you zero your scale and are only weighing the food)
5. **ONE** Photo/Temperature Check for Omelette
6. **ONE** Photo of Chicken Butchery on a Tray or Cutting Board
7. **FOUR** Presentation Photos of Main Course
  - a. one photo of both plates to show consistency of plating
  - b. one close-up overhead photo to show plating details
  - c. one side or angle photo to show plating details
  - d. one photo showing portion size (weight) on a scale (ensure you zero your scale and are only weighing the food)
8. **ONE** Photo/Temperature Check for Main Course
9. Tasting Rubric for Omelette
10. Tasting Rubric for Main Course

### Submissions for Judging (Screenshots and Presentation Photos to Submit)

At the indicated presentation times, 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-minute window to present your plate to the judges as directed. After that time, you will be facing a deduction for a late dish until 10 minutes past the deadline. At 11 minutes past the presentation deadline your dish will no longer be accepted for judging. Please do not present early.

Early plated dishes will be marked a NO for timing but will still be judged for Taste and Presentation. They will also be marked a NO for temperature if applicable.



At the conclusion of each section, competitors will need to allow the judges to take a screenshot of their final plates and competencies, as directed through the livestream.

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

**Vegetable Precision Cuts - Present the following on cutting board or tray, clearly separated, and photographed for submission. Please present 100 g each of:**

- Tomato – concassé – small dice
  - to be incorporated into the salsa (pico de gallo)
- Carrot - bâtonnets
- Cauliflower - florets
  - to be incorporated into the main course (vegetable bouquetiere)
- Onion – small dice
  - to be incorporated into the pan gravy

**Three-Fold Filled Omelette Florentine - Present TWO (2) portions on 12” white dinner plates:**

- THREE (3) egg omelette
- Filling to consist of spinach and cheese
- Served with Tomato Salsa (Pico de Gallo) – 100 mL
- Edible garnish that contributes to the dish.

**Whole Chicken Butchery - Present ONE (1) whole chicken broken down as follows:**

- TWO (2) breasts – Frenched Suprême
- TWO (2) legs – disjointed
- Carcass to be appropriately saved and stored for future use

**Main Course - Prepare TWO (2) portions of the following ONE (1) course menu:**

- Pan Fried Chicken Breast Suprême (not to exceed 200 g per plate)
- Duchesse Potatoes (not to exceed 100g per plate)
- Vegetable Bouquetiere to include cauliflower floret, green beans, and carrot bâtonnets.
- Pan Gravy
- Edible garnish that contributes to the dish.
- Appropriate portion size presented on a 12” white dinner plate.
- Portion size not to exceed 420 g per portion based on the new Canada Food Guide proportions.
- Cooking temperature of meat and poultry must meet food safety standards.

**Special Equipment Required**

- 12” white dinner plates will be provided by the competitor’s school.

**Main Ingredients Required**

- Recipes are supplied by the committee. Recipes must be scaled up or down according to the required amounts. Recipes meet the competition’s foundational competencies; however, they may be built upon with regards to seasoning and garnish.

- A list of all ingredients available for this project will be included in the common food table document on page 21 of this contest description.

**Contest Notes**

- Plate presentation should be clean and modern.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.

**Equipment and Materials Competitors and School Must Supply:**

**Basic equipment such as:**

- Knives
- Piping bags and tips
- Ladles
- Rolling pin
- Spatulas
- **Digital Scale (Must Have)**
- Whips
- Recipes/reference books

- 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 service ware/plates as detailed in the project description.**
- Good quality camera or smartphone for video streaming
- Computer or laptop for submissions

**Required clothing (Provided by Competitor):**

- Nonslip, 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 necktie

**Skills Canada Alberta Provided Tools, Materials, and Equipment:**

- Chef Hats

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](mailto:mikes@skillsalberta.com) to inquire if additional arrangements can be made.

**JUDGING CRITERIA**

<b>Sanitation</b>	<ul style="list-style-type: none"> <li>● Proper and professional clothes</li> <li>● Personal hygiene and cleanliness</li> <li>● Workstation, floor, and fridge cleanliness</li> <li>● Cutting board hygiene</li> <li>● Proper food storage methods</li> </ul>	15%
<b>Organization &amp; Product Utilization</b>	<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 the proper time as outlined in the contest description</li> </ul>	10%
<b>Preparation &amp; Technical Skill</b>	<ul style="list-style-type: none"> <li>● Proper and professional use of the tools and equipment</li> <li>● Application of correct cooking techniques and methods</li> </ul>	35%
<b>Presentation</b>	<ul style="list-style-type: none"> <li>● Portion size in accordance with the test project</li> <li>● Clean plates</li> <li>● Contemporary plating design</li> <li>● Harmonious colours</li> <li>● Appetizing and artistic presentation of food</li> <li>● Appropriate and complementary garnishes</li> </ul>	25%
<b>Taste &amp; Required Menu Components</b>	<ul style="list-style-type: none"> <li>● Correct degrees of doneness</li> <li>● Appropriate seasonings</li> <li>● Food service at proper temperature as specified in the test project &amp; 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>	15%
<b>Overall Total</b>		<b>100%</b>

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



## COOKING SECONDARY RECIPES

- Recipes are provided by the Provincial Technical Committee and will reference the textbook(s) that the recipe was adapted from.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking”. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques necessary for this project.
- Many textbooks include photographs, text, and online content that will illustrate proper and safe working techniques as well as important aspects of the project’s preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Food items and quantities are subject to change without notice.
- Recipes, provided by the Provincial Technical Committee, are to be utilized as a for procedures and techniques. Portion sizes are critical, and the competitor must scale up or down to produce the required portions.
- Competitors will be provided sufficient ingredients to prepare TWO (2) portions of each item only.

## Omelette Florentine

Recipe Yield – 1 Omelette

### Ingredients

3 each	Eggs, large
60 g	Cooked spinach as filling
30 g	Cheddar or parmesan cheese
TT	Salt and pepper

### Procedure

1. Before beginning cooking of the eggs, blanch and fully prepare any ingredients that will be incorporated as the omelette filling.
2. Heat an omelette pan over moderately high heat and add clarified butter.
3. Whisk the eggs together in a small bowl. Season with salt and pepper if desired. Many chefs add a small (25 g) amount of cold water to the eggs at this time to promote fluffiness.
4. Pour the eggs into the pan and stir until they begin to set, approximately 10 seconds.
5. Pull cooked egg from the sides of the pan towards the centre, allowing raw egg to run underneath. Continue to do so for 20 to 30 seconds.
6. Spoon any fillings (spinach & cheese) on top of the eggs.
7. When cooked as desired, flip one side of the omelette towards the centre with a spatula or a shake of the pan. Slide the omelette onto the serving plate so that it lands folded in thirds with the seam underneath.
8. Garnish as desired and serve immediately.
9. The inside of the omelette should be moist and soft; some would call it slightly undercooked.

Tomato Salsa (Pico de Gallo)

Recipe Yield – 325 mL

Ingredients

250 g	Tomatoes, seeded, small dice
3 each	Green onions, sliced
5 g	Garlic, cloves, minced
20 g	Cilantro, chopped
1 each	Jalapeno peppers, chopped fine
20 mL	Lemon juice
TT	Cumin, ground
TT	Salt and pepper

Procedure

1. Combine all ingredients and gently toss.
2. Adjust seasonings and refrigerate.

**Pan-Fried Chicken with Pan Gravy**

Recipe Yield – Four (4) 1 Piece Servings

**Ingredients**

4 each	Frenched chicken breast suprême
TT	Salt and pepper
10 g	Garlic powder
6 g	Onion powder
1 g	Dried oregano
1 g	Dried basil
300 g	Flour
250 mL	Buttermilk
As needed	Oil
125 g	Onion, small dice
750 mL	Chicken stock (hot)

**Procedure**

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 250 g of the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1 cm of oil until done, approximately 10 minutes, turning so it cooks evenly.  
Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL of oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the hot stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth or China cap and adjust the seasonings.
11. Serve one Frenched chicken breast per person with 125 mL of gravy.

**Duchesse Potatoes**

Recipe Yield – 12 Servings (100 g or 4 ounces)

**Ingredients**

1.5 kg	Russet Potatoes, peeled and quartered
50 g	Butter, melted
TT	Salt
TT	White pepper
TT	Nutmeg
5 each	Egg yolks

**Procedure**

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes.
5. Add the egg yolks (off the heat) and beat until smooth.
6. Put the mixture in a pastry bag with a star tip and pipe out into desired shapes on sheet pans or as platter borders. Cone shaped spiral mounds are the most popular shape for individual portion service.
7. If desired, brush lightly with egg wash for greater browning.
8. At service time, place potatoes in a hot oven (400° - 425°F/200° - 230°C) until lightly browned. Platter borders may be browned under the salamander or broiler.

**Bouquetiere of Vegetables**

**Recipe Yield – 4 portions**

**Ingredients**

12 each or as desired	Cauliflower florets
12 each or as desired	Green beans
12 each or as desired	Carrot bâtonnets
As needed	Butter or other fat
TT	Salt and pepper

**Procedure**

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables. When cooking vegetables of different colours always work from lightest colour to darkest colour.
4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables by sautéing in butter or fat, or as desired for service.



## HOW TO CUT A CHICKEN BREAST SUPREME PLUS DISJOINTED LEGS

Adapted from: <https://www.seriousseats.com/airline-chicken-breast-knife-skills> on December 29, 2021.



Start with a whole chicken, a sharp boning knife and a large, clean cutting board.



The first step in the process is to remove a portion of the wing, leaving just the first joint and the meaty part of the drumette attached. Start by stretching out the wing to expose the skin around the drumette.



Place the bottom of your boning knife near the center of the drumette and slice until it hits the bone. The goal here is to completely cut the meat, skin, and tendons surrounding that bone.



The trick is to keep your knife in the same position and rotate the bird around in a circle. This is much easier than trying to shimmy your knife around in an awkward rotation.



Rotate the chicken by twisting it with the wing in your grip until you've completely cut through to the muscle.



Grab the wing tip flat in your hand and bend it backwards firmly.



It should pop right off, exposing a clean bone. Repeat for the other breast/wing.



Once both wing portions have been removed, turn the chicken onto its back and insert your boning knife into the breast on one side of the breastbone, trying to stay as close to the bone as possible.





Pull back on the chicken breast as you work your knife in until the sternum is exposed. As you continue removing the breast, you should use just the very tip of your knife with short, shallow strokes, letting your hand and gravity do most of the work of removing the breast.



Keep the knife tip hugging the bones as closely as possible until the breast is fully released. You will have to cut through the skin that connects it to the legs.



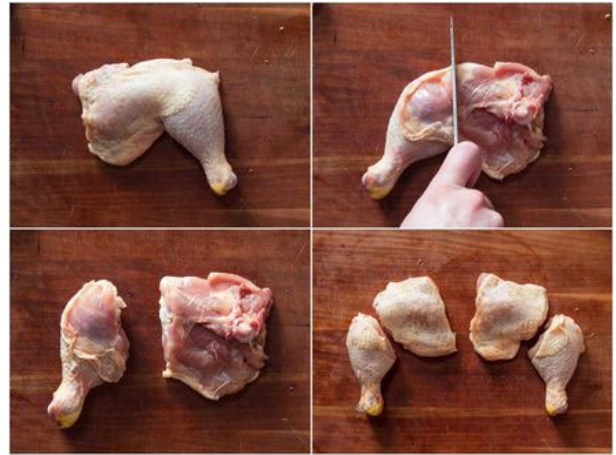
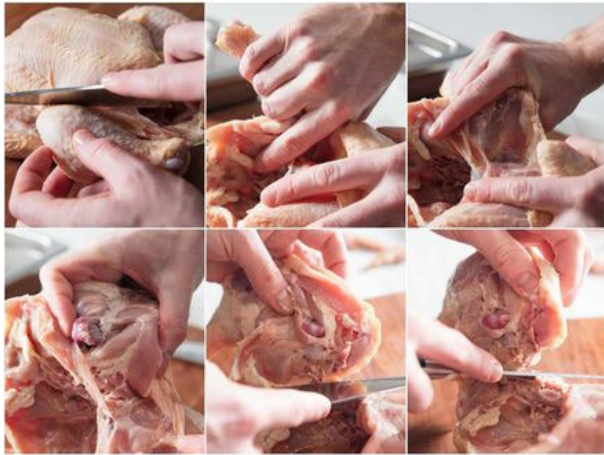
Once you've removed the meat from the breastbone, your last goal is to separate the wing bone from the carcass. To do this, twist the wing around until you can locate the joint, then use the tip of your knife to cut through any tough tendons and other connective tissue holding it in place.



Lift the breast and the wing joint in one piece and slide your knife through, separating the entire cut from the rest of the chicken.



If you'd like, you can now remove the tenderloin (the small piece of meat underneath the breast) by pulling it away with your hands.



Now take the drumstick and pull the leg outward from the body until the skin is stretched taught. Cut through the remaining skin between the leg and the body.

Holding the chicken, push on the thighs until the ball joints pop out of the sockets. This shouldn't require much force. Use your chef's knife to completely remove the leg by cutting through the exposed joint, making sure to get the little nugget of meat that sits closest to the chicken's spine (this is called the oyster). Repeat this process with the second leg.

Working with one leg quarter at a time, use your fingertip to locate the ball joint between the thigh and drumstick. If you place the legs skin side down on your board, you can also locate the joint by the line of white fat that runs along it. Cut through the joint, separating the thigh from the drumstick. Repeat with the other leg.





(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).

### Common Table Items

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.

**Secondary Food Common Table**

Fresh Produce	Dairy	Dry Storage	Dry Herbs and Spices
Carrot	Butter, unsalted	Cornstarch	Basil
Cauliflower	Buttermilk	Flour	Bay leaves
Celery	Cheddar Cheese	Honey	Cumin
Cucumber	Cream, 35%	Lemon Juice	Cinnamon Ground
Garlic	Eggs, large	Oil, Canola	Dry Mustard
Green Beans	Milk, 3.25%	Oil, Olive	Garlic Powder
Jalapeno	Parmesan Cheese	Sugar, White Granulated	Nutmeg
Mushrooms, White		Vinegar, Apple Cider	Onion Powder
Onions, Green		Vinegar, White	Oregano
Onions Red	<b>Non-Dairy</b>	Vinegar, White Wine	Paprika
Onion Yellow	Coconut Milk		Peppercorn, Black Ground
Peppers, Green			Peppercorn, Black Whole
Peppers, Red		<b>Proteins</b>	Peppercorn, White Ground
Potatoes, Russet	<b>Herbs Fresh</b>	Whole Chicken	Salt, fine
Shallots	Basil		Salt, Kosher
Spinach	Chives		Thyme
Tomatoes, Cherry	Cilantro	<b>Stock</b>	
Tomatoes, Field	Parsley, curly	Chicken Stock	<b>Non-Food Items</b>
Tomatoes, Roma	Parsley, flat leaf		Aluminum foil
	Thyme		Butcher's twine
			Cheesecloth
<b>Fresh Fruit</b>			Disposable gloves
Black Berries			Pan spray
Raspberries			Paper towels
Lemons			Parchment paper
Limes			Plastic wrap

### **VIRTUAL COMPETITION RESOURCE SUPPORT FORM**

A competition resource subsidy of \$120 is available to all Culinary Arts competitors. It is intended for items that were purchased to support competitors (e.g. competition ingredients, materials, technical equipment, tools, etc.). The form can be accessed at the following link: <https://form.jotform.com/SkillsAB/2022SCAVCSubsidy>

### **ADDITIONAL INFORMATION**

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)





**Competitor Registration**

Registration for Secondary Skills Canada Alberta Virtual Competition will open online at <https://portal.skillsalberta.com/> on January 26, 2022 at 8:30 AM. There will be no registration fee for competitors to compete. Late cancellation or drop-spots fees may apply.

**Lunch**

Lunch will NOT be provided.

**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.

**Team Alberta Information**

Top eligible medalists will compete virtually in the Skills Canada National Competition (SCNC) May 16-27, 2022. 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/>.

If a competitor is not able to attend the SCNC, competitors MUST notify Victoria Anderson [Victoria@skillsalberta.com](mailto:Victoria@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.

**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 2022 Provincial Skills Canada Competition are eligible for a Letter of Participation that can be downloaded on the Registration Portal after the competition ends.

**COMMITTEE MEMBERS**

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