

2021 REGIONAL SKILLS CANADA COMPETITION



2021 Regional Skills Canada Competition

Contest Description (Scope Document)

March 16, 2021

CONTEST AREA: Culinary Arts			LEVEL: Secondary
COMPETITION SCHEDULE:			LOCATION: Competitor's school. See competition format information below.
LIVE STREAM TEST ON WEBEX	Monday, March 8, 2021	3:00 – 4:00 p.m.	
WEBEX LIVE STREAM ORIENTATION CHECK IN:	Tuesday, March 16, 2021	8:00 - 8:30 a.m.	
WEBEX LIVE STREAM COMPETITION:	Tuesday, March 16, 2021	8:30 a.m. (SET UP) 9:00 a.m. - 12:00 p.m.	
DURATION: 3.5 hours (3.0 hours of cooking time)			REGIONALIZED: Yes
PROJECT SUBMISSION DEADLINE: March 16, 2021 by 12:15 p.m.			
<p>PROJECT SUBMISSIONS: Submissions can be uploaded to the following link: https://form.jotform.com/SkillsAB/2021rsc 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.</p> <p>ACCEPTED FILE TYPE: Zip file. 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.</p> <p>Submissions will be due within 15 minutes of the end of competition time. Please note: Late submissions sent after the date and time specified above will not be accepted.</p>			
COMPETITION FORMAT: (VIRTUAL/ IN SCHOOL)			
<p>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 that will be needed to complete the competition. Teachers and</p>			

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competitors will need to work together to ensure the competitor is ready for success on their competition day.

Competitors will join the assigned videoconference link that will be emailed to all registered competitors. Competitors will need to position their camera in such a way that the judges can see their entire work area. Competitors must always remain in the visible work area during the contest.

Please ensure there is adequate lighting in the competitor's workspace.

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.

Please note: ALL competitors must be present for the mandatory safety orientation listed above in the schedule. If competitors are not present, their project will be disqualified. Prior to the start of competition, competitors should familiarize themselves with the Pre-Start Checklist which can be accessed at the following link: <https://skillsalberta.com/additional-2021-competition-resources/>

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 the 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 all 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.

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PROJECT DESCRIPTION

<p>3.5 Hrs. Kitchen Time</p>	<p>Schedule 8:00 a.m.: All competitors check-in 8:30 a.m. - 9:00 a.m.: Set up (no food prep allowed) 9:00 a.m.: Competition begins 10:00 a.m.: Submission of Menu & Work Plan 12:00 p.m.: Presentation of Stir-Fry 12:15 p.m.: Submission of Photos & Tasting Rubric 12:15 p.m. - 12:45 p.m.: Clean Up</p>
<p>Description</p>	<p>Prepare two (2) portions of the following two (1) course menu:</p> <p><u>Main Course:</u> <i>Thai Green Curry Chicken Stir-Fry & Rice Pilaf</i></p> <ul style="list-style-type: none"> • Chicken stir-fry with Thai green curry sauce. Must include deboned thigh and breast meat from the whole chicken - 60 to 90 g. • Brown (short grain) rice pilaf. • Only items listed on the common table are available to be used in the stir-fry. • Appropriate portion size presented in a 9" pasta bowl. Portion size not to exceed 350 g per portion. (Based on the new Canada Food Guide proportions.) • Edible garnish that contributes to the dish. <p><i>*A professionally written menu describing your dish should be submitted by 10:00 a.m. along with your Work Plan</i></p>
<p>Special Equipment</p>	<ul style="list-style-type: none"> • 9" White Pasta Bowl will be provided by the competitors' school.
<p>Main Ingredients Required</p>	<p>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 in regard to seasoning and garnish.</p> <p>A list of all ingredients available for this project will be included in the common food table document.</p>

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- Plate presentation should be clean.
- 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.

IMPORTANT: Submission for Judging (Screenshots and Photos to Submit)

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

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 plate WITHIN 15 MINUTES (due by 11:45 a.m.) of the contest concluding. For the photos, please submit:

- a. One photo with both plates to show consistency of presentation.
- b. One close overhead shot of one plate to show presentation details.
- c. One close upside shot, or angle shot to show presentation details.
- d. 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.
- e. Make sure your competitor number is clearly visible in each photo using a white label or masking tape on the plate rim.

Your final submission at 12:15 PM must include:

1. Your Menu and Work Plan (Submitted at 10:00AM)
2. Four photos as indicated above.
3. Tasting Rubric

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

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Equipment and Materials Competitors Must Supply:	
Basic equipment such as: <ul style="list-style-type: none"> - Knives - Piping bags and tips - Ladles - Rolling pin - Spatulas - Scale - Whips - Recipes/reference books 	<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) - Computer or Laptop for submissions - Camera or Smartphone capable for Live Streaming
Required clothing (Provided by Competitor): <ul style="list-style-type: none"> - 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 	

*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.

Virtual Competition Resource Support Form

A \$40 competition resource subsidy is available to all competitors. It is intended for items that were purchased to support competitors (e.g. food supplies, materials, technical equipment, tools, etc.). The form can be accessed at the following link: <https://skillsalberta.com/additional-2021-competition-resources/>

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JUDGING CRITERIA

Sanitation	<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Workstation, 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 – submitted 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%

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Taste & Required Menu Components	<ul style="list-style-type: none"> • Correct degrees of doneness • Appropriate seasoning • Food service at proper temperature as specified in the test project & in accordance with industry standards. • Respect timetable regarding 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.

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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.

- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Recipes, provided by the Provincial Technical Committee, are to be utilized as a guideline for procedures and techniques. Portion sizes are critical, and the competitor must scale up or down to produce the required portions.

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Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 milliliters)

1 fluid ounce	Vegetable oil	30 milliliters
1 ½ ounces	Green curry paste (PC8 211A) recipe included	45 milliliters
2 fluid ounces	Water or stock	60 milliliters
14 fluid ounces	Coconut milk, canned, unsweetened	410 milliliters
1 ½ ounces	Nam pla (Thai fish sauce)	45 milliliters

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer, and simmer for several minutes to blend flavours.

Note: In Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavored with a curry paste, and stew the meat in the sauce with the desired vegetables.

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Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

5 ounces	Serrano chilies, seeded and chopped	150 grams
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro, leaves, stems, and roots.	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 milliliters
1 teaspoon	Nutmeg	5 milliliters
3 fluid ounces	Vegetable oil	90 milliliters

1. Combine all ingredients in a food processor or blender.
2. Blend until a smooth paste is produced.
3. Refrigerate and use as needed to make curry sauces.

Note: Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste.

*If it is not available use fresh ginger.

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Chicken in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 milliliters
2 ½ pounds	Chicken Breast and Deboned thigh - Breakdown from Whole Chicken.	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 211A)	525 milliliters
2 ½ pounds	Mixed vegetables (including eggplant, zucchini, green pepper, and carrot) – previously blanched. *other vegetables from the common table may be added	1 kilogram

1. Heat a sauté pan or wok over high heat.
2. Add the oil.
3. Add the chicken and stir-fry until well seared.
4. Add the vegetables and continue to stir-fry a few minutes longer. Add the sauce, and simmer until the chicken is completely cooked.
5. Serve with rice.

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Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds (1.36 kg)

2 ounces	Butter	60 grams
3 ounces	Brunoise and small diced mirepoix vegetables	90 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 liter
To taste	Salt	to taste

1. Heat a heavy saucepan on medium heat. Add the butter and vegetables and sauté until they begin to soften. Do not brown.
2. Add the rice, without washing. **Stir on heat until t**he rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice.
4. Cover tightly and place the pot in a 350°F (175°C) oven and bake for 1 hour, or until the liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, continue to cook it in the oven until it is tender. Season to taste.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

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Common Table Items

The Regional and Provincial Technical Committees reserve the right to change or limit food items without notice, depending on availability and quality. You will be marked for overuse, or waste of products. ONLY the foods on this common table provided by the school are permitted for use. Absolutely no outside food products are to be brought into the contest.

Secondary Regional Food Common Table

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Carrot	Honey	Butter - unsalted	Basil - dried
Celery	Oil Canola		Bay leaves
Eggplant	Oil Olive		Cinnamon Ground
Galangal	Rice Brown Short Grain		Mace
Garlic	Thai Fish Sauce Nam Pla		Nutmeg
Ginger Root			Peppercorn Black Ground
Lemongrass			Peppercorn Black Whole
Onions Red			Peppercorn White Ground
Onions Shallots		Non-Dairy	Salt - fine
Onion Yellow		Coconut Milk	Salt - kosher
Peppers Green			Thyme - dried
Peppers Red			
Peppers Serrano Chili		Herbs Fresh	
Zucchini		Basil	
Shallots		Chives	
		Cilantro	

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		Parsley - curly	Non-Food Items
		Parsley – flat leaf	Aluminum foil
Fresh Fruit		Thyme	Butchers twine
Lemons			Cheesecloth
Limes	Proteins	Stock	Disposable gloves
	Whole Chicken <i>(to be broken down during competition)</i>	Chicken Stock	Pan spray
			Paper towels
			Parchment paper
			Plastic wrap

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160519/fod_sum.pdf

ADDITIONAL INFORMATION

Skills Canada Alberta Regional and Provincial Rules and Regulations

<https://skillsalberta.com/policies-and-procedures>

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.

Competition Results and Progression: As per previous years, the top placements in the 2021 Regional Skills Canada Competition will advance onto the virtual Provincial Skills Canada Competition. While all regional competitors will compete together on the same day, provincial spots will still be allotted on a regional basis. Medals will be awarded to gold, silver, and bronze placements (packages will be sent in the mail after the virtual Awards Ceremony).

Last Updated February 19, 2021



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COMMITTEE MEMBERS

Jason St. Laurent	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