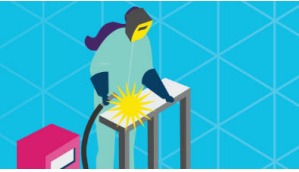




2023 Provincial Skills Canada Competition



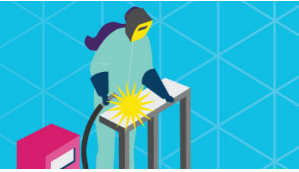
Contest Description

Edmonton Expo Centre, Edmonton

May 3 & May 4, 2023

EVENT: Culinary Arts	LEVEL: Post-Secondary		
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton		
<p>MAY 2 4:30 PM: MANDATORY ORIENTATION FOR ALL COMPETITORS 5:15 – 5:45 PM: BASIC KITCHEN SET-UP</p>			
<p>COMPETITION SCHEDULE:</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>May 3: Competition Day 1 7:30 AM: Competitors arrive on site. Contest Orientation, safety briefing, 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. <u>(Equipment only, Absolutely no food contact at this time.)</u></p> <p>8:00 AM: Costing exercise 8:30 AM: Start Modules 1A - Competencies, and 1B - Appetizer Course Morning Pressure Test - Time and Activity TBD 10:30 AM: Presentation of Module 1A Vegetable Precision Cuts. 11:30 AM: Presentation of Module 1B - Appetizer. 11:30 AM: End of food production. Clean-up. 12:00 PM: Candidates leave the site.</p> </td> <td style="vertical-align: top;"> <p>May 4: Competition Day 2 12:00 PM: Competitors arrive on site. Provincial Technical Committee (PTC) briefing and questions.</p> <p>Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed competitors may set up their stations. <u>(Equipment only, Absolutely no food contact at this time.)</u></p> <p>12:30 PM: Food production begins. 3:30 PM: Presentation of Module 2A - main course. 4:00 PM: Presentation of Module 2B - dessert. 4:00 PM: Food Production ends. Cleanup and inspection of workstations. 4:30 PM: Candidates leave the site with their equipment.</p> </td> </tr> </table>		<p>May 3: Competition Day 1 7:30 AM: Competitors arrive on site. Contest Orientation, safety briefing, 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. <u>(Equipment only, Absolutely no food contact at this time.)</u></p> <p>8:00 AM: Costing exercise 8:30 AM: Start Modules 1A - Competencies, and 1B - Appetizer Course Morning Pressure Test - Time and Activity TBD 10:30 AM: Presentation of Module 1A Vegetable Precision Cuts. 11:30 AM: Presentation of Module 1B - Appetizer. 11:30 AM: End of food production. Clean-up. 12:00 PM: Candidates leave the site.</p>	<p>May 4: Competition Day 2 12:00 PM: Competitors arrive on site. Provincial Technical Committee (PTC) briefing and questions.</p> <p>Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed competitors may set up their stations. <u>(Equipment only, Absolutely no food contact at this time.)</u></p> <p>12:30 PM: Food production begins. 3:30 PM: Presentation of Module 2A - main course. 4:00 PM: Presentation of Module 2B - dessert. 4:00 PM: Food Production ends. Cleanup and inspection of workstations. 4:30 PM: 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 2, 2023.

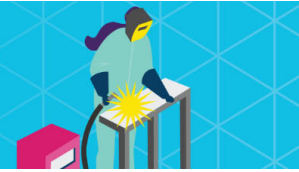
PRESSURE TESTS

Competitors will be assigned a Skills 'pressure test' on Day 1 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 test' 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 test.

- 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 be closed for judging.



List of possible PRESSURE TESTS:

1. **Prepare Italian Meringue** – Prepare Italian meringue rosettes. (Must be completed within 30 minutes.) Should meringue be the pressure test chosen, it is to be incorporated into the competitor's dessert course.

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. **Chicken Fabrication** – (Must be completed within 15 minutes.)
Cut up one (1) raw chicken and present the following items:
 - Breasts – Two (2) Suprêmes, Frenched,
 - Two (2) Legs disjointed, bone-in – oyster attached,
 - Remaining bones (Back, Neck, Wingtips and Ribcage) to be utilized for a chicken stock/sauce.
 - See pictures in [Appendix B](#) for shape guideline.
 - Presented on the half-sized sheet pan provided.
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



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- Poached Soft
- Poached Medium
- Soft Boiled
- Hard Boiled

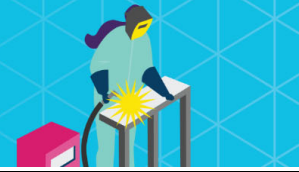
Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetizer, main course, and dessert courses.

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](#).



Day 1	Module 1A – Competencies
<p>Description</p>	<p>Competencies, Pressure test, and Mise en Place for Day 2</p> <p>Competitors must have two (2) copies of their menu (<i>one for the presentation table and one for use by judges</i>), in addition to a workplan at their station each day. The competitor’s working station copies can be drafted prior to competition day with the necessary adjustments.</p>
<p>Service Details</p>	<p>Vegetable precision cuts – To be used in Day 2 menu items. Presented in individual containers (containers will be provided).</p> <ul style="list-style-type: none"> • 100 g Julienne leek • 100 g brunoise carrot • 100 g of tourné zucchini • 100 g tourné celeriac • 100 g tourné button mushrooms • <i>See cuts of vegetables on example document below.</i> <p>A minimum of three (3) of the vegetable competencies must be utilized in Module 2A. Amounts used are at the discretion of the competitor but must be written into their menu and must showcase the core competency.</p>
<p>Available ingredients</p>	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document below.
<p>Special equipment required</p>	<ul style="list-style-type: none"> • Containers for competencies will be provided. • Pressure test to be presented in the appropriate plates, bowls or containers that will be provided by the PTC. • No service wares (China) will be permitted other than that provided by the committee. Service spoons, glasses, ramekins etc. are <u>not</u> allowed.



Day 1	Module 1B – (Day 1) Appetizer Course – Quail Egg and Rösti Potato
Description	<p>Prepare three (3) appetizers, suitable for a la carte service for ovo-lacto vegetarians. Visible components on the plate must include:</p> <ul style="list-style-type: none">• Quail egg(s) and rösti potato,• Minimum one (1) sauce,• Minimum one (1) functional edible garnish. <p>• Remaining ingredients for production may be selected from the items listed in the Common Table document.</p>
Service Details	<ul style="list-style-type: none">• Molds are permitted for food production but cannot be used to present food.• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are <u>not</u> allowed.)• Dishes (foods) must be served hot.• Dishes must be sauced, not served on side.• Total portion size to be between 125 – 165 grams. <p>Provided Service wares:</p> <ul style="list-style-type: none">• Three (3) 11.25” plates, round white.
Available ingredients	<ul style="list-style-type: none">• A list of all ingredients available for this module is included in the common food table document below.
Mise en Place	<ul style="list-style-type: none">• Day 2 mise en place is to be stored neatly in your fridge or at your station.



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 1.
- Question period.

8:00 AM – Assign costing exercise (See Appendix A for an example.)

- Worksheet and calculator provided by PTC.
 - Competitors CANNOT use their own device for their calculations. (i.e., smartphones, tablet, personal calculator, other programmable device, laptop, etc.)
- No food is to be contacted until the costing exercise is completed. The costing exercise may be presented before the 30-minute deadline. Competitors can continue to set up their station at this time (equipment only).

8:30 AM – Submission of Costing Exercise

- Pick up costing exercise and calculator.
- Submit both copies of menu.

8:30 AM – Start Modules 1A Competencies, and 1B Appetizer Course

- Work plan must be displayed on the workstation.

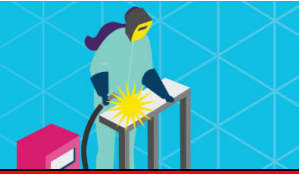
Morning Pressure Test: Time and Activity TBD

10:30 AM – Presentation of Vegetable Precision Cuts.

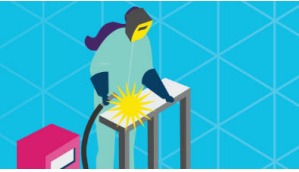
11:30 AM – Presentation of Appetizer.

11:30 AM – Food Production ends. Clean up, and Inspection of workstations.

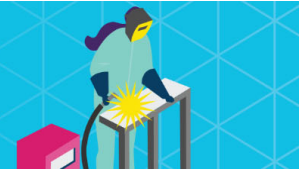
12:00 PM – Competitors leave the site.



Day 2	Module 2A – Chicken Kiev inspired Main Course
Description	<p>Prepare three (3) main course plates of a Chicken Kiev inspired main course. Visible components on the plate must include:</p> <ul style="list-style-type: none">• A minimum of 1 sauce (served hot),• A mystery <u>starch</u>,• Must incorporate a minimum of 3 vegetable preparations utilizing different cooking methods for each,• Must have a minimum one (1) functional edible garnish.• Please remember to include a minimum of three (3) of the vegetable competencies from Module 1A. • The remaining ingredients for the main course may be selected from the items listed in the Common Table items.
Service details	<ul style="list-style-type: none">• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.• 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.• Plates must be warm when plating food.• Molds are permitted for food production but cannot be used to present food.• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are <u>not</u> allowed.)• Total plate portion must be between 185 - 250 grams.• Protein items must be cooked – no raw preparations.• Dishes (foods) must be served hot. • Provided Service wares:• Three (3) 11.25” plates, round, white• One (1) Sauce boat, white



Day 2	Module 2B - Plated Dessert Creation
Description	<p>Prepare three (3) dessert course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none">• Cake,• Bavarois,• A mystery fruit,• A chocolate garnish,• A minimum of one (1) sauce (plated, <u>not</u> on the side).• The remaining ingredients for the main course may be selected from the items listed in the Common Table items.
Service Details	<ul style="list-style-type: none">• Three (3) plates will be presented for each course, two (2) to the judges and one (1) plate for public display.• Molds are permitted for food production but cannot be used to present food.• No service ware is permitted other than that provided by the committee. (China, service spoons, glasses, ramekins etc. are <u>not</u> allowed.)• Minimum 95 grams to a maximum of 175 grams total portion size for each plate.• Service temperature is room temperature – no frozen components.• Provided Service wares:• 11.25" plate, round white



Day 2 Competition Schedule in Detail

12:00 PM – Competitors arrive on site. PTC briefing and questions.

- Competitors submit workplans and complete handwritten menus. As soon as menu and work plans are completed competitors may set up their stations. (Equipment only, absolutely no food contact at this time.)

12:30 PM – Start Module 2. Food production begins.

3:30 PM – Presentation of Module 2A - main course.

4:00 PM – Presentation of Module 2B - dessert.

4:00 PM – Clean-up and inspection of stations.

4:30 PM – Competitors leave the contest area with their equipment.

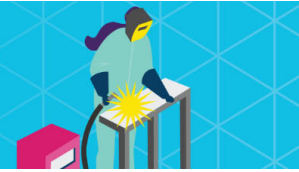
GENERAL CONTEST DETAILS

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 (PTC) 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.
- 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:

- A completed menu must be prepared and submitted separately for each day of competition.
- 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) that are 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 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 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**.
- 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>

Notes:

- 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).





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- 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 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.

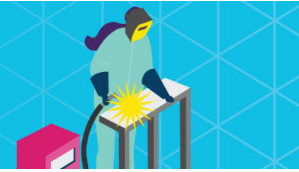
Required Clothing provided by the Competitor:

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. Uniforms 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	Microwave
Available sink with hot & cold water	One electric outlet per workstation	Food processor with bowl and cutter blade
Garbage, recycling, and Organics/Compost bins	One display area for finished plates	Kitchen blender
Counter-top stand mixer (bowl, whip, paddle, dough hook)		





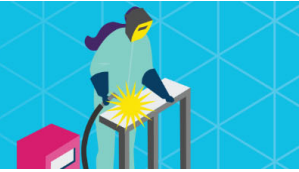
JUDGING CRITERIA

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 • All general food safety rules must be followed 	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 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 & execution of correct cooking techniques and methods 	25%
Presentation	<ul style="list-style-type: none"> • Portion size in accordance with the test project parameters • Clean Plates • Plating & Design • Harmonious colours • Appetizing and artistic presentation of food • Appropriate and complementary garnishes 	15%
Taste & Required Menu Components	<ul style="list-style-type: none"> • Proper textures of food • Correct degrees of doneness • Balanced taste and seasonings • Flavours match the menu specifications and descriptions • Food service at proper temperature as specified in the test project and 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 	35%
Overall Total		100%





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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, and Garnett Schoettler garnett.schoettler@rdpolytech.ca

ADDITIONAL INFORMATION

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

Lunch

Lunch for competitors will be provided by Skills Canada Alberta on both competition days.

Parking & Venue Maps

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

Opening Ceremonies / On-site Provincial Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 2, 2023, at 6:00 pm in Hall D of the Edmonton EXPO Centre. Admission is free, and everyone is welcome to attend. It is important to note that competitor registration will open immediately following the Opening Ceremony.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 4, 2023 at 6:30 pm in Hall D of the Edmonton EXPO Centre. Admission is free and everyone is welcome to attend. The Awards Ceremony will be shown live at <http://skillsalberta.com/>

Team Alberta Information

Team Alberta will be selected at the PSCC Awards Ceremony. Gold medalists will then be eligible to participate at the Skills Canada National Competition (SCNC) on May 24- 27, 2023 in Winnipeg





MB. 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/>.

During the PSCC Awards Ceremony on Thursday May 4, 2023, gold medalists will be given their Team Alberta information package and will confirm their participation in the SCNC. Students must be present at the Awards Ceremony to claim their position on Team Alberta. If the Gold medalist is not able to attend SCNC, the next top-ranking individuals will be asked to participate. If a student is not able to attend the Awards Ceremony a letter confirming the student’s interest in Team Alberta participation must be emailed to javierad@skillsalberta.com prior to the start of competition on May 3, 2023.

Please prepare your students in advance to accept a position on Team Alberta and outline how your school will support their participation.

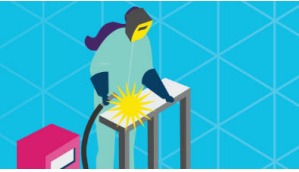
Questions?

Please contact Kennedy Mayer kennedym@skillsalberta.com if you have any questions regarding the Contest Description.

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

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





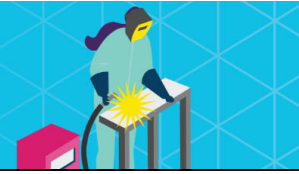
Post-Secondary Food Common Table

Alcohol	Herbs Fresh	Produce Vegetables	Produce Veg. Continued
	Basil		Peppers: jalapeno
	Chives		Peppers: Yellow
Brandy, VSOP	Cilantro		Peppers: Red
	Dill	Arugula	Peppers: Red Finger Chili
Port, Ruby	Mint	Beans, French	
Rum, white	Oregano	Beets, Red	Potatoes, Yellow
Pernod	Parsley, Curly		Potatoes, Russet 100 ct
	Parsley, Flat leaf		Potatoes, Red
Wine, Red Non-Alcohol	Rosemary	Carrots	Radish, Red
Wine, White Non-Alco	Tarragon		Spinach, Baby
Wine, White, chardonnay	Thyme	Celery	Squash, buttercup
Wine, white, Riesling	Sorrel	Celeriac/Celery Root	Tomato, Roma
Wine, Red, Cabernet		Cucumber	Tomato, cherry
Wine, Red, Pinot Noir		Garlic Bulb	Zucchini, Green
		Fennel	
Dairy	Produce Fruit	Ginger	Proteins and Stocks
Butter, Salted		Leeks	Whole Chickens (broilers)
Butter, Unsalted		Lettuce, Boston Bibb	Chicken stock
Cream, 35%	Blueberries	Lettuce, Green leaf	Quail eggs
	Lemons	Mushrooms Button	Chicken eggs, large
Milk, 3.25% Homo.	Strawberries	Micro Greens	Bacon, smoked Slab
Sour Cream 14%	Blackberries	Mushrooms Oyster	
Yogurt, Plain 2%	Mystery Fruit or Berry	Onion, Green	
	Raspberries		
Dairy Cheese			
Parmesan			Frozen Fruit
Cheddar	Nuts	Onion, Shallot	Cranberries, IQF
Goat cheese (chevre)	Almond Whole Blanched	Onion, Yellow	Currants
Coconut milk	Hazelnuts, Whole	Pea shoots	Blackberries, IQF
Condensed milk	Pecans, Whole		Blueberries, IQF
	Pistachios, whole		Raspberries, IQF
	Walnuts, halves		Strawberries, IQF



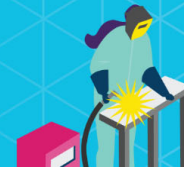


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Dry Goods	Dry Goods Continued	Dry Spices and Herbs	Legume/Pulse Dried
Agar Agar	Sugar, Granulated White	Bay leaves	Lentil, Beluga
Baking Powder		Chili powder	
Baking Soda			
Chocolate, Dark, Callebaut 811 (53.7%)	Tomato Paste		
Chocolate, Milk, Callebaut 823 (33.6%)	Vanilla, beans		
Chocolate, White, Callebaut, w2nv (28%)	Vanilla, Pure Extract		Grains
Cocoa Powder	Vinegar, Balsamic	Cumin - ground	
Coffee Beans, dark roast	Vinegar, Cider	Mustard seed	Rice, Jasmine
Corn Starch	Vinegar, White	Mustard Dried	
Flour, Almond	Vinegar, White wine	Nutmeg - ground	
Flour, All Purpose	Vinegar, Red Wine	Paprika	
Flour, Bread	Worcestershire Sauce	Pepper, Black Ground	
Flour, cake	White bread		
Flour, Pastry	Yeast, active dry	Pepper, Cayenne	
Gelatine, Leaves	Miso Paste, Yellow	Pepper, White Ground	
Gelatine, Powder		Peppercorn Blk Whole	
Glucose Syrup	Miscellaneous	Thyme – dried	
Honey	Aluminum foil	Sumac	
Maple Syrup	Butcher’s twine	Salt – fine	
Molasses, fancy	Cheesecloth	Salt – kosher	
Oil, Canola	Disposable gloves		
Oil, Olive, Extra Virgin	Pan spray		
Powdered milk	Parchment paper		
Sesame Seeds, White	Plastic wrap		
Panko, breadcrumbs	Wood Smoke Chips		
Soya Sauce	Bamboo skewers		
Sugar, Brown			





(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.



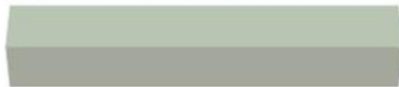
(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozange: $\frac{1}{2}$ 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).



Appendix A

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.

Name of recipe _____							No. of Portions:		22		
Ingredient	As Purchased (AP)			Edible Portion (EP)			Recipe - Units Needed		Recipe Ingredient Cost		
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount						Unit Cost (Cost per gram)
Onion, Spanish	20	kg	\$ 19.57	90%	18,000	gr	\$ 0.001	250	gr	\$ 0.27	
Carrot	20	kg	\$ 16.85	93%	18,600	gr	\$ 0.001	125	gr	\$ 0.11	
Celery	525	gr	\$ 1.91	82%	431	gr	\$ 0.004	125	gr	\$ 0.55	
Eggs - whole, separated for whites	684	gr	\$ 3.48	40%	274	gr	\$ 0.013	250	gr	\$ 3.18	
Lemons	576	gr	\$ 7.80	50%	288	gr	\$ 0.027	30	gr	\$ 0.81	
Calculate the number of complete portions the recipe will yield , given a (#, ml, gm) portion size											
Calculate the cost per ingredient, and 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 (\$)		\$ 4.66		
							Yielded Cost Per Portion (\$)		\$ 0.21		
							Suggested Selling Price (\$)		\$ 0.90		
							Food Cost %		23.5%		
							Gross Profit per portion (\$)		\$0.69		





Appendix B

Chicken Fabrication

Source: Professional Cooking 9th Edition – Figure 18.6

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- (a) Cut off the wings at the second joint. Save for stocks.



- (b) Cut through the skin between the leg and the body.



- (c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from

the bone, being sure to get the “oyster,” the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



- (d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



- (e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



(f) Continue the cut along the wishbone to the wing joint.



(g) Holding the chicken by the wing, cut through the wing joint.



(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



(i) Pull the breast meat completely off the bone. Be sure to hold onto the small "tenderloin" muscle inside the breast so it doesn't separate from the rest of the meat.



(j) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



(k) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



(m) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint



(l) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



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