



2023 Regional Skills Canada Competition



2023 Calgary Regional Skills Canada Competition

Project Description (Scope Document)

SAIT Main Campus: Senator Burns Building NL 403

Saturday March 18, 2023

EVENT: Culinary Arts		LEVEL: <i>Secondary</i>	
DURATION OF CONTEST: 4 HOURS		LOCATION: SAIT MAIN CAMPUS - SENATOR BURNS BUILDING NL 403 https://www.sait.ca/assets/documents/about-sait/campus/campus-map/campus-map.pdf	
COMPETITION SCHEDULE:		REGIONALIZED: YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.	
	GROUP A #1-8	GROUP B #9-16	
ORIENTATION	8AM TO 8:30AM		
GATHER INGREDIENTS	8:30am to 9:00am	8:45am to 9:15am	
START COMPETITION	9:00am	9:15am	
PRESENT MAIN COURSE	12:00pm	12:15am	
PRESENT DESSERT	12:30pm	12:45am	
CLEAN AND DEPART KITCHEN	12:30pm to 1:00pm	12:45am to 1:15am	
AWARDS CEREMONY	Approx. 2:30PM IN MACDONALD HALL (HERITAGE HALL BUILDING)		
AWARD CEREMONY INFORMATION: The Awards Ceremony and lunch will take place at approx. 2:30pm on Saturday March 18, 2023 in MacDonald Hall which is in the Heritage Hall Building. Admission is Free and everyone is welcome to attend.			





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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 two 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 each day and how marks are awarded.

PROJECT DESCRIPTION

4 Hours Total Kitchen Time	
Description	<p>Prepare two (2) portions of the following two (2) course menu:</p> <p>Main Course: Burger and a Roasted Potato Dish served with a demi-glace based sauce to compliment the main items.</p> <ul style="list-style-type: none"> • Competitors will make a roasted potato dish to accompany their burger. Some examples of this are: seasoned roasted potatoes, oven roasted French fries, Duchess Potatoes, Dauphinoise Potatoes, etc. It is not permissible to use a deep fryer or deep fry on the stove for the potato dish. • Competitors must include at minimum 1 other modern, complimentary, and appropriate garnish. • Brioche buns will be provided to serve the burgers. • Competitors must include at minimum 1 sauce on the burger. • Each burger must weight a maximum of 6 oz. (180 g) raw weight. Each competitor will be given a maximum of 400 g of ground beef. • Total weight of main course cannot exceed 420 g. <ul style="list-style-type: none"> ○ Burger patty cannot exceed 180 g. ○ Potatoes cannot exceed 100 g per plate. • Competitors must serve 90 mL of a classic demi-glace derivative sauce to compliment the burger and potato plate to be served in a sauce boat. • 250 mL of Espagnole sauce and 250 mL of brown stock will be provided. • The final cooking temperature of meats <u>must</u> meet food safety standards. • Competitors will be cooking on stoves only. No electric/charcoal grills will be permitted. Competitors may bring a grill pan or sauté pan to cook their burgers.





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	<p>Dessert: Brownie</p> <ul style="list-style-type: none"> • Brownie dessert, to include a fruit-based sauce. • Must include at minimum 1 other modern, complimentary and appropriate garnish. • The maximum pan size that is permissible for the brownie is a 9" x 9". <p>A list of all ingredients available for this day is included in the ingredient list document.</p>
Special Equipment Required	No service equipment permitted other than that provided by the committee. Please review contest description for equipment that will be available at the competition.
Service Details	<ul style="list-style-type: none"> • 11"/12" round white plates for main course – 2 each • 11"/12" round white plates for dessert – 2 each • No service wares (China) permitted other than that provided; service spoons, glasses, ramekins etc. are not allowed.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. <u>Recipes should be scaled up or down according to required amounts.</u> • There will not be a recipe provided for the burger, this is to be compiled by the competitor using only ingredients listed on the Common Food Table. • Recipes meet the competitions' foundational competencies, though may be built upon in regard to seasoning and garnish. • A list of all ingredients available for this module will be included in the common food table document.

- 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.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.



EQUIPMENT & MATERIALS

Equipment and Materials **Competitors Must** Supply:

Basic equipment such as:

- Knives, spatulas, ladles, whips
- Rolling pins, piping bag and tips, scale
- Recipes/reference books.
- Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, china caps, cutting boards, molds etc.
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Sanitizing equipment (spray bottles and/or pails).

• **Required clothing (provided by competitor):**

- 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 and White Necktie
- Uniforms for 1 working day

*Notes:

- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service ware & 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 of the tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Professional Chef Uniforms are available at your 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 Alberta or Skills Canada logo jackets are permitted.
- Domestic stoves to be used on the competition site. Please bring trays and pans that will fit into the oven.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**



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EQUIPMENT & MATERIALS Supplied by the Committee:

- | | |
|---|--|
| <ul style="list-style-type: none"> • All food from the contest & the common table • Work station • Available sink with hot & cold water • Stove with an oven (potentially shared) | <ul style="list-style-type: none"> • Adequate fridge and freezer space • Garbage, recycling and organics/compost bins • 1 Electric outlet per workstation • 1 Display area for finished plates |
|---|--|

Schedule

The schedule for the competition is to be followed exactly. Work schedule and service times are to be respected. There is a five (5) minute window to present your product. There will be a point per minute deduction for every extra minute of lateness up to 5 minutes – after which plates will not be accepted for judging though feedback may still be provided. For example:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	11:00 to 11:05	11:06	11:07	11:08	11:09	11:10	11:11

Time & Cleaning

It is compulsory that all competitors be on time to access their station assignments. All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the competition area. Points will be deducted for competitors who do not comply. Station must be inspected by an RTC or PTC member before leaving site.



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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 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 	25%
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 	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 & 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 • Temperature as per marking rubric • Temperature are taken at competitor table 	35%
Overall Total		100%

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

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. All jewelry including facial, earrings, watches and rings must be removed to comply with sanitation regulations.

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

TRAINING RESOURCES:

Visit the below web address for training videos (posted periodically, so check back!)
<https://skillsalberta.com/training-resources>

ADDITIONAL INFORMATION

Lunch will be provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.
Regulations & Policies: A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <https://skillsalberta.com/policies-and-procedures>

REGIONAL COMMITTEE MEMBERS

Adrian Jemmett
Andrew Springett





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” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’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, depending on availability and quality; all competitors will have the same conditions.
- 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 procedure and techniques. Portion sizes are critical, and the competitor must scale up or down to produce required portions.

Brownies

INGREDIENTS	U.S.	METRIC	PERCENTAGE	PROCEDURE
Unsweetened chocolate	1 lb	450 g	100 %	Mixing: Sponge method. 1. Melt chocolate and butter together in a double boiler. Stir so that the mixture is smooth. Let it cool to room temperature. 2. Blend the eggs, sugar, and salt until well mixed, but do not whip. Add the vanilla. 3. Blend in the chocolate mixture. 4. Sift the flour and fold it in. 5. Fold in the nuts. Makeup: Sheet method. Grease and flour the pans or line them with parchment. Quantity of basic recipe is enough for 1 full sheet pan, 18 × 26 in. (46 × 66 cm), 2 half-size sheet pans, 4 pans measuring 9 × 13 in. (23 × 33 cm), or 6 square pans measuring 9 in. (23 cm) per side. If desired, batter may be sprinkled with an additional 50% (8 oz/255 g) chopped nuts after panning. Baking: 325°F (165°C), about 60 minutes. For 2-in. (5-cm) square brownies, cut sheet pan 8 × 12 to yield 96 pieces.
Butter	1 lb 8 oz	675 g	150 %	
Eggs	1 lb 8 oz	675 g	150 %	
Sugar	3 lb	1350 g	300 %	
Salt	0.25 oz (1½ tsp)	7 g (7 mL)	1.5 %	
Vanilla	1 oz	30 mL	6 %	
Cake flour	1 lb	450 g	100 %	
Chopped walnuts or pecans	1 lb	450 g	100 %	
Total weight:	9 lb 1 oz	4087 g	907 %	
<small>Per 1 brownie: Calories, 190; Protein, 3 g; Fat, 12 g (54% cal.); Cholesterol, 45 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 95 mg.</small>				

VARIATIONS

Butterscotch Brownies or Blondies

Omit chocolate. Use brown sugar instead of granulated sugar. Increase flour to 1 lb 6 oz (600 g).

Source: Professional Cooking 9th edition. **Page:** 988

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 according for over-use, or waste of products. ONLY the foods provided by Skills Canada Alberta are permitted for use. Absolutely no outside food products are to be brought into the contest.

Secondary Food Common Table

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Cucumber	Burger buns, 4"	Butter - salted	Cayenne
Garlic	Chocolate, Milk	Butter - unsalted	Chili powder
Leeks	Chocolate, Dark, unsweetened	Cheddar cheese, medium	Cumin, ground
Mushrooms, white button	Chocolate, white	Swiss Cheese	Fennel seed
Green onions	Cornstarch	Cream - 35%	Garlic powder
Yellow onions	Flour – All Purpose	Milk 3.25% Homo	Mustard powder
Ginger Root	Dill pickles		Mustard seeds
Jalapeno peppers	Flour – cake		Nutmeg
Potatoes, russet	Oil Canola		Paprika
Potatoes, Yukon gold	Cocoa powder		Pepper, Black Ground
Sweet Potatoes	Sugar White Granulated		Peppercorn Black Whole
Cherry Tomatoes	Breadcrumbs, panko		Pepper, White Ground
Roma Tomatoes	White Bread		Salt - fine
Lettuce	Worcestershire Sauce	Herbs Fresh	Salt - kosher
	Vanilla Extract	Basil	Thyme leaves, dried
Fresh Fruit	Vinegar, cider	Chives	
Black Berries	Vinegar, white	Cilantro	
Blueberries	Vinegar, red wine	Parsley - curly	Non Food Items
Lemons	Pecans, halves	Parsley – flat leaf	Aluminum foil
Limes	Walnuts, halves	Thyme	Butchers twine
Oranges			Cheesecloth
Raspberries	Proteins	Frozen Product	Disposable gloves
Strawberries	Ground Beef, medium	Blackberries	Pan spray
	Bacon	Blueberries	Paper towels
	Eggs, large	Raspberries	Parchment paper
		Strawberries	Plastic wrap