



Contest Description

Edmonton Expo Centre, Edmonton

May 8 & 9, 2024

EVENT: Culinary Arts	LEVEL: Post-Secondary		
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton		
<p>MAY 7 4:30 PM: MANDATORY ORIENTATION FOR ALL COMPETITORS</p>			
<p>COMPETITION SCHEDULE:</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>May 8: Competition Day 1</p> <p>8:30 AM: Arrival of candidates on site. Introduction and brief discussion of Day 1 (Module 1) of the competition. *Competitors may bring textbooks/notebooks. *Cell phones, laptops, smart watches, communication devices are not allowed.</p> <p>9:00 AM:</p> <ul style="list-style-type: none"> Mystery Basket items are revealed. All items in the mystery basket <u>must</u> be prominently incorporated into the competitor’s Day 2 menu. Pressure Test Time will be drawn (Pressure test item will be drawn at the start of Day 2). Competitors must incorporate Pressure Test timing into their work plan. Costing Exercise is assigned. (See Appendix B for an example.) <p>9:15 AM: Competitors complete the costing exercise, design menus, and produce a work plan for Day 2. <u>Competitors are given 90 minutes for this segment of the competition. No late submissions will be accepted.</u></p> <p>11:45 AM:</p> <ul style="list-style-type: none"> Submit handwritten copies of the following: work plan and menu, using the templates provided. Submit the costing exercise. Competitors may take one copy of their work plan, menu, and menu elements to reference for Day 2. </td> <td style="width: 50%; vertical-align: top;"> <p>May 9: Competition Day 2</p> <p>7:45 AM: Competitors arrive on site.</p> <ul style="list-style-type: none"> Safety Orientation Provincial Technical Committee (PTC) briefing and questions. Drawing of the Pressure Test Item (Module 2A) <p>8:10 AM Set up cooking stations. (No contact with food items at this time.)</p> <p>8:30 AM: Start of competition.</p> <p>11:00 AM: Presentation of vegetable precision cuts. (Module 2B)</p> <p>11:45 AM: Cleanup and inspection of workstations. (No cooking/prep at this time.)</p> <p>All food production must end.</p> <p>12:00 PM: Competitors leave the competition site.</p> <p>Lunch is provided for the competitors</p> <p>12:55 PM: Competitors return from lunch.</p> <ul style="list-style-type: none"> PTC briefing. <p>1:00 PM: Competition Resumes</p> <p>2:30 PM: Presentation of Module 3A - Appetizer.</p> </td> </tr> </table>		<p>May 8: Competition Day 1</p> <p>8:30 AM: Arrival of candidates on site. Introduction and brief discussion of Day 1 (Module 1) of the competition. *Competitors may bring textbooks/notebooks. *Cell phones, laptops, smart watches, communication devices are not allowed.</p> <p>9:00 AM:</p> <ul style="list-style-type: none"> Mystery Basket items are revealed. All items in the mystery basket <u>must</u> be prominently incorporated into the competitor’s Day 2 menu. Pressure Test Time will be drawn (Pressure test item will be drawn at the start of Day 2). Competitors must incorporate Pressure Test timing into their work plan. Costing Exercise is assigned. (See Appendix B for an example.) <p>9:15 AM: Competitors complete the costing exercise, design menus, and produce a work plan for Day 2. <u>Competitors are given 90 minutes for this segment of the competition. No late submissions will be accepted.</u></p> <p>11:45 AM:</p> <ul style="list-style-type: none"> Submit handwritten copies of the following: work plan and menu, using the templates provided. Submit the costing exercise. Competitors may take one copy of their work plan, menu, and menu elements to reference for Day 2. 	<p>May 9: Competition Day 2</p> <p>7:45 AM: Competitors arrive on site.</p> <ul style="list-style-type: none"> Safety Orientation Provincial Technical Committee (PTC) briefing and questions. Drawing of the Pressure Test Item (Module 2A) <p>8:10 AM Set up cooking stations. (No contact with food items at this time.)</p> <p>8:30 AM: Start of competition.</p> <p>11:00 AM: Presentation of vegetable precision cuts. (Module 2B)</p> <p>11:45 AM: Cleanup and inspection of workstations. (No cooking/prep at this time.)</p> <p>All food production must end.</p> <p>12:00 PM: Competitors leave the competition site.</p> <p>Lunch is provided for the competitors</p> <p>12:55 PM: Competitors return from lunch.</p> <ul style="list-style-type: none"> PTC briefing. <p>1:00 PM: Competition Resumes</p> <p>2:30 PM: Presentation of Module 3A - Appetizer.</p>
<p>May 8: Competition Day 1</p> <p>8:30 AM: Arrival of candidates on site. Introduction and brief discussion of Day 1 (Module 1) of the competition. *Competitors may bring textbooks/notebooks. *Cell phones, laptops, smart watches, communication devices are not allowed.</p> <p>9:00 AM:</p> <ul style="list-style-type: none"> Mystery Basket items are revealed. All items in the mystery basket <u>must</u> be prominently incorporated into the competitor’s Day 2 menu. Pressure Test Time will be drawn (Pressure test item will be drawn at the start of Day 2). Competitors must incorporate Pressure Test timing into their work plan. Costing Exercise is assigned. (See Appendix B for an example.) <p>9:15 AM: Competitors complete the costing exercise, design menus, and produce a work plan for Day 2. <u>Competitors are given 90 minutes for this segment of the competition. No late submissions will be accepted.</u></p> <p>11:45 AM:</p> <ul style="list-style-type: none"> Submit handwritten copies of the following: work plan and menu, using the templates provided. Submit the costing exercise. Competitors may take one copy of their work plan, menu, and menu elements to reference for Day 2. 	<p>May 9: Competition Day 2</p> <p>7:45 AM: Competitors arrive on site.</p> <ul style="list-style-type: none"> Safety Orientation Provincial Technical Committee (PTC) briefing and questions. Drawing of the Pressure Test Item (Module 2A) <p>8:10 AM Set up cooking stations. (No contact with food items at this time.)</p> <p>8:30 AM: Start of competition.</p> <p>11:00 AM: Presentation of vegetable precision cuts. (Module 2B)</p> <p>11:45 AM: Cleanup and inspection of workstations. (No cooking/prep at this time.)</p> <p>All food production must end.</p> <p>12:00 PM: Competitors leave the competition site.</p> <p>Lunch is provided for the competitors</p> <p>12:55 PM: Competitors return from lunch.</p> <ul style="list-style-type: none"> PTC briefing. <p>1:00 PM: Competition Resumes</p> <p>2:30 PM: Presentation of Module 3A - Appetizer.</p>		

<p>*Day 1 menu submissions are final. No additions or substitutions are allowed.</p> <p>11:45 AM: Review of the competition schedule for Day 2. Brief question and discussion period.</p> <p>12:00 PM: Competitors leave the site.</p> <p>Lunch is provided for the competitors</p>	<p>3:30 PM: Presentation of Module 3B - Main Course.</p> <p>4:00 PM: Presentation of Module 3C - Dessert.</p> <p>4:00 PM: Cleanup and inspection of workstations.</p> <p>4:30 PM: Candidates leave the site with their equipment.</p>
---	---

Please Note: This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in yellow.

CONTEST INTRODUCTION

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

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare one menu (Module A) 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.

COSTING EXERCISE (See Appendix B for an example.)

- Worksheet and calculator provided by PTC.
- Competitors CANNOT use their own device for their calculations.
- Competitors must submit the costing exercise and calculator by 11:45 AM on Day 1.

MYSTERY INGREDIENTS

Competitors will be provided with a ‘mystery basket’ containing six (6) items/ingredients.

All of these items/ingredients must be featured prominently in their menu.

These items will be revealed on Day 1 of the competition on May 8, 2024.

The mystery basket will include the following:

- Grain/pulse
- Fruit
- Cheese
- Alcoholic Beverage
- Mushroom
- Herb/Spice

PRESSURE TESTS – Module 2A

Competitors will be assigned a Skills ‘pressure test’ time 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’ item will be revealed by draw to competitors upon arrival at 7:45 AM on Day 2. At the start of the contest and in the presence of the competitors, the PTC will draw a pressure test from the list below.

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 eight 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. **Late submissions will not be accepted.**
- 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 as best fits into their workplan.

LIST OF POSSIBLE PRESSURE TESTS:

See Appendix C for recipes and procedures.

1	<p><u>French Omelet – 3 Eggs</u></p> <p>Competitors will have a maximum of 2 dozen eggs for the contest. This includes the competencies, appetizer, main course, and dessert.</p> <p>Directions for omelet preparation can be found in On Cooking or Professional Cooking.</p> <p>Note: The following link shows a video on how to make a French Omelet, from Rouxbe.com: https://www.youtube.com/watch?v=h8PcsmRypjk</p> <p>Present on an 11.25” plate (round white provided).</p>
---	---

2	<p><u>Italian Meringue</u> Pipe 12 identical rosettes in three rows of four on a parchment lined half-sized bake sheet. All must be equal in size and identical in shape and evenly spaced on the bake sheet. See picture in Appendix C for shape guideline. <u>Quantity made will be half of the recipe guideline provided.</u> Present on the half-sized bake sheet provided.</p> <p>Should the meringue test item be chosen, it is to be incorporated into the competitor's <u>dessert</u> course.</p>
3	<p><u>Compound Butter</u> Prepare 227 g (half pound) of compound of butter (competitor's choice of flavour). Present as coins (3 cm in diameter, 1 cm thick) on the half-sized bake sheet provided.</p> <p>Should the compound butter test item be chosen, it is to be incorporated into the competitor's <u>appetizer or main</u> course.</p>
4	<p><u>Boiled Sugar Derivative Garnish</u> Create a sugar garnish utilizing items from the common table. Should the sugar garnish test item be chosen, it is to be incorporated into the competitor's <u>dessert</u> course.</p>
5	<p><u>Velouté</u> Prepare 500 mL of either chicken velouté or fish velouté Velouté should be medium thickness/consistency that coats the back of a spoon. Present in the deli container provided.</p> <p>Should the velouté test item be chosen, it is to be incorporated into the competitor's <u>appetizer or main</u> course.</p>
6	<p><u>Biscuits</u> Prepare six (6) biscuits (6 cm in diameter). Competitors may use any ingredients found on the common table to flavour their biscuits, if desired. Present on the half-sized bake sheet provided.</p> <p>Should the biscuit test item be chosen, it is to be incorporated into the competitor's <u>appetizer, main, or dessert</u> course.</p>
7	<p><u>Eggs Benedict</u> – 2 egg single serving Hollandaise Sauce – Prepare using the classic method with a reduction, and proper ratio utilizing 227 grams (half pound) of butter. Soft Poached Eggs on a toasted English muffin, with Canadian Bacon. Directions for Hollandaise can be found in On Cooking or Professional Cooking. Present on an 11.25" plate (round white provided).</p>
8	<p><u>Tempered Chocolate Garnish</u> Prepare four (4) identical tempered chocolate garnishes using any type of chocolate from the common table.</p>

Competitors may use any tempering method that they choose, but microwave ovens are not permitted.
Present on the half-sized bake sheet provided.
Should the tempered chocolate test item be chosen, it is to be incorporated into the competitor's dessert course.

Competencies – Module 2B

Description	<p>Vegetable precision cuts:</p> <p>Items are presented in individual containers (containers provided).</p> <p>100 g Julienne leek 100 g Brunoise carrot 100 g Tourné zucchini 100 g Tourné button mushrooms</p> <ul style="list-style-type: none"> • See Appendix D– precision cuts of vegetables • <u>All vegetable competencies must be incorporated into the menu.</u> • Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. • Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines.
Available ingredients	<p>A list of all ingredients available for this module is included in the common food table document.</p>
Special equipment required	<ul style="list-style-type: none"> • 500 mL deli or compostable containers (provided by the PTC). • Pressure test item is to be presented in the appropriate plates, bowls, or containers (provided by PTC). • No service wares (China) permitted other than that provided by the PTC. • Service spoons, glasses, ramekins etc. are not allowed.



Appetizer – Module 3A

Description	<p>Prepare three (3) plated appetizers. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Rainbow Trout • A minimum of one (1) sauce • Must utilize at least two (2) items from the mystery basket. • Must include a minimum of one (1) functional edible garnish. • May include any of the vegetable competencies, and the pressure test item if appropriate.
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Total plate portion must be between 150 - 200 grams. • Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum). • Protein items must be cooked to 60°C/140°F - no raw preparations. • Appetizer can be hot or cold. (Plate temperature must be appropriate for the dish.) <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 11.25" plate, round white - 3 each • Sauce boat - 1 each
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. • May include any of the mystery basket items, and/or the pressure test item if appropriate.
Timing of Service	<ul style="list-style-type: none"> • Plates must be presented for judging at the time stated on the competition schedule.



Main Course – Module 3B

Description	<p>Prepare three (3) main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Duck, demonstrating a minimum of two different cooking methods. • Must utilize at least two (2) items from the mystery basket. • Must incorporate a minimum of 3 Vegetable preparations, utilizing <u>different cooking methods for each.</u> • A minimum of 1 starch preparation • A minimum of 1 sauce (served hot) • Must include a minimum of one (1) functional edible garnish. • May include any of the vegetable competencies, and the pressure test item if appropriate.
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Total plate portion must be between 185 - 250 grams. • Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum). • Protein items must be cooked - no raw preparations. • Dishes must be served hot. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 11.25" plate, round white - 3 each • Sauce boat - 1 each
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. • May include any of the mystery basket items, and/or the pressure test item if appropriate.
Timing of Service	Plates must be presented for judging at the time stated on the competition schedule.



Plated Dessert Creation – Module 3C

Description	<p>Prepare three (3) dessert course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Minimum of at least two (2) items from the mystery basket • Pastry (i.e., choux, puff pastry, pâte brisée, pâte sucrée, etc.) • Custard (i.e., pastry cream, crème Anglaise, Bavarois, etc.) • Must include either a chocolate, or sugar garnish. • A minimum of one (1) sauce.
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Total plate portion size must be between 95 – 150 grams. • No frozen components. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 11.25” plate, round white - 3 each
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. • May include any of the mystery basket items, and/or the pressure test item if appropriate.
Timing of Service	<p>Desserts must be presented for judging at the time stated on the competition schedule.</p>

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 Appendix E.
- 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 the competition.
- Work plans can be legibly hand-written or printed. 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:

- Two (2) copies of a completed menu must be prepared and submitted on Day 1 of the 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.
- **Candidates cannot have cell phones, smart watches or other devices in the competition area.**
- 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 the 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. (I.e., Immersion Circulators, Thermal Mixers, etc.)
- 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	

Notes:

- Bring only the tools that you plan to use. (I.e. if you don't need a rolling pin to prepare your menu, don't bring one.)
- 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 that is not provided on the shared equipment list. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- One of the objectives of SCC is the sustainability of the Competition. As a result, the toolboxes brought by Competitors will be restricted to the following maximum specifications.
- **The Competitor's toolbox must not exceed 0.6 meters³ in volume.** It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. (60 cm x 60 cm x 60 cm)
- 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.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Competitors must clean/sanitize/dry all tools and equipment prior to packing and leaving the site.
- 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. This includes bringing toolboxes larger than 0.6 metres³ in volume.

Equipment and Materials by the Provincial Technical Committee (per competitor):

All food from the recipes and the common table	Adequate fridge and freezer space
One worktable with one shelf	One electric stove with oven
Available sink with hot & cold water	One electric outlet per workstation
Garbage, recycling, and Organics/Compost bins	One display area for finished plates
All Plate ware and Service ware	<i>Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets</i>
Hand soap and paper towels	

Shared Equipment and Materials between Competitors – Provided by the Provincial Technical Committee

Counter-top stand mixer (bowl, whip, paddle, dough hook)	Microwave	Food processor with bowl and cutter blade
Kitchen blender	Spice grinder	Torch (propane or butane)
Plastic-wrap	Whippet cartridges	Aluminum foil
Butcher's twine	Cheesecloth	Re-sealable bags
Parchment paper	Immersion blender	Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids (1 sleeve maximum per competitor)

*Shared Equipment must be cleaned and returned as soon as possible for other competitors to use. Judges may apply a penalty to any competitor that is monopolizing shared equipment.

*It is not permitted to bring your own equipment from the Shared Equipment List.

- Competitors that bring equipment that is on the shared list will be asked to remove it from the contest area.

Grooming Standards

- Hands must be washed; nails must be trimmed, clean and free of nail polish while working with food. False nails are not permitted in the contest area.
- Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.
- Beards must be neat and trimmed or restrained with a beard net.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.
- In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time.
- The PTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.

- The PTC has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.

Required Clothing provided by the Competitor:

See Appendix F

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	Cleaning cloths/towels
Uniforms for one working day. Uniforms must not display any inscription or logo. Uniforms must be clean and in good repair.		

- A chef hat will be supplied to be used for the competition.
- Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact info@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.

JUDGING CRITERIA

Sanitation & Safety	<ul style="list-style-type: none"> • Proper and professional clothes (See Appendix F) • Personal hygiene and cleanliness • Workstation, floor, and fridge cleanliness • Cutting board hygiene • Proper food storage methods • All general food safety rules must be followed • All tools/equipment must be cleaned/sanitized/dried before packing/leaving. 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food waste – full utilization of food (mystery box AND anything obtained from the common table) • Energy and water – efficient utilization • Time Management – <u>posted work plan</u>. • Proper planning and execution of tasks • Menu to be submitted 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 contest description, and the menu appear on the plate 	35%
Overall Total		100%



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](#)

Contest Description change at the Competition

Where the contest description has been circulated to competitors in advance, PTC can change a maximum of 30% of the work content.

Lunch

Lunch for competitors will be provided by Skills Canada Alberta.

Parking & Venue Maps

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

Parking is FREE for all attendees.

Opening Ceremonies / On-site Provincial Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 7, 2024, 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 Ceremonies.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 9, 2024, 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 27- June 1, 2024, in Quebec City, QC. 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 9, 2024, 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 8, 2024.

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 Whitney Koop at whitneyk@skillsalberta.com if you have any questions regarding the Contest Description.

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Jason St. Laurent (Co-Chair)	Andrew Springett	Robert Champ
Garnett Schoettler (Co-chair)	Sabrina del Ben	Jennifer Steele-Watts
Helmut Schoderbock	Stephen Klassen	Pavol Nedved
Matthew Stinson	Carmen Wasyluik	Wesley Kube
Jeff Lerouge	Christopher Bunter	
Ian Campbell	Peter Keith	

Appendix A - Glossary

Brunoise:	A cube cut, small dice of 3mm-5mm in size, equal sides (faces) and uniform in shape.
Baking	A long dry method of cooking, usually in an oven, where the food is cooked by way of the natural liquid content of the food being modified by steam under dry convection heat. The process may also be fan-assisted or steam-assisted.
Bavarois	Also known as Crème Bavarois or Bavarian Cream, it is an egg yolk custard stiffened with gelatine, usually flavoured with fruit purée or chocolate, aerated with whipped cream and sometimes foamed egg whites. It has a foamy mousse-like consistency which is set and still firm to the bite, and not as soft as a mousse.
Butter Sauce:	A hot sauce made with butter, which may be emulsified.
Cake:	A preparation involving a mixture of flour and sugar, sometimes with butter, eggs and/or baking powder or yeast.
Choux Pastry:	A light, crisp pastry that bakes with hollow centres.
Chocolate Mousse:	A chocolate, egg and/or cream set foam, with or without gelatine.
Crème Anglaise:	A stirred custard thickened by the coagulation of egg yolks.
Garnish:	A decorative/ornamental item, small in size, and not simply herbs, flowers, or leaves.
Gratinating:	A dry finishing method used to create a browned crust on a dish, usually by broiling with added cheese, sauce, breadcrumbs, or finely chopped nuts. There is usually evidence of a little bubbling, blackened spots, and marks.
Julienne:	A strip cut, matchstick sized, 3mm-5mm in width, and 5cm-7cm in length, equal and uniform in shape.
Lacto – Ovo Vegetarian	Someone who only eats plant-based foods, eggs, and dairy products.



Low-pressure Steaming:	A moist cooking method applying steam at normal atmospheric pressure (not high-pressure steaming using a pressure cooker). There is usually evidence of softening without losing shape, and a firm-to-the-bite (al dente) texture.
Pâte Brisée	Flaky pastry in which the fat is rubbed to pea-sized pieces in the flour before adding liquid to form a dough.
Pâte sucrée	A sweet crust pastry similar to shortbread that includes butter and eggs in the dough.
Pan-frying:	A dry cooking method using a sufficient quantity of pre-heated oil or fat in a shallow frying pan. There is usually evidence of a crisp texture with a little residual oiliness.
Poaching:	A moist gentle method of cooking, covering food items either in a lot of liquid (Submersion Poaching), or sufficient liquid (Shallow Poaching), at a temperature of 70°C-90°C, usually in water, stock, milk, wine, butter, or oil, usually in a pot or saucepan where no bubbles or very small bubbles are visible. There is usually evidence of softening without losing shape.
PPE:	Personal Protective Equipment, such as gloves and aprons.
Stuffed Pasta:	A dough made from Semolina flour and eggs. When cooked it should not leak or lose shape and should have a firm, to-the-bite (al dente) texture.
Sous Vide:	Similar to poaching where the food item is individually vacuum sealed in a plastic bag and slowly cooked at a low temperature for a long period of time in a temperature-controlled water bath.
Tourné/Turned:	A barrel-shaped cut, with either five or seven equal sides, tapering down to two distinct ends.

Appendix B

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	Purchase amount	As Purchased (AP)		Edible Portion (EP)			Unit cost (cost per gram)	Recipe - Units Needed		Recipe Ingredient Cost
		unit	Purchase cost	Edible Portion yield %	Yielded amount					
Onion, Spanish	20	kg	19.57	90%	18000	g	0.001	250	g	\$0.27
Carrot	20	kg	16.85	93%	18600	g	0.001	125	g	\$0.11
Celery	525	g	1.91	82%	431	g	0.004	125	g	\$0.55
Eggs - whole separated	684	g	3.48	40%	274	g	0.013	250	g	\$3.18
Lemons	576	g	7.80	50%	288	g	0.027	30	g	\$0.81
Calculate the number of complete portions the recipe will yield, given a (#, mL, g) portion size										
Calculate the cost per ingredient, and the total recipe cost										
Calculate the yielded cost per portion										
Calculate the suggested selling price, given a 23.5% food cost										
Calculate the Gross Profit per portion in dollars/cents.										
							Total recipe cost (\$)			\$4.92
							Yielded cost per portion (\$)			\$0.22
							Suggested selling price (\$)			\$0.94
							Food Cost %			23.5%
							Gross Profit per portion (\$)			\$0.72

Appendix C – Pressure Test Recipes and Procedures

The recipes for this contest have been referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). *Professional Baking* (7th edition). New Jersey: John Wiley & Sons.

- The recipes are intended as a guide and should be adjusted as required to produce appropriate quantities, flavours and correct seasoning.
- Although recipes are included in this “contest project” we recommend that you refer to the “Professional Cooking” or “Professional Baking” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module One and Module Two.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., procedure to make omelettes, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes provided by the Technical Committee Chair are to be utilized to produce the pressure test items. Remember the recipes are intended as a guide and may be adjusted as required.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

French Omelet
PC9 P784

Eggs	3
Salt	1 pinch
White pepper	1 pinch
Water (optional)	1 tbsp (15 mL)
Clarified butter	1 tbsp (15 mL)



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

1. Beat 3 eggs in a small bowl just until well mixed. Do not whip until frothy. Season with salt and pepper.
 - a. If desired, 1 tablespoon (15 mL) water may be added to make the omelet lighter.
2. Place an omelet pan over moderately high heat.
3. When the pan is hot, add about 1 tablespoon (15 mL) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot. Raw butter may be used, but great care is necessary to keep it from burning. Milk solids in the butter will brown, detracting from the appearance of the finished omelet.
4. Add the eggs to the pan. They should begin to coagulate around the edges and on the bottom in a few seconds.
5. With one hand (the left, if you are right-handed), vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrape the pan. This is the difficult part. The most common errors are not shaking and stirring vigorously enough and using heat that is too low. The purpose of this action is to keep the eggs in motion, so they coagulate uniformly.
6. Stop shaking and stirring when the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelet.
7. Tilt the handle up and shake the pan so the omelet slides to the opposite side of the pan and begins to climb up the opposite slope.
8. For a filled omelet, spoon the filling across the center of the egg, perpendicular to the handle.
9. With the fork, fold the sides of the omelet over the center. The omelet should now be resting in the corner of the pan and have an approximately oval shape.
10. Grasp the handle of the pan with your palm underneath and tilt the omelet out onto a plate so it inverts and keeps an oval shape.
 - a. The whole procedure should take less than 1 minute.
 - b. The finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.

Italian Meringue

PC9 P1012

Yield: 2 quarts (2 litres)

Egg Whites	8 oz	250 g	100%
Sugar	1 lb	500 g	200%
Water	4 fl oz	125 mL	50%

1. Heat the sugar and water in a saucepan until the sugar dissolves and the mixture boils. Boil until a candy thermometer placed in the mixture registers 240°F (115°C).
2. While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks.
3. With the machine running, very slowly beat the hot syrup into the egg whites.
4. Continue beating until the meringue forms firm peaks.
5. Pipe 12 rosettes on to a parchment lined half-sized bake sheet. All must be equal in size, identical in shape, and evenly spaced.
6. Example photos below are for shape reference.



Recipe: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.
Photos: Courtesy SAIT

Compound Butter

PC9 P196, 198

Compound butters are made by softening raw butter and mixing it with flavoring ingredients. The mixture is then rolled into a cylinder in waxed paper.

Compound butters have two main uses:

- Slices of the firm butter are placed on hot grilled items at service time. The butter melts over the item and sauces it.
- Small portions are swirled into sauces to finish them and give them a desired flavour.

Maître d'hôtel butter

Yield: 1 lb (500 g)

Butter (unsalted)	1 lb	500 g
Parsley, chopped	2 oz	60 g
Lemon juice	1½ fl oz	50 mL
Salt	2 tsp	10 mL
White pepper	1 pinch	1 pinch

1. Using a mixer with the paddle attachment, beat the butter at low speed until smooth and creamy.
2. Add remaining ingredients and beat slowly until completely mixed.
3. Roll the butter into a cylinder about 1 inch (2½ cm) thick in a sheet of parchment or waxed paper. Chill until firm.
4. To serve, cut slices ¼ inch (½ cm) thick and place on broiled or grilled items just before service.



Recipe: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.
Photo: Courtesy SAIT

Boiled Sugar Garnishes

PB7 P662-666

Spun sugar is a mass of thread-like strands of sugar.

Spun Sugar

Sugar	10 oz	300 g	100%
Water	5 oz	150 g	50%
Glucose	2 oz	60 g	20%
Colouring (optional)			

1. Make a syrup of the sugar, water, and glucose.
2. Boil to 225°F (125°C); add colouring if desired.
3. Continue to boil to 320°F (160°C), and then stop the cooking immediately by plunging the base of the pan into cold water for 2-3 seconds. Remove from the water and let stand for 2-3 minutes to thicken slightly.
4. Lightly oil a rolling pin or metal pole and suspend it horizontally. Place sheets of paper under the pole to catch drips.
5. Dip a cut-off wire whip into the syrup and flick it over the pole. Continue until the desired quantity is made.
6. Lift the spun sugar form the pole and shape as desired.



*Recipe and photos: Professional Baking 7th edition.
Courtesy John Wiley and Sons, Inc.*



Boiled Sugar Garnishes (continued)

PB7 P662-666

Caramel for sugar spirals and other shapes

Sugar	10 oz	300 g	100%
Water	10 oz	300 g	100%
Glucose	1.33 oz	40 g	13%

1. Make a syrup of the sugar, water, and glucose.
2. Boil to 320°F (160°C), and then stop the cooking immediately by plunging the base of the pan into cold water for 2-3 seconds. Remove from the water and let stand for 2-3 minutes to thicken slightly.

For spirals

3. Gather some caramel on a metal spoon. Wind a strand of caramel from the spoon onto an oiled wooden rod.
4. Slip the spiral off the rod when the sugar has hardened.

For other shapes

5. Wear rubber gloves to protect your hands from the hot syrup. Pour the syrup into a paper cone. Snip off the tip and pipe desired shapes onto a silicon mat or oiled work surface. Allow to cool.

*Recipe and photos: Professional Baking 7th edition.
Courtesy John Wiley and Sons, Inc.*





Velouté

PC9 P188

Yield: 2 QT (2 L)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
7. Strain through a China cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



Recipe and photo: *Professional Cooking 9th edition*. Courtesy John Wiley and Sons, Inc.

Biscuits

PC9 P946

Yield: 2 lb. 10 oz (1278 g)

Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12 g	2%
Sugar	1 oz	30 g	5%
Baking powder	1.2 oz	36 g	6%
Shortening or butter	7 oz	210 g	35%
Milk	13 oz	390 g	65%

Bake at 425°F (220°C) for approximately 15 minutes.

Biscuit Method:

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment. If preferred, you may cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles coarse cornmeal.
4. Combine the liquid ingredients. Biscuits may be prepared in advance up to this point. Portions of each mixture may then be scaled and combined just before baking.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined, and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees after each fold.
7. Repeat this procedure about 10 to 20 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over kneading toughens the biscuits. The dough is now ready for makeup.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.

Eggs Benedict

PC9 P779

Yield: 1 portion (2 eggs)

English muffin	1 each	1 each
Butter	as needed	as needed
Egg, Fresh Grade A	2 each	2 each
Back Bacon or Ham, cooked	2 slices	2 slices
Hollandaise Sauce	3 Fl oz	100 mL

1. Cut the muffin in half and toast. Spread it with butter and place on a serving plate.
2. Poach the eggs soft.
3. While the eggs are poaching, heat the Canadian bacon or ham for 1 minute on a hot griddle or in a sauté pan. Place the meat on the toasted muffin halves.
4. Drain the poached eggs well and place them on the Canadian bacon.
5. Ladle the warm hollandaise over the top. Serve immediately.

Hollandaise Sauce

PC9 P200

Yield: 24 FL OZ (720 mL)

Butter	1 lb 4 oz	600 g
Peppercorns, crushed	1/8 tsp	0.5 mL
Salt	1/8 tsp	0.5 mL
White or wine vinegar	3 fl oz	90 mL
Water, cold	2 fl oz	60 mL
Egg yolks	6	6
Lemon juice	1-2 tbsp	15-30 mL
Salt	to taste	
Cayenne	to taste	

1. Clarify the butter. You should have about 1 pt (480 mL) clarified butter. Keep the butter warm but not hot.
2. Combine peppercorns, salt, and vinegar in a saucepan and reduce until nearly dry (au sec). Remove from heat and add the cold water.
3. Pass the diluted reduction through a fine strainer into a stainless-steel bowl. Use a clean rubber spatula to make sure you transfer all flavoring material to bowl.
4. Add the egg yolks to bowl and beat well.
5. Hold the bowl over a hot-water bath and continue to beat the yolks until thickened and creamy.
6. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in warm clarified butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice.
7. When all the butter is added, beat in lemon juice to taste, and adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
8. Strain through cheesecloth if necessary and keep warm (not hot) for service. Hold no longer than 2 hours.



Recipe and photo: Professional Cooking 9th edition. Courtesy John Wiley and Sons, Inc.
















Tempering Chocolate

Courtesy Barry Callebaut
Callebaut.com

Whenever chocolate needs to have a beautiful satin gloss and a hard snap, tempering is absolutely crucial.

1. Melt chocolate and heat to 45°C (113°F).
2. Cool chocolate to 27°C (80.6°F) for dark chocolate, or to 29°C (84.2°F) for milk chocolate and white chocolate.
3. Heat chocolate to 31°C (87.8°F).
4. You'll obtain a slightly thickened chocolate, which is ready and workable.

Appendix D – Vegetable Cuts

	(a) Tourné: 2 in. long × ¾ in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).
	(b) Large dice: ¾ in. × ¾ in. × ¾ in. (2 cm × 2 cm × 2 cm).
	(c) Medium dice: ½ in. × ½ in. × ½ in. (12 mm × 12 mm × 12 mm).
	(d) Small dice: ¼ in. × ¼ in. × ¼ in. (6 mm × 6 mm × 6 mm).
	(e) Brunoise (broon-wahz): ⅛ in. × ⅛ in. × ⅛ in. (3 mm × 3 mm × 3 mm).
	(f) Fine brunoise: ⅟ ₁₆ in. × ⅟ ₁₆ in. × ⅟ ₁₆ in. (1.5 mm × 1.5 mm × 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: ½ in. × ½ in. × ⅛ in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).
	(i) Lozeng: ½ in. × ½ in. × ⅛ in. (12 mm × 12 mm × 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: ¼ in. × ¼ in. × 2 ½-3 in. (6 mm × 6 mm × 6-7.5 cm).
	(l) Julienne (or allumette potatoes): ⅛ in. × ⅛ in. × 2 ½ in. (3 mm × 3 mm × 6 cm).
	(m) Fine julienne: 2 in. long × ⅟ ₁₆ in. × ⅟ ₁₆ in. (1.5 mm × 1.5 mm × 5 cm).

Appendix E – Common Table Ingredients

Dry Goods	Frozen	Vegetables
Agar Agar	Blackberries	Green Beans, French
Apricot Glaze	Blueberries	Yellow beets
Baking Powder	Raspberries	Carrots
Baking Soda	Strawberries	Celery
Breadcrumbs, Panko		Cucumbers, long English
Capers	Fruit, fresh	Fennel
Chocolate Dark, Callebaut 54.5%	Blackberries	Garlic
Chocolate Milk, Callebaut C383	Blueberries	Ginger
Chocolate White, Callebaut 28%	Lemons	Leeks
Coffee, Instant	Limes	Arugula
Cocoa Powder	Oranges	Frisée
Cornstarch	Raspberries	Radicchio
Flour, All-purpose	Strawberries	Romaine
Flour, Bread		Spinach
Flour, Cake/Pastry blend	Dairy	Micro-Greens
Flour, Almond	Butter, unsalted	Mushrooms, Button #1
Gelatin Sheets	Cream, 35%	Green onions
Gelatin Powder	Milk, 3.25%	Red onions
Glucose	Sour Cream, 14%	Yellow onions
Honey	Cheese:	Shallots
Instant yeast	Mozzarella shredded 20%	Jalapeño peppers
Malt Syrup	Parmesan-Reggiano	Red Bell peppers
Milk Powder	Smoked Fontina	Yellow Bell peppers
Canola oil	Oka	Russet potatoes
Olive oil		Yukon Gold potatoes
Olives, Kalamata	Herbs and Spices	Daikon Radishes
Arborio Rice	Bay Leaves	Red Radishes
Table salt	Cayenne, ground	Squash, butternut
Sea salt	Cumin, ground	Cherry tomatoes
Kosher salt	Paprika, ground	Roma tomatoes
Sesame Seeds, white	Black peppercorns	Zucchini, green
Shortening	White peppercorns	
Soy Sauce	Rosemary	Fresh Herbs
Granulated sugar	Thyme	Basil
Powdered sugar		Chives
Brown sugar	Nuts	Cilantro
Canned tomatoes, whole	Almonds, whole	Dill



2024 Provincial Skills Canada Competition

Tomato paste	Hazelnut, whole	Parsley, Italian
Tomato purée	Walnuts, pieces	Rosemary
Vanilla beans		Tarragon
Vanilla extract		Thyme
Balsamic vinegar	Proteins and Stocks	Miscellaneous
Cider vinegar	Bacon, sliced	Cheesecloth
Red wine vinegar	Back Bacon	English Muffins
White (distilled) vinegar	Eggs, large	Parchment Paper
	Beef stock	Smoking Chips
Alcohol	Chicken stock	White Bread
Secondary	Fish stock	Aluminum foil
Non-alcohol wine: red, white	Secondary	Butcher's twine
	Pepperoni, sliced	Disposable gloves
Post-Secondary	Prosciutto, sliced	Plastic wrap
Beer: IPA, Lager	Post-Secondary	Pan spray
Brandy VSOP	Duck, whole	Whippet charges
Wine Red: Cab Sauvignon, Shiraz	Rainbow Trout	
Wine White: Chardonnay, Riesling		



Skills Canada Alberta Competitor Checklist

Please use this checklist as a guideline to help competitors prepare for their competition.

- Read, and understand what is required for the contest description.
- Apron, Jacket, hairnet (if applicable). Uniforms cannot have any identifiable markings such as school logos or names.
- Hand towels, oven mitts/pads
- Black, Closed-toe, anti-slip shoes
- 2 copies of your menu. Menus cannot include markings such as school logos or names.
- 2 copies of your **detailed** work plan. Work plans cannot include markings such as school logos or names.
- All Mystery ingredients are being utilized appropriately.
- All appropriate tools and an appropriate tool box (which your tools fit into).
- **All required competencies** are accomplished.
- Weights on all produced/plated items are understood.
- No outside ingredients or plates/service ware
- No prohibited equipment (see contest description for details).
- Latex/Nitrile gloves (if desired).
- Understand that it is the competitor's responsibility to produce MINIMAL waste. This means that 10% waste is acceptable and over production will result in deductions. Recipes provided are guidelines and may need to be adjusted.
- Pen or pencil for the required conversion test.
- Competitors understand that shared equipment will have to be used and returned promptly for other competitors to use. This should factor into your work plan to allow enough time to use the equipment and allow for wait times.
- Dishes are to be washed and dried on site. Tool box checks may lead to infractions from unwashed dishes.
- Appropriate sized tool box is used for the competition (0.6 cubic meters). All competitor tools MUST fit into the tool box. Tools that do not fit into the toolbox cannot be carried in by hand or stacked on top. Tool boxes may be measured and point deductions may occur.
- Read and understand the judging criteria.



- Read and understand the appendices listed at the back of the contest description for recipes, conversion factor examples, and conversion factor practice. Precision cut examples, and uniform standards.



2023 Provincial Skills Canada Competition



Appendix E – Uniform Standards

Dress Code for All Skills Alberta Culinary Arts Competitions

Competitors are responsible for supplying the following clothing. This uniform must be worn at all times during the competition.

1. Double breasted long sleeve white chef's jacket
 2. Black or checkered chef pants
 3. White apron (Both short and long aprons are acceptable. Aprons must not be a tripping hazard.)
 4. Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
 5. White necktie?
- A chef hat will be supplied by *Chef's Hat Inc.* to be used for the competition.
 - Uniforms must be clean and in good repair.
 - Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets).
 - Skills Canada Logo jackets are permitted.

Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact <mailto:info@chefs-hat.com> to order.

