

Contest Description

Edmonton Expo Centre, Edmonton

May 7 & 8, 2025

EVENT: Culinary Arts	LEVEL: Post-Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
MAY 6 4:30 PM: MANDATORY ORIENTATION FOR ALL COMPETITORS	
<p>COMPETITION SCHEDULE:</p> <p>May 7: Competition Day 1 (3 hours of Competition)</p> <p>8:30 AM: Arrival of candidates on site. Introduction and brief discussion of Day 1 (Module 1) of the competition.</p> <p>*Cell phones, laptops, smart watches, communication devices are not allowed.</p> <p>9:00 AM:</p> <ul style="list-style-type: none"> • Specific Mandatory Ingredients are revealed. All items <u>must</u> be prominently incorporated into the competitor Main Course. • Pressure Test Completion Time will be drawn (The actual Pressure test will be announced at the start of the Pressure Test window). 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 a descriptive menu, and produce a work plan for Day 2. <u>Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (besides what the PTC provides) No late submissions will be accepted.</u></p>	<p>May 8: Competition Day 2 (8.5 hours of Competition)</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. <p>8:10 AM Set up cooking stations. (No contact with food items at this time.)</p> <p>8:30 AM: Start of competition. (pressure test TBA)</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. 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>11:45 AM:</p> <ul style="list-style-type: none"> • Submit two (2) handwritten copies of the following: work plan and descriptive menu, using the templates provided on site by the PTC. • Submit the costing exercise. • Competitors may take one copy of their work plan, menu, and menu elements to reference for Day 2. <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. Lunch is provided for the competitors</p>	<p>2:30 PM: Presentation of Module 3A - Appetizer.</p> <p>3:15 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: Stations are inspected and then Candidates leave the site with their equipment.</p>
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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.

Mandatory Ingredients

Below is a list of Mandatory ingredients. **All** these items/ingredients must be used in their Main Course.

The ingredient Inventory per competitor will include the following below. Specific varieties/sizes of ingredients will not be revealed until day 1 of the competition:

- i. Potatoes
- ii. Tomatoes
- iii. Green Beans
- iv. Olives
- v. Eggs
- vi. Anchovies
- vii. Lettuce/Leaf

PRESSURE TESTS – Module 2A

Competitors will be assigned a Skills 'pressure test Item' that will allow competitors to showcase specific skills as selected by the PTC. At the chosen time, the PTC will announce the test item. The test item must be presented for judging at the service time previously drawn. No methodology will be offered ahead of the competition.

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. **PTC wants no window for 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.**

Competencies – Module 2B

<p>Description</p>	<p>Vegetable precision cuts: Small Dice</p> <p>Items are presented in individual containers (containers provided).</p> <p>100 g leek 100 g carrot 100 g celery</p> <ul style="list-style-type: none"> • See Appendix D– precision cuts of vegetables • <u>All vegetable competencies must be incorporated into the consommé as a garnish component.</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.
<p>Available Ingredients</p>	<p>A list of all ingredients available for this module is included in the common food table document.</p>
<p>Special Equipment Required</p>	<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

<p>Description</p>	<p>Prepare three (3) portions of Cornish Game Hen consommé. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Mouseline forcemeat filled pasta component. • Must utilize vegetable garnish competency.
<p>Service Details</p>	<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"> • Consommé, 800ml • Protein items must be served to a minimum of 60 C (140 F) • Consommé course must be served hot in the jug provided. • Garnish/ mouseline/ pasta and vegetable element's to be served in the soup plate. Consommé will be poured by the judges. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 10" soup plate, round white - 3 each • measuring jug for consommé – 1 each
<p>Available Ingredients</p>	<p>A list of all ingredients available for this module is included in the common food table document.</p>
<p>Timing of Service</p>	<p>Plates must be presented for judging at the time stated on the competition schedule.</p>

Main Course – Module 3B	
Description	<p>Prepare Three (3) Niçoise inspired main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Fresh water round white fish (no raw preparations). • All items utilized from the mandatory ingredient list. • A minimum of 3 different cooking methods. • A minimum of 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 must be between 225 - 275 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 - no cold element preparations. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” 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.
Timing of Service	Plates must be presented for judging at the time stated on the competition schedule.

Plated Dessert Creation – Module 3C

<p>Description</p>	<p>Prepare Three (3) dessert course plates. Minimum visible components on the plate must include a:</p> <ul style="list-style-type: none"> • Choux Pastry • Custard based filling (i.e., pastry cream, bavarois, chiboust etc). • Must include either a tempered chocolate garnish, or sugar garnish. • Cooked fruit element (separate element that is not a sauce) • A minimum of one (1) sauce.
<p>Service Details</p>	<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 95 - 150 grams. • No frozen components permitted. <p>Provided Service wares: 12" plate, round white (3pc)</p>
<p>Available ingredients</p>	<p>A list of all ingredients available for this module is included in the common food table document.</p>
<p>Timing of Service</p>	<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 C.
- 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) handwritten copies from memory of menus and work plans for the competition on the Templates provided.
- Work plans must be legibly hand-written. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
- Recipes may be consulted throughout the competition on Day 2.

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 hand-written completed menu must be prepared and submitted on Day 1 of the competition on the Templates provided.
- 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 on Day 2. 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 on Day 2 of the 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	CSA approved extension Cord or Power Bar that is properly secured to meet health and Safety requirements

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.
- Post-Secondary Competitors are permitted to bring in personal equipment on a Bun Rack (Rack n roll). Keep in mind for Nationals the below box size will be enforced. *(National Stipulations) 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.

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	Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets
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)
Vacuum Sealer with small medium and large bags		

NOTE:

- 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 two working day. Uniforms must not display any inscription or logo. Uniforms must be clean and in good repair.		

NOTE:

- 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 Alberta Logo jackets are permitted.
- If a competitor has an additional clothing requirement that is not listed above, please email MikeS@SkillsAlberta.com to make further accommodations prior to arriving at the competition

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 wastage – 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.

ADDITIONAL INFORMATION

All questions must be addressed to the PTC Chairs:

Jason St. Laurent at jstlaure@nait.ca

Andrew Springett andrew.springett@sait.ca

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)



Test Project change at the Competition

Where a Test Project has been circulated to competitors in advance, the PTC can change the project up to a maximum of 30% of the work content for the competition.

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 / Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 6, 2025, 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 8, 2025, 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 28- May 31, 2025, in Regina, SK. It is recommended that competitors review the SCNC contest description to be familiar with the national contest description and project at <https://www.skillscompetencescanada.com/en/calendars/category/skills-canada-national-competition/>

During the PSCC Awards Ceremony on Thursday May 8, 2025, 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 individual 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 7, 2025.

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

Please see this link for additional Team Alberta information: <https://skillsalberta.com/team-alberta/>

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Alyssa Paron	Ian Campbell	Rob Champ
Andrew Springett	Jason St. Laurent	Sabrina DelBen
Carla Klassen	Jennifer Steele-Watts	Stephen Klassen
Carmen Wasylynuik	Matthew Stinson	Wesley Kube
Freedom Adams-Lingenfelter	Miranda Moesker	
Helmut Schoderbock	Pavol Nedved	


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.

Chicken Consommé (broth only)								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)				
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml	\$ 20.00	
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g	\$ 6.00	
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g	\$ 2.00	
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g	\$ 0.25	
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g	\$ 0.13	
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g	\$ 0.50	
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g	\$ 3.25	
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g	\$ 0.81	
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g	\$ 0.07	
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g	\$ 0.02	
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g	\$ 0.13	
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g	\$ 0.02	
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g	\$ 0.07	
								Total Recipe Cost (\$)		\$ 33.24	
								Yielded Cost Per Portion (\$)		\$ 1.51	
								Suggested Selling Price (\$)		\$ 6.43	
								Food Cost %		23.5%	
								Gross Profit per portion (\$)		\$ 4.92	

Please read requirements below:

For this exercise, you are required to portion cost the provided Chicken Consommé recipe. To complete the knowledge test, you must complete the table where indicated and calculate the following:

Note that the total recipe yields 4 litres.

Calculate the number of *complete* portions the recipe will yield , given a 175 ml 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.

Appendix C – Common Table Ingredients

Dry Goods	Frozen	Vegetables
Agar Agar	Blackberries	Arugula
Apricots, Cherries-Dried Fruit	Blueberries	Carrots
Baking Powder	Raspberries	Celery Root
Baking Soda	Strawberries	Celery
Breadcrumbs, Panko	Fruit, fresh	Fennel
Capers	Apples, Gala, Granny Smith	Garlic
Chocolate Dark, Callebaut 54.5%	Blueberries	Ginger
Chocolate Milk, Callebaut C383	Lemons	Leeks
Chocolate White, Callebaut 28%	Limes	Spinach
Coffee, Instant	Oranges	Mushrooms Shiitake
Cocoa Powder	Mango, Alphonso	Mushrooms, Shemiji
Cornstarch	Pears D Anjou	Green onions
Flour, All-purpose	Strawberries	Red onions
Flour, Bread	Dairy	Yellow onions
Flour, Cake/Pastry blend	Butter, unsalted	Shallots
Flour, Semolina	Cream, 35%	Jalapeño peppers
Gelatin Sheets and Powder	Milk, 3.25%	Red Bell peppers
Glucose	Sour Cream, 14%	Russet potatoes
Honey	Cheese	Yukon Gold potatoes
Mushrooms Dried-Shiitake, Morels	Aged Cheddar	Daikon Radishes
Canola oil	Parmesan-Reggiano	Red Radishes
Olive oil	Brie	Squash, butternut
Table salt	Emmenthal	Roma tomatoes
Sea salt	Herbs and Spices	Zucchini, green
Kosher salt	Bay Leaves	Fresh Herbs
Sesame Seeds, white	Cardamom	Basil
Shortening	Cloves	Chervil and Chives
Soy Sauce	Nutmeg Whole	Cilantro and Dill
Granulated sugar	Black peppercorns	Mint
Powdered sugar	White peppercorns	Parsley, Italian
Brown sugar	Rosemary	Rosemary and Sage
Tomato paste	Star Anise	Tarragon
Vanilla beans	Thyme	Thyme
Vanilla extract	Nuts	Miscellaneous
Balsamic vinegar	Almonds, whole	Cheesecloth
Cider vinegar	Hazelnut, whole	Parchment Paper
Red wine vinegar	Pistachios, whole	Smoking Chips

White (distilled) vinegar	Proteins and Stocks	White Bread
Alcohol	Bacon, sliced	Aluminum foil
Sherry, Dry White	Bacon, Double Smoked Slab	Butcher's twine
Beer: IPA, Lager	Eggs, large	Disposable gloves
Brandy VSOP	Chorizo Dried	Plastic wrap
Wine Red: Cab Sauvignon, Pinot Noir	Stocks: Dark Beef, Chicken	Pan spray
Wine White: Chardonnay, Riesling	Fish stock	Whippet charges
	Cornish Hens (2 each)	
	Chicken Breast Boneless Skinless	
	Fish, Fresh Water White Fillets	
	Module 3B Mandatory Ingredients	



Appendix D-Precision Cuts

Source: Professional Cooking 9th edition

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(a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).



(b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).



(c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).



(d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).



(e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).



(f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).



(i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).



(l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).



(m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).

Appendix E-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. *(Post Secondary Competitors will complete their menus at the competition).*
- 2 copies of your detailed work plan. Work plans cannot include markings such as school logos or names. *(Post Secondary Competitors will complete their work plans at the competition).*
- All Mandatory 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. Toolbox checks may lead to infractions from unwashed dishes.
- Appropriately sized toolbox is used for the competition (0.06 cubic meters) 60 liters. All competitor tools MUST fit into the toolbox. Tools that do not fit into the toolbox cannot be carried in by hand or stacked on top. Toolboxes 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.

Appendix F – 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.

