



## 2025 South East Regional Skills Canada Competition

### Contest Description

McCoy High School

April 11, 2025

<b>EVENT:</b> Baking		<b>LEVEL:</b> Secondary
<b>DURATION OF CONTEST:</b> 4 HOURS		<b>LOCATION:</b> MCCOY HIGH SCHOOL
<b>COMPETITION SCHEDULE:</b>		<b>REGIONALIZED: YES</b> If YES, To compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
ORIENTATION AND SET UP	8:00AM – 9:00AM	
COMPETITION	9:00AM - 1:00PM	
CLEAN UP	1:00PM – 1:30PM	
Lunch at MHC	1:30PM	
<b>AWARDS CEREMONY INFORMATION:</b> Ceremony at Medicine Hat College in trades atrium after judging.		

### CONTEST INTRODUCTION

The baker/pastry competitor is a skilled individual who produces a wide range of intricate baked goods including yeasted and non-yeasted products. A degree of specialist knowledge and skill is required.

Competitors will be tested on ingredient selection and portioning, mixing, make up procedures, hand shaping bread and buns, methods of finishing, proofing, baking and presentation.

The baker/pastry competitor will also be tested on their work efficiencies as they have to present products at specified times. During the competition the judges will be evaluating their workplace safety, sanitation, hygiene and organization. Competitors will also be evaluated on effective use of ingredients. Examples are:

- Are they producing only the required quantities?
- Do they have significant quantity of extra product?
- Did they have to remake a product a second time?

All food waste must be placed into a supplied container, which will be provided at each workstation. Disposing of the food waste cannot be done until competitors have received notice from the judges at the end of the competition day.

Their ability to work on their own and adapt to changing equipment and environment is essential.

### ORGANIZATION

Competitors have 4 hours to produce all of the products described below. They are free to organize all of their work as they wish, ensuring all products are presented at the end of the competition.

### PRESENTATION TIMING

Competitors have a 10-minute window to present their products (either 11:50 – 12:00, or 12:50 – 1:00). Products can be presented up to 10 minutes after their allotted time with a (10%) ten percent point reduction (1:00 – 1:10). All products presented after the 10-minute extension of the allotted time will receive a zero. Once the products are presented on the judge's presentation table no alterations can be made.



### **ORIENTATION**

At the commencement of the orientation, the competitor's supporters can help them bring their toolboxes into the bakery. Once the competitors are at their location, the supporters are to leave and cannot assist in unpacking or setting up the workstation.

### **SAFETY, SANITATION AND ORGANIZATION**

Competitors will be assessed based on the following criteria's:

- Correct uniform, no jewelry
- Workstation emptied, sanitized at end time
- Organization of tools and equipment
- Food Sanitation – of raw material and ingredients
- Hygiene / Cleanliness workstation
- Hygiene / Personal
- Workplace Safety

### **PROJECT DESCRIPTION**

#### **COOKIE PRODUCTION – FRENCH MACARON COOKIES**

- Must be presented between 11:50 -12:00 p.m.
- Competitors are required to produce the following:
- 20 filled macarons cookies
- Filling of choice - **Filling can be Premade and brought into competition**
- Should be identical in size and weight
- Baked & filled weight between 25g to 30g
- Macarons must be presented on a platter on the presentation table

Macaron Cookies will be placed on a sheet pan as directed for judging and placed in the identified area, by the presentation time of 12:00 p.m.

#### **BREAD OF THE WORLD PRODUCTION – BRAIDED CHALLAH LOAVES**

- Must be presented between 12:50 – 1:00 p.m.
- Two Identical Braided Challah Loaves
- Loaves must be egg washed
- 400 – 450g baked
- Four (4) strands
- Must use the provided rich dough formula (Refer to attached formula)

Two platters will be supplied by Skills Alberta. One (1) loaf will be presented on each platter. One platter will be presented on the competitor's presentation table and the second on the judge's tasting table.

### Braided Bread II (*Challah*): Sponge Method

Example:

Ingredients	Yield: 2 braided breads	
	Baker's %	Grams
<b>Sponge</b>		
Bread flour	100	143
Water (30°C)	60	90
Yeast, instant	11	6
<b>Final Dough</b>		
Bread flour	100	428
Sugar	15	65
Salt	2	10
Honey	8	35
Water (25°C)	6	25
Eggs	29	125
Egg yolks	10	40
Vegetable oil	12	50
<b>Total Weight</b>		<b>1026</b>

#### Method of Preparation:

##### Sponge Method:

Prepare sponge and allow sponge to double in size. Then proceed with straight dough method below.

##### Straight Dough method with Intensive Mixing Technique

- Place all ingredients, including sponge, in a mixer bowl fitted with the dough attachment.
- Mix on low speed for 3-4 minutes.
- Stop mixer and switch to second speed and mix for 8-15 minutes. Check “window” test for full gluten development.
- Remove dough from mixer and bulk fermentation for 45 minutes. Cover dough well with plastic cover.
- Divide into 2 units and divide each of these further into the weights according to the number of strands.
- Round and rest for 15 minutes on table. Cover well with plastic cover.
- Then roll each piece of dough to ~14”-16” with the ends tapered.
- Braid according to 4 strands.
- Place braided breads on a parchment lined baking tray.
- Proof in proofer.
- Bake at 175°C until golden brown. Be careful not to bake it too dark. Approximately 30-40 minutes.

Braided Loaves will be placed on a sheet pan as directed for judging and placed in the identified area, by the end time of the competition.



## THEMED DECORATED CAKE

Competitors will be required to design the decoration of the cake to visibly reflect the theme.

### Theme of Cake: BOUNTY OF THE HARVEST

To be presented between 12:50 – 1:00pm

- Competitors may bring in 2 x 8-inch (20cm) round baked sponge cakes each cake will be cut into 2, 1-inch thickness layers to create a final cake with a total of 4, 1-inch even layers.
- Competitor's choice of buttercream icing to be made during the competition.
- Competitor must use a filling of their choice and **can be brought into the competition premade.**
- Iced cake height must not exceed 6.5" (16.5cm) (other decoration may be added on top of this).
- Simple syrup spraying or soaking of cut layers is required.
- The sides must be iced smooth with buttercream, but decorations can be added to the sides covering no more than 50% of the sides of the cake.
- Cake is required to be decorated; competitors may choose decoration to demonstrate their skills, respecting the Theme: BOUNTY OF THE HARVEST. Decorations can be freestyle and be reflective of the theme.

Themed cake and cut slice will be placed on a sheet pan as directed for judging and placed in the identified area, by the end time of the competition.

**At the conclusion of the competition, students can take all their baking and decorated products home, please bring appropriate containers and bags to transport your products home with you.**

## UNIFORM

Professional uniform is required to enter the competition area.

- A white chef's coat is required, and it must be completely free of any names. (supplied by MHC)
- White, checkered or black pants are required.
- Closed toe black or white shoes with a slip resistant sole. (no other shoes permitted).
- Apron, side towel and oven mitts.
- No jewelry is allowed, which includes all earrings, bracelets, studs, watches etc.
- Long hair must be restrained. (long hair is any hair below the chef's coat collar).
- No nail polishes or acrylic nails.




## Rolling Tool Box

Competitors can bring in small wares and small equipment as they require to produce their products Each competitor can bring two toolboxes provided they meet the .8m<sup>3</sup>. At the end of the competition, you need to have cleaned up your workstation and all tools need to be ready to wheel out of the workstation area and stored in the designated area or removed by the competitor. Competitors are not allowed to bring more than can fit into the toolboxes.

When you arrive, there should be nothing on top of or attached to the toolboxes.

- During orientation, tool box dimensions will be measured to ensure they coincide with the requirements.
- A point deduction will occur if a competitor brings in the wrong size tool box. Competitors will also be required to repack and or remove tools and small wares to conform to the dimensions specified below.

These are examples; the toolboxes can look different but the maximum size of .8 m<sup>3</sup> must be adhered to.

<b>Tool Box 1</b>		Length - 0.85 m Depth - wide 0.7 m Height - 0.1 m <b>Total 0.8 m<sup>3</sup></b> <b>The size is including the wheels</b>
<b>Tool Box 2</b>		Length - 0.65 m Depth - wide 0.50 m Height - 1.0 m <b>Total 0.32 m<sup>3</sup></b> <b>The size is including the wheels</b>
<b>Tool Box 3</b>		Length - 1.0 m Depth - wide 0.6 m Height - 0.6 m <b>Total 0.8 m<sup>3</sup></b> <b>The size is including the wheels</b>

**EQUIPMENT AND MATERIALS COMPETITORS MUST SUPPLY:**

- Bring everything you need for your competition with the exception of the major equipment listed below. Providing it fits within the tool box guidelines listed above.

**EQUIPMENT AND MATERIALS SUPPLIED BY THE COMMITTEE:**

All major equipment:

- Oven, tabletop mixer with bowl and attachments, proofer, fridge, and freezer space and cooling racks, work bench, wash basins, baking sheets (16x24 inches 40 x 60cm)
- All food ingredients (only ingredients provided by the committee are allowed)

**JUDGING CRITERIA**

The criteria will include the judging of safety and sanitary practices, organization, handling of ingredients, hand tool manipulation, and the final product. Students may converse with the judges but are not allowed outside assistance during the competition hours.

<b>French Macaron Cookie</b>	<b>Bread of the World – BRAIDED CHALLAH</b>	<b>Themed Decorated Cake</b>	<b>Safety Sanitation and Organization</b>
Presentation Time	Presentation Time	Presentation Time	Organization and Work Process
Consistency	Weight	Maximum Height Restriction Met	Hygiene
Size	Quantity	8" Unsliced Cakes Brought Into Competition	Sanitation
Quantity	Bake	Filling Flavour	Work Safe
Bake	Uniformity	Overall Taste	Cleaned Up and Emptied Workstation On Time
Taste	Taste	Decoration Skills	Appearance/Uniform
Effective Use of Ingredients	Effective Use of Ingredients	Theme and Overall Impression	
		Effective Use of Ingredients	



**RELATED CAREER AND TECHNOLOGY STUDIES COURSES**

Descriptions of all modules are located at the following website:

[https://education.alberta.ca/media/160519/fod\\_sum.pdf](https://education.alberta.ca/media/160519/fod_sum.pdf)

- |                                |                          |
|--------------------------------|--------------------------|
| FOD1010: FOOD BASICS           | FOD2050: BREAD PRODUCTS  |
| FOD1020: CONTEMPORARY BAKING   | FOD3030: CREATIVE BAKING |
| FOD:2040: CAKE & PASTRY        | FOD3040: YEAST PRODUCTS  |
| CKA3400: KITCHEN ORIENTATION   | CKA3450: BAKESHOP 1      |
| CKA3410: CULINARY FUNDIMENTALS | CKA3470: YEAST PRODUCTS  |

**CLOTHING REQUIREMENT**

It is important that competitors present a professional image and appearance. Appropriate work clothing must be worn to compete. All clothing must be neat and clean and free of rips and tears. Casual wear such as shorts will not be permitted. No loose-fitting clothes or jewelry.

**SAFETY**

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

**ADDITIONAL INFORMATION**

Lunch will be provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.

Parking information & venue maps:

Regulations & Policies: A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <https://skillsalberta.com/policies-and-procedures>

**COMMITTEE MEMBERS**

Erin Ferris	Jessica Hirsekorn
Krista Johnson	Justin Graham
Sara Zacharias	

**PORTIONING OF ALCOHOL**

**Important Note: Secondary Competitors/Minors**

If competitors are wanting to use the listed Liquor/Alcohol within their formula, competitors must consult with a Judge member for assistance. Secondary competitors/minors are not to handle any alcohol. A Judge or PTC member will dispense the desired amount within the formula for the competitor.

**Ingredient List: \*these ingredients can be subject to change based on availability.**

INGREDIENT LIST	
<b>ALCOHOL</b>	<b>FRUIT/HERBS</b>
Bailey's	Fresh Lemons/Oranges/
<b>DAIRY &amp; FAT</b>	Fresh Mango/Pineapple
Whipping Cream	Fresh Strawberries
Butter, unsalted	Fresh Rosemary/Thyme
Whole Milk	<b>LEAVENING AGENTS/STARCH</b>
Eggs, large	Instant Yeast
Vegetable Oil	Baking Powder / Baking Soda
	Cornstarch
	Cream of Tartar
<b>Decorating Ingredients</b>	<b>NUTS &amp; SEEDS</b>
Rolled Fondant	Ground Almonds
Marzipan	Sliced Almonds/Whole Hazelnuts
<b>FRUIT PUREE</b>	<b>SWEETENING AGENTS</b>
Raspberry/Passion Fruit	Sugar, granulated
<b>Chocolate</b>	Sugar, icing powder
Dark Coating Chocolate	Sugar, brown
Cocoa Powder	Honey
<b>FLAVOURING</b>	Glucose Syrup
Lemon Extract	<b>STAPLES</b>
Almond Extract	Silicone Paper
Vanilla Extract	Cling Film (Resinite Wrap)
Salt	Aluminum Foil
Maple Syrup	Paper Towels
Vanilla Bean Paste	Hazelnut Paste
Pistachio Paste	
<b>FLOUR</b>	
Bread Flour	
All-Purpose Flour	
Pastry Flour	
Only the ingredients listed may be used during the competition, no others will be allowed other than those listed above. Competitors can bring in their own food colors.	