



2025 Wood Buffalo Regional Skills Canada Competition

Contest Description

Fort McMurray Composite High School (9803 King Street, Fort McMurray)

April 3, 2025

EVENT: Culinary Arts		LEVEL: Secondary
DURATION OF CONTEST: 3.5 HOURS OF COOKING 4.5 HOURS TOTAL WITH SETUP & CLEAN UP		LOCATION: Foods Lab, Fort McMurray Composite High School
COMPETITION SCHEDULE:		REGIONALIZED: YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
REGISTRATION	7:00AM	
ORIENTATION	7:00AM – 7:30AM	
SET UP	7:30AM – 8:00AM	
COMPETITION START	8:00AM	
ENTRÉE PRESENTATION	11:00AM	
DESSERT PRESENTATION	11:30AM	
CLEAN UP	11:30AM – 12:00PM	
LUNCH	11:00AM – 1:00PM	
AWARDS CEREMONY INFORMATION: Elements Dining E102, Keyano College 4:00pm		

CONTEST INTRODUCTION

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

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menu items as outlined in this 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.



PROJECT DESCRIPTION

3.5 Hours Total Kitchen Time	Two portions of the below must be prepared - one is for tasting and one is for presentation. Please scale recipes accordingly to meet the requirements.
Description	<p>Main Course: Stuffed Chicken Breast</p> <ul style="list-style-type: none"> • Stuffed Chicken Breast Main Course must include: <ul style="list-style-type: none"> ▪ A minimum of one (1) starch preparation ▪ A minimum of two (2) vegetable/fruit preparations ▪ The velouté based sauce (from Module A) must be modified into a derivative sauce of the competitor’s choice. ▪ A minimum of one (1) functional garnish that is modern, and complimentary. <p>Dessert: Tea/Sweet Biscuit Inspired Dessert Creation</p> <ul style="list-style-type: none"> • Dessert must include: <ul style="list-style-type: none"> ▪ A Tea/Sweet Biscuit preparation ▪ A minimum of one (1) fruit-based sauce ▪ A minimum of one (1) flavoured Chantilly cream. ▪ One (1) functional edible garnish
Additional Requirements	<p>Competitors must bring:</p> <ul style="list-style-type: none"> • Two copies of their menu, detailing the two courses they are serving. Menus should not state the name or school of the competitor. • Two copies of their work plan. One to be posted at their workstation, and the other to be handed in to the judges. Work plans must have the competitors name on them.
Service Details	<ul style="list-style-type: none"> • Main Course: Minimum 250 g to maximum 300 g Per plate • Dessert: Minimum 125 g to maximum 185 g Per plate • Cooking temperature must meet food safety standards, no frozen components. • 11”/12” round white plates for main course – 2 each • 11”/12” round white plates for dessert – 2 each • No service wares (China) permitted other than that provided; service spoons, glasses, ramekins etc. are not allowed.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. <u>Recipes should be scaled up or down according to the required amounts.</u> • Recipes meet the competitions' foundational competencies, though may be built upon regarding seasoning and garnish. • A list of all ingredients available for this module will be included on the final pages of this document.

EQUIPMENT & MATERIALS

Equipment and Materials **Competitors Must** Supply:

Basic equipment such as:

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

• Required clothing (provided by competitor):

- Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Double Breasted long sleeve White Chef Jacket. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Logo jackets are permitted.
- Side Towels
- Black or checked chef trousers
- White Apron
- Uniform for 1 working day

*Notes:

- Plate presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.
- Food items and quantities are subject to changes without notice, depending on availability and quality, but all competitors will have the same conditions.
- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used – with no substitutions permitted.
- Service ware & China, skewers, shot glasses etc. are not acceptable for presentation on the judged plates.
- Competitors may **not** bring any electric equipment other than a set of electric beaters to prepare Chantilly and an immersion blender for dessert sauce. A **food processor**, digital scales, and kitchen timers are also acceptable.
- Competitors may bring any tool and/or equipment (**non-electric**) deemed necessary. All of the tools and/or equipment must fit on the workstation (nothing may be stored on the floor).

- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Professional Chef Uniforms are available at your cost through Chef’s Hat Inc. – please contact 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 or Skills Canada logo jackets are permitted.
- Domestic stoves to be used on the competition site. Please bring trays and pans that will fit into the oven.
- 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.**
- 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.

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 (RTC), and resolution may be directed at that time.
- The RTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.
- The RTC 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.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**

EQUIPMENT & MATERIALS Supplied by the Committee:	
<ul style="list-style-type: none"> • All food from the project description and the common table. • Workstation • Available sink with hot & cold water • Stove with an oven (potentially shared) • Parchment paper, foil, butchers twine 	<ul style="list-style-type: none"> • Adequate fridge and freezer space • Garbage, recycling and organics/compost bins • 1 Electric outlet per workstation • 1 Display area for finished plates • Plateware/Tasting spoons

Schedule

The schedule for the competition is to be followed exactly. Work schedule and service times are to be respected. There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in marks will occur. For example: Entrée must be served from 11:00 am to 11:02 am. After which, marks will be deducted every minute until 11:12 am. After 11:13 am plates will not be accepted for judging though feedback may still be provided.

Time & Cleaning

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

JUDGING CRITERIA

Sanitation & Safety	<ul style="list-style-type: none"> • Proper and professional clothes • 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 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 • Appealing plating & contemporary 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%

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

SAFETY

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

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:
https://education.alberta.ca/media/160519/fod_sum.pdf

TRAINING RESOURCES:

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

We will be doing a live training session in February, more information to come.

ADDITIONAL INFORMATION

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

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

REGIONAL COMMITTEE MEMBERS

Dawn Ohama		
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COOKING SECONDARY RECIPES

- Recipes are provided by the Provincial Technical Committee and will reference the textbook(s) that the recipe was adapted from.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’s preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Food items and quantities are subject to change without notice, depending on availability and quality; all competitors will have the same conditions.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- **Recipes, provided by the Provincial Technical Committee, are to be utilized as a guideline for procedure and techniques. Portion sizes are critical, and the competitor must scale up or down to produce required portions.**

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.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

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

- Recipes converted by the Technical Committee Chair are to be utilized to produce the set menu items for each of the modules. Remember the recipes are intended as a guide and may be adjusted as required.
- **See Appendix #1 for guidelines on converting recipes.**

Velouté

Source: Professional Cooking 9th edition, Page 188

Yield: 2 Quarts (2 Litres)

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

Source: Professional Cooking 9th edition, Page 946

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.



Appendix #1 Guidelines for converting recipes

PROCEDURE for Calculating Conversion Factors

There is only one step in this procedure:

Divide the desired yield by the old yield stated on the recipe. This formula may be written like a mathematical calculation, as on a calculator, or as a fraction:

$$\text{Mathematical Calculation : New yield} \div \text{Old yield} = \text{Conversion factor}$$

$$\text{Fraction : } \frac{\text{New yield}}{\text{Old yield}} = \text{Conversion factor}$$

Example 1: You have a recipe with a yield of 8 portions, and you want to make 18 portions.

$$18 \div 8 = 2.25$$

Your conversion factor is 2.25. If you multiply each ingredient in your recipe by 2.25, you will prepare 18 portions, not the 8 of the original recipe.

Example 2: You have a recipe that makes 20 liters of soup, and you want to make 5 liters.

$$5 \div 20 = 0.25$$

Your conversion factor is 0.25. That is, if you multiply each ingredient by 0.25, you will prepare only 5 portions.

Notice in the second example the conversion factor is a number less than 1. This is because the recipe yield is decreased. You are making the recipe smaller. This is a good way to check your math. Decreasing the recipe yield will involve a conversion factor less than 1. Increasing the yield of a recipe will involve a conversion factor larger than 1.

PROCEDURE for Converting Total Yield

1. Calculate the conversion factor as explained in the procedure given above.
2. Multiply each ingredient quantity by the conversion factor:

$$\text{Old quantity} \times \text{Conversion factor} = \text{New quantity}$$

Example 2: You have a recipe for 10 portions of Broccoli Mornay requiring 1,500 grams AP broccoli and 600 mL Mornay Sauce. Convert to 15 portions.

$$\frac{\text{New yield}}{\text{Old yield}} = \frac{15}{10} = 1.5$$

$$\text{Broccoli : } 1,500 \text{ g} \times 1.5 = 2,250 \text{ g}$$

$$\text{Sauce : } 600 \text{ mL} \times 1.5 = 900 \text{ mL}$$

Common Table Items

The Regional and Provincial Technical Committees reserve the right to change or limit food items without notice, depending on availability and quality. You will be marked according for over-use, or waste of products. ONLY the foods provided by Skills Canada Alberta are permitted for use. Absolutely no outside food products are to be brought into the contest.

Secondary Regional Food Common Table

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Garlic	Baking Powder	Butter, unsalted	Bay Leaves
Ginger	Baking Soda	Cream, 35%	Cardamom
Spinach	Dark chocolate 54%	Milk, 3.25%	Cinnamon, sticks
Mushrooms, Shitake, Shemiji	Milk chocolate		Cloves
Red onions	White chocolate 28%	Parmesan-Reggiano	Nutmeg, Whole
Yellow onions	Coffee, Instant	Aged White Cheddar	Peppercorns: black, white
Red peppers	Cocoa Powder	Brie	
Jalapeno	Cornstarch	Emmentaler	Frozen
Celery Root	Flour, All-purpose		Blackberries
Roma tomatoes	Flour, Bread	Fresh Herbs	Blueberries
Carrots	Flour, Cake/Pastry blend	Basil	Raspberries
Fennel	Honey	Parsley, Italian	Strawberries
Leeks	Agar Agar	Rosemary	
Arugula	Panko Bread Crumbs	Thyme	Proteins and Stocks
Green Onion	Canola oil	Cilantro	Bacon, sliced
Shallots	Olive oil	Dill	Eggs, large
Red Radish	Soy Sauce	Chives	Bacon, Slab double smoked
Diakon	Salt: Fine, Kosher, Maldon	Tarragon	Chorizo, dried
Butternut Squash	Granulated sugar	Chervil	Chicken Supreme
Potatoes, Russet, Yukon Gold	Vinegars: Balsamic, Redwine, Cider, White	Sage	
	Brown Sugar	Mint	
Fruit, fresh	Powdered sugar		White Chicken Stock
Mangos	Vanilla bean extract		Dark Beef stock
Blueberries	Gelatin Sheets & Powder		
Lemon	Almonds, whole	Tomato Paste	Miscellaneous
Oranges	Hazelnut, whole	Semolina Flour	Cheesecloth
Raspberries	Pistachios, whole	Dried Morels	Parchment Paper
Strawberries	Dried Apricots,	Dried Shitake	Plastic wrap
Limes	Dried Cherries	Sesame Seeds, White	Aluminum foil
Pears	Shortening	Capers	White Bread
Apples (Gala, Granny Smith)			