

## Contest Description

Edmonton Expo Centre, Edmonton

May 8, 2025

<b>EVENT:</b> Jr High Culinary Challenge		<b>LEVEL:</b> Grade 9	
<b>DURATION:</b> 1.5hrs (60 minutes cooking time) (Competitors will participate on Thursday May 8 <sup>th</sup> , AM or PM) Schedule will be provided after registration.		<b>LOCATION:</b> Hall B, Edmonton EXPO Centre, Edmonton	
<b>COMPETITION SCHEDULE:</b>			
<b>Group 1</b>		<b>Group 2</b>	
ORIENTATION & COMPETITON	09.45 AM	ORIENTATION & COMPETITON	1.00 PM
PRESENTATION OF FOOD	11.00 AM	PRESENTATION OF FOOD	2.15 PM
JUDGE FEEDBACK & CERTIFICATE PRESENTATION	11.30 AM	JUDGE FEEDBACK & CERTIFICATE PRESENTATION	2.45 PM

### GENERAL DESCRIPTION

The Junior High Culinary Challenge introduces students to the spirit of a professional cooking environment, in a fun and interactive way. Grade 9 competitors will prepare and present menu items and use the ingredients provided to present their menu item. Before and after their participation in the Jr High Challenge, competitors will be inspired by watching competing senior high and post-secondary student chefs and bakers. The competitors may tour the Provincial Skills Canada Competition to learn more about careers in the trades and technologies and increase their motivation to participate in future Skills Canada competitions.

### Skills and Knowledge to be Tested:

- Ability to follow instructions for safety, sanitization and cooking recipes
- Professional etiquette of working in a kitchen
- Preparation and presentation of food items
- Using equipment skills
- Being comfortable cooking in a public environment
- Preparation of a threefold Omelet and potato starch as described in this scope.
- Competitors will be presented with a mystery item which must be cooked and presented as part of each finished product.



## PROJECT DESCRIPTION

### Pre-Competition Requirements

**Each competitor must:** Design a personal signed menu describing their finished food items and provide a clear photograph of their practice presentation plate. The menu and the photograph must be emailed to Chef Stinson [m2stin@syban.net](mailto:m2stin@syban.net) **by 4:00pm on April 30<sup>th</sup>, 2025.** (this is part of the competitor's evaluation). The original menu and a photo also need to be brought to the competition for the judges to see and evaluate.

The menu and the presentation plate can be combined onto the same photo, this would be preferable.

**NOTE:** The photos **MUST** be sent in a **jpg format only.**

### Cooking Skills to be Tested:

The competitor will produce:

1. Two omelets a La Lyonnaise (use 3 eggs per Omelet), The Omelet will be a **twofold** Omelet.
2. Potatoes a la boulangère to be served with each Omelet. The competitor must use and adhere to the recipe in the Contest Description.
3. A cooked mystery item to be served with, within or on each presentation.

## RECIPES

**Potatoes a la boulangère** (Practice the potatoes and adjust the time as required)

### Ingredients:

- 1 Raw Potatoes
- 1 Onion
- 2 Ounces of butter (20g)
- Beef Stock as Required (We will be using packages from Superstore)
- Salt
- Pepper

### Method: Time: 45 minutes

1. Peel and uniformly slice the potatoes. Brown them in 20g of butter, Season. Set aside.
2. Uniformly slice the onion and Brown in 20g of butter. Season. Set aside.
3. Arrange alternate layers of potatoes and onion in the Pot Pie Pans provided.
4. Cover the Potato & Onion completely with stock.
5. Place the dish into the preheated oven at 400 degrees F. for about 25 minutes,
6. Reduce the oven temperature to 350 degrees F. leave to cook for an additional 20 minutes. While cooking add a little more stock if required

### Omelet a La Lyonnaise

#### Ingredients:

- 1 tsp Butter
- T. Finely chopped onion per egg
- 1 tsp Chopped Parsley
- Salt & Pepper to taste
- 1 tsp. Butter
- 3 Whole Eggs Beaten in a Bowl
- 1 T. White vinegar
- 1 T, Noisette butter

**Method:** Using the nonstick frying pan (Practice timing 2 omelets).

1. Melt 1 tsp butter in the pan to a medium heat.
2. Add the onion and cook until a golden colour.
3. Add the chopped parsley to the onion and season, place the contents in the small bowl.
4. In a clean pan melt 1 tsp butter to a moderate heat add the eggs and cook the omelet leaving it moist in the center, and add the onion mixture to the omelet and fold, as in the Jamie Oliver video.
5. In the clean fry pan heat up the vinegar and add the noisette butter then pour this over the omelet before serving.

### Noisette Butter

#### Ingredients:

- 1 T. Butter

#### Method:

Gently heat the butter in a frying pan until it is golden and gives off a nutty smell, serve or use as hot as possible. (Practice gentle heat so as not to burn the butter)

#### Overall details to keep in mind:

- Use accurate measurements.
- Control the stove top and oven heat, (you will be using electric ovens)
- You will have to think on your feet to utilize the mystery ingredient/s
- The recipes will have to be followed as described in the scope, the exception being the use of the mystery ingredient.

#### Tips

- Time your presentation of the food cooking and presentation so that the products remain hot.
- Practice preparing the Omelet often so that you become competent in the preparation.
- A time for presentation will be given to you on the day of the competition so it is important not to plate your food before the allotted time.

- Remember we eat with our eyes first, make your presentation eye appealing.
- Work in a sanitary manner, thoroughly wash hands before and during cooking time, make use of the sanitizer provided and use disposable gloves when plating your food or when otherwise required to prevent cross contamination.
- Wash and sanitize your tools when required.
- To observe how to make the **2-fold omelet**, please click the below link to Jamie Oliver on making the perfect omelet: <https://www.youtube.com/watch?v=OQyRuOEKfVk>

## EQUIPMENT & MATERIALS

### Equipment and Materials Competitors Must Supply:

All necessary competition equipment and materials will be supplied by Skills Canada Alberta or a sponsor. Competitors may not bring outside material or food into the competition area. Part of the challenge will be the competitor's ability to adapt to a new environment, with different supplies, equipment and tools.

### Equipment and Materials Supplied by the Committee:

Frying Pan	Pizza Pan	2 x Foil Pot Pie pans 4.9 "x 1.5"	Mixing Bowl
Measuring Cups	Measuring Spoons	Metal tablespoon	Fork
Spatula	Flipper	2 disposable plates for your use	Chef Knife
Vegetable Peeler	Cutting Board	Oven	Stove Top
Oven Mitts	2 x Display Plates	Bowls to hold cooked onion & potato & Noisette Butter	<b>Bowl for cooked onion and parsley filling</b>
Washing Liquid	Sanitizer	Wiping Cloth	Hair Net (to hold long hair in place)
Chef Hat	Bib Apron	Refrigerator	Disposable Gloves

- Each competitor will use their own electric oven and stove top, sink, worktable, and refrigerator.
- All the food supplies will be provided to produce the menu items.
- All the kitchen tools required to produce the menu items will be present:
  - Cutting board, Portion Containers, French knife, fork, small bowl, oven mitts, Common measuring tools.
  - Disposable Bio-Degradable Presentation plates, 1 take-out container for the competitors to use to remove any food they wish to eat after the competition.
  - Dish detergent, sanitizer & dish cloths for cleaning.

### **Clothing Requirement Supplied by the Competitor:**

- Competitors are required to wear shoes that cover the entire foot and need to be slip proof.
- Competitors will be required to wear long pants or, if a dress must be worn, the competitor must have their legs covered for safety reasons.
- Competitors are requested to wear the Skills Canada Alberta tee-shirt that will be supplied at the onsite competition registration.
- Competitors will be issued a bib type apron to wear along with a hair net and chef hat to cover their head and hair. Long hair must be tucked.
- The competitor's Skills Canada Alberta competitor ID is required be present during the competition and can be placed on the competitor's workstation beside their table number.

**NOTE:** If a competitor has an additional clothing requirement that is not listed above, please email [MikeS@SkillsAlberta.com](mailto:MikeS@SkillsAlberta.com) to make further accommodations prior to arriving at the competition.

### **JUDGING CRITERIA**

#### **How competitors will be judged:**

- Each competitor will be marked on a suitable rubric for each of the following criteria:
  - Did the competitor wash their hands before work began and during work as required, did they use disposable gloves when required and was sanitizer used to maintain a sanitary work area.?
  - Did the competitor use safe work skills while in their work area?
  - Were all the correct ingredients used?
  - Were correct temperatures used for cooking of the product?
  - Was each product cooked to the required standard?
  - Were the instructions on the recipes followed?
  - Was the finished product stored in a sanitary manner before being plated for service?
  - Were the cooked items presented to look and taste appealing?
  - Did the competitor clean as they went and leave a clean work area?
  - The presentation of a menu and a photo of the finished plate will be evaluated.

#### **ORIENTATION:**

- The orientation will be 15 minutes prior to the cooking time.
- The head judge or designate will go over the competition requirements for the competitors, as well as any final instructions.
- The competitors will have a safety orientation, and they will be required to sign a safety form confirming that they have received their safety orientation.
- Competitors will be issued their commemorative aprons, hats, and hairnets to wear.
- The competitors will be issued their workstation numbers.
- Competitors will have an opportunity to ask questions.



- The mystery item will be announced. Shift 1 and shift 2 will have different mystery ingredients.

**IMPORTANT NOTE:** Without exception, any competitor missing the start of the orientation will not be permitted to participate in the competition to ensure that competition safety and schedule will not be compromised.

#### **OUTCOME:**

It is the committee's hope that each competitor will have gained experience and fun while competing and increased public demonstration skills. The experience will also have strengthened or added to the competitor's portfolio as part of a career and life management skill. The competitor will have this amazing experience to look back on. Each competitor will be provided feedback by the judges to prepare them for future competitions and work experiences. **Each competitor will be issued a report card after the competition.**

#### **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**

##### **Parents, Teachers, Coaches, Friends:**

It is ok to cheer on your competitor **in this competition only** just don't shout instructions please. After the competition we will have the results presentation at an area to be announced.

##### **Skills Canada Alberta Regional and Provincial Rules and Regulations**

[Regional and Provincial Rules and Regulations](#)

##### **Competitor Registration**

Registration for Provincial Skills Canada Competition (PSCC) will open online **on January 15, 2025** @ 8:30 AM. Please refer to this competitions event page for additional registration and competition information: <https://skillsalberta.com/competition/>

##### **Lunch**

Lunch for accredited competitors will be provided by Skills Canada Alberta. Teacher accreditation can be purchased online at: <https://skillsalberta.com/hospitality-access-pass>



**Parking & Venue Maps**

Parking is FREE for all attendees.

Attendees **MUST** register for FREE parking by clicking the below link. Attendees can pre-register their vehicle at anytime prior to the PSCC, or register onsite at the PSCC.

<https://www.offstreet.io/location/81V8R1Z6>

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

**Opening Ceremonies / Competitor Registration**

Opening Ceremonies for the PSCC will take place on Tuesday May 6th, 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 Ceremony.

**COMMITTEE MEMBERS**

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