



Contest Description

Edmonton Expo Centre, Edmonton

May 7, 2025

EVENT: Culinary Arts	LEVEL: Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
<p>ORIENTATION FOR ALL SECONDARY STUDENTS ON MAY 6, 2025, AT 4:30 PM AT CULINARY COMPETITION AREA</p> <p>Mystery ingredients will be revealed at Orientation</p> <p>DURATION: One Day Competition</p> <p>May 7, 2025, 7:45 AM – 5:00 PM Module A: 3.5 hours (3 hours and 30 minutes) Lunch Break: 1 hour Module B: 3.5 hours (3 hours and 30 minutes) 7 hours total (Competition time)</p>	<p>REGIONALIZED: YES</p> <p>Students must qualify through a Regional Skills Canada Competition (RSCC) to earn a position in the Culinary Arts competition at the Provincial Skills Canada Competition (PSCC).</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 two menus (Module A and Module B) 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, and how marks are awarded.

CONVERSION EXERCISE (See Appendix 2 for an example.)

- Worksheet and calculator provided by the PTC.
- Competitors CANNOT use their own device for their calculations.
- Competitors must submit the costing exercise and calculator by 9:00 AM.

COMPETITION SCHEDULE IN DETAIL

Module A

7:45 AM - Competitors arrive on site.

- Safety Briefing
- Provincial Technical Committee (PTC) briefing and questions.

8:10 AM - Set-up cooking stations. (No contact with food items at this time.)

- Only competitors are permitted in the contest area. No assistance is permitted at this time.

8:30 AM - Start of competition. Post Work Plan. Begin Conversion Test.

- **Competitors must submit the conversion test by 9:00 AM.** After handing in the conversion test and calculator, competitors may begin food preparation.
- **Mystery boxes of ingredients are distributed at 8:30 AM.** A minimum of 60% of the items in the mystery box must be prominently incorporated into the competitor's menu.

9:00 AM - Submit Module A Menu. (2 copies)

11:30 AM - Present Competencies: Precision Cuts, Veloute Sauce, Perogy Dough.

(See note below – Presentation window is open until 11:37. The window closes at 11:38 AM.)

11:30 AM - Clean Up after Module 1.

All food production must end. Competition site will be closed from 12:00 – 12:50PM.

12:00 PM - Competitors leave the competitions site.

*Lunch is provided for the competitors

Module B

12:50 PM - Competitors return for Module B briefing.

1:00 PM - Competition Resumes.

1:30 PM - Submit Module B Menu (including mystery ingredients). (2 copies)

3:30 PM - Present Appetizer Course.

4:00 PM - Present Main Course.

4:30 PM - Present Dessert.

4:30 - 5:00 PM - Clean Up and leave site with all belongings and equipment.

***Competitors must clean, sanitize, and dry all their tools and equipment before packing them.**

Timing of Service: There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example: Competencies must be served from 11:30 AM to 11:32 AM After which marks will be deducted per minute until 11:42 AM. At 11:43 AM submitted work will no longer be accepted for judging.

Module A Conversion Test, Competencies, and Breakfast Cookery	
Description	<p>Conversion Test (See Appendix #2)</p> <p>Velouté Competency</p> <ul style="list-style-type: none"> • Prepare and present 750 ml of velouté sauce. • Velouté must be used for the main course in Module B. <p>Precision Cuts Competency: Competitors will produce the following:</p> <ul style="list-style-type: none"> • 100 g medium dice (using a vegetable/fruit from the mystery box or common table). • 100 g small dice (using a vegetable/fruit from the mystery box or common table). • 100 g julienne (using a vegetable/fruit from the mystery box or common table). • All competencies must be utilized in Module B • 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 and utilised in the menu. <p>Perogy filling</p> <ul style="list-style-type: none"> • Prepare and present 600 g of your Potato filling. <p>Perogy dough</p> <ul style="list-style-type: none"> • Prepare and present 400 g of your Perogy dough.

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"> • Some recipes are provided. See Appendix #2 • Reusable containers will be provided for the precision cuts and Velouté sauce. • No service wares (China) permitted other than that which is provided by the committee.
Available Ingredients	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. • <u>Recipes should be scaled up or down according to required amounts.</u> • Recipes meet the competitions' foundational competencies, though may be built upon in regard to seasoning and garnish. • A list of all ingredients available for this module will be included in the common food table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.
Special Equipment Required	<ul style="list-style-type: none"> • To promote sustainability The PTC has requested reusable containers for presentation of vegetable & sauce competencies.
<ul style="list-style-type: none"> • All vegetable cuts must be presented in provided containers. • Conversion exercise will have a 30-minute deadline from the start of the contest. • Competitors may not gather food until the conversion test is completed. • Module B Mise en place is to be stored neatly in your fridge or at your station. 	
Equipment and Materials <u>Competitors Must Supply:</u>	<p>Basic equipment such as:</p> <ul style="list-style-type: none"> • Knives, spatulas, ladles, whips • Rolling pins, piping bag and tips, scale • Recipes/reference books. • Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, Cone strainer, cutting boards, molds etc. • Kitchen towels and dishtowels • Side towels or oven mitts

	<ul style="list-style-type: none"> • Sanitizing equipment (spray bottles and/or pails).
<p>Required Clothing (Competitors Must Supply):</p>	<ul style="list-style-type: none"> • 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 Alberta 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 the dessert. Digital scales, and kitchen timers** are also acceptable.
- Competitors may bring any tool and/or equipment (**non-electric**) deemed necessary. All 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 (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.
- **Depending on the severity of the infraction, plates may face deductions or may not be judged.**

SHARED 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) • Immersion blender • Parchment paper • Food Processor 	<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 • Blender (countertop) • Spice grinder

Module B Appetizer, Main Course, and Dessert	
Description	<p>Prepare three (3) portions of the following three (3) course menu:</p> <p><u>Appetizer: Perogy Inspired Appetizer</u></p> <ul style="list-style-type: none"> • Perogies must include: <ul style="list-style-type: none"> ○ The potato filling from Module A ○ An appropriate, modern functional garnish ○ A sauce/dressing of the competitor’s choice (Hot or Cold) ○ A minimum of one (1) item from the mystery box <p><u>Main Course: Stuffed Chicken Breast</u></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. ○ A minimum of one (1) ingredient from the mystery box included in the stuffing <p><u>Dessert: Tea/Sweet Biscuit Inspired Creation</u></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 ○ A minimum of one (1) item from the mystery box

<p>Additional Requirements</p>	<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.
<p>Service Details</p>	<ul style="list-style-type: none"> • Appetizer: Minimum 150 g to maximum 210 g • Main Course: Minimum 250 g to maximum 300 g • Dessert: Minimum 125 g to maximum 185 g • Cooking temperature must meet food safety standards, no frozen components.
<p>Available Ingredients</p>	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. • Recipes should be scaled up or down according to required amounts. • Recipes meet the competitions' foundational competencies, though may be built upon in regard to seasoning and garnish. • A list of all ingredients available for this module will be included in the common food table document. • During orientation competitors will be given a MYSTERY BOX of ingredients that they must use during the competition day. They are not required to use all of the ingredients but must incorporate a minimum of 60% of the ingredients into their menus.
<p>Special Equipment Required</p>	<ul style="list-style-type: none"> • To promote sustainability The PTC has requested reusable containers for presentation of vegetable & sauce competencies.
	<ul style="list-style-type: none"> • All vegetable cuts must be presented in provided containers. • Conversion exercise will have a 30-minute deadline from the start of the contest. • Competitors may not gather food until the conversion test is completed. • Module B Mise en place is to be stored neatly in your fridge or at your station.
	<p>4 each of the following plate ware will be provided:</p> <ul style="list-style-type: none"> ○ 12" round white plates for the Appetizer ○ 12" round white plates for Main Course

	<ul style="list-style-type: none"> ○ 12" round white plates for Dessert ● No service wares (China) permitted other than that provided. ● Service spoons, glasses, ramekins etc. are not allowed.
Equipment and Materials Competitors Must Supply:	Basic equipment such as: <ul style="list-style-type: none"> ● Knives, spatulas, ladles, whips ● Rolling pins, piping bag and tips, scale ● Recipes/reference books. ● Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, Cone strainer, cutting boards, molds etc. ● Kitchen towels and dishtowels ● Side towels or oven mitts ● Sanitizing equipment (spray bottles and/or pails)
Required Clothing (Competitors Must Supply):	<ul style="list-style-type: none"> ● 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

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, flavourings, and spices will also be available. Common table items will be specifically outlined in Appendix #5.
- 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.**
- Unless otherwise stated, ONLY the foods provided by Skills Canada Alberta are permitted for use.

Work Plan Submission

- Competitors must submit two (2) copies of menus and work plans for the competition.
- One copy of the competitor's work plan is to be posted at the competitor's station.
- Work plans can be legibly hand-written, or computer 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 the day of the competition.
- Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/school/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 communication 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 day 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, refrigerators, and tools 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.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

Basic equipment such as:

Knives	Spatulas	All pots, frying pans, sheet pans, bowls, sieves, 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	All hand tools used to prepare their menu items.

NOTE:

- 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).
- **Electric Equipment:** Competitors are Limited to only bring in one (1) piece of electrical equipment (battery or power operated) for the entire duration of the contest (that is not present on the shared equipment list). All other electric equipment is prohibited. The PTC will be inspecting workstations; any additional items will be removed from the contest site. Choose your equipment wisely! Thermometers, scales and kitchen timers are exempt from the above stipulation.
- One of the objectives of Skills Canada Alberta is the sustainability of the competition. As a result, the toolboxes brought by competitors will be restricted to the following maximum specifications.
 - **Competitors' toolboxes must not exceed 0.6 metres³ 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 domestic electric stove with oven (no convection)
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	One (1) - Bun Rack – Rack and Roll per station
Baking Sheets – ½ - eight (8) per station	Baking Sheets – Full – four (4) per station

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

Immersion blender	Microwave	Food processor with bowl and cutter blade
Kitchen blender	Spice grinder	Torch (propane or butane)
Plastic-wrap	Whip cream No 2 cartridges	Aluminum foil
Butcher’s twine	Cheesecloth	Re-sealable bags
Parchment paper	Cryovac Machine; bags of various sizes.	Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids (1 sleeve maximum per competitor)
Mixer (countertop) whip, dough hook & paddle attachments		

- 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.

Required Clothing provided by the Competitor:

See Appendix 6 for pictures of appropriate clothing and footwear.

Black wipeable 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 Alberta Logo jackets are permitted.

NOTE: 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 #6) • 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%

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 PTC Chair

Jason St. Laurent jstlaure@nait.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

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 / 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.

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 Wasyluik	Matthew Stinson	Wesley Kube
Freedom Adams-Lingenfelter	Miranda Moesker	
Helmut Schoderbock	Pavol Nedved	

Appendix #1 – Recipes

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 may/should be adjusted as required to produce appropriate quantities**, flavours and correct seasoning.
- Although some recipes are included in this “contest project” we recommend that you refer to the “Professional Cooking” or “On Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B.
- The “Professional Cooking” or “On Cooking” 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 omelets, cooking roux & velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices must be respected and encouraged.
- 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.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- There are three examples of cookie recipes provided by the PTC (shortbread, sugar, and biscotti). Competitors have a choice as to which type of cookie they wish to make and present on their dessert plate. Competitors can use these cookie recipes as they see fit but are under no obligation to use the cookie recipes provided.

See Appendix #4 for guidelines on converting recipes.

Velouté

Source: Professional Cooking 9th edition, Page 188

Yield: 2 Quarts (2 Liters)

Ingredient	Imp.	Metric
Clarified Butter	4 fl. oz	125 mL
White Mirepoix	4 oz	125 g
Flour	4 oz	125g
White Stock	2.5 qt.	2.5 L
Sachet		
Bay Leaf	1	1
Peppercorns	½ tsp	2 mL
Parsley Stems	½ tsp	2 mL
Salt	To taste	
White Pepper	To taste	



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

Directions:

Heat the clarified butter in a heavy stockpot over low heat. Add mirepoix and sweat the vegetables without browning them.

Add the flour and make a blonde roux. Cool roux slightly

Gradually add the stock to the roux, beating consistently. Bring to a boil constantly stirring.

Reduce heat to a simmer.

Add the sachet.

Simmer the sauce slowly for 1 hour, stirring occasionally, skim surface when necessary, add more stock if needed to adjust consistency.

Strain through a fine mesh sieve (cone strainer, lined with cheesecloth). Cover or spread melted butter on the surface to prevent skin formation. Keep warm until service, or cool in a ice water bath for later use.

Potato and Cheese filled Pierogi with Caramelized Onions, Beurre Noisette and Sage

Source: Professional Chef 10th edition, Page 694

Yield: 10 servings

Filling

Chef's Potatoes	6 lbs.	2.72 kg
Egg Yolks	7 each	7 each
Cheddar Cheese	9 oz	225 g
Green Onions, halved & thinly sliced	1 ¾ oz	50 g
Salt	to taste	to taste
Nutmeg	to taste	to taste

Dough

Semolina Flour	1 lbs. 5 oz	595 g
All-Purpose Flour	1 lbs. 5 oz	595 g
Eggs	9 each	9 each
Salt	1 oz	28 g
Egg Wash	2 fl oz	60 ml

Cooking & Beurre Noisette

Clarified Butter	6 oz	170 g
Butter	12 oz	340 g
Salt	¼ tsp	1.25 g
Peppercorns, white, ground	to taste	to taste
Onions, Caramelized	1 lbs. 12 oz	794 g
Sage, chiffonade	2 Tbsp	6 g
Sour Cream	1 lbs.	454 g

Directions:

1. Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water under tender enough to mash easily. Drain, reserving and chilling 8 oz (240 ml) of the cooking liquid. Dry the potatoes over low heat or on a sheet pan in a 300 F (149 C) oven until no steam rises from them. While the potatoes are still hot, puree them through a food mill or potato ricer into a heated bowl.
2. Add the egg yolks, cheese, and green onions. Season with the salt, pepper, and nutmeg. Set the filling aside.
3. To make the dough, place the reserved potato water, flours, eggs, and salt into a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to

- 4 minutes. Divide the dough into 4 sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for 20 minutes.
4. Roll out the dough using a pasta machine to a 1/16" (1.5 mm) thickness. Cut the dough into circles using a 2 1/2" (6 cm) biscuit cutter. Lightly brush the edges with egg wash.
 5. Place approximately 1 Tbsp (15 ml) of the filling onto the center of the dough. Fold in half to form a half-moon and pinch the edges to seal.
 6. Simmer the pierogi in boiling salted water until the dough along the edge seals are fully cooked, 4 to 5 minutes. The pierogi is ready to finish now, or they may be cooled in ice water, drained, refrigerated for later service.
 7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, and heated through, about 2 minutes per side.
 8. Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and bring it to noisette (golden brown), about 2 minutes. Add a pinch of salt and white pepper, and drizzle over the pierogi.
 9. Garnish with the caramelized onions, sage and sour cream and serve immediately.

Biscuits

Source: Professional Cooking 9th edition, Page 946

Yield: 2 lb. 10 oz (1278 g)

Ingredient	Imp.	Metric	% of
Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12g	2%
Sugar	1 oz	30 g	5%
Baking Powder	1.2 oz	36 g	6%
Shortening or Butter	7 oz	210g	35%
Milk	13 oz	390g	65%



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

Directions:

1. Preheat oven to 425°F (220°C)
2. Scale all ingredients accurately.
3. Sift the dry ingredients together into a mixing bowl.
4. 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.
5. 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.
6. Add the liquid to the dry ingredients. Mix just until the ingredients are combined, and a soft dough is formed. Do not overmix.
7. 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.
8. 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.
9. Bake at 425°F (220°C) for approximately 15 minutes.

Appendix #2 - Recipe Conversion Exercise

Instructions & 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 shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Provincial Technical Committee.
- Competitor must supply writing implement – pen or pencil
- Competitors CANNOT use their own device for their calculations. (i.e., smartphone, tablet, personal calculator, or other programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: half mark for each conversion factor, 1 mark for each new quantity.

Competitor No. _____

Competitor No. _____

Recipe Name: **Brown Sauce**

Score: ____ / 15

Recipe Total Yield: **4 litres**

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	0.008 kg	X	0.125	=	1 g
9	Thyme	0.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.5 litres

Appendix #3 – Precision Cuts



(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) Lozange: 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 #4 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:

Mathematical Calculation : New yield \div Old yield = Conversion factor

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:

Old quantity \times Conversion factor = 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.

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

Broccoli : 1,500 g \times 1.5 = 2,250 g
Sauce : 600 mL \times 1.5 = 900 mL

Appendix #5 Common Table Ingredients

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

Cider vinegar	Proteins and Stocks	
Red wine vinegar	Bacon, sliced	Miscellaneous
White (distilled) vinegar	Bacon, slab double smoked	Cheesecloth
Alcohol	Eggs, large	Parchment Paper
Non-alcohol wine: red, white	Dark Beef stock	Smoking Chips
Red Wine: Cab Sauv, Pinot Noir	Chicken stock, white	White Bread
White Wine: Chardonnay, Riesling	Fish fumet	Aluminum foil
Sherry, Dry White	Chicken Supreme (4ea.)	Butcher's twine
Maderia	Chicken Breast, boneless skinless	Disposable gloves
Grand Marnier	Chorizo, dried	Plastic wrap
Brandy VSOP	Nuts	Pan spray
Beer: IPA, Lager	Almonds, whole	Whippet charges
	Hazelnut, whole	
	Pistachios, whole	

Appendix #6 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.



Appendix 7-Checklist

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/hot pads
- Closed-toe, anti-slip shoes (not runners/trainers)
- 2 copies of your menu. Menus Cannot include markings such as school logos or names. *(Secondary Competitors only. Post-Secondary Competitors will create their menus at the competition)*
- 2 copies of your **detailed** work plan. Work plans cannot include markings such as school logos or names. *(Secondary Competitors only. Post-Secondary Competitors will create their work plans at the competition)*
- All appropriate tools
- Appropriate toolbox (which your tools fit into).
- All required competencies** are accomplished.
- Weights on all produced/plated items are understood.
- No outside ingredients
- No outside 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 point deductions. Recipes provided are guidelines and may need to be adjusted.
- Pen or pencil for the required conversion/costing 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 point deductions for unwashed dishes.
- Appropriate sized toolbox is used for the competition (0.6 cubic meters). All competitor's 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, conversion factor practice. Precision cut examples, and uniform standards.