



Contest Description

Edmonton Expo Centre, Edmonton

May 6 & 7, 2026

EVENT: Culinary Arts	LEVEL: Post-Secondary
WORLDSKILLS TRADE #: 34	LOCATION: HALL B, Edmonton EXPO Centre, Edmonton
MAY 5 4:30 PM: MANDATORY ORIENTATION FOR ALL COMPETITORS	
COMPETITION SCHEDULE: May 6: Competition Day 1 (3 hours of Competition) 8:30 AM: Arrival of competitors onsite. Introduction and brief discussion of Day 1 (Module 1) of the competition. *Cell phones, laptops, smart watches, communication devices are not allowed. 9:00 AM: <ul style="list-style-type: none"> • Specific Mandatory Ingredients are revealed. All items <u>must</u> be prominently incorporated into the 3 course Menu Course. • Pressure Test Completion Time will be drawn (The actual Pressure test will be announced at the start of the Pressure Test window). Competitors must incorporate Pressure Test timing into their work plan. • Costing Exercise is assigned. (See Appendix B for an example.) 9:15 AM: Competitors complete the costing exercise, design a descriptive menu, and produce a work plan for Day 2. <u>Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (besides what the PTC provides) No late submissions will be accepted.</u>	May 7: Competition Day 2 (8.5 hours of Competition) Pressure test is revealed: Time to be announced 7:45 AM: Competitors arrive on site. <ul style="list-style-type: none"> • Safety Orientation • Provincial Technical Committee (PTC) briefing and questions. 8:10 AM Set up cooking stations. (No contact with food items at this time.) 8:30 AM: Start of competition. (pressure test TBA) 11:00 AM: Presentation of vegetable precision cuts. (Module 2B) 11:45 AM: Cleanup and inspection of workstations. (No cooking/prep at this time.) All food production must end. 12:00 PM: Competitors leave the competition site. Lunch is provided for the competitors 12:55 PM: Competitors return from lunch. <ul style="list-style-type: none"> • PTC briefing. 1:00 PM: Competition Resumes



<p>11:45 AM:</p> <ul style="list-style-type: none"> • Submit two (2) handwritten copies of the following: work plan and descriptive menu, using the templates provided on site by the PTC. • Submit the costing exercise. • Competitors may take one copy of their work plan, menu, and menu elements to reference for Day 2. <p>*Day 1 menu submissions are final. No additions or substitutions are allowed.</p> <p>11:45 AM: Review of the competition schedule for Day 2. Brief question and discussion period.</p> <p>12:00 PM: Competitors leave the site. Lunch is provided for the competitors</p>	<p>2:30 PM: Presentation of Module 3A - Appetizer.</p> <p>3:15 PM: Presentation of Module 3B - Main Course.</p> <p>4:00 PM: Presentation of Module 3C - Dessert.</p> <p>4:00 PM: Cleanup and inspection of workstations.</p> <p>4:30 PM: Stations are inspected and then Candidates leave the site with their equipment.</p>
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Please Note: This document is subject to change as competition information is updated. Competitors are responsible for staying up to date with the most recent information. Check the footer for last updated date. Changes will be highlighted in yellow.

CONTEST INTRODUCTION

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

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare one menu (Module A) as outlined in this contest description. The practical test challenges both culinary knowledge and creativity. This contest description outlines what is required from each competitor each day, and how marks are awarded.

COSTING EXERCISE (See Appendix B for an example.)

- Worksheet and calculator provided by PTC.
- Competitors CANNOT use their own device for their calculations.
- Competitors must submit the costing exercise and calculator by 11:45 AM on Day 1.



Mandatory Ingredients

Below is a list of Mandatory ingredients. **All** these items/ingredients must be used in the 3-course menu and easily identifiable.

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

- i. Fruits
- ii. Fungi
- iii. Leaf
- iv. Shoots
- v. Root/Tubers
- vi. Alcohol

PRESSURE TESTS – Module 2A

Competitors will be assigned a Skills 'Pressure Test Item' that will allow competitors to showcase specific skills as selected by the PTC. At the chosen time, the PTC will announce the test item 5 minutes before the Pressure Test start time. The test item must be presented for judging at the service time previously drawn.

The Pressure Test this year will be either the butchery of the Whole Salmonidae or the Whole Duck. This will be announced on Day 2.

The timing judge will give competitors a 5-minute warning for when it needs to be presented.

All competitors will perform the same pressure test.

Regardless of the pressure test task to be performed, no more than **25 minutes** will be allocated.

Late submissions will not be accepted.

Competencies – Module 2B	
Description	<p>Vegetable precision cuts:</p> <p>Items are presented in individual containers (containers provided).</p> <p>50 g Brunoise Fennel (3mm) 50 g Brunoise Celery (3mm) 20 g consistent finely chopped/sliced Chives</p> <ul style="list-style-type: none"> • See Appendix D– precision cuts of vegetables • <u>All vegetable competencies must be incorporated into Appetizer.</u> • Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. • Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines.
Available Ingredients	<p>A list of all ingredients available for this module is included in the common food table document. Appendix C.</p>
Special Equipment Required	<ul style="list-style-type: none"> • 500 mL deli or compostable containers (provided by the PTC). • Pressure test item is to be presented in the appropriate plates, bowls, or containers (provided by PTC). • No service wares (China) permitted other than that provided by the PTC. • Service spoons, glasses, ramekins etc. are not allowed.

Appetizer – Module 3A	
Description	<p>Prepare three (3) portions Rillettes of Salmonidae.</p> <p>Components on the plate must include:</p> <ul style="list-style-type: none"> • Rillettes of Fish and a Cold Sauce • Cracker Component and a Dressed Petit Salad • Must Utilize Precision Cuts from Module 2B
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Protein items must be cooked to correct food safety guidelines • Appetizer course must be served cold (Room Temp). • Total Plate Portion must be between 125 - 175 grams. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white - 3 each
Available Ingredients	A list of all ingredients available for this module is included in the common food table document. Appendix C.
Timing of Service	Plates must be presented for judging at the time stated on the competition schedule.

Main Course – Module 3B	
Description	<p>Prepare Three (3) Main Course Plates utilizing the Whole Duck. Visible Components on the plate must include:</p> <p>Protein Component must be cooked En Croute (e.g. Pithivier / Wellington) and must include the following:</p> <ul style="list-style-type: none"> • Duck - Breast cooked Medium Rare - Medium • Duck - Legs must be utilized • Mushroom Duxelles • Puff Pastry <p>For Presentation, the finished product must be cut to show the cross section of all elements contained in pastry.</p> <ul style="list-style-type: none"> • Use items from the Mandatory Ingredient List. • A minimum of 3 different cooking methods used on whole plate. • 1 Sauce and 1 functional Edible Garnish.
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Total plate portion must be between 225 - 325 grams. • Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum). • Protein items must be cooked – no raw preparations. • Dishes must be served hot - no cold element preparations. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white – 3 each <p>Sauce boat – 1 each</p>
Available ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document.
Timing of Service	<p>Plates must be presented for judging at the time stated on the competition schedule.</p>

Plated Dessert Creation – Module 3C	
Description	<p>Prepare Three (3) dessert course plates. Minimum visible components on the plate must include :</p> <ul style="list-style-type: none"> • Individual Entremets (a multi-layered mousse-based cake having): <ul style="list-style-type: none"> ○ A sponge component. ○ Must include either a tempered chocolate garnish, or sugar garnish. ○ Mystery fruit element must be incorporated within the Entremets (such as a mousse, glaze, gelee, sponge), not a sauce. ○ A minimum of one (1) sauce.
Service Details	<p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p> <ul style="list-style-type: none"> • Total plate portion must be between 95 - 150 grams. • No frozen components permitted. <p>Provided Service wares: 12" plate, round white (3pc)</p>
Available ingredients	A list of all ingredients available for this module is included in the common food table document.
Timing of Service	Desserts must be presented for judging at the time stated on the competition schedule.

GENERAL CONTEST DETAILS

Common Table

- Food items necessary to prepare the items in the test project including all required proteins, dairy, and produce items will be available in the common table area. A selection of dry goods, herbs, alcohol, and spices will also be available. Common table items will be specifically outlined in Appendix C.
- The Provincial Technical Committee (PTC) reserves the right to change or limit food items without notice, depending on availability and quality. **You will be marked accordingly for over-use, or waste of products.** ONLY the foods provided by Skills Canada Alberta are permitted for use.

Work plan Submission

- One copy of the competitor's work plan is to be posted at the competitor's station. Competitors must submit two (2) handwritten copies from memory of menus and work plans for the competition on the Templates provided.
- Work plans must be legibly hand-written. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
- Recipes may be consulted throughout the competition on Day 2.

Menu Submission

To ensure continuity and so that the judges are evaluating submissions (food products) on an impartial and equal basis, the following guidelines must be followed for all menu submissions:

- Two (2) copies of a hand-written completed menu must be prepared and submitted on Day 1 of the competition on the Templates provided.
- Competitors must **not** be identified in any way on the menu; names, station numbers, and institute/college names cannot appear on the submitted menu.

Work Plan & Menu Infractions

- The judging team will not evaluate any items served (or prepared) that are not specified on the menu. Depending on the severity of the infraction, plates may face deductions or may not be judged.

Professional Conduct and Point Deductions

- It is the primary intent of the PTC to provide a fair, equitable and transparent contest.
- Therefore, during the contest communication between candidates and persons outside the competition are not permitted. This includes verbal, non-verbal, written, and electronic forms of communication. This includes the candidate's coach/instructor.
- Candidates cannot have cell phones, smart watches or other devices in the competition area.
- If a candidate must leave the site, a PTC member must be advised prior to leaving the contest site. Candidates must consult a PTC member with any questions that arise during the competition. Some questions may require more than one PTC member to discuss the question/concern to reach a decision.
- The schedule for the two days of competition is to be followed exactly. Work schedule and service times are to be respected. There will be a two (2) minute window to present your product on Day 2. There will be a point-per-minute deduction for every extra minute of lateness for up to 5 minutes, after which plates will not be accepted.

See example below:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	10:45 to 10:47	10:48	10:49	10:50	10:51	10:52	10:53

- All competitors are responsible for cleaning up their work areas, stoves, sinks, and refrigerators before they leave the competition area at the end of the competition.
- Points will be deducted for competitors that do not comply. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

Use of Precision Controlled Equipment

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment must be limited to **no more than ONE application on Day 2 of the contest**.
- Any equipment capable of controlling temperature to a high degree of accuracy will be considered precision. (I.e., Immersion Circulators, Thermal Mixers, etc.)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.

Equipment Infractions

- Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

Basic equipment such as:

Knives	Spatulas	All pots, frying pans, sheet pans, bowls, China caps, cutting boards, molds, etc.
Piping bag and tips	Scales	Kitchen towels and dishtowels
Ladles	Whips	Side towels, oven mitts
Rolling pin	Recipes and reference books	CSA approved extension Cord or Power Bar that is properly secured to meet health and Safety requirements

Notes:

- Bring only the tools that you plan to use. (I.e. if you don't need a rolling pin to prepare your menu, don't bring one.)
- It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, plastic PVC tubes, canned oil sprays or other consumable products. Only the food provided can be used with no substitutions permitted.
- Service ware and China, skewers, shot glasses, etc. are not acceptable for presentation on the judged plates.
- Competitors may bring any tool and/or equipment that is not provided on the shared equipment list. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- One of the objectives of SCC is the sustainability of the Competition. As a result, the toolboxes brought by Competitors will be restricted to the following maximum specifications.
- Post-Secondary Competitors are permitted to bring in personal equipment on a Bun Rack (Rack n roll). **Keep in mind for Nationals the below box size will be enforced. *(National Stipulations) The Competitor's toolbox must not exceed 0.6 meters³ in volume. It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. (60 cm x 60 cm x 60 cm)***
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Competitors must clean/sanitize/dry all tools and equipment prior to packing and leaving the site.
- Failure to comply with any rules on this document may result in an infraction. Depending on the severity of the infraction, penalties will be administered by the PTC, and can range from point deductions, up to full disqualification from the contest.

Equipment and Materials by the Provincial Technical Committee (per competitor):

All food from the recipes and the common table	Adequate fridge and freezer space
One worktable with one shelf	One electric stove with oven
Available sink with hot & cold water	One electric outlet per workstation
Garbage, recycling, and Organics/Compost bins	One display area for finished plates
All Plate ware and Service ware	Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets
Hand soap and paper towels	

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

Counter-top stand mixer (bowl, whip, paddle, dough hook)	Microwave	Food processor with bowl and cutter blade
Kitchen blender	Spice grinder	Torch (propane or butane)
Plastic-wrap	Whippet cartridges	Aluminum foil
Butcher's twine	Cheesecloth	Re-sealable bags
Parchment paper	Immersion blender	Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids (1 sleeve maximum per competitor)
Vacuum Sealer with small medium and large bags		

NOTE:

- Shared Equipment must be cleaned and returned as soon as possible for other competitors to use. Judges may apply a penalty to any competitor that is monopolizing shared equipment.
- It is not permitted to bring your own equipment from the Shared Equipment List.
- Competitors that bring equipment that is on the shared list will be asked to remove it from the contest area.

Grooming Standards

- Hands must be washed; nails must be trimmed, clean and free of nail polish while working with food. **False nails are not permitted in the contest area.**
- Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.
- Beards must be neat and trimmed or restrained with a beard net.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.
- In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time.
- The PTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.
- The PTC has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.

Required Clothing provided by the Competitor:
See Appendix F

Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)	Side towels	White apron
Double breasted long sleeve white chef jacket	Black or checkered chef pants	Cleaning cloths/towels
Uniforms for two working day. Uniforms must not display any inscription or logo. Uniforms must be clean and in good repair.		

NOTE:

- A chef hat will be supplied to be used for the competition.
- Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact info@chefs-hat.com to order. Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta Logo jackets are permitted.
- If a competitor has an additional clothing requirement that is not listed above, please email MikeS@SkillsAlberta.com to make further accommodations prior to arriving at the competition

JUDGING CRITERIA

Sanitation & Safety	<ul style="list-style-type: none"> • Proper and professional clothes (See Appendix F) • Personal hygiene and cleanliness • Workstation, floor, and fridge cleanliness • Cutting board hygiene • Proper food storage methods • All general food safety rules must be followed • All tools/equipment must be cleaned/sanitized/dried before packing/leaving. 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage – full utilization of food (mystery box AND anything obtained from the common table) • Energy and water – efficient utilization • Time Management – <u>posted work plan</u>. • Proper planning and execution of tasks • Menu to be submitted as outlined in the contest description 	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> • Proper and professional use of the tools and equipment • Application & execution of correct cooking techniques and methods 	25%

Presentation	<ul style="list-style-type: none"> • Portion size in accordance with the test project parameters • Clean Plates • Plating & Design • Harmonious colours • Appetizing and artistic presentation of food • Appropriate and complementary garnishes 	15%
Taste & Required Menu Components	<ul style="list-style-type: none"> • Proper textures of food • Correct degrees of doneness • Balanced taste and seasonings • Flavours match the menu specifications and descriptions • Food service at proper temperature as specified in the test project and in accordance with industry standards • Respect timetable regarding serving times • All required elements outlined in the contest description, and the menu appear on the plate 	35%
Overall Total		100%

TIE BREAKING PROCESS

In the case of a tie, the highest score in the **Taste** section will prevail. Competitors should taste often and correct flavours and seasoning to enhance their placement.

SAFETY

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

ADDITIONAL INFORMATION

All questions must be addressed to the PTC Chairs:

Jason St. Laurent at jstlaure@nait.ca

Andrew Springett andrew.springett@sait.ca

Skills Canada Alberta Regional and Provincial Rules and Regulations

[Regional and Provincial Rules and Regulations](#)

Skillz & Thrillz Podcast

Check out our podcast – Skillz & Thrillz: Alberta's Trade & Tech Youth Podcast. Our talented alumni share tips and tricks on how to succeed in competitions and your career! Their insights can help you prepare for your Skills journey, and who knows, you might just be a future guest! <https://skillsalberta.com/student-resources/skillz-thrillz-albertas-trade-tech-youth-podcast/>

Test Project Change at the Competition

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

Lunch

Lunch for competitors will be provided by Skills Canada Alberta.

Parking & Venue Maps: <http://edmontonexpocentre.com/attend/parking/>

Parking is FREE for all attendees.

Opening Ceremonies / Competitor Registration

Opening Ceremonies for the PSCC will take place on Tuesday May 5, 2026, at 6:00 pm in Hall D of the Edmonton EXPO Centre. Admission is free, and everyone is welcome to attend. It is important to note that competitor registration will open immediately following the Opening Ceremonies.

Awards Ceremony

The Awards Ceremony will take place on Thursday May 8, 2026, at 6:30 pm in Hall D of the Edmonton EXPO Centre. Admission is free and everyone is welcome to attend. The Awards Ceremony will be shown live at <http://skillsalberta.com/>

Team Alberta Information

Team Alberta will be selected at the PSCC Awards Ceremony. Gold medalists will then be eligible to participate at the Skills Canada National Competition (SCNC) on May 28- May 29, 2026, in Toronto, Ont. It is recommended that competitors review the SCNC contest description to be familiar with the national contest description and project at <https://www.skillscompetencescanada.com/en/calendars/category/skills-canada-national-competition/>

During the PSCC Awards Ceremony on Thursday May 7, 2026, gold medalists will be given their Team Alberta information package and will confirm their participation in the SCNC. Students must be present at the Awards Ceremony to claim their position on Team Alberta. If the Gold medalist is not able to attend SCNC, the next top ranking individual will be asked to participate. If a student is not able to attend the Awards Ceremony a letter confirming the student's interest in Team Alberta participation must be emailed to javierad@skillsalberta.com prior to the start of competition on May 5, 2026.

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

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

PROVINCIAL TECHNICAL COMMITTEE MEMBERS

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

Appendix B Recipe Costing Exercise – example.

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

Chicken Consommé (broth only)								No. of Portions:	22	
Ingredient	As Purchased (AP)			Edible Portion (EP)				Recipe - Units Needed		Recipe Ingredient Cost
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount		Unit Cost (Cost per gram)			
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml	\$ 20.00
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g	\$ 6.00
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g	\$ 2.00
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g	\$ 0.25
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g	\$ 0.13
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g	\$ 0.50
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g	\$ 3.25
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g	\$ 0.81
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g	\$ 0.07
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g	\$ 0.02
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g	\$ 0.13
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g	\$ 0.02
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g	\$ 0.07
								Total Recipe Cost (\$)		\$ 33.24
								Yielded Cost Per Portion (\$)		\$ 1.51
								Suggested Selling Price (\$)		\$ 6.43
								Food Cost %		23.5%
								Gross Profit per portion (\$)		\$ 4.92

Please read requirements below:

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

Note that the total recipe yields 4 litres.

Calculate the number of complete portions the recipe will yield , given a 175 ml portion size

Calculate the cost per ingredient, and Total Recipe cost.

Calculate the yielded cost per portion

Calculate the Suggested Selling Price, given a 23.5% Food Cost.

Calculate the Gross Profit per portion in dollars/cents.

Appendix C – Common Table Ingredients











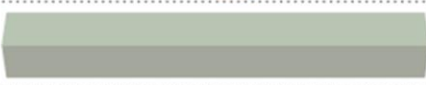


Dry Goods	Frozen	Vegetables
Agar Agar	Puff Pastry Sheets	Carrots
Cherries-Dried Fruit	Blackberries	Celery
Baking Powder	Blueberries	Fennel
Baking Soda	Raspberries	Garlic
Breadcrumbs, Panko	Strawberries	Ginger
Capers	Fruit, fresh	Leeks
Chocolate Dark, Callebaut 54.5%	Apples, Gala, Granny Smith	Spinach and Micro Greens
Chocolate Milk, Callebaut C383	Lemons	Mushrooms Shiitake
Chocolate White, Callebaut 28%	Limes	Mush, Cremini, Button
Coffee, Instant	Oranges	Green onions
Cocoa Powder	Dairy	Red onions
Cornstarch	Butter, unsalted	Yellow onions
Flour, All-purpose	Cream, 35%	Shallots
Gelatin Sheets and Powder	Milk, 3.25%	Jalapeño peppers
Glucose	Sour Cream, 14% and Cream Cheese	Red Bell peppers
Honey	Cheese	Russet potatoes
Mushrooms Dried-Shiitake, Morels	Parmesan-Reggiano	Yukon Gold potatoes
Canola oil	Brie	Red Radishes
Olive oil Exrta Virgin	Herbs and Spices	Squash, butternut
Poppy Seeds	Bay Leaves	Roma tomatoes
Salt Table and Sea	Cinnamon, Sticks	Zucchini, green
Salt Kosher , Maldon	Cloves ground	Fresh Herbs
Sesame Seeds, white	Nutmeg Whole	Basil
Shortening	Black peppercorns	Chervil and Chives
Sugar Granulated White	White peppercorns	Dill
Sugar Powdered and Brown	Pepper, Cayenne	Mint
Sugar Isomalt	Star Anise	Parsley, Italian
Tabasco Sauce	Nuts	Tarragon
Tomato Paste and Diced	Almonds, whole	Thyme and Oregano
Vanilla Extract, Bean	Pistachios, whole	
Vinegar Balsamic, Cider	Proteins and Stocks	
Vinegar Red, White	Bacon, sliced	
	Bacon, Double Smoked Slab	
	Eggs, large	
	Stocks: Dark Beef, White Chicken	

[illegible]

Appendix D-Precision Cuts

Source: Professional Cooking 9th edition

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	(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).
	(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).
	(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).
	(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).
	(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).
	(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).
	(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).
	(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).
	(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Appendix E-Competitor Checklist

Please use this checklist as a guideline to help competitors prepare for their competition.

- ☐ Read and understand what is required for the contest description.
- ☐ Apron, Jacket, hairnet (if applicable). Uniforms cannot have any identifiable markings such as school logos or names.
- ☐ Hand towels, oven mitts/pads
- ☐ Black, Closed-toe, anti-slip shoes
- ☐ 2 copies of your menu. Menus cannot include markings such as school logos or names. *(Post Secondary Competitors will complete their menus at the competition).*
- ☐ 2 copies of your detailed work plan. Work plans cannot include markings such as school logos or names. *(Post Secondary Competitors will complete their work plans at the competition).*
- ☐ All Mandatory ingredients are being utilized appropriately.
- ☐ All appropriate tools and an appropriate tool box (which your tools fit into).
- ☐ All required competencies are accomplished.
- ☐ Weights on all produced/plated items are understood.
- ☐ No outside ingredients or plates/service ware
- ☐ No prohibited equipment (see contest description for details).
- ☐ Latex/Nitrile gloves (if desired).
- ☐ Understand that it is the competitor's responsibility to produce MINIMAL waste. This means that 10% waste is acceptable and over production will result in deductions. Recipes provided are guidelines and may need to be adjusted.
- ☐ Pen or pencil for the required conversion test.
- ☐ Competitors understand that shared equipment will have to be used and returned promptly for other competitors to use. This should factor into your work plan to allow enough time to use the equipment and allow for wait times.
- ☐ Dishes are to be washed and dried on site. Toolbox checks may lead to infractions from unwashed dishes.
- ☐ Appropriately sized toolbox is used for the competition (0.06 cubic meters) 60 liters. All competitor tools MUST fit into the toolbox. Tools that do not fit into the toolbox cannot be carried in by hand or stacked on top. Toolboxes may be measured and point deductions may occur.

- ☐ Read and understand the judging criteria. Read and understand the appendices listed at the back of the contest description for recipes, conversion factor examples, and conversion factor practice. Precision cut examples, and uniform standards.

Appendix F – Uniform Standards

Dress Code for All Skills Alberta Culinary Arts Competitions

Competitors are responsible for supplying the following clothing. This uniform must be worn at all times during the competition.

1. Double breasted long sleeve white chef's jacket
 2. Black or checkered chef pants
 3. White apron (Both short and long aprons are acceptable. Aprons must not be a tripping hazard.)
 4. Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
 5. White necktie?
- A chef hat will be supplied by *Chef's Hat Inc.* to be used for the competition.
 - Uniforms must be clean and in good repair.
 - Uniforms may not be inscribed with any logo or name (including CCFCC or school name jackets).
 - Skills Canada Logo jackets are permitted.

Professional Chef Uniforms are available at the competitor's cost through *Chef's Hat Inc.* Please contact <mailto:info@chefs-hat.com> to order.

