



## 2026 Calgary Regional Skills Canada Competition

### Contest Description

SAIT Main Campus (1301 – 16 Ave NW, Calgary)

March 14, 2026

|                                                                                                                                                                                                                                                  |                    |                                                           |                   |                    |                    |                 |                    |                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------|-------------------|--------------------|--------------------|-----------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EVENT:</b> Baking                                                                                                                                                                                                                             |                    | <b>LEVEL:</b> Secondary                                   |                   |                    |                    |                 |                    |                                                                                                                                                               |
| <b>DURATION OF CONTEST:</b> 4 HOURS                                                                                                                                                                                                              |                    | <b>LOCATION:</b> John Ware Building, E-320-B, Third floor |                   |                    |                    |                 |                    |                                                                                                                                                               |
| <b>COMPETITION SCHEDULE:</b> <table><tr><td><b>ORIENTATION AND SET UP</b></td><td>8:00 AM – 8:30 AM</td></tr><tr><td><b>COMPETITION</b></td><td>8:30 AM - 12:30 PM</td></tr><tr><td><b>CLEAN UP</b></td><td>12:30 PM – 1:00 PM</td></tr></table> |                    | <b>ORIENTATION AND SET UP</b>                             | 8:00 AM – 8:30 AM | <b>COMPETITION</b> | 8:30 AM - 12:30 PM | <b>CLEAN UP</b> | 12:30 PM – 1:00 PM | <b>REGIONALIZED: YES</b><br>If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition. |
| <b>ORIENTATION AND SET UP</b>                                                                                                                                                                                                                    | 8:00 AM – 8:30 AM  |                                                           |                   |                    |                    |                 |                    |                                                                                                                                                               |
| <b>COMPETITION</b>                                                                                                                                                                                                                               | 8:30 AM - 12:30 PM |                                                           |                   |                    |                    |                 |                    |                                                                                                                                                               |
| <b>CLEAN UP</b>                                                                                                                                                                                                                                  | 12:30 PM – 1:00 PM |                                                           |                   |                    |                    |                 |                    |                                                                                                                                                               |
| <b>AWARDS CEREMONY INFORMATION:</b> The ceremony will take place immediately after the competition in the Aldred building.                                                                                                                       |                    |                                                           |                   |                    |                    |                 |                    |                                                                                                                                                               |

### CONTEST INTRODUCTION

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

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

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

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

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

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

### ORGANIZATION

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



## **PRESENTATION TIMING**

Competitors have a 10-minute window to present their products (NAPOLEON SLICES 12:00 – 12:10, Cake 12:10 – 12:20, Bread of the world 12:20 – 12:30). Competitors can present products up to 10 minutes before the posted presentation time. Competitors can present products up to 10 minutes after their allotted time, but at a (10%) ten percent point reduction penalty. All products presented after the 10-minute extension of the allotted time will receive a score of zero. Once the products are presented on the judge's presentation table no alterations can be made.

## **ORIENTATION**

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

## **MODULE A - SAFETY, SANITATION AND ORGANIZATION**

Competitors will be assessed based on the following criteria:

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

## **MODULE B – NAPOLEON SLICES**

Must be presented between 12:00 – 12:10

Eight (8) NAPOLEON SLICES (**2 sheets of unbaked puff dough provided.**)

- The puff dough needs to be docked and baked.
- 3 layers of puff dough.
- 2 layers of filling.
- Competitors will bring in their **pre-made** pastry cream to be used as a filling between the puff pastry layers.
- Glaze with white fondant icing and apply feather technique using contrasting colors of your choice. (Fondant Icing provided)
- Each piece must be identical in size.
- 3 inches x 1.5 inches, cut evenly.
- Eight (8) pieces of Napoleon Slices must be presented, 4 pieces on each platter. Both platters will be presented on the competitor's presentation table. (Two platters will be supplied) Or feel free to bring your own!



## MODULE C– BREAD OF THE WORLD: CHOCOLATE BABKA

Must be presented between 12:20 – 12:30

One CHOCOLATE BABKA Loaf:

- 500 g to 650 g baked weight.
- Competitors have the option to use the provided rich dough formula or use their own rich dough formula. Please refer to attached formula if you choose to use it.
- **If you are using your own formula; only the listed ingredients in the provided recipe will be made available!**
- Preferments are permitted but not required. If a competitor chooses to bring a preferment into the competition, it must be presented to the judges during set up. Examples of preferments: Polish, sponge, biga, and levain.
- Baked in a loaf pan or baked free form.
- Must be glazed with apricot glaze after baking.
- One loaf will be presented on a platter and will be presented on the competitor's presentation table. The platter will be supplied. Or feel free to bring your own!

The following recipes makes 2 babka loaves. Cut the formula in half to make one loaf.

| Ingredients                                                                                          | Quantity                                      | Method                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Sponge</u></b><br>Bread Flour<br>Butter, cold<br>Milk (35°C)<br>Instant Yeast                  | 200 g<br>63 g<br>150 g<br>3 g                 | 1. Combine ingredients for the sponge using a dough hook for 4 minutes at 1 <sup>st</sup> speed.<br>2. Cover & ferment for 30 minutes to 1 hour depending upon your production plan.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b><u>Brioche Dough</u></b><br>Bread Flour<br>Butter, cold<br>Eggs<br>Instant Yeast<br>Salt<br>Sugar | 215 g<br>155 g<br>165 g<br>7 g<br>8 g<br>63 g | 1. Combine eggs, yeast, salt & half the sugar with the sponge & mix to break up with a dough hook for 1 minute.<br>2. Add flour and mix on slow speed for 5 minutes.<br>3. Increase to medium speed for 8 minutes until gluten development is formed.<br>4. Add the remaining half of the sugar and continue to mix at medium speed for 3 minutes until fully incorporated. Halfway through the mix, stop the mixer, lower the bowl and then turn the dough upside down; this ensures even incorporation of the sugar.<br>5. Add cold butter in 3 additions. Halfway through the mix, stop the mixer, lower the bowl and then turn the dough upside down; this ensures even incorporation of the butter.<br>6. Wrap dough and bulk ferment for 1 hour.<br>7. Retard the dough for an additional hour before shaping for ease of handling. |

|                                  |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nutella                          | 300 g | <b>Assembly:</b> <ol style="list-style-type: none"> <li>1. Prepare 2x 8" cake rings with pan spray and place a 3" ring mold in the center on a parchment lined sheet pan or use 2 x loaf pans with pan spray that fit the size of each dough. This dough can also be baked as free form loaves.</li> <li>2. Divide the dough in half and work with one piece while the other remains in the fridge.</li> <li>3. Roll the dough into an 8" x 20" rectangle.</li> <li>4. Spread half of the Nutella evenly over the dough and roll into a log.</li> <li>5. Freeze the dough for 10 minutes while you assemble your second dough and freeze.</li> <li>6. Cut the semi frozen log lengthwise down the center.</li> <li>7. Twist the 2 pieces of dough with the layers of the inside showing.</li> <li>8. Place in prepared 8" cake ring and seal the ends.</li> <li>9. Repeat with second semi frozen log.</li> <li>10. Proof until almost doubled in size for approximately 2 hours at 27°C -28°C (81°F- 82°F). Do not proof above 30°C (86°F) as it may start melting the butter in the brioche dough.</li> <li>11. Bake in a 180°C (350°F) oven until internal temperature reaches 87.78°C or 88°C (190°F). Tent/Cover with foil if the bread is turning too dark.</li> <li>12. Brush with Apricot Glaze directly out of the oven.</li> </ol> |
| <b>Total Weight of the Dough</b> | 1329g |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

#### MODULE D – DECORATED CAKE

Must be presented at 12:10 – 12:20

Theme of Cake: **NIAGARA FLORA**

- Competitor will bring in their **pre-baked** 2 x 8" (21cm) round sponge cakes. Each cake will be cut into 2, 1-inch thickness layers at the competition site to create a final cake with a total of 4, 1-inch even layers.
- Swiss or Italian buttercream to be **pre-made** and brought into the competition.
- Competitor must bring in a **pre-made** filling of their choice and be iced with their buttercream.
- Iced cake height must not exceed 6.5" (16.5cm); other decorations may exceed this height.
- The sides must be iced smooth with buttercream. Decorations can be added to the sides. Garnishes may be **pre-made** and brought into the competition covering no more than 50% of the sides of the cake.



- Each layer must be soaked with **pre-made** simple syrup.
- Inscription to read: Skills Canada
- Inscription to be done using chocolate only.
- Cake is required to be decorated; competitors may choose style of decoration to demonstrate their skills, respecting the theme: **NIAGARA FLORA.**
- The decorated cake will be presented on a 10" cake board on the presentation table!
- Judges will cut a slice of cake for evaluation.
- **Pre-made means; you bring it to the competition!**

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

### UNIFORM REQUIREMENT

Please see the required clothing to be provided by the Competitor.

- White Chefs' coat (must be completely free of any names)
- Black, white, checkered or herringbone bakers/chef pants (no cuffed pants)
- Chef's Hat
- White aprons only, towels and oven mitts
- Hair nets are mandatory
- Beard nets are required if your mustache exceeds the upper lip
- Closed toe black or white shoes (no open backs) with a slip resistant sole (no high heels, sandals or running shoes, no canvas/mesh material)
- No jewelry allowed (rings, earrings, bracelet, watches, etc.)
- No piercing ornaments on the nose or eyebrows, or any facial piercings
- No false eyelashes
- No false nails or nail polish (must be short, clean and without varnish)

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

### ROLLING TOOLBOX

Competitors can bring in small wares and small equipment as they require to produce their products. Each competitor can bring two toolboxes provided they meet the .6m<sup>3</sup> guideline. At the end of the competition, you need to have cleaned your workstation, and all tools need to be ready to wheel out of the workstation area and stored in the designated area or removed by the competitor. Competitors are not allowed to bring more than can fit into the toolboxes.

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

- During orientation, toolbox dimensions will be measured to ensure they coincide with the requirements.



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- A point deduction will occur if a competitor brings in the wrong size toolbox. Competitors will also be required to repack and or remove tools and small wares to conform to the dimensions specified below.

These are examples; the toolboxes can look different but the maximum size of **.6 m<sup>3</sup>** must be adhered to.



## EQUIPMENT AND MATERIALS COMPETITORS MUST SUPPLY:

- Providing it fits within the toolbox guidelines listed above, bring everything you need for your competition except for the major equipment listed below.

## EQUIPMENT AND MATERIALS SUPPLIED BY THE COMMITTEE:

All major equipment:

- Oven, tabletop mixer with bowl and attachments, proofer, fridge, and freezer space and cooling racks, work bench, wash basins, baking sheets (16x24 inches 40 x 60cm), 2 Napoleon platters, 1 loaf platter, 1 cake board (Or bring your own if preferred)
- All food ingredients (only ingredients provided by the committee are allowed)

## COMPETITION SPECIFIC RULES

| Topic/Task                          | Contest Specific Rule                                                                                                                                                                                       |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Use of Technology                   | Competitors are <b>not allowed</b> laptops, tablets, cameras, cell phones, ear buds, calculators or other personal electronics in the competition area unless specified by the committee for certain tasks. |
| Use of Artificial Intelligence (AI) | Competitors <b>cannot</b> use AI to develop/generate any of the submitted work for any aspects of the competition.                                                                                          |

## JUDGING CRITERIA

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



| <b>Napoleon</b>              | <b>Bread of the World</b>    | <b>Themed Decorated Cake</b>   | <b>Safety Sanitation &amp; Organization</b> |
|------------------------------|------------------------------|--------------------------------|---------------------------------------------|
| Presentation Time            | Presentation Time            | Presentation Time              | Organization and Work Process               |
| Consistency of layers        | Weight                       | Maximum Height Restriction Met | Hygiene                                     |
| Size                         | Quantity                     | Filling Flavour                | Sanitation                                  |
| Quantity                     | Proof                        | Overall Taste                  | Work Safe                                   |
| Bake                         | Bake                         | Decoration Skills              | Cleaned Up and Emptied Workstation On Time  |
| Taste                        | Taste                        | Theme and Overall Impression   | Appearance/Uniform                          |
| Effective Use of Ingredients | Effective Use of Ingredients | Effective Use of Ingredients   |                                             |

#### **TIE BREAKER CRITERIA**

- Tiebreaker #1: The competitor with the highest score in the Safety, Sanitation and Organization criteria will be declared the winner.
- Tiebreaker #2: The competitor with the highest score in the Decorated Theme Cake criteria will be declared the winner.
- Tiebreaker #3: The competitor with the highest score in the Bread of the World criteria will be declared the winner.

#### **RELATED CAREER AND TECHNOLOGY STUDIES COURSES**

Descriptions of all modules are located at the following website:

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

FOD1010: FOOD BASICS

FOD1020: CONTEMPORARY BAKING

FOD:2040: CAKE & PASTRY

CKA3400: KITCHEN ORIENTATION

CKA3410: CULINARY FUNDIMENTALS

FOD2050: BREAD PRODUCTS

FOD3030: CREATIVE BAKING

FOD3040: YEAST PRODUCTS

CKA3450: BAKESHOP 1

CKA3470: YEAST PRODUCTS

#### **SAFETY**

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



#### ADDITIONAL INFORMATION

**Lunch:** Provided for all competitors at the awards ceremony. Unfortunately, all allergies may not be able to be accommodated for.

**Parking & Maps:** <https://www.sait.ca/about-sait/campus/campus-map>

**Regulations & Policies:** View the Skills Canada Alberta Regional Regulations & Policies here <https://skillsalberta.com/competition/regulations-and-policies/>

**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/>

#### REGIONAL COMMITTEE MEMBERS

|             |                                                              |
|-------------|--------------------------------------------------------------|
| Rolf Runkel | <a href="mailto:rolf.runkel@sait.ca">rolf.runkel@sait.ca</a> |
|-------------|--------------------------------------------------------------|

#### PORTIONING OF ALCOHOL

##### **Important Note: Secondary Competitors/Minors**

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



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

| INGREDIENT LIST                                                                                                                                                                                                                                                                                                                                           |                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| <b>DAIRY &amp; FAT</b>                                                                                                                                                                                                                                                                                                                                    | <b>LEAVENING AGENTS/STARCH</b> |
| Butter, unsalted                                                                                                                                                                                                                                                                                                                                          | Instant Yeast                  |
| Whole Milk                                                                                                                                                                                                                                                                                                                                                |                                |
| Eggs, large                                                                                                                                                                                                                                                                                                                                               | <b>SWEETENING AGENTS</b>       |
|                                                                                                                                                                                                                                                                                                                                                           | Sugar, granulated              |
| <b>Decorating Ingredients</b>                                                                                                                                                                                                                                                                                                                             | Sugar, icing powder            |
| Soft Fondant Icing (Napoleon Slice)                                                                                                                                                                                                                                                                                                                       |                                |
| Compound chocolate                                                                                                                                                                                                                                                                                                                                        | <b>FROZEN</b>                  |
| Food colouring upon request                                                                                                                                                                                                                                                                                                                               | Puff Pastry                    |
| Apricot glaze                                                                                                                                                                                                                                                                                                                                             |                                |
| <b>FLAVOURING</b>                                                                                                                                                                                                                                                                                                                                         |                                |
| Salt                                                                                                                                                                                                                                                                                                                                                      | <b>STAPLES</b>                 |
| Nutella                                                                                                                                                                                                                                                                                                                                                   | Silicone Paper                 |
|                                                                                                                                                                                                                                                                                                                                                           | Cling Film (Resinite Wrap)     |
| <b>FLOUR</b>                                                                                                                                                                                                                                                                                                                                              | Aluminum Foil                  |
| Bread Flour                                                                                                                                                                                                                                                                                                                                               | Paper Towels                   |
| <ul style="list-style-type: none"> <li>Only the ingredients listed may be used during the competition, no others will be allowed other than those listed above.</li> <li>Competitors can bring in their own food colors.</li> <li>Competitors are responsible for bringing all pre-baked and pre-made products that are listed in the modules.</li> </ul> |                                |