



2026 Lakeland Regional Skills Canada Competition

Project Description

Trades Centre, Lakeland College, 5707 College Drive, Vermilion, AB

February 27, 2026

EVENT: Culinary Arts	LEVEL: Secondary												
DURATION OF CONTEST: 3.5 HOURS OF COOKING 4.5 HOURS TOTAL WITH SETUP & CLEAN UP	LOCATION: TC 128, TRADES CENTER												
COMPETITION SCHEDULE: <table border="1"><tr><td>ORIENTATION & SET UP</td><td>9:00</td></tr><tr><td>COMPETITION START</td><td>9:30</td></tr><tr><td>MAIN COURSE</td><td>12:30</td></tr><tr><td>PRESENTATION</td><td></td></tr><tr><td>DESSERT PRESENTATION</td><td>1:00</td></tr><tr><td>CLEAN UP</td><td>1:15</td></tr></table>	ORIENTATION & SET UP	9:00	COMPETITION START	9:30	MAIN COURSE	12:30	PRESENTATION		DESSERT PRESENTATION	1:00	CLEAN UP	1:15	REGIONALIZED: YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
ORIENTATION & SET UP	9:00												
COMPETITION START	9:30												
MAIN COURSE	12:30												
PRESENTATION													
DESSERT PRESENTATION	1:00												
CLEAN UP	1:15												
AWARDS CEREMONY INFORMATION: Alumni Hall (AH Cafeteria) 4:00 PM													

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 Module A as outlined in this contest description. This contest description outlines what is required from each competitor, and how marks are awarded.

Module A - Main Course and Dessert Cookery	
3.5 Hours Total Kitchen Time	Two portions of the menus below must be prepared – one is for tasting and one is for presentation. Please scale recipes accordingly to meet the requirements.
Description	Competitors will be provided with 2 pc whole chicken legs and must cut into the bone-in-thigh and the drum. This chicken will be used in your two main course plates.

	<p>Main Course: Chicken Chasseur The chicken must include:</p> <ul style="list-style-type: none"> • Chicken, shallots or onions, garlic, mushrooms, tomatoes, sauce, tarragon, parsley • A minimum of one (1) starch preparation (e.g., whipped potatoes) • A minimum of two (2) vegetable/fruit preparations (e.g., glazed vegetables, sautéed green beans) • A minimum of one (1) functional edible garnish • A minimum of one (1) item from the vegetable cuts • Demi-Glace: Competitors must bring pre-made to the competition <p>Dessert: Tarte Tatin The dessert must include:</p> <ul style="list-style-type: none"> • Individual Classic Apple Tarte Tatin (pastry provided) • Caramel Sauce • Classic Chantilly Cream • A minimum of one (1) functional edible garnish
Additional Requirements	<p>Competitors must bring:</p> <ul style="list-style-type: none"> • Two copies of their menu, detailing the two courses they are serving. Menus should not state the name or school of the competitor. • Two copies of their work plan. One to be posted at their workstation, and the other to be handed in to the judges. Work plans must have the competitors name on them.
Service Details	<ul style="list-style-type: none"> • Main Course: Minimum 250 g to maximum 300 g per plate • Dessert: Minimum 125 g to maximum 185 g per plate • Cooking temperature must meet food safety standards, no frozen components.
Available Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module will be included in the common food table document.
Special Equipment Required	<ul style="list-style-type: none"> • Two (2) of each of the following plateware will be provided: <ul style="list-style-type: none"> • 12' round white plates for the Main Course • 12' round white plates for the Dessert • No service wares (China) permitted other than that provided. • Service spoons, glasses, ramekins, etc., are not allowed.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes are supplied by the committee where applicable. Recipes should be scaled up or down according to the required amounts. • Recipes meet the competitions' foundational competencies, though may be built upon regarding seasoning and garnish. • A list of all ingredients available for this module will be included on the final pages of this document.

EQUIPMENT & MATERIALS**Equipment and Materials Competitors Must Supply:****Basic equipment such as:**

- Knives, spatulas, ladles, whips
- Hand mixers (beaters)
- 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 (provided by competitor):

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

SHARED EQUIPMENT & MATERIALS Supplied by the Committee:

<ul style="list-style-type: none"> • All food from the project description and the common table unless specified that student brings (ie Demi glace) • Workstation • Available sink with hot & cold water • Stove with an oven (potentially shared) • Parchment paper, foil, butcher's twine 	<ul style="list-style-type: none"> • Adequate fridge and freezer space • Garbage, recycling and organics/compost bins • 1 Electric outlet per workstation • 1 Display area for finished plates • Plateware/tasting spoons
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COMPETITION SPECIFIC RULES

The following Competition Specific rules along with SCA's overall Policies and Procedures provide specific details in competition areas that may vary from one another. Any additional contest rules will be reviewed during the Competitor Orientation.

Topic/Task	Contest Specific Rule
Use of Technology	Competitors are not allowed laptops, tablets, cameras, cell phones, smart watches, ear buds, calculators or other personal electronics in the competition area unless specified by the committee for certain tasks.
Grooming Standard	<ul style="list-style-type: none"> • 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.

	<ul style="list-style-type: none">• Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.• Beards must be neat and trimmed or restrained with a beard net.• Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.• In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (RTC), and resolution may be directed at that time.• The RTC's resolution is final, and non-compliance will result in point deductions or removal from the contest.• The RTC has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.• Depending on the severity of the infraction, plates may face deductions or may not be judged.
Other	<ul style="list-style-type: none">• 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 <u>without notice</u>, 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 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.
- 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 RTC, and can range from point deduction, up to full disqualification from the contest.

GENERAL CONTEST DETAILS

Schedule

The schedule for the day of competition is to be followed exactly. Work schedule and service times are to be respected. There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in marks will occur. For example: Entrée must be served from 12:30 pm to 12:32 pm. After which, marks will be deducted every minute until 12:45 pm. After 12:45 pm plates will not be accepted for judging though feedback may still be provided.

Time & Cleaning

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

JUDGING CRITERIA

Competitors will be evaluated in the following categories. See Appendix #4 (pg 13) for more details.

- Safety & Sanitation – 15%
- Organization & Product Utilization – 10%
- Preparation & Technical Skills – 25%
- Presentation – 15%
- Taste & Required Menu Components – 35%

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 jewelry including facial, earrings, watches and rings must be removed to comply with sanitation regulations.



RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160519/fod_sum.pdf

ADDITIONAL INFORMATION

Training Resource - Live Q&A: We will be doing a live virtual training session. An e-mail with details will be sent to all registered participants.

Lunch: Provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.

Parking & Maps:

https://lakelandcollege.ca/_resources/about/campuses/Vermilion_CampusMaps.pdf

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

Audrey Roussel	Monique Hart	Kari Dougan
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Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

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

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

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These 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., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Brown Sauce (yield 1 gal/4 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1	lb	Onion	medium dice, for Mirepoix
8	oz	Carrots	medium dice, for Mirepoix
8	oz	Celery	medium dice, for Mirepoix
8	oz	Butter	
8	oz	Bread flour	
6	qt	Brown stock	
8	oz	Tomato purée	
0.5	each	Bay leaf	for Sachet
0.25	tsp	Thyme	for Sachet
6	each	Parsley stems	6-8 stems, for Sachet

1. Sauté the mirepoix in the butter until well browned.
2. Add the flour and stir to make the roux. Continue to cook until the roux is browned.
3. Gradually stir in the brown stock and tomato purée, stirring constantly until the mixture comes to a boil.
4. Reduce heat to simmer and skim the surface. Add the sachet and simmer for about 2 hours, until the sauce is reduced to 1 gal (4 L). Skim as often as necessary.
5. Strain through a china cap lined with several layers of cheesecloth. Press on the mirepoix gently to extract their juices.
6. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Demiglaze (yield 1 gal/4 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
1	gal	Brown sauce	
1	gal	Brown stock	

1. Combine the sauce and stock in a saucepan and simmer until reduced by half.
2. Strain through a chinois (fine china cap) or a regular china cap lined with cheesecloth. Cover to prevent skin from forming. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Chasseur Sauce (yield 1 qt/1 L)

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

Amount	Unit	Ingredient	Preparation
2	oz	Butter	
6	oz	Mushrooms	sliced
2	oz	Shallots	minced
8	oz	White wine	
1	qt	Demi-glace	
8	oz	Tomato	diced
0.25	oz	Tarragon	minced
0.3	oz	Parsley	minced for garnish

1. Sauté mushrooms and shallots in butter.
2. Add white wine and reduce by three-fourths.
3. Add demi-glace and tomato.
4. Simmer 5 minutes and add herbs.

Tart Tatin (yield one 9-inch tart (23 cm))

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

Amount	Unit	Ingredient	Preparation
1500	g	Apples	Peeled, halved, cored
100	g	Butter	
250	g	Sugar	
250	g	Pastry/pie dough	

1. Peel the apples, cut them in half vertically, and remove the cores.
2. Select a heavy 10-inch skillet (25 cm) or sauté pan (a 10-inch skillet is needed to make a 9-inch tart). Melt the butter in the skillet. Cover the butter with sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill the center with the remaining apple halves. The pan should be completely full of apple halves standing on their edges and leaning against each other. They should protrude above the rim of the pan, but they will sink as they cook, making a tart about 1 ½ inches (4 cm) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked but will cook when the tart is baked. Remove from the heat and let cool slightly.
5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples.
6. Bake at 425°F (220°C) about 30-40 minutes, until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or will be partially reabsorbed so that the tart can be turned out. Place a cake circle or a platter over the pan, then invert the pan and circle or platter to turn out the tart. The tops of the apples should have a rich caramel color. If more shine is desired, the top can be dusted with sugar and caramelized under a broiler. Serve warm or at room temperature.

Caramel Sauce (yield 1 ½ qt)

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

Amount	Unit	Ingredient	Preparation
1	kg	Sugar	
250	mL	Water	
30	mL	Lemon juice	
750	mL	Heavy cream	
500	mL	Milk	

1. Combine the sugar, water and lemon juice in a heavy saucepan. Bring to a boil, stirring to dissolve the sugar. Cook the syrup to the caramel stage. Toward the end of the cooking time, turn the heat down to very low to avoid burning the sugar or letting it get too dark. It should be a golden color.
2. Remove from heat and cool for 5 minutes.
3. Bring the heavy cream to a boil. Add a few ounces of the caramel.
4. Stir and continue to add the cream slowly. Return to the heat and stir until all the caramel is dissolved.
5. Let cool completely.
6. Stir the milk into the cooled caramel to thin it out.

Appendix #2 – Chicken Butchery



J. Gerard Smith/© John Wiley & Sons, Inc.

(a) Cut off the wings at the second joint. Save for stocks.



J. Gerard Smith/© John Wiley & Sons, Inc.

(b) Cut through the skin between the leg and the body.



J. Gerard Smith/© John Wiley & Sons, Inc.

(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the "oyster," the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



J. Gerard Smith/© John Wiley & Sons, Inc.

(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



J. Gerard Smith/© John Wiley & Sons, Inc.

(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



J. Gerard Smith/© John Wiley & Sons, Inc.

(f) Continue the cut along the wishbone to the wing joint.



J. Gerard Smith/© John Wiley & Sons, Inc.

(g) Holding the chicken by the wing, cut through the wing joint.



J. Gerard Smith/© John Wiley & Sons, Inc.

(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



John Wiley & Sons, Inc.

st meat completely off the scle inside the breast so it e from the rest of the meat. other side.



J. Gerard Smith/© John Wiley & Sons, Inc.

(i) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



J. Gerard Smith/© John Wiley & Sons, Inc.

(k) Lift out the bone and cut it off at the joint.



J. Gerard Smith/© John Wiley & Sons, Inc.

(l) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



J. Gerard Smith/© John Wiley & Sons, Inc.

(m) A semi-boneless breast with the wing bone left in is known as a suprême or an airline breast. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.

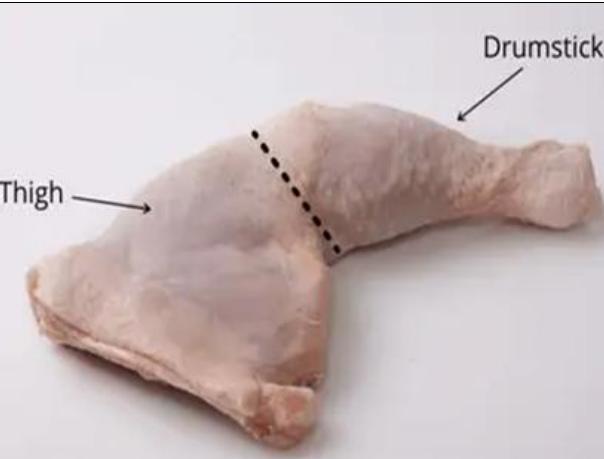


J. Gerard Smith/© John Wiley & Sons, Inc.

(n) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint, as in Figure 18.5.

FIGURE 18.6 Cutting up chickens, semi-boneless

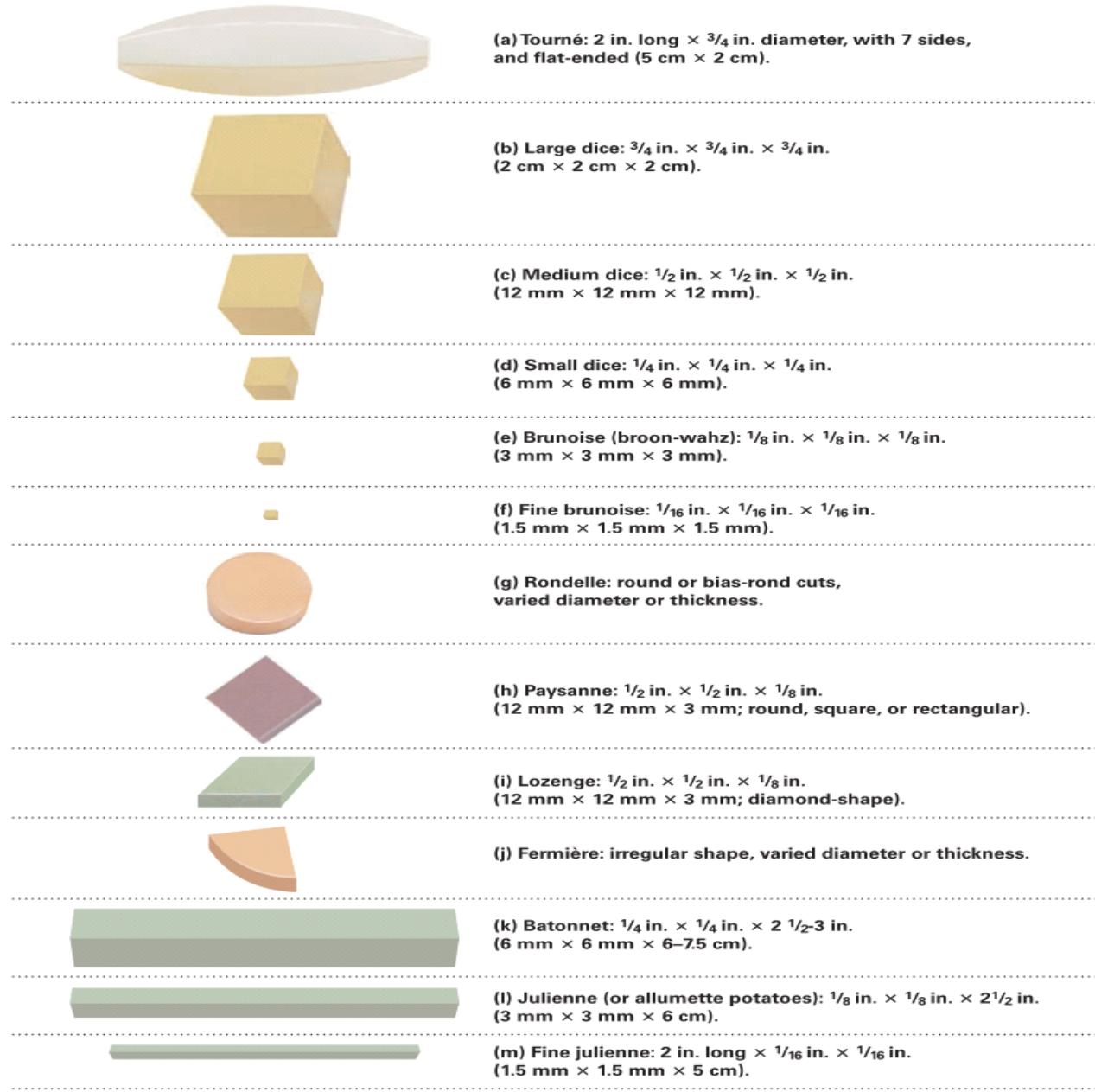
Raw Whole Chicken Legs

	Two whole legs
	Where to cut to separate
	Thigh and drum separated
Note: if the backbone is attached to the thigh it must be removed.	

Appendix #3 – Precision Cuts

Gisslen, Wayne. (2018). *Professional Cooking for Canadian Chefs* (9th edition). New Jersey: John Wiley & Sons.

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Appendix #4 – Judging Criteria

Safety & Sanitation	<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Workstation, floor, and fridge cleanliness • Cutting board hygiene • Proper food storage methods • All general food safety rules must be followed • All tools/equipment must be cleaned/sanitized/dried before packing/leaving. 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage • 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%

Appendix #5 - 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 ÷ 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.

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

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

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

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

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

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 - Common Table Ingredients

Dry Goods	Frozen	Vegetables
Baking Powder	Blueberries	Carrots
Baking Soda	Strawberries	Celery
Breadcrumbs, Panko		Garlic
Capers		Ginger
Chocolate Dark, Callebaut 54.5%	Fruit, fresh	Lettuce: Selection of greens
Chocolate Milk, Callebaut C383	Apples: Gala	Mushrooms: Button, Cremini
Chocolate White, Callebaut 28%	Lemons	Mushrooms: Shitake
Coffee, Instant	Limes	Onions: green
Cocoa Powder	Oranges	Onions: red
Cornstarch	Dairy	Onions: shallots
Flour, All-purpose	Butter, unsalted	Onions: yellow
Gelatin Sheets	Cream, 35%	Peppers: jalapeno
Gelatin Powder	Cream Cheese	Peppers: green
Glucose	Milk, 3.25%	Potato: Russet
Honey	Sour Cream, 14%	Potato: Yukon Gold
	Cheese	Squash: butternut
	Brie	Tomato: Roma
Oil: Canola, Extra Virgin Olive	Parmesan-Reggiano	Zucchini: green
Poppy Seeds	Herbs and Spices - Dry	Fresh Herbs
Salt: fine, kosher	Bay Leaves	Basil
Salt: Maldon sea salt	Cinnamon, Sticks	Chervil
Sesame Seeds, white	Cloves, ground	Chives
Shortening	Fennel, seed	Dill
Sugar: white	Nutmeg, whole	Mint
Sugar: powdered, brown	Pepper: cayenne	Oregano
	Peppercorns: black, white	Parsley, Italian
Tabasco Sauce	Star Anise	Tarragon
Tomato: diced	Nuts	Thyme
Tomato: paste	Almonds, whole	Proteins and Stocks
Vanilla: bean	Pistachios, whole	Bacon: sliced
Vanilla: extract	Miscellaneous	Eggs, large
Vinegar: balsamic, cider	Butcher's twine	Stock: dark beef
Vinegar: red, white	Cheesecloth	Stock: white chicken
Alcohol	Parchment Paper	Chicken, full legs
White wine: dealcoholized		
	White Bread	

Appendix #8 - 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.