



CONTEST DESCRIPTION

## **Cooking**

SECONDARY AND POST-SECONDARY

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## **1 THE ESSENTIAL SKILLS FOR CAREERS IN THE SKILLED TRADES AND TECHNOLOGY**

SCC is currently working with Employment and Social Development Canada (ESDC) in order to bring awareness to the importance of Essential Skills that are absolutely crucial for success in the workforce. Part of this ongoing initiative requires the integration and identification of Essential Skills in contest descriptions, projects, and project documents. The next phase and very important aspect of our Essential Skills (ES) initiative is to provide an ES report card to each competitor at the Skills Canada National Competition. The purpose of the ES report card is to inform the competitor about their current level of essential skills based on their competition scores. With this knowledge, the competitor will be made aware which essential skill may require improvement. Full implementation is expected in the next Skills Canada National Competition.

The following 9 skills have been identified and validated as key essential skills for the workplace in the legend below:

<sup>1</sup>Numeracy, <sup>2</sup>Oral Communication, <sup>3</sup>Working with Others, <sup>4</sup>Continuous Learning, <sup>5</sup>Reading Text, <sup>6</sup>Writing, <sup>7</sup>Thinking, <sup>8</sup>Document Use, <sup>9</sup>Digital

These essential skills have been identified in section 2.4 and/or 3.2 of your Contest Description and if applicable, in your Project and all other supporting project documents.

## **2 CONTEST INTRODUCTION**

### **2.1 Description of the associated work role(s) or occupations(s).**

<http://skillscompetencescanada.com/en/careers/services/cooking/>

### **2.2 Purpose of the Challenge**

Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows the public a snapshot into the trade of cook while demonstrating new culinary trends and techniques.

## 2.3 Duration of Contest

- **Secondary Contest – 7 hours Total**
  - Day 1 – Module A: 11:30 am to 5:00 pm (3 ½ hour contest plus orientation, set-up and clean-up time)
  - Day 2 – Module B: 7:45 am to 12:00 pm (3 ½ hour contest plus orientation and clean-up time)
- **Post-Secondary Contest – 7 hours Total**
  - Day 1 – Module A: 7:15 am to 12:00 pm (3 ½ hour contest plus orientation, set-up and clean-up time).
  - Day 2 – Module B & C: 11:30 pm to 5:00 pm (3 ½ hour contest plus orientation, set-up and clean-up time)

## 2.4 Skills and Knowledge to be tested

- Secondary
  - Day 1 - Module A: Competencies, Egg Cookery and Mise en Place for Day 2
  - Day 2 - Module B: Two (2) Course Menu (Main Course & Dessert)
- Post-Secondary
  - Day 1 - Module A: Competencies, Pressure Test and Mise en Place for Day 2
  - Day 2 - Module B: Three (3) Course Menu (Black Box Appetizer, Main Course & Dessert)

*Essential Skills – <sup>1</sup>Numeracy <sup>7</sup>Thinking (Problem Solving, Job Task Planning & Organizing),  
<sup>8</sup>Document Use*

## 3 CONTEST DESCRIPTION

### 3.1 List of contest documents produced and timeline for release.

DOCUMENT	DATE OF DISTRIBUTION VIA WEBSITE
Test Projects (S&PS)	November 2020
Menu Template Document	November 2020
Common Food Tables (S&PS)	November 2020

## **4 EQUIPMENT, MATERIAL, CLOTHING**

### **4.1 Equipment and material provided by Skills/Compétences Canada:**

- All food for the contest.
- 1 electric stove with an oven (4 burners)
- 1 electrical outlet per workstation with GFI
- 2 each 6 feet worktables
- Display area for finished plates.
- Shared refrigerator with freezer (on top) per station
- Shared sink with hot and cold water
- One rolling rack per station with:
  - Baking sheets - full - 4 per station
  - Baking sheets - 1/2 - 4 per station
  - Nylon cutting boards (1/2" thick - 12" x 24" minimum) – 2 per station
- Garbage, Recycling and Organics/Compost bins
- All sanitizing equipment (spray bottle, dish soap, sanitizer).
- Cleaning supplies – Nylon scour pads, paper towels and shop towels.
- Disposable foil pans 4" deep (half and full)
- Shared items between all competitors:
  - 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 (for ISI whipper)
  - Aluminum foil
  - Butcher's twine
  - Cheesecloth
  - Re-sealable bags
  - Parchment paper
- All service ware (china) will be provided by the committee. Please see test project for details.

#### 4.2 Equipment and material provided by the competitor

Competitors may bring any tool and/or equipment that is not provided on the shared equipment list (any competitor bringing “shared equipment items” to the contest site will have their equipment removed from the contest site). Examples of equipment that may be required are:

- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Pots and pans,
- Bowls
- Strainer
- Scale
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Recipes and reference books.
- CSA approved extension cord and/or power bar that must be properly secured to meet health and safety requirements.
- All equipment should be marked clearly for easy identification.

#### Notes:

- **Competitors are limited to 3 pieces of electrical equipment (battery or power operated) for the entire duration of the contest (not including the shared equipment). The NTC will be inspecting work stations and kits; any additional items will be removed the contest site. Choose your equipment wisely!!**
- Domestic electric stoves will be used on contest site. Please bring trays and pans that will fit into the oven.
- No outside sanitizing products may be brought onto the contest site. Any concerns must be directed to the competition chair prior to the competition.
- Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
  - A thermostatically controlled self-contained deep fat fryer, or a
  - A heavy pot (with lid) and a dedicated deep fat frying thermometer that is attached to the pot.
- It is not permitted to bring any foodstuffs into the contest, including colouring agents, transfer sheets, wood for smoking, canned oil sprays, dry ice, liquid nitrogen or any other consumable products. **Only the food provided can be used (no substitutions permitted).**

- Outside service wear, like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates.
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Items such as black ABS drain pipe, 3D printed molds, etc. are not food safe and therefore not permitted. The NTC reserves the right to inspect materials and prohibit its use.
- Use of Precision Controlled Equipment
  - This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature controlled equipment (any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g. Immersion Circulators, Thermal Mixers) must be limited to no more than one application over the two-day contest.
  - Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.
- All equipment that is needed for the module must be unpacked and stored on the competitor's station.
- Totes must be stored in the equipment storage area.
- Totes are not accessible during the module (competitors may access totes between modules).
- Once in the contest area no equipment may be added.
- Any equipment that is not on the station at the start of the competition will not be allowed onto the contest site.

#### **4.2.1 Toolboxes Guidelines**

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.

The Competitor toolbox must not exceed 0.6m<sup>3</sup> in volume. It can be multiple toolbox but the total of all toolbox, must not exceed the maximum volume indicated. There is no exception to this rule. If the Competitor toolbox is larger than what is indicated, the Competitor with the guidance of the NTC, will need to remove items from the toolbox and those items will not be used during the competition. All tools must fit inside one or more toolboxes. Tools outside of a toolbox will not be permitted.

#### **4.3 Required clothing (Provided by competitor)**

- Non-slip, closed toe, closed heel, water and oil resistant shoes (non-permeable)
- Dark or checked professional chef trousers.
- Double breasted, white chef jacket



- White Apron
- Side Towels
- Professional chef's hat
- Uniform Notes:
- Competitors need uniforms for 2 working days
- Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.
- It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and meets or exceeds sanitation and safety guidelines.
- Hands must be washed; nails must be trimmed, clean and free of polish while working with food. **False nails are not permitted in the contest area.**
- Hair must be restrained during the competition
- 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 National Technical Committee (NTC), and resolution may be directed at that time. The NTC's resolution is final, and non-compliance will result in point deductions, or removal from the contest. Any grievances must be directed immediately to a NTC member.

## 5 SAFETY REQUIREMENTS

### 5.1 Safety workshop

Upon arrival at the Skill area, Competitors will participate in a Safety workshop and they will be expected to work and maintain a safe working area during the competition. Any Competitor breaking any health, safety and environment rules, may be required to undertake a second safety workshop, this will not affect the Competitor's competition time.

### 5.2 List of required personal protective equipment (PPE) provided by Skills/Compétences Canada:

- N/A

### 5.3 List of required personal protective equipment (PPE) provided by competitors

- N/A



## 6 ASSESSMENT

POINT BREAKDOWN	/100
<b>Sanitation</b> <ul style="list-style-type: none"> <li>• Proper and professional clothes</li> <li>• Personal hygiene and cleanliness</li> <li>• Work Station, floor and fridge cleanliness</li> <li>• Cutting board hygiene</li> <li>• Proper food storage methods</li> </ul>	15
<b>Organization &amp; Product Utilization</b> <ul style="list-style-type: none"> <li>• Professional use of tools and equipment</li> <li>• Food wastage – full utilization of food taken</li> <li>• Energy and water – efficient utilization</li> <li>• Time Management - posted work plan</li> <li>• Proper planning and execution of tasks</li> </ul> <p>Menu to be submitted at proper time as outlined in the contest project</p>	10
<b>Preparation and Technical Skill</b> <ul style="list-style-type: none"> <li>• Proper use of the tools and equipment</li> <li>• Application of correct cooking techniques and methods</li> </ul>	25
<b>Presentation</b> <ul style="list-style-type: none"> <li>• Portion size in accordance with the test project</li> <li>• Clean plates</li> <li>• Harmonious colours</li> <li>• Appetizing and artistic presentation of food</li> <li>• Appropriate and complementary garnishes</li> </ul>	15
<b>Taste and Required Menu Components</b> <ul style="list-style-type: none"> <li>• Proper textures of foods</li> <li>• Correct degree of doneness</li> <li>• Balanced taste and seasonings</li> <li>• Flavours match the menu specifications &amp; descriptions</li> <li>• Food served at proper temperatures as specified in the test project and in accordance with industry standards</li> <li>• Respect timetable in regards to serving times</li> </ul> <p>All required elements outlined in the test project and the</p>	35

competitors menu appear on the plate.	
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## 7 CONTEST SPECIFIC RULES

Contest specific rules cannot contradict or take priority over the Competition Rules. They do provide specific details and clarity in areas that may vary from contest to contest. Any additional contest rules will be reviewed during the competitor's orientation.

TOPIC/TASK	CONTEST SPECIFIC RULE
Common-Table	<ul style="list-style-type: none"> <li>Food items that are available to carry out the test project will include all necessary proteins, dairy and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common table items will be specifically outlined in the common table document.</li> <li>The National Technical Committee reserves the right to change or limit food items <u>without notice</u>, depending on availability and quality. You will be marked accordingly for over-use, or waste of products. <b>ONLY</b> the foods provided by Skills Canada are permitted for use. Absolutely no outside food products are to be brought into the contest.</li> </ul>
Menu and Work plan Submission	<ul style="list-style-type: none"> <li>Competitors must write and submit two (2) copies of menus, and menu elements for each day of the competition. These documents can be carefully hand written, or printed.</li> <li>Competitors must use the menu, and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used.</li> <li>Competitors must have two (2) copies of a workplan at their station – one for use by the competitor and one for use by judges.</li> <li>Do <u>not</u> include your name or your province/territory on the menu.</li> <li>Cooking methodologies used throughout the contest must follow those prescribed in the Test Project. Recipes may be</li> </ul>

	consulted throughout the competition.
Professional Conduct	<ul style="list-style-type: none"> <li>• It is the primary intent of the NTC to provide a fair, equitable and transparent contest.</li> <li>• Therefore, during the contest, all, and any, communication between candidates and persons outside the site are not permitted. This includes verbal, non-verbal, written and electronic forms of communication.</li> <li>• The use of cellular phone is prohibited.</li> <li>• Any competitor engaging in these activities will be penalized. Penalties will be administered by the NTC, and can range from point deduction, up to full disqualification from the contest.</li> <li>• If a candidate must leave the site, an NTC member must be advised prior to leaving the contest site</li> </ul>
Sustainability	<ul style="list-style-type: none"> <li>• Handling of recycling, organic waste and garbage will be discussed at orientation and follow the guidelines set out by the host city.</li> <li>• Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the competitors are being wasteful in their use of power and/or water</li> </ul>

## 8 ADDITIONAL INFORMATION

### 8.1 Interpreter

If a competitor requires the help of an interpreter once onsite during the competition, the Skills/Compétences Canada Provincial/Territorial offices must advise Skills/Compétences Canada National Secretariat a minimum of 1 month prior to the competition or this service might not be guaranteed.

### 8.2 Test Project change at the Competition

Where the Test Project has been circulated to Competitors in advance, NTC shall change a maximum of 30% of the work content. Please refer to the Competition Rules.

### 8.3 Ties

- Tiebreaker #1: The competitor with the highest score in Taste and Required Menu Components will be declared the winner.
- Tiebreaker #2: The competitor with the highest score in Prep & Technical skills will be declared the winner.
- Tiebreaker #3: The competitor with the highest score in Presentation will be declared the winner

### 8.4 Competition rules

Refer to the competition rules of the Skills Canada National Competition which can be found on our website.

## 9 NATIONAL TECHNICAL COMMITTEE MEMBERS

Member Organization	Name
Nova Scotia	Sean Kettley
Prince Edward Island	Andrew Nicholson
New Brunswick	Dave Irvin
Québec – Chair	Éric Archambault
Ontario	Steve Bennis
Manitoba	Raymond Czayka
Saskatchewan	Curtis Hack
Alberta	Jason St. Laurent
British Columbia – Co-Chair	Phillip Lie
Nunavut	Colleen Neily
Northwest Territories	Travis Stewart
Yukon	Ryan Cumming
Newfoundland and Labrador	Danial Flight

Contact the Skills/Compétences Canada national secretariat for any questions or concerns: Nathalie Maisonneuve ([nathaliem@skillscanada.com](mailto:nathaliem@skillscanada.com)).