



Project

Cooking

POST-SECONDARY



TORONTO ON

MAY 28 – 29, 2026

TEST PROJECT

COOKING - TRADE 34

Competition Chair:

Phillip Lie, CCC, RSE, BHM - NTC British Columbia

Competition Co-Chair:

Andrew Nicholson, RSE, CAE - NTC Prince Edward Island

Canadian Expert, Cooking:

Sean Kettley CCC, RSE – World Expert - Nova Scotia

General Information

This **Test Project** is based on the Contest Description document for the Skills Canada National Competition and provides detailed information about the contest itself, whereas the **Contest Descriptions** provide general information on the SCNC competitions.

All relevant documents are available on the Skills Canada Website.

All questions must be addressed to both the National Technical Chair and Co-Chair

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1. INTRODUCTION

The competition will comprise of 2 days of competition over 10.5 hours. Specific mandatory ingredients and Test Items will be revealed at the competition as per the competition schedule.

2. COMPETITION SCHEDULE:

Competition orientation is on Wednesday, May 27th, 2026.

Competition Day 1 – Thursday, May 28, 2026

Module 1A

9:30 AM Arrival of candidates on site. Introductions and briefing of Day 1 of the competition.

10:00 AM

- Specific Mandatory ingredients are revealed. All items must be prominently incorporated into the competitor's main 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 A for an example.)

10:15 AM Competitors complete the costing exercise, design a descriptive menu, list menu elements, and produce a work plan for Day 2. Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (except those provided by the NTC). No late submissions are accepted.

12:45 PM

- Submit two (2) handwritten copies of the following: work plan, descriptive menu, and menu element documents using the templates provided by the NTC at the competition site.
- Competitors may take one copy of their work plan, menu, and menu elements to reference for day 2.
- Day 1 menu submissions are final. No additions or substitutions are allowed.
- Submit the costing exercise.

12:45 PM Review of the competition schedule for Day 2. Question and discussion period.

13:00 PM Competitors leave the competition site. Lunch is provided for competitors.

Competition Day 2 – Friday, May 29, 2026

8:45 AM Competitors arrive on site.

9:00 AM Safety Orientation. Expectations are outlined for day 2 of the competition.

9:10 AM Set-up workstation *** Equipment only, Toolboxes returned to the storage area. (No contact with food items at this time).

9:30 AM Competition Starts; pressure test announced.

12:00 PM Presentation of Vegetable Precision Cuts.

12:45 PM: Clean up and inspection of workstations. (No cooking/prep at this time). All food production and cooking must end.

1:00 PM Candidates must leave the competition site. Lunch is provided for competitors.

1:55 PM Competitors return from lunch, NTC Briefing.

2:00 PM Competition resumes.

3:30 PM Appetiser presentation.

4:15 PM Main Course presentation.

5:00 PM Dessert presentation. Clean-up of the station.

5:30 PM Stations are inspected, and then competitors leave the site.

NOTES:

Timing of Service:

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

Example: Dessert must be served from 4:00 p.m. to 4:02 p.m. after which, marks will be deducted every minute until 4:12 p.m. At 4:13 p.m., submitted work will no longer be accepted for judging.

3. DESCRIPTION OF PROJECT AND TASKS



- **3.1 Mandatory Ingredients**

Below is a list of mandatory ingredient categories. All of these items/ingredients must be present over the three courses and be easily identifiable.

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

- Fruits
- Fungi
- Leaf
- Shoots
- Root/tubers
- Alcohol

3.2 Pressure Test Items – Module 2A

Competitors will be assigned a “Pressure Test Item” that allows competitors to showcase specific skills as selected by the NTC. At the chosen time, the NTC will announce the test item. The test item must be presented for judging at the previously drawn service time. No methodology will be offered ahead of the competition.

Time limit: Competitors will have a maximum of 30 minutes to complete the pressure test. After this time, the NTC will not evaluate any food products.



- 3.3 Competencies

Competencies

Competencies – Module 2B	
Description	<p>Vegetable precision cuts:</p> <p>Items are presented in individual containers (containers provided).</p> <ul style="list-style-type: none"> • 50g brunoise of fennel (3mm), 50g brunoise of celery (3mm), 20g consistent finely chopped/sliced chives. Cuts must be present in the Appetiser. • See Appendix B – precision cuts of vegetables. • Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. • All cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu.
Available ingredients	<p>A list of all ingredients available for this module is included in the common food table document.</p>
Special equipment required	<ul style="list-style-type: none"> • Deli or compostable containers (provided by the NTC). • Test Item is to be presented in the appropriate plates, bowls, or containers (provided by NTC). • No service wares (China) permitted other than those provided by the NTC. • Service spoons, glasses, ramekins, etc. are not allowed.



Appetiser – Module 3A	
Description	<p>Prepare four (4) portions Rillettes of Salmonidae. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Rillettes of fish • Must utilize Precision cuts from Module 2B • Cracker component • Dressed Petit Salad • Appropriate, functional, edible garnish • Cold sauce plated
Service Details	<ul style="list-style-type: none"> • Note - Molds, etc., are permitted for production; however, added service wares: spoons, glasses, ramekins, etc., are not allowed for service. • Protein items must be cooked to correct internal temperatures following food safety guidelines. • Appetiser course must be served cold (room temp) on the plates provided. • Total plate portion must be between 125 – 175 grams. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white – 4 each
Available ingredients	<ul style="list-style-type: none"> • A list of all other ingredients available for this module is included in the common food table document.
Timing of Service	<ul style="list-style-type: none"> • Plates must be presented for judging at the time stated on the competition schedule.



Main Course – Module 3B

Description	<p>Prepare four (4) main course plates <u>utilising the whole duck</u>. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Protein component, must be cooked en croute (e.g., <i>Pithivier / Wellington</i>) and must include the following: <ul style="list-style-type: none"> ○ Duck - Breast cooked medium rare – medium. ○ Duck – Legs must be utilised ○ Mushroom Duxelles ○ Puff Pastry ○ For presentation, the finished product must be cut to show the cross section of all elements contained in the pastry. • Items utilized from the mandatory ingredient list: Whole duck must be utilized • A minimum of 3 different cooking methods demonstrated • A functional vegetable element/garnish • A minimum of 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 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. • Elements must be served hot - no cold preparations. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white – 4 each • Sauce boat – 1 each
Available ingredients	<ul style="list-style-type: none"> • A list of all additional ingredients available for this module is included in the common food table document. Maximum amounts per ingredients are listed in the common table.
Timing of Service	<ul style="list-style-type: none"> • Plates must be presented for judging at the time stated on the competition schedule.



Plated Dessert

Plated Dessert Creation – Module 3C	
Description	<p>Prepare four (4) 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 must include) • Sponge component • Garnish, (such as tempered chocolate, sugar component) • Mystery fruit element must be incorporated within the entremets (<i>such as mousse, glaze, gelee, sponge</i>), 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 plated frozen components permitted. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white
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	<ul style="list-style-type: none"> • Desserts must be presented for judging at the time stated on the competition schedule.



NUMERACY



ADAPTABILITY



WRITING



PROBLEM SOLVING




CREATIVITY & INNOVATION



Appendix A Recipe Costing Exercise Example

This sample is for competitors to use as a reference. 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 must 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	



Appendix B Precision Cuts

Source: Professional Cooking, 9th edition

Page: 145

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

Appendix C



2026 Post-Secondary Marking Scheme

Safety and Sanitation	Weight:	15
Aspect	Measurement or Judgement	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

Organization & Product Utilization	Weight:	10
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Costing Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e., over/under preparation	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	
Recipes reflect own ideas & originality - interpreting trends	J	
Selects appropriate fabrication and preparation techniques	J	
Knowledge of Cooking Methods	J	
Knowledge of food Ingredients, their application and preparation	J	
Costing Exercise	M	

Presentation	Weight:	15
Aspect	Measurement or Judgement	



Presented food/China is cleanly presented. Service wares are free of spills, and fingerprints	M
Dish fits the China used and shows negative space	M
Appetizer Visual Presentation Appeal	J
Main Course - Visual Presentation Appeal	J
Dessert Creation Visual Presentation Appeal	J
Modernistic and Contemporary Food Presentation style	J
Overall Quality and Value of Food Presented	J
Leeks – small dice cut to industry standards	M
Carrot – small dice cut to industry standards	M
Celery – small dice cut to industry standards	M
Key/required food ingredients are reflected in the written menu description	M

Taste and Required Menu Components	Weight:	35
Aspect	Measurement or Judgement	
Appetizer meets correct portion size as per Test Project	M	
Main Course meets correct portion size as per Test Project	M	
Dessert meets correct portion size as per Test Project	M	
Error-free, professionally written descriptive menu	J	
Appetiser - Showcase Required Elements	J	
Main Course - Showcase Required Elements	J	
Dessert Creation Showcase Required Elements	J	
Appetizer Texture, Doneness,	J	
Main Course Texture & Doneness	J	
Dessert Creation Texture & Doneness	J	
Appetizer Flavour	J	
Main Course Flavour	J	
Dessert Flavour	J	
Seasoning of Food	J	
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M	
Precision Cut Weights	M	