

2010 Provincial Skills Competition

Attention Competitors

**At the 2010 Provincial Skills Competition
Safety is # 1**

**Each Event Area Will Have Safety Equipment
and Requirements That Competitors Must
Adhere To**

Important Must Read!!!!

**Competitors Must Meet All Safety Requirements
To Compete At The Provincial Skills Competition**

**Please Consult The Scope Document To
Determine The Safety Requirements For Your
Area**

**It Is Recommended That Competitors Check The
Scope Document To Ensure You Meet All Safety
Requirements**

Scope Documents May Be Updated Until January 8th, 2010

2010 Provincial Skills Competition

Scope Document

EVENT: COOKING	LEVEL: POST SECONDARY
START TIME: 8:00 AM April 16th, 2010 (Orientation at 7:15am)	LOCATION: SIAST WOODLAND CAMPUS Kitchen
INTERNATIONAL TRADE #: 34	DURATION: 3 1/2hrs

PURPOSE OF THE CHALLENGE:

Evaluate Professional Culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules. Present and promote to the public a view of the trade Cook/Chef and to demonstrate new culinary trends

SKILLS AND KNOWLEDGE TO BE TESTED:

THEORY EXAM: - NO

- **3 course menu**
- **2 portions- one for taste-one for presentation**
- **Starter duck consume –presentation – 11:00**
- **Main course to include starch – duck(stuffed portion) 2 vegetable preparations- 11:15 presentation**
- **Dessert – your choice utilizing “Choux Paste” 11:30 - presentation**

TOOLS AND EQUIPMENT

Supplied by Committee:

- **All food for the contest and the common table**
- **Presentation Plates (white, round)**
- **Presentation Bowls (white , round)**
- **Sauce boats**
- **1 stove with oven**
- **Table**
- **Fridge and freezer space**
- **Sink with hot & cold water**
- **Electrical outlet**
- **Display area for finished plates**
- **Garbage bins dedicated to workstation**

TOOLS

Supplied by Competitor: (minimum)

- *It is not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil spray or any other consumable product. Only the food supplied can be used.*
- **Competitors may bring any tool or equipment deemed necessary.**
- **All of the tools and equipment must fit on the workstation(nothing may be stored on the floor)**
- **Knives, ladles, whips, spatulas, piping bags, tips, rolling pin etc.**
- **Basic pots, pans, cutting board, sheet pans, molds etc.**
- **Mixers, blender, food processor etc**
- **Kitchen towels, dish cloths, oven mitts**
- **Recipe and reference books.**

- **Cleaning supplies, pails, scouring pads**
- **All equipment to be marked clearly for easy identification.**

PERSONAL PROTECTIVE EQUIPMENT

Competitor Must Provide:

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc)
- Black or checked chef trousers
- Double breasted chef jacket(can have embroidery to identify competitor, school etc)
- White apron
- Side towels
- White neck tie
- Chef hat

JUDGING CRITERIA:

• Hygiene		150
•Time and product utilization		100
•Preparation		250
•Presentation		150
•Taste	300	
•Set items		50

Marks will be deducted for extra material used

ADDITIONAL NOTES: ORIENTATION WILL TAKE PLACE April 16th, 2010, 45 MINUTES BEFORE START TIME (7:15 AM), AT COMPETITION SITE.

COMMITTEE MEMBERS:

Fred German
Kevin Mardell

SIAST Palliser
SIAST Woodlands