



SECONDARY COOKING COMPETITION
Monday March 5, 2018
AT
THE CULINARY INSTITUTE OF CANADA



HOLLAND COLLEGE
PRINCE EDWARD ISLAND

P.E.I Skills Canada Cooking Competition

Contest Description

Secondary Level

Monday, March 5, 2018

PURPOSE OF THE CHALLENGE:

To evaluate each contestant for employment and to recognize outstanding students for excellence and professionalism in culinary arts.

SKILLS AND KNOWLEDGE TO BE TESTED:

To demonstrate skills and encourage the highest possible standards for employment

Equipment, Tools, Supplies, Clothing

Uniforms: Contestants must wear professional cooking uniforms.

Safety shoes if available. Closed in durable footwear.

The main floor kitchen at the Culinary Institute of Canada will be the location of the competition.

Supplies, kitchen equipment, tools will be available to each contestant.

SPECIFIC REQUIREMENTS:

Prepare a set three course menu within four hours.

Recipes will be supplied.

Each entrant will prepare and cook four (4) plates of each course (Appetizer, Main Course, Dessert)

1 Plate is for tasting by the judges

1 Plate is for display, for the judges and public.

The plates will be presented to the judges according to a preset time schedule.

DURATION OF THE COMPETITION:

2:00 PM - 6:00 PM Each competitor will prepare a three course menu

6:00 PM -7 PM Serving the food and cleaning kitchen area

Approximately

7:00 PM

AWARD PRESENTATION

P.E.I Skills Canada
Cooking Competition
Secondary Levels
March 5, 2017

Itinerary

12:30pm - 1:00 pm

**All competitors are invited to a free lunch in the cafeteria
Uniform to be handed out**

1:15 pm - 1:30 pm

Tour of the culinary facility

1:30 pm - 2:00 pm

**Orientation of kitchen and equipment
Introduction to 2nd Year student kitchen helpers**

2:00 pm - 6:00 pm

Preparation of 3 course meal

6:00 pm

Serving of the meal according to schedule

7:00 pm

**Cleaning of kitchen
and awards Presentation**

Marking criteria

<u>%</u>	<u>Title</u>	<u>Explanation</u>
15 %	Hygiene	Proper and professional clothes Personal hygiene and cleanliness Work Station, floor and fridge cleanliness Cutting board hygiene Proper food storage methods
10 %	Time & Product Utilization	Food wastage Energy and water wastage Wasted time Respected timetable in regards to serving times Proper planning of tasks
25 %	Preparation	Proper basic cooking techniques Proper culinary methods Professional use of tools and equipment
15 %	Presentation	Portion size and disposition of food Harmonious colours Clean plates Appetizing, modern and artistic
30 %	Taste	Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu
5%	Set items	Presentation in concordance with the demanded dishes

Student Uniform Information Sheet

School: _____

First Name: _____

Last Name: _____

Circle chef jacket size:

small medium large extra large

Each competitor must wear shoes suitable for the kitchen; durable footwear closed in at the heel and toe is absolutely necessary, steel toe safety shoes would be ideal.

Each competitor must be clean long pants suitable for the kitchen.

Hair that is longer than the neckline must be tied back and put up in a neat and tidy manner.

Any visible piercings will need to be removed.

Apron, tie, side towel, and chef's hat will be supplied.

Knives will be supplied by the Culinary Institute

1 Chef's Knife

1 Peeler

1 Paring Knife

**Complete this sheet and send to
Chef Instructor Hans Anderegg by February 28, 2018**

**Fax: 894-6801 Attention Chef Hans Anderegg
or email required response to
handeregg@hollandcollege.com**