



Prince Edward Island 2024 PROVINCIAL Skills  
CULINARY Competition, Secondary  
Monday, March 18, 2024  
AT  
THE CULINARY INSTITUTE OF CANADA



**HOLLAND COLLEGE**  
**PRINCE EDWARD ISLAND**

**2024 PEI Provincial Skills Competition**  
**Cooking - Secondary**  
**Sponsored by**  
**The Culinary Institute of Canada**  
**Monday, March 18, 2024**

**PURPOSE OF THE CHALLENGE:**

To recognize outstanding students for excellence and professionalism in Culinary Arts.  
To select a representative for PEI at the National Skills Canada Competition May 30 & 31, 2024 in Quebec City, Quebec.

**SKILLS AND KNOWLEDGE TO BE TESTED:**

To demonstrate skills and encourage the highest possible standards for employment and to recognize outstanding students for excellence and professionalism in their field.

**SPECIFIC REQUIREMENTS:**

To produce a 2-course menu, X 4 plates per course within 4 hours.  
Each entrant will prepare and cook:

- **Tomato Sauce:**
  - Prepare and present **1 litre of tomato sauce.**
  - Tomato sauce must be used for the pizza.
- **Pizza Dough**
  - Prepare and present **0.908 kg of pizza dough.**
  - The pizza dough must be used.
- **Precision Cuts Competency:** Competitors will produce the following:
  - **200 g medium dice** (using a vegetable/fruit from the common table).
  - **100 g small dice** (using a vegetable/fruit from the common table).
  - **100 g julienne** (using a vegetable/fruit from the common table).
  - All competencies must be utilized in the Menu.
  - You are encouraged (but not required) to use the full weights, but the ingredients should be showcased in some recognizable form.

**Main Course: Pizza with Side Salad**

- **Pizza main course** must include a minimum of:
  - Pizza Dough.
  - Tomato sauce base.
    - i. Note that a derivative sauce can be made, or additional seasonings can be added to finish the sauce.
  - Two (2) vegetable/fruit preparations
  - One (1) protein preparation (or protein substitute)
  - One (1) type of cheese
- **Side Salad accompaniment** must include a minimum of:
  - Three (3) types of lettuce and/or greens from common table
  - One (1) precision cut.

- One (1) vinaigrette – competitor’s choice of flavour
- One (1) functional garnish that is modern, and complimentary.

**Dessert: Italian Inspired Dessert**

- **Italian Inspired Dessert** must include a minimum of:
  - One (1) cookie preparation of the competitor’s choice.
  - One (1) pastry cream (flavour of the competitor’s choice).
  - One (1) fruit-based sauce.
  - One (1) functional garnish of either sugar or chocolate

**Competitors will provide a food requisition for their menus to Chef Andrew Nicholson by Friday, March 8, at 12 PM.**

Competitors will be present in the Tourism and Culinary Centre lobby no later than **11:45 am on Monday, March 18, 2024.**

**DURATION OF THE COMPETITION:**

Monday, March 18, 2024

12:00pm - 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

The plates are to be presented to the judges according to a set time schedule.

**Competitors will have 30 minutes between courses to reset and plate the next course.**

Competitors must plate 3x judges’ plates + 1x Show plate on their own.

**6:00 PM                    Entrees**  
**6:30 PM                    Dessert**

**6:30 PM - 7:30 PM                    CLEANING OF KITCHEN**

**8:00 PM                    CLOSING PRESENTATION**

