



Prince Edward Island 2026 PROVINCIAL Skills
CULINARY Competition, Secondary
Wednesday, March 4, 2026
AT
THE CULINARY INSTITUTE OF CANADA



HOLLAND COLLEGE
PRINCE EDWARD ISLAND

**2026 Provincial Skills
Culinary Competition, Secondary
Sponsored by
The Culinary Institute of Canada
Wednesday, March 4, 2026**

PURPOSE OF THE CHALLENGE:

To recognize outstanding students for excellence and professionalism in Culinary Arts.
To confirm a representative for PEI at the National Skills Secondary Competition, May 28 & 29, 2026, in Toronto, Ontario.

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 3-course menu, **X 4** plates per course within **4** hours.
Each entrant will prepare and cook:

- **Chicken Butchery competency – Time-tested.**
 - Competitors will be provided with a whole chicken and must break down the chicken into bone-in 8-cut within 20 minutes. (Please be advised that this chicken will be used in your four (4) main course plates.)
- **Precision Cuts Competency:** Competitors will produce the following:
 - **100 g medium batonnet** (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.

Prepare four (4) portions of the following three (3) course menu:

Appetizer: Gazpacho soup

- Must include tomatoes, cucumber, bell peppers, onion, garlic, EV Olive oil, vinegar, seasoning, and a bread component.
- One (1) item from Vegetable cuts.

Main Course: Chicken Chasseur

- Must include chicken, onion, garlic, mushrooms, tomatoes, sauce, and parsley.
- Must utilize white and dark meat on each plate.
- A minimum of one (1) starch.
- A minimum of two (2) vegetable preparations.
- Two (2) items utilized from the vegetable cuts.
- A minimum of one (1) functional edible garnish that is modern and complementary.

Dessert: Classic Apple Tart Tatin (pastry provided)

- The individual portion must include
 - Caramel sauce
 - Classic Chantilly cream.
 - One (1) functional edible garnish

Competitors will provide a food requisition for their menus to Chef Andrew Nicholson (wanicholson@hollandcollege.com) by Friday, February 27, at 12 PM.

Competitors will be present in the CIC Lobby no later than **11:45 am on Wednesday, March 4, 2026.**

DURATION OF THE COMPETITION:

Wednesday, March 4, 2026

12:00 pm - 12:30 pm Uniforms to be handed out.

12:30 pm - 1:00 pm Tour of the culinary facility

1:00 pm - 2:00 pm	Orientation of kitchen and equipment, introduction to young chef student kitchen helpers
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2:00 pm - 6:00 pm Preparation of 3 course meal

6:00 pm	Serving of the meal according to schedule.
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7:00 pm – 8:00 pm Cleaning of kitchen and Awards Presentation

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

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

Competitors must independently plate three (3) judges' plates and one (1) Show plate.

6:00 PM **Appetizer**

6:30 PM **Entree**

7:00 PM **Dessert**

7:00 PM - 7:30 PM	CLEANING OF KITCHEN
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8:00 PM **AWARDS PRESENTATION**

2026 Provincial Skills Culinary Competition

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Provide the Competition Chair with the following typewritten or computer-generated document.

**** Please do not place your name on the menu document. ****

Menu: Must be written in proper format and describe the menu courses.

Your menu will be marked using the following criteria:

- ◆ Menu language
- ◆ Content
- ◆ Description
- ◆ Originality/ Creativity
- ◆ Spelling
- ◆ Usage of the product

Work Plan: Specifies each preparation step and the approximate time required for each task. The work plan must be clear enough so that it can be easily followed and understood by the KITCHEN judges.

- Utilizing ingredients within the par stock list but not necessarily ALL provided.
- Each competitor must demonstrate proper knife, sanitation, and storage techniques.

Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2018). ***Professional Cooking for Canadian Chefs*** (9th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). ***On Cooking, A Textbook of Culinary Fundamentals*** (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). ***Professional Chef*** (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2017). ***Professional Baking*** (7th edition). New Jersey: John Wiley & Sons.

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”, or “Professional Chef” textbooks. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques required in Modules A and B. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These textbooks also include photographs, text, and online content that illustrate proper and safe working techniques as well as important aspects of the module's preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season, appropriate substitutions should be made.

Gazpacho

Source: *Professional Cooking for Canadian Chefs*

Yield: 2 liters (2 Quarts)

Ingredients

Tomatoes, peeled and chopped fine	2.5 lb.	1.2 kg
Cucumbers, peeled and chopped fine	1 lb.	0.500 kg
Onions, peeled and chopped fine	8 oz.	0.250 kg
Green bell peppers, peeled and chopped fine	4 oz.	0.125 kg
Crushed Garlic	½ tsp	0.002 liter
Fresh white bread crumb	2 oz.	0.060 kg
Water or tomato juice, cold	1 pt.	0.500 liter
Red wine vinegar	3 fl oz.	0.090 liters
Olive oil	4 fl oz.	0.125 liter
Salt	to taste	
Pepper	to taste	
Cayenne or hot red pepper sauce	to taste	
Lemon juice or vinegar	to taste	

Garnish:

Onion, small dice	2 oz.	0.060 kg
Cucumbers, small dice	2 oz.	0.060 kg

Green pepper, small dice

2 oz.

0.060 kg

Procedure

1. If a blender is available, combine all the ingredients in the blender and process until liquefied.
2. If a blender is not available, combine all the ingredients except the Olive Oil. Pass them through a food mill. If a smoother soup is desired, pass through a fine sieve. Rub the solids through the sieve to puree them. Place the mixture in a stainless-steel bowl. Using a wire whip, slowly beat in the olive oil.
3. Add salt, pepper, and cayenne or pepper sauce to taste.
4. If Necessary, adjust the tartness by adding a little lemon juice or vinegar.
5. Chill the soup thoroughly.
6. Combine the garnish ingredients in a small bowl or bain-marie.
7. At service time, ladle 200 ml (6 oz.) of gazpacho into chilled soup cups. Top with 15 - 30 g (1 -2 Tbsp.) diced vegetables garnish. If desired, gazpacho may be served with ice cubes,

Chicken Chasseur

Source: *Professional Cooking for Canadian Chefs*

Yield: 20 portions: 1/4 chicken, 45 ml (1.5 oz.) sauce

Ingredients

Chickens 0.9 to 1 kg (2 to 2 1/4 lb.) each	5 each	5 each
Salt	to taste	
Pepper	to taste	
Oil	2 fl oz.	0.060 litre
Shallots (or Onions), cut brunoise	2 oz.	0.060 kg
Mushrooms, Sliced	8 oz.	0.250 kg
White Wine (de-alcoholized only)	8 fl oz.	0.250 litre
Demi-Glace	1.5 pt..	0.250 litre
Tomatoes Concassé (fresh)	8 oz.	0.250 kg
Or		
Tomatoes, canned, drained, & chopped	4 oz.	0.125 kg
Salt	to taste	
Pepper	to taste	
Parsley, chopped	2 Tbsp.	0.060 litre

Procedure

1. Cut the chicken into 8 pieces (See appendix #2). Season with salt and pepper.
2. Heat the oil in a large brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 165 C (325 F), 20-30 minutes, or until done.
8. When the chicken is done, remove it from pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings
9. Serve ¼ chicken (1-piece dark meat and 1-piece light meat) per portion. Cover with 45 ml (1.5 fl oz.) of sauce.

Apple Tarte Tatin

Source: *Professional Baking*

Yield: One – 13 cm (9 inch) tart

Ingredients

Apples	3 lb.	1.500 kg
Butter	3 oz.	0.100 kg
Sugar	8 oz.	0.250 kg
Puff Pastry	8 oz.	0.250 kg

Procedure

1. Peel the apples, cut them in half vertically, and remove the cores. If the apples are large, cut them in half again to make quarters.
2. Select a heavy 25 cm (10 in.) skillet or sauté pan. Melt the butter in the skillet. Cover the butter with sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill in the center with the remaining apple halves. The pan should be filled with apple halves, standing on their edges and leaning against one another. They should protrude above the rim of the pan, as they will sink as they cook, making a tart about 4 cm (1 ½ in.) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and the juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked, but will finish cooking when the tart is baked. Remove from the heat and cool slightly.

5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples. Tuck the edges of the pastry inside the pan, rather than letting it overlap outside of the pan.
6. Bake at 220 °C (425°F) for 30 -40 minutes until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or be partially reabsorbed so the tart can be turned out. Place a cake circle or platter over the pan and turn out the tart. The tops of the apples should have a rich caramel colour. If more shine is desired, dust the top with sugar and caramelize it under a broiler or with a torch. Serve warm or at room temperature.

Caramel Sauce

Source: *The Professional Chef*

Yield: 12 servings

Ingredients

Heavy Cream	1 lb 8 oz.	0.680 kg
Sugar	13 oz.	0.369 kg
Glucose	10 oz.	0.284 kg
Butter	2 ¼ oz.	0.064 kg

Procedure

1. Place the cream in a saucepan and bring it to a boil over medium heat. Leave the pan over very low heat to keep warm.
2. Prepare an ice water bath. Combine the sugar and the glucose in a heavy-bottomed saucepan and slowly cook over medium heat, stirring constantly, until the sugar has dissolved. Stop stirring and continue cooking until a golden caramel forms. Remove the saucepan from the heat and shock it in an ice bath to stop the cooking.
3. Remove from the ice bath and stir the butter into the caramel. Carefully stir in the hot cream, mixing until fully blended.
4. Reserve at room temperature until needed for service. For longer storage, place in an airtight container and refrigerate. Warm the sauce before use.

Crème Chantilly

Source: *The Professional Chef*

Yield: 480 ml (16 fl oz.)

Ingredients

Heavy Cream	1 lb.	0.454 kg
Confectioner's Sugar	2 oz.	0.057 kg
Vanilla extract	½ oz.	0.014 kg

Procedure

1. In the bowl of an electric mixer fitted with a wire whip, whip the cream to soft peaks.
2. Add the sugar and vanilla and continue to whip until the cream reaches medium peaks. Reserve in the refrigerator until needed for service.

Appendix #2 – Chicken Butchery

FIGURE 17.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife, as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)



(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

