

PROVINCIAL SKILLS COMPETITION



SCOPE DOCUMENT	
Competition Year	2010
Competition location	College of the North Atlantic PPD Campus, St. John's
Trade Number	34
Trade Name	Cooking
Level	Post-Secondary

1. INTRODUCTION

1.1 Purpose of the Challenge.

Evaluating 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 into the trade of Cook/Chef and to demonstrate new culinary trends.

1.2 Duration of contest.

8 hours

1.3 Skills and Knowledge to be tested.

Module 1 = Vegetarian

Module 2 = Duck

2. CONTEST DESCRIPTION

2.1 List of documents produced and timeline for when competitors have access to the documents.

- Test project will be released at time of Scope publication

2.2 Tasks that may be performed during the contest

Presentation of Vegan starter - 1:00pm

Presentation of Duck starter – 1:30pm

Presentation of Vegetarian main course 2:00pm

3. EQUIPMENT, MATERIAL, CLOTHING

3.1 Equipment and material provided by Skills Canada- NL

- All food from the contest and the common table
- Presentation plates (12" white, round dinner plate)
- Presentation bowls (10" white, round soup plate with under liner plate)
- Platters for secondary only (17" x 8" oval platters)

PROVINCIAL SKILLS COMPETITION



- Sauce boats
- 1 gas stove with an oven
- 1 x 8 foot stainless steel table with shelf one shelf
- Adequate fridge and freezer space
- Sink with hot and cold water
- 1 Electric outlet per workstation with GFI.
- 1 display area for finished plates.
- Garbage bins dedicated to workstations with bags.

3.2 Equipment and material provided by the competitor

- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.
- Competitors may bring any tool and/or equipment deemed necessary.
- All of the tools and/or equipment must fit on the workstation (nothing may be stored on the floor)
 - Knives
 - Ladles
 - Whips
 - Spatulas
 - Piping bag and tips
 - Rolling pin
 - Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls china caps, cutting boards, molds etc.
 - Basic equipment such as a small mixer and food processor.
 - Saran-Wrap, aluminum, wax paper, and plastic containers to store food
 - Scale
 - Kitchen towels and dishtowels
 - Oven mitts
 - If needed, sanitizing spray bottles and/or pails.
 - Equipment like skewers, shot glasses etc. are not acceptable.
 - Recipes and reference books.
 - Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
 - All equipment must be marked clearly for easy identification.

PROVINCIAL SKILLS COMPETITION



3.3 Required clothing (Provided by competitor)

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Black or checked chef trousers
- Double Breasted White Chef Jacket
- White Apron
- Side Towel
- White Neck Tie
- Chefs Hat
- Uniform
- Uniform can have embroidery to identify the competitor, school, but it must be done professionally and in good taste.

4. SAFETY REQUIREMENTS

4.1 List of required personal protective equipment(PPE) provided by competitors

- | | | |
|---|--|---|
| <input type="checkbox"/> Safety Glasses | <input type="checkbox"/> CSA approved Safety shoes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety Gloves | <input type="checkbox"/> Welding helmet | <input type="checkbox"/> Dust Mask |
| <input type="checkbox"/> Hard Hat | <input type="checkbox"/> Welding gloves | <input type="checkbox"/> Leather gloves |
| <input type="checkbox"/> Hearing protection | <input type="checkbox"/> Respiratory protection | <input checked="" type="checkbox"/> No PPE required |

4.2 List of required personal protective equipment(PPE) provided by competitors

- | | | |
|---|--|---|
| <input type="checkbox"/> Safety Glasses | <input type="checkbox"/> CSA approved Safety shoes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety Gloves | <input type="checkbox"/> Welding helmet | <input type="checkbox"/> Dust Mask |
| <input type="checkbox"/> Hard Hat | <input type="checkbox"/> Welding gloves | <input type="checkbox"/> Leather gloves |
| <input type="checkbox"/> Hearing protection | <input type="checkbox"/> Respiratory protection | <input checked="" type="checkbox"/> No PPE required |

PROVINCIAL SKILLS COMPETITION



5. ASSESSMENT

5.1 Point breakdown

POINT BREAKDOWN	/1000
Hygiene	150
Time & Product Utilization	100
Preparation	250
Presentation	150
Taste	300
Set Items	50

5.2 Tie (No ties are allowed)

In the event of a numerical tie, the competitor with the highest score in “Taste” category shall be the declared the winner.

6. PROVINCIAL TECHNICAL COMMITTEE MEMBERS

Brian Abbott (Chair)
College of the North Atlantic
St. John's
brian.abbott@cna.nl.ca

Marilyn Lewis
College of the North Atlantic
St. John's

Roger Andrews
College of the North Atlantic
St. John's