

# Regional Scope Document

## **CULINARY ARTS (Secondary)2025**

### Timing:

-1:00 hr prior to start.	Check-in and briefing. Mystery items revealed.
- 0:30 min. prior to starting	Set-up workstation ( <i>equipment only</i> )
	<ul style="list-style-type: none"> <li>• No contact with food is permitted at this time.</li> <li>• Only competitors are permitted in the contest area. No assistance is permitted at this time, No access to your box once the competition has begun</li> </ul>
<b>0:00</b>	<b>Competition starts.</b>
0:30 min. after start	Submission of 2 each of the following: <b>handwritten final menus and dish elements</b> in addition to the <b>conversion test</b> and a a pre-written mise en place list and work plan. These may be presented before the 0:30-minute deadline. No other cooking can take place until this is completed; however, once handed in to a floor judge, you may begin cooking.
1:00 hour after start	Presentation of Knife cuts
3:00 hrs after start	Presentation of Main course
3:30 hrs after start	Presentation of Dessert

***Clean up and inspection of workstation completed by 4:00 hrs followed by debrief to competitors only from judges. Once you have left the competition site, no further consultation on your performance will be given.***

### Purpose of the Challenge:

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

### Skills & Knowledge to be Tested:

General Cooking Skills, Timing, Creativity, Work Habits, Appropriate Tasting/Seasoning of Food, Safety, Cleanliness and Hygiene, Use of leftovers, Ability to work under pressure, Ability to prepare a menu from a list of

ingredients, Knowledge of current culinary trends and plate presentation techniques.

***The nine key Skills for Success, validated for workplace success, are:***

<sup>1</sup>Numeracy, <sup>2</sup>Communication, <sup>3</sup>Collaboration, <sup>4</sup>Adaptability, <sup>5</sup>Reading, <sup>6</sup>Writing, <sup>7</sup>Problem Solving, <sup>8</sup>Creativity and Innovation, <sup>9</sup>Digital

### **Specific Requirements:**

The competitor must design and write a two (2) course menu from a common table of ingredients and **Mystery items**, producing two (2) identical plates of each along with a work plan and menu elements within 3 1/2 hours.

The plates and menus will be used as follows:

- one plate, menu and elements sheets for the tasting judges.
- one plate, menu and elements for visual display for the floor judges and public.

*(please note that competitors are required to write two (2) menus and elements on provided templates and a work plan **must be visible**. The competitor must list all the elements and important cooking techniques present on the plate to receive marks).*

### **Mystery Items**

During orientation, competitors will be provided with a tray of 'mystery Items' containing five (5) ingredients. They are not required to use all the ingredients but must feature a minimum of 60% of the ingredients into their menus and must be clearly visible on the menu and menu elements.

Competitors **may not bring any food items** to the competition.

No ingredients besides those on the common table list may be used. Wastage of food items will be reflected in the scoring.

## Precision Cuts Competency, Main Course, Dessert

### Description

- **Precision Cuts Competency: Competitors will produce the following:**
  - **50 g medium dice** (using a vegetable/fruit from the mystery items or common table).
  - **50 g small dice** (using a vegetable/fruit from the mystery items or common table).
  - **50 g julienne** (using a vegetable/fruit from the mystery items or common table).
  - All competencies must be utilized in their menu.
  - Amounts used are at the discretion of the competitor but must be written into their menu and menu elements and must display the core competency.
  - Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilised in the menu.

***Prepare two (2) portions of the following two (2) course menu.***

### **Main Course: Stuffed Chicken Breast**

- **Stuffed Chicken Breast Main Course** must include:
  - A minimum of one (1) starch preparation
- A minimum of two (2) vegetable/fruit preparations
  - The velouté based sauce must be modified into a derivative sauce of the competitor's choice.
  - A minimum of one (1) functional garnish that is modern, and complimentary.
  - A minimum of one (1) ingredient from the mystery box included in the stuffing

### **Dessert: Tea/Sweet Biscuit Inspired Creation**

**Dessert** must include:

- A Tea / Sweet Biscuit preparation
  - A minimum of one (1) fruit-based sauce
  - A minimum of one (1) flavoured Chantilly cream.
  - One (1) functional edible garnish
  - A minimum of one (1) item from the mystery Items

<p><b>Service Details</b></p>	<p><b>Note:</b> - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are <b>not allowed for service</b></p> <ul style="list-style-type: none"> <li>• <b>Precision cuts:</b> presented in provided containers.</li> <li>• <b>Main Course:</b> Minimum 250 g to maximum 300 g</li> <li>• <b>Dessert:</b> Minimum 125 g to maximum 185 g</li> </ul> <p>Cooking temperature must meet food safety standards, no frozen components.</p> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12” plates, round white for Main course and dessert (4 per competitor)</li> </ul>
<p><b>Main ingredients required</b></p>	<p>A list of all ingredients available for this module will be included in the common food table document.</p>

**\*\*\*If the competitors do not include all the above-mentioned menu items in their plates, the plates will be disqualified. Please pay careful attention to this when working with your students.**

### Timing of Service:

There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example. If the Main Course window was from 11:30 a.m. to 11:32 a.m. At 11:32 a.m. one (1) point will be deducted per minute until 11:42 a.m. At 11:43 a.m. submitted work will no longer be accepted for judging.

All ingredients other than the mystery Items will be presented on a common table, which the competitors will be able to use throughout the competition. Please be advised that the table will close 30 minutes before the end of the competition. This list of ingredients is attached to this scope document. Your host venue may ask for your order in advance.

## REGIONAL RECIPES

- 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 needed. 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 illustrates proper and safe working techniques as well as important aspects of the 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.

**All terminology, cooking techniques and technical aspects related to this contest will be referenced and determined from the following textbook:**

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

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

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

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

## Veloute

Source: Professional Cooking 9<sup>th</sup> edition, Page 188

Yield: 2 Quarts (2 Litres)

Clarified Butter	4 fl oz	125 mL
White mirepoix	4 oz	125 g
Flour	4 oz	125 g
White stock	2.5 qt	2.5 L
Sachet:		
Bay leaf	1	1
Thyme	½ tsp	2 mL
Peppercorns	½ tsp	2 mL
Parsley stems	3-4	3-4
Salt	to taste	
White pepper	to taste	

1. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
2. Add flour and make a blond roux. Cool roux slightly.
3. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
6. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
7. Strain through a China cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.



Recipe and photo: Professional Cooking 9<sup>th</sup> edition. Courtesy John Wiley and Sons, Inc.

## **Biscuits**

Source: Professional Cooking 9<sup>th</sup> edition, Page 946

Yield: 2 lb. 10 oz (1278 g)

Bread flour	10 oz	300 g	50%
Pastry flour	10 oz	300 g	50%
Salt	0.4 oz	12 g	2%
Sugar	1 oz	30 g	5%
Baking powder	1.2 oz	36 g	6%
Shortening or butter	7 oz	210 g	35%
Milk	13 oz	390 g	65%

Bake at 425°F (220°C) for approximately 15 minutes.

### Biscuit Method:

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening using the paddle attachment or the pastry knife attachment. If preferred, you may cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles coarse cornmeal.
4. Combine the liquid ingredients. Biscuits may be prepared in advance up to this point. Portions of each mixture may then be scaled and combined just before baking.
5. Add the liquid to the dry ingredients. Mix just until the ingredients are combined and a soft dough is formed. Do not overmix.
6. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees after each fold.
7. Repeat this procedure about 10 to 20 times or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over-kneading toughens the biscuits. The dough is now ready for makeup.



## Equipment / Tools / Materials

### ***Supplied by venue:***

- All food items.
- Gas or Electric stoves and ovens
- Sinks
- Tabletops
- Refrigeration/Freezer
- Cutting boards
- Pots, Pans Mixing Bowls, sheet pans, trays, ladles, spoons.
- Cleaning supplies
- Portion cups and lids, plastic film, parchment paper, tasting spoons.
- 12” Plates
- Paper and pencil or pen.

### ***Supplied by Competitor:***

- Any specialized cooking utensils/equipment (not provided by the host site), knives, cloths etc.
- Circulators may be allowed at the discretion of the technical committee (see note below regarding precision-controlled equipment).
- A suitable reference textbook for help in devising their menu and personal recipes. (This can only be used while writing your menu.)
- No other presentation plates, China or glassware will be allowed.
- 

***If you do not supply your own utensils and knives, you will not be given any at the contest site.***

## Use of Precision Controlled Equipment:

- This contest is intended to showcase the comprehensive skillsets necessary to being a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment\* must be limited to no more than one application over the contest.
- \*(any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision. - e.g., Immersion Circulators, Thermal Mixers)
- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.



### **Clothing Requirements:**

Non-identifiable cook's jacket (i.e., no school logos or names, please), chef's hat (*no baseball caps*), appropriate pants (checkered, black, or white), **CSA kitchen shoes**, white apron, cloths to be supplied by the competitor.

Please note; Failure to meet the PPE requirements of the competition could result in refusal into the competition area.

### **Judging Criteria:**

- General cooking skills, work habits, and cooking techniques.
- Timing and finishing within 3.5 hours.
- Leftover food. Unused food will be penalized according to the judges' discretion.
- Presentation of food, appropriate use and balance of food ingredients
- Taste the final dish for flavour, seasoning, and appropriateness to the pre-submitted menu.
- Adherence to safety and sanitation rules and regulations.
- Professionalism, including cooperation and demeanour during competition.
- Cleanliness of kitchen during and after competition. To include all working areas of the competitor's kitchen.
- Appropriateness of written menu and elements compared to the final plates for presentation and for tasting.

### **Distribution of Marks:**

- |                                    |          |
|------------------------------------|----------|
| • Safety/Sanitation:               | 15 marks |
| • Organization/Product Utilization | 10 marks |
| • Preparation/Technical Skills:    | 25 marks |
| • Presentation:                    | 15 marks |
| • Taste/Required Components        | 35 marks |

***Please see the rules and marking criteria for further details on the mark breakdown in each category found on the Skills BC website. Here, you will find all other related documents.***

**<https://skillscanada.bc.ca/competitions/>**

## Recipe Conversion Exercise Instructions & Example

This sample is for competitors to use as a reference. It is suggested that by using this template, competitors will know what is expected. The recipe included will not be the one given at the competition. The green-shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Host Site (Technical Committee).
- Competitors must supply writing implement – pen or pencil.
- Competitor CANNOT use their own device for their calculations. (i.e.: smartphone, tablet, personal calculator, another programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: ½ mark for each conversion factor, 1 mark for each new quantity.

Competitor No. \_\_\_\_\_

Score: \_\_\_\_ / 15

Recipe Name: **Brown Sauce**

Recipe Total Yield: **4 litres**














#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 grams
2	Onion	0.500 kg	X	0.125	=	63 grams
3	Celery	0.250 kg	X	0.125	=	31 grams
4	Butter	0.250 kg	X	0.125	=	31 grams
5	Bread Flour	0.250 kg	X	0.125	=	31 grams
6	Beef Stock	6 litres	X	0.125	=	750 millilitres
7	Tomato Puree	0.250 kg	X	0.125	=	31 grams
8	Bay Leaf	0.008 kg	X	0.125	=	1 gram
9	Thyme	0.012 kg	X	0.125	=	2 grams
10	Parsley Stems	8 each	X	0.125	=	1 each
<b>Desired Total Yield:</b>						<b>0.500 litres</b>

Regional Requisition Form (If required by host site)								
common table								
NAME -						COMPETITION -		
Produce	Quantity	Unit	Herbs - Fresh	Quantity	Unit	Dry Goods	Quantity	Unit
Arugula		g	Basil		g	Agar Agar		g
Carrots		g	Chervil		g	Baking Powder		g
Celery		g	Chives		g	Baking Soda		g
Celery root		g	Cilantro		g	Breadcrumbs, Panko		g
Fennel		g	Dill		g	Capers/. MINATURE		g
Garlic		g	Mint		g	Chocolate Dark, Callebaut 54.5%		g
Ginger		g	Parsley, Italian		g	Chocolate Milk, Callebaut C383		g
Leeks		g	Rosemary		g	Chocolate White, Callebaut 28%		g
Micro-Greens, assorted		g	Sage		g	Coffee, Instant		g
Mushrooms, shiitake		g	Tarragon		g	Cocoa Powder		g
Mushrooms, shitaki		g	Thyme		g	Cornstarch		g
Onions, green		g	<b>Dairy</b>	<b>Quantity</b>	<b>Unit</b>	Dried Fruit: Apricots,		g
Onions, red		g	Butter, Unsalted		g	Dried Fruit Cherries		g
Onion, shallots		g	Cream, Whipping		mL	Flour, all purpose		g
Onion, yellow		g	Cheese: Aged Cheddar		g	flour 00		g
Peppers, jalapeno		g	Cheese: Parmesan-Regianno		g	flour- semolina		g
Peppers, red		g	Cheese: Brie		g	Gelatin, sheets		each
Potato, russet		g	Cheese: Emmenthal		g	Gelatin, powder		g
Potato, yukon gold		g	Milk, 3.25%		mL	Glucose		g
Radish, red		g	Sour Cream, 14%		mL	Honey		g
Radish, daikon		g	<b>Alcohol</b>	<b>Quantity</b>	<b>Unit</b>	Mustard Dijon		g
Spinach		g	Beer: IPA, Lager		mL	Mustard Grainy		g
Squash, butternut		g	Madeira		ml	Mushrooms, Dried, Shitake,		g
Tomato, roma		g	Wine White: Chardonnay		mL	Mushrooms, Dried, Morels		g
Zucchini, green		g	Wine White: Riesling		mL	Oil, canola		mL
<b>Miscellaneous</b>	<b>Quantity</b>	<b>Unit</b>	Wine Red: Cab Sauvignon		mL	Oil, olive extra virgin		mL
Cheese Cloth, 30 cm		each	Wine Red: Pinot Noir		mL	Salt, fine		g
Parchment Paper		each	Sherry, Dry White		mL	Salt, kosher course		g
Smoking chips, assorted		g	Brandy, VSOP		mL	Salt, Maldon		g
White bread, sliced		each	Grand Marnier		mL	Sesame seeds, white		g
<b>Fruit, frozen</b>	<b>Quantity</b>	<b>Unit</b>	Sherry, Dry White		mL	Shortening		g
Blackberries		each	<b>Non alcoholic wine: RED (SECONDARY ONLY)</b>		mL	Soy Sauce		mL
Blueberries		each	<b>Non alcoholic wine: WHITE (SECONDARY ONLY)</b>		mL	Sugar, white		g
Raspberries		each	<b>Spices - Dry</b>	<b>Quantity</b>	<b>Unit</b>	Sugar, brown		g
Strawberries		each	Bay Leaves		g	Sugar, powdered		g
<b>Fruit, fresh</b>	<b>Quantity</b>	<b>Unit</b>	Cardamom		g	Tomato, paste		g
Apple, Royal Gala		each	Cinnamon, sticks		g	Vanilla, bean		g
Apple, Granny Smith		each	Cloves		g	Vanilla, extract		
Blueberries		each	Nutmeg, Whole		g	Vinegar, balsamic		mL
Citrus: lemon		each	Peppercorns: black, white		g	Vinegar, red wine		mL
Citrus: lime		each	Peppercorns: white			Vinegar, white wine		mL
Citrus: orange		each	Rosemary		g	<b>Nuts</b>	<b>Quantity</b>	<b>Unit</b>
Mango		each	Star Anise		g	Almonds, whole		g
Pears, D'Anjou		each	Thyme		g	Hazelnut, whole		g
Strawberries		g	<b>Protiens specific</b>	<b>Quantity</b>	<b>Unit</b>	Pistachios, whole		g
<b>Additional Proteins and stocks</b>	<b>Quantity</b>	<b>Unit</b>	<b>Secondary</b>					
Bacon, sliced		g	Chicken Breast Supreme	2	each			
Bacon, Double Smoked, slab		g	Chicken Breast, Boneless Skinless					
Chorizo, Dried		g						
Dark beef		ml						
White Chicken		ml						
eggs - large		each						

# Precision Cuts

**Source:** Professional Cooking 9<sup>th</sup> edition

**Page:** 145

	<p>(a) <b>Tourné:</b> 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).</p>
	<p>(b) <b>Large dice:</b> 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).</p>
	<p>(c) <b>Medium dice:</b> 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).</p>
	<p>(d) <b>Small dice:</b> 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).</p>
	<p>(e) <b>Brunoise (broon-wahz):</b> 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).</p>
	<p>(f) <b>Fine brunoise:</b> 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).</p>
	<p>(g) <b>Rondelle:</b> round or bias-rond cuts, varied diameter or thickness.</p>
	<p>(h) <b>Paysanne:</b> 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular).</p>
	<p>(i) <b>Lozenge:</b> 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).</p>
	<p>(j) <b>Fermière:</b> irregular shape, varied diameter or thickness.</p>
	<p>(k) <b>Batonnet:</b> 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).</p>
	<p>(l) <b>Julienne (or allumette potatoes):</b> 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).</p>
	<p>(m) <b>Fine julienne:</b> 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).</p>

## Technical Committee

Phillip Lie	Tech Chair <a href="mailto:plie@vcc.ca">plie@vcc.ca</a>
Buddy Wolfe	Vancouver Island University
David Lang.	Camosun College
Leah Patitucci	Culinary Team Canada
Lesley Stav	Chefs Association Vancouver Island
Robert Budlong	Camosun College
Ysabel Sukic	Vancouver Community College

**Winners at the BC Regional Skills Competition are eligible to compete at the BC Provincial Skills Competition on April 16<sup>th</sup>, 2025, at the Tradex Center Abbotsford.**

**Skills Canada BC reserves the right to make changes to the scope document.  
Please check the website for updates.**

[www.skillscanada.bc.ca](http://www.skillscanada.bc.ca)