

2012 CCFCC ONTARIO Junior Culinary Challenge

COMPETITION GUIDELINES April 14th, 2012 Humber College of Applied Arts Toronto, Ontario

PLEASE read the entire package carefully and ensure that you complete all the requirements for entry.

To be eligible to compete in the CCFCC Ontario Junior Culinary Challenge, you must:

- Have properly completed and submitted a Registration Package by the registration due date of **March 11th, 2012.**
- Be a Junior Chef registered in a culinary program at a recognized college or have not attained a **Certificate of Qualification** for more than one year prior to the date of the National Challenge.
- Be a Canadian resident over the age of majority in your province of residence
- Note – there is no age limit beyond age of majority
- Have **not won** the Provincial challenge in the past

Ontario Junior Culinary Challenge Details

The judging panel will select the top applicants to compete in the Ontario final in Toronto on April 14th, 2012 at Humber College.

Applicants chosen to participate in the Ontario final will be responsible for their own transportation and accommodation in Toronto, as well as a \$40.00 entrance fee.

The winner from Ontario will move on to the National Competition in Halifax. All provincial champions will be provided with transportation to and accommodation at the national final taking place **in Halifax this June at the CCFCC Convention.** This will be coordinated and paid for by their provincial chapters of the Canadian Culinary Federation.

PLEASE NOTE:

CCF Registration Fee:

Provincial finalists who are chosen to compete in the provincial challenges and are not active members of the Canadian Culinary Federation will be required to pay a CCFCC Registration Fee to their local chapter. Fees vary by region, with the maximum annual dues in any given chapter being no more than \$60. For a junior membership, the fee is typically in the \$20 range.

For more information visit <http://www.ccfcc.ca>.

2012 CCFCC Ontario Junior Culinary Challenge Guidelines

Registration Package

Applicants will submit the following to qualify for entry. The judges will select the top candidates. To qualify this package must contain:

1. Name, Address, Email Address, Phone Number(s), School or College, (if attending), Employment History.
2. Menu
3. Recipes
4. Work Plan
5. Photo of each course
6. Requisition of Ingredients
7. Letter of support from your Chef/Mentor

Please note – provide type written or computer generated documents.

Definitions:

Menu – Must be written in proper format describing each course.

Recipes – Must be written with specified ingredient amounts and method of preparation for each aspect of the menu.

Work Plan – Specifies each preparation step as well as the approximate time to perform the task. The work plan must be clear enough so it may be easily followed and understood by the judges.

Photo of each course – to assist the judges in visualizing the menu

Requisition of Ingredients – Quantities of all recipe ingredients must be specified on the attached ingredient list.

This package is due no later than March 11th, 2012.

Forward to:

Shawn G. Whalen, CCC, CEC
Provincial Junior Culinary Competition Chairman
5560 Fudge Terrace
Mississauga, Ontario
L5M 0N4

Or by email to: swwschef@rogers.com

Menu and Utilization of Ingredients

Each competitor must plan a **three-course menu** for 8 persons including the following:

- 1 appetizer (cold or hot or combination of both)
- 1 entrée (hot)
- 1 dessert (cold or hot or combination of both)

The menu must be composed of the ingredients found on the registration form ingredient list. **Please see ingredient list below.**

When composing the menu, the competitor can **ONLY** use ingredients that are listed on the ingredient list. The candidates do **NOT** have to use **ALL** the ingredients on the list except where identified.

Candidates must ensure that all ingredients used reflect a nutritionally, as well as gastronomically balanced meal.

Combination and/or contrast of color, texture and shapes, as well as repetition of ingredients must be taken into consideration.

If you are selected as one of the competitors, you will be notified on or after March 11th, 2012. A complete competitor's package will be sent to you at that time.

Grooming/Dress Code

All competitors are required to dress professionally. Each person must wear a chef's jacket, black or checkered pants, apron, side towels, white necktie and chef hat

The name of the competitor, employer or place of employment **MUST NOT** appear anywhere on the uniform.

Equipment

All candidates will be supplied with pots, pans, baking sheets, bowls, etc. However, specialty pots, pans and equipment may be supplied by the candidates if necessary for a specific food preparation. eg. Teflon pans, pressure cookers, thermal circulators, etc.

The following is a list of equipment that should be supplied by the candidates:

- Knives and small personal tools such as vegetable peeler, zester, skewers, cutters, pâté or specialty molds, etc.
- Small electric tools -- mini chopper, hand held mixer, pasta maker, ice cream machine.
- **Specialty china or serving vessels may be supplied by the candidate provided there is enough for 8 portions per course.**

Note – Candidates must work within the footprint of the space provided for each candidate including power supply. A list of any special equipment must be provided to the Competition Chair in advance of the competition for approval.

Note – The judges reserve the right to confiscate any tool or piece of equipment deemed not appropriate or unsafe. The judges reserve the right to identify, and if necessary, confiscate any food being prepared with unsafe cooking methods or food suffering temperature abuse.

Assistants

A student will be assigned to each competitor to assist in gathering equipment or ingredients located throughout the kitchen as needed. Students will not assist with the actual cooking or mis en place. **Candidates will assemble the 3 plates that are being judged and displayed. The assistant will only be allowed to help plate the 5 remaining portions that will be served in the dining room.** The hosting college will provide these students.

Timing

On the day of the competition, candidates will have five hours to prepare the **three-course menu for eight people**. There will be thirty (30) minutes between each course.

Timing Description

Set up – Candidates will have 60 minutes to set up their stations in advance of the competition.

Gather ingredients – Candidates will be given 30 minutes before the start of the competition to gather food supplies and measure dessert ingredients before the start time of the five hours.

Start time – Candidates will be allowed to prepare and cook all ingredients from the start of the five hours.

Appetizer – Candidates will serve the first course

Main Course – Candidates will serve the second course

Dessert – Candidates will serve the third and final course

Timing Example

Set up	10:30am to 11:30am
Gather ingredients	11:30am to 12:00pm
Start time	12:00pm
Appetizer	4:00pm
Main Course	4:30pm
Dessert	5:00pm

Judging/Marking Criteria

CCFCC Approved Judges will judge the competition. The judging team will consist of a minimum of 5 judges to judge cooking skills, food presentation and taste. Refer to Marking Criteria for details on marking distribution.

Results

Discussion and feedback will occur immediately after the competition. Competitors will receive feedback on their performance as part of the professional growth process.

Judging

2012 CCFCC ONTARIO
JUNIOR CULINARY CHALLENGE
Judging Criteria

SECTION I: Kitchen Work

MARKS

Cooking Techniques and Skills: How skillful is the candidate during the competition in using the proper techniques in the preparation and execution of the menu. How many different skills are being performed?

30

Work Plan and Menu: Work plan should clearly lay out the different steps for the menu used. Has thought gone into planning the work sheet? How well organized is the plan? Did the candidate prepare everything on the menu and adhere to the time line on work plan?

5

Organizational Skills: Efficiency and mise en place should be completed by a stated time. All extra items **not** used should be processed so they are ready for storage or reuse. Is the work plan being followed?

15

Product Utilization: This area assesses the amount of waste and yield for product used. Size of servings, cooking only the amount required, and method of portioning.

5

Safety & Sanitation: Show the proper handling and storage of food. Show proper use of equipment during the competition, i.e. sanitizing boards used for raw meat, washing tasting spoons, proper use of refrigerators. Did the candidate work safely and used the correct tools for the task?

5

Total Points for this Section 60

SECTION II: Menu Presentation, Food Taste and Timing

1st Course:

Presentation

12

Taste

18

2nd Course:

Presentation

12

Taste

18

3rd Course:

Presentation

12

Taste

18

Timing:

½ point will be deducted for each minute late to a maximum of 5 points

Total Points for this Section

90

TOTAL POSSIBLE POINTS: 150

All entrants must satisfy the Qualifying Criteria set by the Canadian Culinary Federation (CCFCC)

If you have any further questions please contact me at 416-704-9908 or at:

swwschef@rogers.com

Shawn G. Whalen, CCC, CEC
Provincial Junior Culinary Competition Chairman
5560 Fudge Terrace
Mississauga, Ontario
L5M 0N4

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INGREDIENT LIST

INGREDIENTS	Maximum Allowable	Unit	Amount Needed/Provided
MANDATORY INGREDIENTS			
Fresh 10/20 Scallops	3	lbs	
Fresh wild mussels	5	lbs	
Fresh baby neck clams	5	lbs.	
Bone in pork butt	4-5	lbs	
Pork Tenderloin	4	lbs	
Pancetta	2	lbs	
Note – Mandatory Ingredients must be used in the menu, however, quantities used of each mandatory item are at the competitors discretion.			
COMMON TABLE INGREDIENTS			
Fruit & Vegetables:			
Butternut Squash			
Button Mushrooms			
Carrots			
Celery			
Cipollini Onions			
Fennel			
Fingerling Potatoes			
French Green Beans			
Garlic			
Green Asparagus			
Kiwi			
Leeks			
Lemon			
Limes			
Onion			
Oranges			
Pineapples – Gold			
Red Beets			
Shallots			
Shitake Mushrooms			
Strawberries			
Vine Ripened Red Tomatoes			
Yukon Gold Potatoes			

Herbs			
Basil			
Bay Leaf			
Chives			
Coriander			
Dill			
Ginger Root			
Lemongrass			
Mint			
Parsley			
Rosemary			
Tarragon			
Thyme			
Stocks and Sauces			
Chicken Stock			
Fish Stock			
Veal Stock			
Demi Glace			
Dairy & Eggs			
Goat Cheese			
Homo Milk			
Large Eggs			
Mascarpone Cheese			
Unsalted Butter			
Whipping Cream			
Dry goods			
All Purpose Flour			
Baking Powder			
Baking Soda			
Balsamic Vinegar			
Basmati Rice			
Brown Sugar			
Cocoa Powder			
Corn Starch			
Dark Chocolate			
Dried Apricots			
Dried Cherries			
Gelatin Leaves			
Hazelnuts			
Icing Sugar			
Ketchup			
Olive Oil			
Molasses			
Pine Nuts			
Sea Salt			
Semolina			
Soy Sauce			
Tomato Paste			
Vanilla Bean			
Vegetable Oil			
White Chocolate			

White Sugar			
White Wine Vinegar			
Whole Blanched Almonds			

Dried Spices			
All Spice			
Basil Rubbed			
Bay Leaves			
Cajun Spice			
Cayenne Pepper			
Chilies, crushed			
Chili Powder			
Cinnamon Sticks			
Cinnamon Ground			
Five Spice			
Fleur de Sel			
Mustard Powder			
Mustard Seed			
Nutmeg			
Oregano Rubbed			
Saffron			
Dried Spices Continued			
Tarragon Leaves			
Curry Powder			
Ground Black Pepper			
Ground Cayenne			
Ground Cinnamon			
Ground Nutmeg			
Ground White Pepper			
Salt			
Spanish Paprika			
Star Anise			
Whole Black Pepper			
Whole Cloves			
Wine & Spirits			
Brandy			
Grand Marnier			
Port			
Sherry			
Red Wine			
White Wine			
Misc. Pantry Items			
Gelatin Leaves			
Dijon Mustard			