



Alberta Junior Culinary Challenge Competition Guidelines

**March 3, 2018
SAIT Polytechnic School of Hospitality and Tourism
Calgary, Alberta**

Do you have what it takes to compete with Canada's up and coming culinary leaders to earn your place as one of our country's top aspiring chefs?

If the answer is YES, then join the Canadian Culinary Federation to compete with your peers at the 2018 National Junior Culinary Challenge.

The provincial winner will represent Alberta at the National competition to be held at the:

*Delta Hotel Prince Edward
18 Queen Street Charlottetown PEI
Tuesday, June 12th 2018 at 8am*

Please review the scope of this document carefully to ensure you fully understand the requirements.

REGISTRATION

All provincial competitors must be a CF member in good standing at the time of application, and must submit their resume and a personal reference **no later than February 20 2018** electronically (scanned and emailed) to the Alberta Culinary Chair and Alberta Culinary Director. The personal reference should be from their current employer, chef, or instructor stating the reason why they should be selected with their work title and contact information. The selection finalists will be made by the Alberta Culinary Chair and Director, within 2 days of the above deadline.

Prizes for the competition include: The 1st place Winner will receive a \$500 gift certificate to Knifewear, flight, accommodations, and registration to the National Conference in Charlottetown PEI where they will compete at the national competition.

All finalists in the competition will receive culinary books, chef hat, towel, apron, and will be in the spotlight on social media, meeting industry leaders for a memorable and valuable experience.

Further questions and applications can be sent to Pierre Plamondon Alberta Culinary Chair pplamondon@shaw.ca and, Adrian Jemmett Alberta Culinary Director adrian.jemmett@sait.ca

Requirements

- Main course to be prepared and presented one (1) main course dish for four (4) persons with appropriate garnish in 60 minutes.
- Your Black Box will include 2 proteins, 3 vegetables, 2 types of fresh herbs, 1 starch, plus 1 type of cheese
- Each Black Box ingredient must be used on your main course dish
- No food products may be brought in by the competitor, only ingredients provided
- However par stock below in addition to the Black Box will be provided

Par Stock:

454 grams unsalted butter	1 litre chicken stock
500ml 38% cream	sugar
1 bottle red wine	white wine vinegar
1 bottle white wine	Dijon mustard
salt	Tomato paste
ground black pepper	4 onions
vegetable oil	4 carrots
flour	1 celery
6 large eggs	1 bulb garlic

Dress Code

All competitors are required to dress professionally and include closed slip-resistant kitchen shoes. Chef's Hat, Inc. will be providing hats, aprons and side towels. Competitors should not wear jackets identifying their name or affiliation.

Equipment

Competitors will be given a basic set of the following equipment, no other equipment will be permitted in the kitchen

Combi oven	3 mixing bowls, different sizes
induction cook top, 1 burner	plastic containers
power outlet	2 heat proof spatulas
refrigerator	2 wooden spoons
2 work tables	2 whisks
1 sink	3 half bake sheet
2 plastic cutting boards	1 kitchen aid mixer
1 china cap	1 robo coupe (or similar)
1 chinois	3 saute pans non stick
1 – 1 litre sauce pot	plastic film
1 – 2 litre sauce pot	aluminum foil
1 – 4 litre sauce pot	parchment roll
1 pepper mill	

Cleaning and General Equipment, per competitor

compost bin	roll paper towels
scouring pads	liquid dish washing soap
liquid hand soap	hand sanitizer

Plates

4 will be provided; they will be standard round white, 10-12 inches, no other service vessels

Approved Hand Tools from Competitors: no other tools or equipment are permitted in the kitchen other than what is on the list.

knives	pipng bag(cloth, plastic) and tube
ring mold	serving spoon (small)
cutters	pasta machine (non electric)
vegetable peeler	electric hand blender
skewers (for cooking only)	blow torch
string	plastic storage containers (500 ml max size)
parchment paper (non transfer)	spatula (metal rubber etc.)
scoop (for fruits, vegetables)	oven towels
weigh scale	thermometer
silicone mats	graters
mandolin	

Assistants

This competition is an individual competition and therefore assistants are not permitted. Each competitor will be given a helper to wash dishes only.

Judging / Marking Criteria

- WorldChefs and or CF approved judges will judge the competition.
- The judges will reserve the right to identify and if necessary confiscate any food being prepared with unsafe methods.
- Candidates violating any guidelines pertaining to foods brought into the kitchen will be penalized.
- Each candidate is required to finish and present their dish; however, there will be point deductions for exceeding the time limit.

Points

Mise en Place	10 points
Correct Professional Preparation	
• Hygiene	
• Working Skill/techniques	
• Kitchen Organization	25 points
Service	5 points
Presentation	10 points
Taste	50 points
Total	100 points

Applicants chosen to participate in the provincial challenge will be responsible for their own accommodation and transportation to the provincial event.

The winner from Alberta will then get the opportunity to compete at the national competition.

On Saturday, March 3, 2018 all competitors are to meet the Competition Directors at 8:00 am in the SAIT kitchen labs at SAIT Polytechnic School of Hospitality and Tourism in Calgary Alberta, more details to be provided to the finalists at a later date.

We are grateful to our sponsors for making it possible to stage this event.

Alberta Turkey Producers

Alberta Milk

SAIT Polytechnic School of Hospitality and Tourism

Alberta Food Processors Association

Chef's Hat Inc.



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