



***Alberta Young Chef Culinary Challenge
Competition Guidelines***

March 9, 2019

NAIT Polytechnic, Edmonton, 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 Culinary Federation to compete with your peers at the 2019 Alberta Young Chef Culinary Challenge.

The provincial winner will represent Alberta at the National competition in May 2019 in Niagara Falls, Ontario

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 16, 2019** 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 with their work title and contact information. The selected finalists will be made by the Alberta Culinary Chair and Director, within 5 days of the above deadline and notification of your selection will be emailed to you.

Prizes for the competition include: The 1st place winner will receive a \$500 gift certificate to Knifewear, and expenses to the 2019 National Conference 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. By participating, participants consent to the use of their name, recipes, photographs, likeness, biographical information and address (city and province only) and submitted photo entries in any form for advertising or publicity purposes without further compensation, payment or credit for use of recipes/photos.

Further questions and applications can be sent to Pierre Plamondon, Alberta Culinary Chair pplamondon@shaw.ca and Hong Chew, Alberta Culinary Director at hongc@nait.ca.

REQUIREMENTS:

- Main Course – To prepare and present one (1) main course dish for six (6) persons with appropriate garnish in 60 minutes.
- Black Box style competition, you will have 15 minutes to write a menu description and organize your station before your 60 minutes of cooking time starts.
- Your Black Box will include 2 proteins including some turkey breast, 3 vegetables, 2 types of fresh herbs, 1 starch plus, 1 type of cheese.
- Each Black Box ingredient must be used somehow on your main course dish.
- The competitor may bring in no other food products, only ingredients provided may be used in your dish.

PAR STOCK:

- | | |
|-------------------------|-------------------|
| • White wine vinegar | • Tomato paste |
| • Red wine | • Onions |
| • White wine | • Carrots |
| • Windsor Fine Sea Salt | • Celery |
| • Ground black pepper | • Garlic |
| • 6 large eggs | • Olive Oil |
| • 1 litre chicken stock | • Vegetable Oil |
| • Sugar | • 36% cream |
| • Flour | • Unsalted butter |
| • Dijon mustard | |

DRESS CODE:

All competitors are required to dress professionally including a white chef jacket, necktie, black trousers, closed toed & slip resistant black kitchen shoes, apron and chef hat.

EQUIPMENT / HAND TOOLS / PLATES:

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

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| • 1 Rational oven | • 2 whisks |
| • 2 Induction cook tops, single burner | • 4 half baking sheets |
| • 1 power outlet to use their own plug in equipment (food processors, stick blender, etc.) | • 1 stand up mixer with whisk and paddle attachments |
| • Refrigeration with at least 2 shelves | • 1 Robot Coupe with blade and bowl |
| • 2 six foot tables/work bench with under shelf | • 3 sauté pans (nonstick) |
| • 2 plastic cutting boards | • 1 – 1 litre sauce pot |
| • 1 china cap | • 1 – 2 litre sauce pot |
| • 1 chinois | • 1 – 4 litre sauce pot |
| • 3 mixing bowls, different sizes | • 1 roll plastic stretch film |
| | • 1 roll aluminum foil |
| | • 1 parchment roll |

CLEANING and GENERAL EQUIPMENT, PER COMPETITOR:

- Garbage bin
- Scouring pads
- Liquid hand soap
- 1 roll paper towels
- Liquid dishwashing soap
- 1 bottle of hand sanitizer

Plates:

6 will be provided, they will be standard round white, 10-12 inch. No other service vessels will be permitted.

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

- Knives
- Ring Mold
- Cutters
- Vegetable Peeler
- Skewer (for cooking only)
- String
- Spatulas (metal, rubber etc.)
- Piping bag (cloth, plastic) and tube
- Spoons
- Pasta machine (non-electric)
- Electric hand blender
- Timers
- Tablecloth
- Cutting Board Anchors
- Plating Tweezers
- Blow torch (competitor must buy fuel locally)
- Plastic Storage containers (max size – 500ml)
- Scoop (for fruits, vegetables)
- Oven towels
- Weigh scales
- Thermometer
- Silicone mats
- Microplane
- Mandolin
- Pastry Brush

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 cooking 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:

Mis 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.

On Saturday, March 9, 2019 all competitors are to meet the Competition Director at 8:00 am in the NAIT kitchen labs at NAIT Edmonton, Alberta, more details to be provided to the finalists at a later date.

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

First Place Sponsored by Sysco Foodservice, \$4000

Second Place, Sponsored by Sysco Foodservice, \$2000

Third Place, Sponsored by Sysco Foodservice, \$1000

Top Kitchen Score, Sponsored by Chef's Hat, Uniform Package

Best use of Duck, Sponsored by King Cole Duck, Pot Set from Meyer

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

Alberta Turkey Producers

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