



ALBERTA
YOUNG CHEF'S CULINARY CHALLENGE 2020

March 7, 2020
SAIT Polytechnic School of Hospitality and Tourism
Calgary, Alberta

Do you want an opportunity to compete, and get involved making those very important connections with future colleagues, and compete with Canada's up and coming culinary leaders to earn your place as one of the country's top aspiring chefs?

If the answer is YES, then join the Canadian Culinary Federation to compete with your peers at the 2020 Alberta Young Chef Culinary Challenge.

The provincial winner will represent Alberta at the National competition to be held at: Delta Hotels by Marriott Saskatoon Downtown 405 20th Street East Saskatoon, Saskatchewan S7K 6X6 Tuesday June 2nd, 2020

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

REGISTRATION

All provincial competitors must be a Young Chef Federation member by March 7th, 2020 the day of the competition **before** the competition begins. To encourage all young chefs and students to compete and become members of the Federation, membership will be accepted right up to the start of the competition. If you wish to compete please complete the application form below **no later than February 23, 2018** emailed to the Alberta Culinary Chair and Alberta Culinary Director. The personal recommendation should be from their current employer, chef, or instructor with their work title and contact information.

The selection finalists will be made by the Alberta Culinary Chair and Director, within 5 days of the above deadline.

LOCATION

SAIT Main Campus
1301 16th Ave NW,
Calgary AB

Senator Burns Building
NL403

COMPETITION SCHEDULE

Orientation	8:30 am
Gather Ingredients	9:00 am
Organize Station	9:05 am
Start Competition	9:15 am
Present Entrees	10:15 am
Clean and Depart Kitchen	10:45 am
Award Presentation	11:30 am

Awards to be presented in Senator Burns Building, room NL418.

Prizes for the Alberta competition include:

The Winner will receive a \$500 gift certificate from Knifewear, flight, and registration to the National Conference in Saskatoon, Saskatchewan were they will compete at the national competition.

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

COMPETITION SCOPE:

To prepare and present one (1) main course dish for four (4) persons with appropriate garnish in 60 minutes. You will have 10 minutes to organize your station and write a menu description before your 60 minutes of cooking time starts.

Your challenge will include 2 proteins, 3 vegetables, 2 types of fresh herbs, 1 starch, 1 type of cheese. Each of the challenge ingredients 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.

MANDATORY INGREDIENTS:

1	ea	fryer chicken
500	g	pork collar
		green beans
		fennel
		red pepper
		oregano
		dill
		yellow potato
		oka cheese

PAR STOCK:

White wine vinegar, Red wine, White wine, Sea salt, Ground black pepper, Grade A large chicken eggs, Chicken stock, White granulated Sugar, All-purpose Flour, Dijon mustard, Tomato paste, Onions, Carrots, Celery, Garlic, Olive Oil, Vegetable Oil, Whipping (heavy) 35% cream, Unsalted butter

DRESS CODE:

All competitors are required to dress professionally including a chef jacket, necktie, black trousers, closed 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. Plan you dish according to the equipment available.

1 commercial stove with oven, 1 power outlet for plug in equipment , Refrigeration, six foot tables/work bench with under shelf, 2 plastic cutting boards, 1 china cap, 1 chinois, 3 mixing bowls, 250ml to 1L plastic containers with lids, baking sheets, 3 sauté pans (nonstick), 1 – 1 litre sauce pot, 1 – 2 litre sauce pot, 1 – 4 litre sauce pot

CLEANING and GENERAL EQUIPMENT, PER COMPETITOR:

Compost & garbage bin, Scouring pads, Liquid hand soap & sanitizer, paper towels, Liquid dishwashing soap, plastic stretch film, aluminum foil, parchment paper
Plates: 4 10-12" standard round white plates will be provided. 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 (stick mixer), Timers, Tablecloth, Cutting Board Anchors, Plating Tweezers, Blow torch (competitor must buy fuel locally), Scoop (for fruits, vegetables), Oven towels, Weigh scale, Thermometer, Silicone mats, Microplane, Mandolin, Pastry Brush, heat proof spatulas, wooden spoons, whisks, small whisks, tongs

ASSISTANTS:

This competition is an individual competition and therefore assistants are not permitted. There will be a helper on site to wash dishes only. The competitor will be responsible to clean their station at the end of the challenge.

JUDGING / MARKING CRITERIA:

Chef Federation 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. There is a five minute window to deliver your plates, there will be point deductions after exceeding the time limit - one point for every minute.

Sanitation	<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Work station, floor and fridge cleanliness • Cutting board hygiene • Proper food storage methods 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage – full utilization of requisitioned food • Energy and water – efficient utilization • Time Management • Proper planning and execution of tasks • Menu to be submitted at proper time as outlined in the contest description 	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> • Proper and professional use of the tools and equipment • Application of correct cooking techniques and methods 	25%
Presentation	<ul style="list-style-type: none"> • Portion size in accordance with the test project • Clean Plates • Contemporary plating design • Harmonious colours • Appetizing and artistic presentation of food • Appropriate and complementary garnishes 	15%
Taste & Required Menu Components	<ul style="list-style-type: none"> • Proper textures of food • Correct degrees of doneness • Balanced taste and seasonings • Flavours match the menu specifications and descriptions • Food service at proper temperature in accordance with industry standards • Respect timetable in regards to serving times • All required elements outlined in the scope appear on the plate • Temperature as per marking rubric • Temperature are taken at competitor table 	35%
Overall Total		100%

*In the case of a tie, the highest score in the taste section will prevail.

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. *We are grateful to our generous sponsors of 2020 for making it possible to stage this event supporting young chefs throughout Alberta.*

*Alberta Milk
SAIT Polytechnic School of Hospitality and Tourism
Chef's Hat Inc.
Knife Wear*

Applications, and or questions must be sent to Pierre Plamondon Alberta Culinary Chair pplamondon@shaw.ca , and Adrian Jemmett Alberta Culinary Director adrian.jemmett@sait.ca to ensure your application is reviewed by both of us.



APPLICATION FORM

Name: _____

Primary Phone: (____) _____ Secondary Phone: (____) _____

Email: _____

Chef Federation Branch or City: _____

Place of Employment or School: _____

Position or Year of Study: _____

SPONCER:

Name _____

Primary Phone: (____) _____ Secondary Phone: (____) _____

Email: _____

Job Title: _____