



## ***2010 National Junior Culinary Challenge***

**Date - TBC**

**St. Clair College  
Windsor, Ontario**

**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 **2010 National Junior Culinary Challenge**.

First, be selected to compete at one of ten provincial culinary challenges. If you win your provincial competition, you will move on to the national championships where the winner will receive **TBC. Second Place will receive TBC and Third Place will receive TBC.** No substitutions or cash redemptions allowed by winner. Except as specifically provided herein, prize packages do not include any other items not specifically described in these official rules. All prizes will be delivered to confirmed winners.

Participants consent to use of their name, recipes, photographs, likeness, biographical information and address (city & 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.

**Please watch for the provincial rules and selection process from your provincial CCFCC Coordinators or contact your regional Vice President for assistance.**

Western Region - Blake Chapman – [westernvp@ccfcc.ca](mailto:westernvp@ccfcc.ca)

Central Region - Helmut Markert – [centralvp@ccfcc.ca](mailto:centralvp@ccfcc.ca)

Eastern Region - Jacques Lepage - [easternvp@ccfcc.ca](mailto:easternvp@ccfcc.ca)

Atlantic Region - Richard Chiasson – [atlanticvp@ccfcc.ca](mailto:atlanticvp@ccfcc.ca)

## **STEP ONE - Provincial Culinary Challenge**

All entrants **must** satisfy the following criteria set by the Canadian Culinary Federation (CCFCC).

- Be a Junior Chef registered in a culinary program at a recognized college or have not attained a **Certificate of Qualification** or **TQ5** 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

Each province will have a coordinator and selection committee that will select 10 competitors from their respective province to compete in their **Provincial Culinary Challenge**. Please contact your local CCFCC Chapter for details on your provincial competition.

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

The winner from each province will then get the chance to compete at the national competition.

Provincial challenges will take place in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland.

## **STEP TWO - National Challenge Guidelines**

All entrants **must** satisfy the following criteria set by the Canadian Culinary Federation (CCFCC).

- Have won your provincial competition and notified the National Junior Culinary Competition Chair on or before May 10<sup>th</sup>, 2010.

All provincial champions will be provided with transportation to the national final coordinated and paid for by their provincial chapters of the Canadian Culinary Federation.

All provincial champions will be provided accommodation and registration for the national final paid by the National Office.

All provincial champions will receive a detailed competitor's package upon announcement of representing their province at the national final.

If you have any further questions please contact –

Shawn Whalen, CCC, CEC  
Chef/Owner  
Liaison College, Lakeshore Campus  
Junior Culinary Competition Chairman  
416-704-9908  
[swwschef@rogers.com](mailto:swwschef@rogers.com)

## **National Challenge Registration**

All provincial finalists must be identified **no later than May 10<sup>th</sup>, 2010**. They must provide all contact information to the National Junior Competition Chair on or before May 11<sup>th</sup> to qualify for the national final.

**Please Note** - 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.cfcc.ca>.

## **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.

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 and gastronomically balanced meal.

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

**Please see attached Common Table Ingredients for the 2010 National Junior Culinary Challenge. Mandatory Ingredients will be published on May 10<sup>th</sup>, 2010.**

## **Requirements**

**Prior to** the National Junior Final, each provincial winner **must provide** a food requisition list to the Competition Chair, date TBA.

Upon arrival to the competition, **each provincial winner must provide the competition chair with the following type written or computer generated documents:**

1. **Menu - Six (6) copies**
2. **Work Plan - One (1) copy**
3. **Recipes - One (1) copy**
4. **Requisition - One (1) copy**

## Definitions:

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

**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.

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

**Requisition of Ingredients** – Quantities of all recipe ingredients must be specified on the attached ingredient list. **This will be required 10 days prior to the competition, dates to follow.**

## Grooming/Dress Code

All competitors are required to dress professionally. Each provincial winner will be provided with 1 embroidered white Chef jacket, 1 Chef pants, 2 aprons, 1 necktie and Chef hats for specific use in the National final. The uniforms are being supplied by competition sponsor **Chef's Hat Inc.** The supplied uniforms **must be** worn during the competition without exception.

## 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, as well as assist in cleaning. Students **will not** assist with the actual cooking or mise 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 a **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

### 2010 NATIONAL 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 use 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**

## 2010 National Junior Culinary Challenge

### INGREDIENT LIST

INGREDIENTS	Maximum Allowable	Unit	Amount Needed
<b>MANDATORY INGREDIENTS</b>			
<b>To be published May 10<sup>th</sup>, 2010</b>			
<b>Note – Mandatory Ingredients must be used in the menu, however, quantities used of each mandatory item are at the competitors discretion.</b>			
<b>COMMON TABLE INGREDIENTS</b>			
<b>Fruit &amp; Vegetables:</b>			
Butternut Squash			
Button Mushrooms			
Carrots			
Celery			
Cipollini Onions			
Fennel			
Fingerling Potatoes			
French Green Beans			
Garlic			
Granny Smith Apples			
Green Asparagus			
Kiwi			
Leeks			
Lemon			
Limes			
Onion			
Oranges			
Pineapples – Gold			
Red Beets			
Shallots			
Shitake Mushrooms			
Strawberries			
Vine Ripened Red Tomatoes			
Yukon Gold Potatoes			

<b>Herbs</b>			
Basil			
Bay Leaf			
Chives			
Corriander			
Dill			
Ginger Root			
Lemongrass			
Mint			
Parsley			
Rosemary			
Tarragon			
Thyme			
<b>Dairy &amp; Eggs</b>			
Goat Cheese			
Homo Milk			
Large Eggs			
Mascarpone Cheese			
Unsalted Butter			
Whipping Cream			
<b>Dry goods</b>			
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			
Olive Oil			
Pine Nuts			
Sea Salt			
Semolina			
Soy Sauce			
Tomato Paste			
Vanilla Bean			
Vegetable Oil			
White Chocolate			
White Sugar			
White Wine Vinegar			
Whole Blanched Almonds			

<b>Dried Spices</b>			
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			
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			
<b>Fresh Stocks/Sauces</b>			
Chicken Stock			
Fish Stock			
Veal Stock			
Beef Stock			
Demi Glace			
<b>Wine &amp; Spirits</b>			
Brandy			
Grand Marnier			
Port			
Sherry			
Red Wine			
White Wine			
<b>Misc. Pantry Items</b>			
Dijon Mustard			
Gelatin Leaves			