



National Chefs Challenge 2010

To be eligible to represent their region at the National Final, competitors must have received their Red Seal Certificate or equivalent at least five (5) years prior to May 31, 2010 and within these five (5) years, have two (2) or more years of experience as a chef or sous-chef in a food service establishment.

The **CCFCC National Chefs Challenge** is not a black box competition: one competitor from each region will prepare a well-balanced, three-course menu for 15 persons.

Competitors will receive:

- 1 whole salmon
- 500 grams fresh mussels
- 500 grams fresh clams
- 500 grams Jarlsberg Cheese
- 8 racks of lamb
- 1kg veal sweetbreads

With the above proteins competitors will prepare:

- 15 appetizers, 80 to 100 grams of cooked protein per person plus garniture and appropriate sauce, prepared warm or a combination of hot and cold
- 15 main courses, 140 to 160 grams of cooked protein per person plus appropriate sauce, vegetables and starch
- 15 desserts of their choice, 150 to 180 grams per person total weight

The competitors do not have to use all the proteins provided. Proteins can be used in any order or combination for appetizer and main course. The addition of any other protein is not permitted and may be cause for disqualification.

- All garnishes, vegetables and starches are at the discretion and expense of each competitor, as well as the dessert selection.

- Each competitor will be allowed to bring an assistant/sous-chef to help with the preparation and service of the meal.

PROCESS

- Prior to the National Final, each of the four CCFCC regions will select a chef to compete in the annual CCFCC National Chefs Challenge.
- In the event that a regional competition does not take place, the CCFCC regional branches will select a candidate to represent their region at the Final who has received his/her Red Seal Certificate or equivalent at least five (5) years prior to May 31, 2010 and within these five (5) years has two (2) or more years of experience as a chef or sous-chef in food service.

REGIONAL COMPETITIONS

The branches in each province are responsible for the financial requirements and administrative details of the regional competitions.

At least one national judge appointed by the CCFCC must be present and involved in each regional competition. A list of CCFCC approved judges will be made available by the National Culinary Committee.

The use of proper CCFCC branding is required throughout the competition. The guidelines will be supplied by the CCFCC National Office. It is suggested that a public relations representative be appointed to coordinate media relations with the CCFCC National Office.

In all competitions, the chefs and assistants must wear professional uniforms including white chef jackets, black or similar chef pants, chef hats, neckties and white aprons – no exceptions.

TIME LINE

Selected regional competitors must forward their three (3) course menu by mail to the Culinary Chair at the following address no later than **April 12, 2010**:

Simon Smotkowicz,
CCFCC Culinary Chair,
9797 Jasper Avenue,
Edmonton, AB
T5J 1N9

ADDITIONAL INFORMATION

The competitors must complete and bring the following to the competition:

1. Menu (6 copies)
 - Must be written in proper format describing each course.

2. Recipes (6 copies)

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

Mise en place

- Fish cannot be scaled or filleted or the bones cut out
- Meat cannot be deboned or the bones cut
- Garnishes for the entire menu cannot be brought into the competition kitchen on the day of the competition (e.g. decorative ornaments made of chocolate or similar materials)
- Vegetables/mushrooms/fruits may be brought in washed but not cut or shaped
- Potatoes may be brought in washed and peeled but not cut or shaped
- Onions may be brought in peeled but not cut or chopped
- Basic dough may be prepared in advance and brought in
- Basic stocks (other than fish) may be brought in
- Basic ingredients may be weighed or measured
- All food to be used in the kitchen will be inspected by the judges at the beginning of the competition

There will be a severe penalty and deduction of points if a competitor does not adhere to these rules.

Scores will not be finalized until a final inspection of the kitchen has been completed. Points will be deducted if the kitchen has not been left clean and in good working order and if original equipment is missing.

Appropriate china will be supplied to competitors but they *may bring their own*.

CCFCC regions and/or provincial branches sending competitors will bear the cost of participating including flights, accommodation, meals and other travel expenses.

Competitors will receive the mandatory proteins at the National Final. Competitors will be permitted to bring their own cooking wines and/or liquors and will also receive \$150 to cover the cost of vegetables, dessert, other garnishes and ingredients.

TIMING DESCRIPTION

Set up – Candidates will be allowed to set up their kitchen prior to the start of the competition.

Gather ingredients – Candidates will check their compulsory proteins and will be permitted to measure out or scale dessert ingredients.

Start Time – Candidates will be allowed to prepare and cook all ingredients from the start of the competition.

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

Set up & gather ingredients	8:15 A.M.
Start Time	9:00 A.M.
Appetizer	1:00 P.M.
Main Course	1:30 P.M.
Dessert	2:00 P.M.

COMPETITION TIME TABLE

Kitchen number	Start	Appetizer	Main Course	Dessert
1	9:00 A.M.	1:00 P.M.	1:30 P.M.	2:00 P.M.
2	9:00 A.M.	1:00 P.M.	1:30 P.M.	2:00 P.M.
3	9:05 A.M.	1:05 P.M.	1:35 P.M.	2:05 P.M.
4	9:05 A.M.	1:05 P.M.	1:35 P.M.	2:05 P.M.

JUDGING

The jury will be comprised of experienced competition judges. Two kitchen judges will be responsible for evaluating cleanliness, sanitation, work habits, professional preparation, supervision of the assistant/sous-chef, timing and proper use of ingredients. They will remain in the kitchen area for the duration of the competition. Three tasting judges will score independently from the kitchen judges. The judges will be lead by a Jury Chairman. Please refer to Marking Criteria for details on the distribution of marks.

RESULTS

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

AWARDS

The winner of the 2010 National Chefs Challenge, as well as the first and second runners-up, will be announced during the dinner at the annual CCFCC President's Gala.

MARKING CRITERIA

SECTION I: Kitchen Work	MARKS
Cooking techniques and skills: During the competition, how skillful is the candidate with proper techniques for the preparation and execution of the menu? How many different skills are being performed?	/25
Menu: Did the candidate prepare everything on the menu and adhere to the time line?	/5
Organizational Skills: Efficiency and mise en place should be completed by a stated time. Extra items not used should be processed to be 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 required amount and method of portioning.	/10
Safety & Sanitation: Show the proper handling and storage of food. Show proper use of equipment during the competition e.g. 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	/16
Temperature	/2
2nd Course:	
Presentation	/12
Taste	/16
Temperature	/2
3rd Course:	
Presentation	/12
Taste	/16
Temperature	/2
Timing: 1 point deducted for each minute late to a maximum of 5 points	
Total Points for this Section	/90

Each competitor will prepare 15 of each of their courses and present them for judging at the times listed in the competition time table.

Four portions of each of the courses will be delivered and presented to the judges and one will be delivered to a designated display table. The remaining ten portions will be served to invited guests in the dining area.

If a competitor is late with a course, that course will be evaluated at the end of the judging to ensure fairness and guarantee that the schedule will be respected. Although this may seem drastic, a late entry cannot affect the timing and planning of the other competitors.