



SAPUTO

National Junior Culinary Challenge

2017

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 **2017 SAPUTO 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 1st place winner will automatically win a spot, all expenses paid, in the 2017 CCFCC/Saputo Junior Culinary Exchange as well as a prize from Friedr. Dick and books from Pearson Canada. The 2nd and 3rd place winners will receive a prize from Friedr. Dick and books from Pearson Canada. 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.

The national final competition will take place:

SAIT Polytechnic
1301 – 16th Avenue NW, Calgary, Alberta
Saturday May 27, 2017

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

Each province will have a coordinator and selection committee that will select up to ten (10) competitors from their respective province to compete in their **Provincial Culinary Challenge**. Please contact your local CCFCC Branch 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, Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland.

STEP TWO

National Culinary Challenge

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

- Have won your provincial competition and notified the Culinary Committee Director **on or before April 14, 2017**.
- No competitor may compete if they have won their provincial competition the previous year. Meaning, if you won the 2016 provincial competition, you will not be able to compete in the 2017 National Junior Culinary Challenge.

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

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

If you have any further questions please contact:

<p>Peter Dewar Culinary Committee Director – Junior Competition Peter.Dewar@nsc.ca</p>
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REGISTRATION

All provincial finalists must be identified **no later than April 14, 2017**. They must provide all contact information and menus electronically (scanned and emailed) to the Culinary Competition Director **on or before the above date** 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 branch. Fees vary by region, with the maximum annual dues in any given branch being no more than \$60. For a junior membership, the fee is typically in the \$20 range. For more information visit <http://www.ccfcc.ca>.

REQUIREMENTS

- Each competitor must plan a **three (3) course menu** (starter, soup, main course – no dessert required) **using chicken** for six (6) persons including the following:
 - 1 starter using the chicken leg (cold or hot or combination of both) + Saputo Ricotta cheese.
 - 1 soup using chicken stock made in competition (free choice)
 - 1 main course using chicken breast (hot) + Saputo Provolone cheese.
- Each competitor must fully bone the supplied chicken demonstrating proper knife, sanitation and storage techniques.
- The menu must be prepared using two (2) whole chickens (roasters, 5lbs) and the supplied Saputo cheese.
- Mandatory ingredients will be provided by the CCFCC for the national final only.
- All other ingredients required for the preparation and presentation of the candidate's menu are the responsibility of the candidate.
- Each competitor must prepare 100% of the menu in the kitchen – no advanced preparations will be allowed other than what is outlined below.
- Each competitor may bring the following items into the kitchen;
 - Salads – cleaned, washed, not mixed or cut.
 - Vegetables – cleaned, peeled, washed, not cut or shaped and must be raw, no vegetable purées. Tomatoes may be blanched and peeled and broad beans may be shelled.
 - Stock – basic vegetable, not reduced, not seasoned. Sample must be available for the judges to taste prior to the competition.
- Candidates must ensure that all ingredients used reflect a nutritionally balanced meal. Combination and/or contrast of color, texture and shapes, as well as repetition of ingredients (except chicken) must be taken into consideration.
- Provincial winners must provide the Culinary Committee Director with the following typewritten or computer generated documents:
 - Menu – five (5) copies.
 - Work plan – one (1) copy
 - Recipes – five (5) copies

Each competitor will receive \$75.00 as reimbursement for their ingredients.

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.

GROOMING/DRESS CODE

All competitors are required to dress professionally and include black pants and black, closed, no-slip kitchen shoes. Each provincial winner will be provided with one (1) embroidered white Chef jacket, two (2) aprons, one (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.
- The following equipment should be supplied by the candidates:
 - Knives and small personal tools such as vegetable peeler, zester, skewers, cutters, specialty molds, thermal circulator, pasta rollers, stick mixers and ice cream maker. There will robot coupes and mixers available.
 - Competitors are encouraged to use and bring their own service vessels (plates, bowls, etc.). If this is not possible, the competitor will have access to china from the school.
- 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 Culinary Committee Director in advance of the competition for approval. **No other equipment will be allowed in the competition.**
- The judges reserve the right to confiscate any tool or piece of equipment deemed not appropriate or unsafe.

ASSISTANTS

- There will not be a student assigned to each competitor. Instead, a few students will be made available by the hosting college 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, mise en place or service.
- Candidates will assemble all six (6) plates that are being judged and served.

TIMING

- **Set up** – Candidates will have 60 minutes to set up their stations and gather ingredients/supplies.
- **Start time** – Candidates will have four (4) hours and thirty (30) minutes to prepare and serve a three (3) course menu for six (6) people including clean down (see timing example below). The chicken must be presented to the judges after butchering and prior to starting to cook. The start times of each candidate will be staggered.
- There will be thirty (30) minutes between each course.

- **Example**

Set up	7:00am to 8:00am
Mise en place control	8:00am to 8:30am
Start time	8:30am
Butchery	8:30am to 9:00am
Starter	11:30am
Soup	12:00pm
Main Course	12:30pm
Clean	12:30pm to 1:00pm

JUDGING/MARKING CRITERIA

- WACS and/or CCFCC approved judges will judge the competition.
- The judging team will consist of a minimum of five (5) judges to judge cooking skills, food presentation and taste.
- The judges 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 menu; however, there will be point deductions for exceeding the time limits.

SECTION 1

Kitchen Work	MARKS
Mise en place Salads, vegetables and fruits brought in and prepared according to the rules? Are ingredients organized and properly stored? Are the stations well set up and work plans posted? Are all tools and equipment organized?	
1 st Course	/10
2 nd Course	/10
3 rd Course	/10

<p>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?</p> <p>Organizational skills Space, ingredients and tools are kept well organized. All extra items not used should be appropriately stored for later use. Work plan should clearly lay out the different steps for the menu used. Did the candidate prepare everything on the menu and adhere to the time line on work plan?</p> <p>Safety and sanitation Demonstrate the proper handling and storage of food. Show proper use of equipment throughout 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?</p>	
1 st Course	/25
2 nd Course	/25
3 rd Course	/25
Total points for section 1	/105

SECTION 2

Menu Presentation, Food Taste and Timing	
1st Course	
Presentation	/10
Taste	/50
Service/Timing	/5
Timing: ½ point deducted for each minute late to a maximum of 5 points	
2nd Course	
Presentation	/10
Taste	/50
Service/Timing	/5
Timing: ½ point deducted for each minute late to a maximum of 5 points	
3rd Course	
Presentation	/10
Taste	/50
Service/Timing	/5
Timing: ½ point deducted for each minute late to a maximum of 5 points	
Total points for this section	
	/195

Total possible points		/300
Total Score	/300 ÷ 3 =	/100

Note: Each of the courses is scored out of 100 points for a total of 300 points which is then divided by the number of courses resulting in a final divided tally of 100 points.

RESULTS

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

The winners will be announced at the CCFCC President's Gala.