

# Chef's Hat Junior Culinary Challenge 2018

The Culinary Federation (FC) Junior Culinary Challenge is a competition that takes place during the annual National Conference. This competition is intended for maximum exposure and promotion of the Junior Chef and the Partners, as such, it will be held during the CF conference trade show.

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 1<sup>st</sup> place winner will win a prize from Friedr, Dick knives and books from Pearson Canada. The 2<sup>nd</sup> and 3<sup>rd</sup> place winners will receive a prize from Friedr. Dick knives 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 specially described in these official rules. All prizes will be delivered to confirmed winners.

Awards will take place at the President's Gala.

Participants consent to 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.

The national final competition will take place:

**Delta Hotel Prince Edward  
18 Queen Street  
Charlottetown PEI  
Tuesday, June 12 2018 at 8am**

## **REGISTRATION**

All provincial finalists must be a CF member in good standing at the time of application, **be identified no later than April 20<sup>th</sup> 2018** and must provide the completed application (form below) electronically (scanned and emailed) to the Culinary Chair **on or before the above date** to qualify for the national final.

If you have any further questions please contact:

Peter Dewar CF Culinary Chair peter.dewar@nsc.ca
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## REQUIREMENTS

- Main Course – To prepare and present one (1) main course dish for four (4) 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, 3 vegetables, 2 types of fresh herbs, 1 starch plus, 1 type of cheese. Each round will have different black box ingredients however the par stock (listed below) will be the same.
- Each Black Box ingredient must be used somehow on your main course dish.
- No food products may be brought in by the competitor, only ingredients provided may be used in your dish.

### Par Stock:

- 454 grams unsalted butter
- 500ml 38% cream
- 1 bottle red wine
- 1 bottle white wine
- Salt
- Ground black pepper
- vegetable oil
- Flour
- 6 large eggs
- 1 litre chicken stock
- Sugar
- White wine vinegar
- Dijon mustard
- Tomato paste
- 4 onions
- 4 carrots
- 1 celery
- 1 bulb garlic

## DRESS CODE

All competitors are required to dress professionally including a white chef jacket, necktie, black trousers, closed slip resistant black kitchen shoes, apron and chef hat. One (1) jacket will be provided and must be worn the day of the competition.

## 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.

- 1 – 6 rack or higher combi oven
- Induction cook tops, single burner
- 1 power outlet to use their own plug in equipment (food processors, stick blender, etc.)
- Refrigeration/chiller with at least 2 shelves
- 2 – 6 foot tables/work bench with under shelf
- 1 sink
- 2 plastic cutting boards
- 1 china cap
- 1 chinois
- 3 mixing bowls, different sizes
- 20 – 500ml plastic containers with lids
- 2 heat proof spatulas
- 2 wooden spoons
- 2 whisks
- 2 small whisks
- 3 half baking sheets
- 1 Kitchen Aid Mixer
- 1 Robot Coupe with blade and bowl
- 3 sauté pans (nonstick)
- 1 – 1 litre sauce pot
- 1 – 2 litre sauce pot
- 1 – 4 litre sauce pot

- 1 pepper mill
- 1 roll plastic stretch film
- 1 roll aluminum foil
- 1 parchment roll

### **Cleaning and General Equipment, per competitor**

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

### **Plates**

4 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
- Parchment paper (not transfer)
- Spatulas (metal, rubber etc.)
- Scoop (for fruits, vegetables)
- Oven towels
- Weigh scales
- Thermometer
- Silicone mats
- Graters
- Mandolin
- Piping bag (cloth, plastic) and tube
- Serving spoon (small)
- Pasta machine (non-electric)
- Electric hand blender
- Blow torch (competitor must buy fuel locally)
- Plastic Storage containers (max size – 500ml)

## 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

Mise en Place	10 points
Correct Professional Preparation -Hygiene -Working Skill/techniques -Kitchen Organization	25 points
Service	5 points
Presentation	10 points
Taste	50 points
<b>Total</b>	<b>100 points</b>

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## APPLICATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Primary Phone (\_\_\_\_) \_\_\_\_\_ Secondary Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

CF Branch: \_\_\_\_\_ Jacket Size: \_\_\_\_\_

Place of Employment / School: \_\_\_\_\_

Position: \_\_\_\_\_

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CF Culinary Chair: Peter Dewar

[peter.dewar@nsc.ca](mailto:peter.dewar@nsc.ca)