



ABILYMPICS SHOWCASE 2024

## COOKING

Friday April 12th, 2024

NSCC Akerley Campus

### Assignment

Participants will prepare and present a healthy and exciting meal using various techniques and professional equipment. The task is to prepare a filled, 3-egg Omelette, to be served with Tomato Salsa on the side.

### Equipment

All recipes, kitchen equipment, serving dishes and ingredients will be provided.

### Requirements

Participants will be expected to wear non-slip, closed-toe shoes.

An apron, shoe covers and a hair net will be provided.

Participants will be required to clean their workstations after completing the assignment.

### Showcase Schedule

| Friday, April 12, 2024 | Task  |
|------------------------|---|
| 9:00 am – 9:30 am      | Participants will be welcomed by the judges. They will receive a kitchen orientation and be provided with a workstation with all their ingredients. |
| 9:30 am – 10:00 am     | Assignment 1- Prepare a salsa   |
| 10:00 am-10:30 am      | Clean up and reset the room   |
| 10:30 am -11:30 am     | Group 1 - Prepare an omelette<br>Group 2 - Break/Optional tour of Competitions/Career Showcase  |
| 11:30 pm-12:00 pm      | Judging for Group 1 & kitchen reset   |
| 12:00 pm – 1:00 pm     | Group 2 - Assignment 2- Prepare an omelette<br>Group 1 - Break/Optional tour of Competitions/Career Showcase  |
| 1:00 pm – 2:00 pm      | Judging for Group 2, kitchen cleanup & lunch  |
| 2:00 pm – 3:00 pm      | Medal Ceremony  |

## IMPORTANT NOTES

1. Participants will be provided with cooking equipment to practice with and use on the day. If a participant has taken home their kit to practice with, they are responsible for bringing it with them on April 12th.
2. SCNS will provide all ingredients for showcase day. Requests for additional omelette fillings or salsa ingredients must be requested by email by April 9th at [ds.skillsns@gmail.com](mailto:ds.skillsns@gmail.com).
3. A snack during the break and lunch will be provided by SCNS.

## Evaluation & Judging Criteria

| Item / Task   | Point Value |
|---|-------------|
| Personal & workplace hygiene (washing hands, wearing special clothing (gloves & apron), keeping work surfaces clean & tidy. | 20          |
| Presentation: style and creativity  | 20          |
| Taste - Taste and flavor overall balance  | 50          |
| The texture (consistency) of each component of the dish   | 10          |
| <b>TOTAL POINTS</b>   | <b>100</b>  |