



Contest Description

Cooking 34 – Post-Secondary

Competition – Day 1		March 27, 2025	NSSC Akerley Campus
TIME	TASK		
8:30 a.m.	Arrival of candidates on site. Introduction and brief discussion.		
9:00 a.m.	<ul style="list-style-type: none"> • Specific Mandatory ingredients revealed. All items in the mystery basket must be prominently incorporated into the competitor’s main course. • Pressure Test Completion Time will be drawn (The actual pressure test will be announced at the start of the pressure test window). Competitors must incorporate pressure test timing into their work plan • Costing exercise is assigned. (See Appendix A for an example.) 		
9:15 a.m.	<ul style="list-style-type: none"> • Competitors complete the costing exercise, design a descriptive menu, list menu elements, and produce a work plan for Day 2. <p>Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (besides what the NTC provides). No late submissions are accepted.</p>		
11:45 a.m.	<ul style="list-style-type: none"> • Submit two (2) handwritten copies of the following: work plan, descriptive menu, and menu element documents using the templates provided. • Competitors may take one copy of their work plan, menu and menu elements to reference for day 2. <ul style="list-style-type: none"> ○ Day 1 menu submissions are final. No additions or substitutions are allowed. • Submit the costing exercise. • Review of the competition schedule for Day 2. Question and discussion period. 		
12:00 p.m.	Competitors leave the competition site. Lunch is provided for competitors.		

Competition – Day 2		March 28, 2025	NSCC Akerley Campus
TIME	TASK		
7:45 a.m.	Arrival of competitors.		
8:00 a.m.	Safety Orientation and briefing of expectations for day 2 of competition.		
8:10 a.m.	Set up workstations. (Equipment only. No contact with food items at this time.)		
8:30 a.m.	Start of Competition. Pressure Test announced.		
11:00 a.m.	Presentation of Vegetable Precision Cuts.		
11:45 a.m.	Clean up and inspection of workstations. (No cooking/prep at this time - all food production and cooking must end.)		
12:00 p.m.	Candidates leave the competition site. Lunch is provided for competitors.		
12:55 p.m.	Competitors return from lunch & PTC Briefing.		
1:00 p.m.	Competition resumes		
2:30 p.m.	Appetizer presentation		
3:15 p.m.	Main Course presentation		
4:00 p.m.	Dessert presentation Cleanup of station.		
4:30 p.m.	Stations inspected. Competitors leave the competition site.		

NOTES

- There is a two (2) minute window past the presentation time when presenting Modules, after which deductions in points will occur.

Example – Appetizer Course must be served from 2:30 PM to 2:31:59 PM after which one (1) point will be deducted per minute until 2:42:01 PM, after which submitted work will no longer be accepted for judging.

DESCRIPTION OF PROJECT AND TASKS

Mandatory Ingredients

Below is a list of mandatory ingredients. All of these items/ingredients must be used in their main course.

The ingredient Inventory per competitor will include the following below. Specific varieties/sizes of ingredients will not be revealed until day 1 of the competition:

- Potatoes
- Tomatoes
- Green beans
- Olives
- Eggs
- Anchovies
- Lettuce/Leaf

Pressure Test Items – Module 2A

Competitors will be assigned a skills “Pressure Test Item” that will allow competitors to showcase specific skills as selected by the PTC. At the chosen time, the PTC will announce the test item. The test item must be presented for judging at the service time previously drawn. No methodology will be offered ahead of the competition.

Time limit: Competitors will have a maximum of 30 minutes to complete the pressure test. After this time the PTC will not evaluate any food products.

Module 2B Competencies

Description	<p>Vegetable precision cuts: Small Dice</p> <p>Presented in individual containers (containers provided)</p> <ul style="list-style-type: none">• 100 g leek• 100 g carrot• 100 g celery <p>• See Appendix C – precision cuts of vegetables.</p> <p>• All vegetable competencies must be incorporated into the consommé as a garnish component.</p> <p>Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency.</p> <ul style="list-style-type: none">• Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines.
Available ingredients	<ul style="list-style-type: none">• A list of all ingredients available for this module is included in the common food table document.
Special equipment required	<ul style="list-style-type: none">• 500ml deli containers.• Test Item is to be presented in the appropriate plates, bowls, or containers provided by PTC. No service wares (China) permitted other than that provided.• Service spoons, glasses, ramekins etc. are not allowed.

Module 3A Plated Appetizer

<p>Description</p>	<p>Prepare four (4) plated appetizers of Cornish Game Hen consommé. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Mousseline forcemeat filled pasta component. • Must utilize vegetable garnish competency from Module 2B
<p>Service Details</p>	<p>Note: Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins e.t.c. are not allowed for service.</p> <ul style="list-style-type: none"> • Consommé, 800ml • Protein items must be served to a minimum of 60 C (140 F) • Consommé course must be served hot in the jug provided. • Garnish/ mousseline/ pasta and vegetable element's to be served in the soup plate. Consommé will be poured by the judges. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 10" soup plate, round white – 4 each • measuring jug for consommé – 1 each
<p>Available Ingredients</p>	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document.
<p>Timing of Service</p>	<ul style="list-style-type: none"> • Plates must be presented for judging at the time stated on the competition schedule.

Module 3B Main Course

Description	<p>Prepare four (4) Niçoise inspired main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none">• Fresh water round white fish (no raw preparations)• All items utilized from the mandatory ingredient list.• A minimum of 3 different cooking methods.• A minimum of 1 sauce
Service Details	<p>Note: - Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none">• Total plate portion must be between 225 - 275 grams.• Sauce is to be served on plates, and on the side in one (1) sauce boat (90 mL minimum).• Protein items must be cooked – no raw preparations.• Dishes must be served hot - no cold element preparations. <p>Provided Service wares:</p> <ul style="list-style-type: none">• 12” plate, round white• Sauce boat – 1 each
Available Ingredients	<ul style="list-style-type: none">• A list of all ingredients available for this module is included in the common food table document.
Timing of Service	<ul style="list-style-type: none">• Plates must be presented for judging at the time stated on the competition schedule.


Module 3C Plated Dessert Creation

Description	<p>Prepare four (4) dessert course plates. Minimum visible components on the plate must include a:</p> <ul style="list-style-type: none"> • Choux Pastry • Custard based filling (i.e., pastry cream, bavarois, chiboust etc). • Must include either a tempered chocolate garnish, or sugar garnish. • Cooked fruit element (separate element that is not a sauce) • A minimum of one (1) sauce.
Service Details	<p>Note: Molds, etc are permitted for production, however added service wares – spoons, glasses, ramekins etc. are not allowed for service</p> <ul style="list-style-type: none"> • Total plate portion must be between 95 - 150 grams. • No frozen components permitted. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12” plate, round white
Available Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this module is included in the common food table document.
Timing of Service	<ul style="list-style-type: none"> • Desserts must be presented for judging at the time stated on the competition schedule.

Appendix A

Recipe Costing Exercise Example














This sample is for competitors to use as reference. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green and orange shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

Chicken Consommé (broth only)							No. of Portions:	22		
Ingredient	As Purchased (AP)			Edible Portion (EP)			Recipe - Units Needed		Recipe Ingredient Cost	
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount					Unit Cost (Cost per gram)
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml	\$ 20.00
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g	\$ 6.00
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g	\$ 2.00
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g	\$ 0.25
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g	\$ 0.13
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g	\$ 0.50
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g	\$ 3.25
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g	\$ 0.81
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g	\$ 0.07
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g	\$ 0.02
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g	\$ 0.13
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g	\$ 0.02
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g	\$ 0.07
							Total Recipe Cost (\$)		\$ 33.24	
							Yielded Cost Per Portion (\$)		\$ 1.51	
							Suggested Selling Price (\$)		\$ 6.43	
							Food Cost %		23.5%	
							Gross Profit per portion (\$)		\$ 4.92	
<p>For this exercise, you are required to portion cost the provided Chicken Consommé recipe. To complete the knowledge test, you must complete the table where indicated and calculate the following:</p> <p>Note that the total recipe yields 4 litres.</p> <p>Calculate the number of <i>complete</i> portions the recipe will yield , given a 175 ml portion size</p> <p>Calculate the cost per ingredient and Total Recipe cost.</p> <p>Calculate the yielded cost per portion</p> <p>Calculate the Suggested Selling Price, given a 23.5% Food Cost.</p> <p>Calculate the Gross Profit per portion in dollars/cents.</p>										

Appendix C

Precision Cuts

Source: Professional Cooking 9th edition
Page: 145

	(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).
	(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).
	(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).
	(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).
	(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).
	(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).
	(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).
	(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).
	(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Appendix D

2025 Post-Secondary Marking Scheme

Safety and Sanitation	Weight:	15
Aspect	Measurement or Judgement	
Uniform (PPE)	M	
Personal Hygiene	J	
Workstation Hygiene	J	
Safe use of Hand-tools & Equipment	J	
Safe work habits	J	

Organization & Product Utilization	Weight:	10
Aspect	Measurement or Judgement	
Pressure Test Timing	M	
Precision Cut Timing	M	
Costing Exercise Timing	M	
Menu & Menu Elements Timing	M	
Appetizer Service Time	M	
Main Course Service Time	M	
Dessert Service Time	M	
Efficient use of work plan	J	
Controls waste due to technique, spoilage	J	
Displays skills in yield management - i.e., over/under preparation	J	
Selecting ingredients and appropriate skills reflecting ingredient's nutrition value	J	

Preparation and Technical Skill	Weight:	25
Aspect	Measurement or Judgement	
Food hygiene (FJ)	J	
Application and Usage of Hand-tools	J	
Recipes reflect own ideas & originality - interpreting trends	J	
Selects appropriate fabrication and preparation techniques	J	
Knowledge of Cooking Methods	J	
Knowledge of food Ingredients, their application and preparation	J	
Costing Exercise	M	

Presentation	Weight:	15
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Aspect	Measurement or Judgement
Presented food/China is cleanly presented. Service wares are free of spills, and fingerprints	M
Dish fits the China used and shows negative space	M
Appetiser Visual Presentation Appeal	J
Main Course - Visual Presentation Appeal	J
Dessert Creation Visual Presentation Appeal	J
Modernistic and Contemporary Food Presentation style	J
Overall Quality and Value of Food Presented	J
Leeks - Julienne cut to industry standards	M
Zucchini - Tourné cut to industry standards	M
Mushroom - Tourné cut to industry standards	M
Carrot - Brunoise cut to industry standards	M
Key/required food ingredients are reflected in the written menu description	M

Taste and Required Menu Components		Weight:	35
Aspect	Measurement or Judgement		
Appetiser meets correct portion size as per Test Project	M		
Main Course meets correct portion size as per Test Project	M		
Dessert meets correct portion size as per Test Project	M		
Error-free, professionally written descriptive menu	J		
Appetiser - Showcase Required Elements	J		
Main Course - Showcase Required Elements	J		
Dessert Creation Showcase Required Elements	J		
Appetiser Texture & Doneness	J		
Main Course Texture & Doneness	J		
Dessert Creation Texture & Doneness	J		
Appetiser Flavour	J		
Main Course Flavour	J		
Dessert Flavour	J		
Seasoning of Food	J		
Applied cooking methods reflect the usage of the ingredients and the stated menu description	M		
Precision Cut Weights	M		