

DATE	LOCATION
March 26-27, 2026	NSSC Akerley Campus

1 CONTEST INTRODUCTION

1.1 Description of the associated work role(s) or occupation(s)

https://www.skillscompetencescanada.com/en/skill_area/cooking/

1.2 Purpose of the Challenge

Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows the public a snapshot into the trade of cook while demonstrating new culinary trends and techniques.

1.3 Duration of Contest

Secondary – 1 day contest

Thursday March 26, 2026

NSSC Akerley Campus

- 8.5 hours of total competition time (8:30 am to 5:00 pm):
 - Station setup, culinary math and menu writing – 30 minutes
 - Cooking time – 6.5 hours, + 1 hour Lunch Break (12:00 pm – 1:00 pm)
 - 30 minutes clean up.

Post-Secondary – 2-day contest

Thursday March 26, 2026 & Friday March 27, 2026

NSSC Akerley Campus

- Day 1 – 3 hours for culinary math, & menu writing. Lunch – 12:00 pm – 1:00 pm
- Day 2 – 8.5 hours of competition time (8:30 am – 5:00 pm)
 - 30 minutes set up
 - cooking time - 6.5 hours, + 1 hour for lunch (12:00 pm – 1:00 pm)
 - 30 minutes clean up

1.4 Skills and Knowledge to be tested.

Secondary:

- Module 1: Competencies, Culinary Math Exercise, and Mise en Place for Module 2
- Module 2: Three (3) Course Menu (Appetizer, Main Course & Dessert)

Post-Secondary:

- Day 1 - Module 1: Culinary Math Exercise, Menu Writing
- Day 2 - Module 2: Competencies, Pressure Test, and Mise en Place for module 3
- Day 2 - Module 3: Three (3) Course Menu (Appetizer, Main Course & Dessert)

The knowledge and skills demonstrated in the project reflect real world requirements of the cook trade, including:

- Safe work and sanitation practices
- Fabrication methods and cooking of proteins, vegetables and starches
- Baking and dessert production
- Attractive presentation of completed dishes
- Recipe development and costing
- Time management and organization of production in order to meet guest needs

Skills for Success – ¹Numeracy, ⁴Adaptability ⁶Writing, ⁷Problem Solving, ⁸Creativity & Innovation

2 CONTEST DESCRIPTION

2.1 List of documents produced and timeline for when competitors have access to the documents on the SkillsNS website.

DOCUMENT DATE OF DISTRIBUTION

Project December 2025

Menu Template Document December 2025

Common Food Table December 2025

Sous Vide CCP Log December 2025

Appendix December 2025

2.2 Number of Stations / Allocations

The Kitchen Labs at NSCC2 can accommodate a **maximum of 12** competitors each for Secondary and Post-Secondary competitions. Spaces are allotted on a first/come, first/serve basis. However, spaces may be designated to facilitate participation from all interested areas – i.e. NSCC Campuses and Apprenticeship.

3 Prerequisites

3.1 Food Requisition

In order to reduce food waste and to help ensure all food products are on site for the competitors, we are requiring both Secondary and Post-Secondary competitors to submit a food requisition to the PTC.

- Only products listed in the Common Table document may be requisitioned.
- The requisition form provided must be used
- PTC reserves the right to limit quantities of items or make substitutions based on availability
- Items will not be weighed and measured for the competitor. Requisitions are for facilitating purchasing only.
- **Food requisitions must be submitted to Sean.Kettley@nsc.ca on or before:**
 - **Thursday March 19th 2026**, Late submission may result in products not being available for competitors.

4 TOOLS, EQUIPMENT AND CLOTHING

4.1 Uniform Requirements

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and meets or exceeds sanitation and safety guidelines.

- Non-slip, closed toe, closed heel, water and oil resistant shoes (nonpermeable)
- Black or checked professional chef trousers.
- Double breasted, white chef jacket
- White Apron
- Side Towels (hot towels)
- Professional chef's hat

Uniform Notes:

- Competitors need uniforms for 1 working day
- Uniforms can have embroidery to identify the competitor or sponsors, but it must be

done professionally and in good taste.

- hands must be washed; nails must be trimmed, clean and free of polish while working with food. False nails are not permitted in the contest area.
- Hair must be restrained during the competition
- Beards must be neat and trimmed or restrained with a beard net
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety/sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time. The PTC's resolution is final, and noncompliance will result in point deductions, or removal from the contest

4.2 Tools and Equipment

Equipment and material **provided for competitors** by the Host Campus:

- All food for the contest. No outside food products may be bought in.
- Gas range with an oven (4 burners)
- 1 electrical outlet per workstation with GFI
- 1 each 6-foot worktable with undershelf and tray storage
- Display area for finished plates.
- Baking sheets - full - 4 per station
- Baking sheets - 1/2 - 4 per station
- Pots and fry pans – various sizes and capacities
- Nylon cutting boards (1/2" thick - 12" x 24" minimum) – 2 per station
- Garbage, Recycling and Organics/Compost bins
- All sanitizing equipment (spray bottle, dish soap, sanitizer). No outside sanitizing products may be brought onto the contest site
- Cleaning supplies – Nylon scour pads, paper towels and shop towels.
- 2" deep (half and full) hotel pans
- Smallwares - i.e mixing bowls, strainers, slotted spoons, ladles (limited amounts of each)
- All service wares (china) required. No outside dishes or vessels can be used.

Items to be shared between all competitors:

- Shared refrigeration and freezer space
- Shared sink with hot and cold water
- Conveyor dishwasher
- Counter-top stand mixer (bowl, whip, paddle, dough hook)
- Microwave
- Food processor with bowl and cutter blade

Contest Description Cooking Secondary & Post-Secondary

- Kitchen blender
- Spice grinder
- Torch (propane or butane)
- Consumables: Plastic-wrap / Aluminum Foil / Parchment Paper / Butcher's Twine
- Whippet cartridges (for ISI whipper)
- Vacuum Sealer and bags

NOTE: Shared equipment must be used, cleaned and returned as soon as possible for other competitors. Items that are designated as shared equipment **must be used if required** (no substitutes of personal equipment).

Competitors may bring any tool and/or equipment that is not provided on the shared equipment list (any competitor bringing "shared equipment items" to the contest site will have their equipment removed from the contest site).

- Knives
- Whips
- Spatulas
- Piping bag and tips
- Rolling pins
- Specialty cutters and molds
- Scale
- Timer
- Thermometer
- Side towels or oven mitts
- Recipes and reference books.

Tools and Equipment Notes:

- Competitors are limited to 1 piece of electrical equipment (battery or power operated) for the entire duration of the contest (not including the shared equipment, thermometer, and digital scale)
- The PTC will be inspecting workstations and kits; any additional items will be removed the contest site. Choose your equipment wisely!!
- Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
 - A thermostatically controlled self-contained deep fat fryer, or a
 - A heavy pot (with lid) and a **dedicated deep fat frying thermometer** that is attached to the pot.
- It is not permitted to bring any foodstuffs into the contest, including colouring agents, transfer sheets, wood for smoking, canned oil sprays, dry ice, liquid

- Only the food provided can be used (no substitutions permitted).
- Outside service wear, like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates.
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Item's such as black ABS drainpipe, 3D printed molds, etc. are not food safe and therefore not permitted. The PTC reserves the right to inspect materials and prohibit its use.

Use of Precision Controlled Equipment:

This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook, demonstrating dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment (e.g., Immersion Circulators, Thermal Mixers) must be limited to no more than one application over the two-day contest.

- Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan

Toolboxes Guidelines

One of the objectives of SCC is the sustainability of the Competition. As a result, the toolboxes brought by Competitors will be restricted to the following maximum specifications. The Competitor toolbox(es) must not exceed 0.6 meters³ in volume for the duration of the contest. It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated.

Note: Competitors who do not have the required uniform / protective equipment will not be allowed to participate in the competition.

5 ASSESSMENT

5.1 Point breakdown Note: This list is subject to change.

TASKS	/100
Safety and Sanitation	15
Organization & Product Utilization the contest project	12
Preparation and Technical Skill	14
Presentation	25
Taste and Required Menu Components	34

CONTEST SPECIFIC RULES Contest specific rules cannot contradict or take priority over the Competition Rules. They do provide specific details and clarity in areas that may vary from contest to contest. Any additional contest rules will be reviewed during the competitor orientation.:

- **Recipes** - Competitors are free to bring recipes that display ingredients and amounts only. Competitors cannot have procedures and/or directions at their stations.
- **Common-Table** - Food items that are available to carry out the test project will include all necessary proteins, dairy and produce items. Common dry goods, herbs, alcohols, spices, and stocks will also be available. Common table items will be specifically outlined in the common table document. The Provincial Technical Committee reserves the right to change or limit food items without notice, depending on availability and quality. You will be marked accordingly for over-use, or waste of products. ONLY the foods provided by Skills nova Scotia are permitted for use. Absolutely no outside food products are to be brought into the contest.
- **Menu and Work plan Submission** - Competitors must write and submit two (2) copies of menus, and menu elements for each day of the competition. These documents must be hand written from memory. Competitors must use the menu, and menu element templates provided, using appropriate terminology and descriptors of the cooking methods and the ingredients used. Competitors must have two (2) copies of a workplan at their station – one for use by the competitor and one for use by judges. Do not include your name or your province/territory on the menu. Cooking methodologies used throughout the contest must follow those prescribed in the Test Project.
- **Professional Conduct** - It is the primary intent of the PTC to provide a fair, equitable and transparent contest. Therefore, during the contest, all, and any communication between candidates and persons outside the site are not permitted. This includes verbal, non-verbal, written and electronic forms of communication. All use of personal electronic devices (cell phones, tablets, laptops, smart watches, earphones are prohibited. Any competitor engaging in these activities will be penalized. Penalties will be administered by the PTC, and can range from point deduction, up to full disqualification from the contest. If a candidate must leave the site, an PTC member must be advised prior to leaving the contest site
- **Sustainability** - Handling of recycling, organic waste and garbage will be discussed at orientation and follow the guidelines set out by the host city. Competitors will be judged on their usage of power and water during the competition, set-up and clean up. Points will be deducted if the competitors are being wasteful in their use of power and/or water.

6 TIES

- Tiebreaker #1: The competitor with the highest score in Taste and Required Menu Components will be declared the winner.
- Tiebreaker #2: The competitor with the highest score in Prep & Technical Skills will be declared the winner.
- Tiebreaker #3: The competitor with the highest score in Presentation will be

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declared the winner

PTC Contact Information

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