

Project Description

Cooking 34 – Post-Secondary

Competition – Day 1		March 26, 2026	NSCC Akerley Campus
TIME	TASK		
8:30 a.m.	<p>Arrival of candidates on site. Introduction and brief discussion.</p>		
9:00 a.m.	<ul style="list-style-type: none"> Specific Mandatory ingredients are revealed. All items 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.	<p>Competitors complete the costing exercise, design a descriptive menu, list menu elements, and produce a work plan for Day 2. Competitors are given 2.5 hours for this segment of the competition. No electronic devices are permitted (except those provided by the NTC). 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 by the NTC at the competition site. Competitors may take one copy of their work plan, menu, and menu elements to reference for day 2. 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.	<p>Competitors leave the competition site. Lunch is provided for competitors.</p>		

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Competition – Day 2 NSCC Akerley Campus		March 27, 2026
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.	
12:50 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.

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DESCRIPTION OF PROJECT AND TASKS

3.1 Mandatory Ingredients

Below is a list of mandatory ingredient categories. All of these items/ingredients must be present over the three courses and be easily identifiable.

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

- Fruits
- Fungi
- Leaf
- Shoots
- Root/tubers
- Alcohol

3.2 Pressure Test Items – **Module 2A**

Competitors will be assigned a “Pressure Test Item” that allows competitors to showcase specific skills as selected by the NTC. At the chosen time, the NTC will announce the test item. The test item must be presented for judging at the previously drawn service time. 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 NTC will not evaluate any food products.

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Module 2B Competencies

Description	<p>Vegetable precision cuts:</p> <p>Items are presented in individual containers (containers provided).</p> <ul style="list-style-type: none"> • 50g brunoise of fennel (3mm), 50g brunoise of celery (3mm), 20g consistent finely chopped/sliced chives. Cuts must be present in the Appetiser. • See Appendix B – precision cuts of vegetables. • Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. <p>All cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilized in the menu.</p>
Available ingredients	<p>A list of all ingredients available for this module is included in the common food table document.</p>
Special equipment required	<ul style="list-style-type: none"> • Deli or compostable containers (provided by the PTC). • Test Item is to be presented in the appropriate plates, bowls, or containers (provided by PTC). • No service wares (China) permitted other than those provided by the PTC. • Service spoons, glasses, ramekins, etc. are not allowed.

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Module 3A

Plated Appetizer

Description	<p>Prepare four (4) portions Rillettes of Salmonidae. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Rillettes of fish • Must utilize Precision cuts from Module 2B • Cracker component • Dressed Petit Salad • Appropriate, functional, edible garnish • Cold sauce plated •
Service Details	<ul style="list-style-type: none"> • Note - Molds, etc., are permitted for production; however, added service wares: spoons, glasses, ramekins, etc., are not allowed for service. • Protein items must be cooked to correct internal temperatures following food safety guidelines. • Appetiser course must be served cold (room temp) on the plates provided. • Total plate portion must be between 125 – 175 grams. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white – 4 each
Available Ingredients	<ul style="list-style-type: none"> • A list of all other 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.

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<h3 style="text-align: center;"><u>Module 3B</u></h3> <h3 style="text-align: center;">Main Course</h3>	
Description	<p>Prepare four (4) main course plates <u>utilising the whole duck</u>. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Protein component, must be cooked en croute (e.g., <i>Pithivier / Wellington</i>) and must include the following: <ul style="list-style-type: none"> ◦ Duck - Breast cooked medium rare – medium. ◦ Duck – Legs must be utilised ◦ Mushroom Duxelles ◦ Puff Pastry ◦ For presentation, the finished product must be cut to show the cross section of all elements contained in the pastry. • Items utilized from the mandatory ingredient list: Whole duck must be utilized • A minimum of 3 different cooking methods demonstrated • A functional vegetable element/garnish • 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 - 325 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. • Elements must be served hot - no cold preparations. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white – 4 each • Sauce boat – 1 each

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Available Ingredients	<ul style="list-style-type: none">• A list of all additional ingredients available for this module is included in the common food table document. Maximum amounts per ingredients are listed in the common table.
Timing of Service	<ul style="list-style-type: none">• Plates must be presented for judging at the time stated on the competition schedule.

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Module 3C

Plated Dessert Creation

Description	<p>Prepare four (4) dessert course plates. Minimum visible components on the plate must include:</p> <ul style="list-style-type: none"> • Individual Entremets (a multi-layered mousse-based cake must include) • Sponge component • Garnish, (such as tempered chocolate, sugar component) • Mystery fruit element must be incorporated within the entremets (<i>such as mousse, glaze, gelee, sponge</i>), not a sauce. • A minimum of one (1) sauce. •
Service Details	<ul style="list-style-type: none"> • Note - Molds, etc., are permitted for production; however, added service wares: spoons, glasses, ramekins, etc., are not allowed for service. • Total plate portion must be between 95 - 150 grams. • No plated frozen components permitted. • Provided Service wares: 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.

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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. Competitors will be given a recipe total amount and a portion size and they will have to complete the calculation.

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Chicken Consommé (broth only)							No. of Portions:	22	
Ingredient	As Purchased (AP)			Edible Portion (EP)			Unit Cost (Cost per gram)	Recipe - Units Needed	Recipe Ingredient Cost
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount				
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g
 Skills Compétences Canada							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	

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:

Note that the total recipe yields 4 litres.

Calculate the number of complete portions the recipe will yield, given a 175 ml portion size.

Calculate the cost per ingredient and Total Recipe cost.

Calculate the yielded cost per portion

Calculate the Suggested Selling Price, given a 23.5% Food Cost.

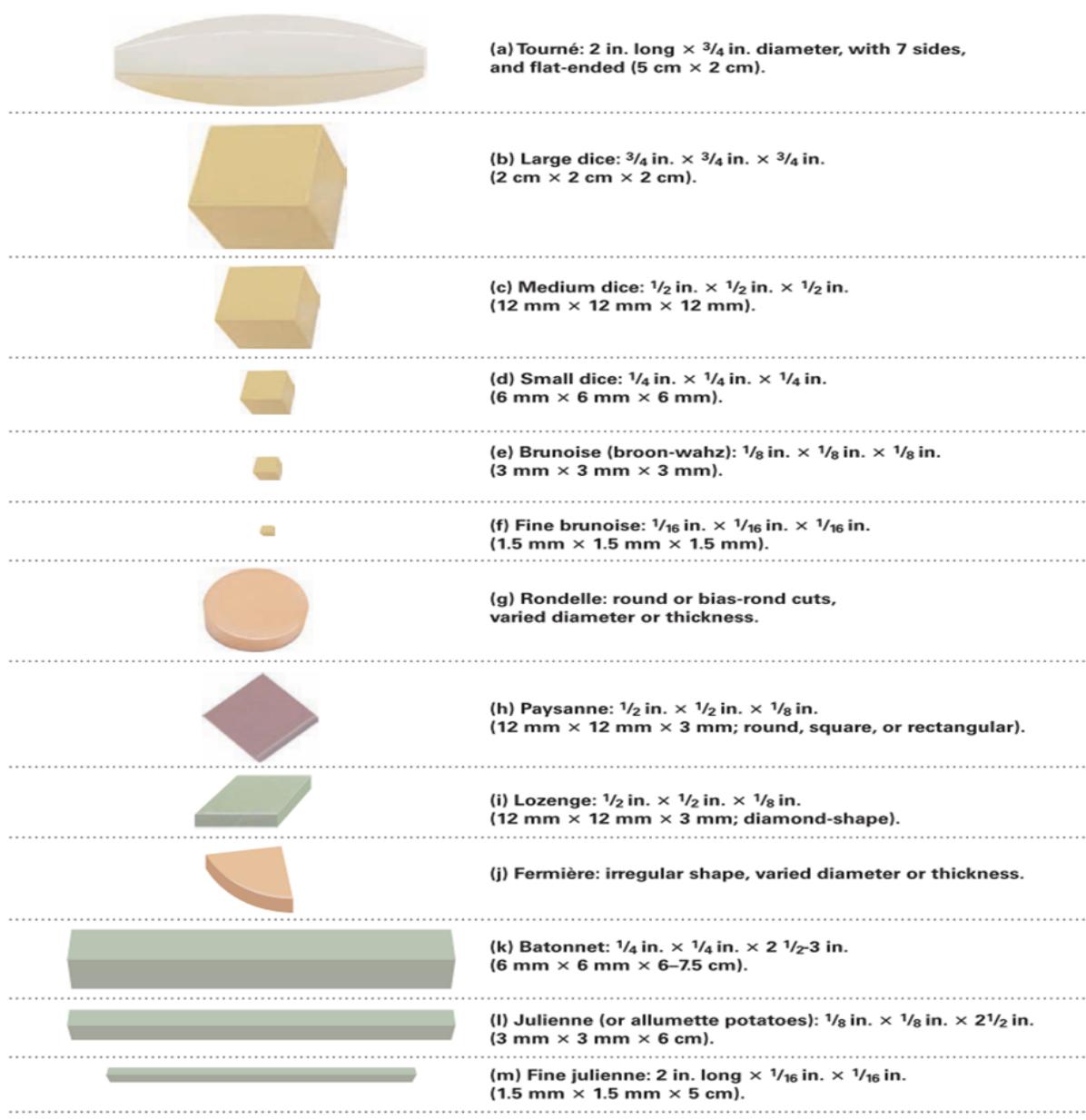
Calculate the Gross Profit per portion in dollars/cents.

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Appendix B Precision Cuts

Source: Professional Cooking 9th edition
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Appendix C

2026 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

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Presentation		Weight: 15
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
Appetizer 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 – small dice cut to industry standards		M
Carrot – small dice cut to industry standards		M
Celery – small dice 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
Appetizer 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
Appetizer Texture, Doneness,		J
Main Course Texture & Doneness		J
Dessert Creation Texture & Doneness		J
Appetizer 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