

High School Hospitality Competition 2019

JUDGING CRITERIA - Cooking

Each team will be assigned a selection of cooking equipment (sauce pots, frying pans, baking sheets, etc.) at the beginning of the competition.

Cooking equipment issued to your team **must be returned and cleaned** at the end of the competition.
 * failure to reset station or return your assigned equipment in a clean and sanitary manner **will exclude your team marks from being submitted for awards.**

Judging will be based on a balance of the following key points:

<p>OVERALL PROFESSIONALISM AND SANITATION OF COMPETING TEAM Judges will be looking for professionalism that includes correct mise-en-place, proper professional attire, team cohesiveness, time and motion management skills, adherence to rules and regulations of the competition, organization and hygienic practices.</p>	<p>30 Points</p>
<p>MENU BALANCE, NUTRITION AND COMPOSITION (EACH COURSE) Judges will be looking for a competitor's understanding of healthy eating, using Canada's Food Guide to achieve variety, moderation and balance. Participants will reflect today's market trends to present balanced meal options.</p>	<p>30 Points (10 pts. per course)</p>
<p>To maximize point total in this section, competitors will utilize a variety of foods from the four food groups with different tastes, textures and colours to present a healthy, nutritional composition</p>	
<p>TECHNIQUES AND SKILLS (EACH COURSE) Judges will be looking for professional techniques and skills that include: cutting, cleaning, slicing, cooking, molding, carving, layering, assembling, piping, decorating, plating, workmanship, degree of difficulty and manual dexterity.</p>	<p>30 Points (10 pts. per course)</p>
<p>PRESENTATION, TASTE AND FLAVOUR (EACH COURSE) Judges will be looking for visually appealing presentations that show originality, creativity, consistency and innovative presentation, taste and flavour combinations. Each entry must show proficiency of skills using contrasting or complimentary colour, combinations, shapes, tastes and flavour.</p>	<p>30 Points (10 pts. per course)</p>
<p>Total points 120</p>	

For further details please contact: Heather.Cain@GeorgianCollege.ca

SPECIALIZED INGREDIENT LIST - Cooking

All ingredients below are issued to each participating team.

Maximum utilization of ingredients, noted in the judging criteria, refers to selecting and using as many of these ingredients as possible in your menu items.

SPECIALIZED	
Proteins	Shared produce/fruit
Whole Chicken 1 EA	Carrots Celery Leeks Lemons Oranges Onion - Spanish Green Beans Pepper - Red Red Cabbage Zucchini Tomato - Vine Ripened Potato - Russet/Bakers Potatoes sweet Brussels sprouts Spinach Mushrooms white Rutabaga

COMMON TABLE INGREDIENT LIST - Cooking

The following ingredients will be available for competitors to use. The quantities are not specified. Maximum utilization of ingredients from the judging criteria does not refer to this list.

COMMON TABLE		
Dry goods	Dried herbs & spices	Dairy
Bread - White	Bay Leaf	Eggs - Large
Rice - Long Grain	Black Peppercorns - Whole	Milk 3.25%
Corn Starch	Ground Black Pepper	Cream 35%
Baking Powder	Ground White Pepper	Butter unsalted
Flour - All Purpose	Dried Thyme	Ricotta cheese
Sugar - White Granulated	Dried Oregano	Goat cheese
Sugar - Icing	Sea Salt	
Oil Vegetable	Paprika	
Oil Olive	Mustard - Dijon	
Vanilla Essence	Worcestershire Sauce	
Butchers Twine	Coconut Milk - canned	
Cheese Cloth	Whole Plum Tomatoes - Canned	
Parchment Paper		
Produce	Stocks	
Basil Fresh	Chicken Stock	
Chives Fresh		
Parsley - Curly Fresh		
Garlic Fresh		
Ginger Fresh		
Cilantro Fresh		

EQUIPMENT LIST – Cooking

Ingredients, cookware and china will be provided by Georgian College.

Competitors will not be allowed to bring any equipment, plates or glassware (including blenders or Chinese spoons etc.).

All competitors must supply their hand tools including knives, wooden spoons, piping bags (and similar tools, etc.).

PER TEAM	SHARED
2 X 4 Litre Pot	Work Tables
1 X 2 Litre Pot	Salamander/Broiler
1 X 9" Fry Pan	Convention Oven
1 X 9" Sautoise	Gas Stoves
3 X Small Aluminum Trays	
1 x fridge shelf	Large aluminum baking sheets/trays
4 X Stainless Steel Bowls	1 x Mixers
2 X Cutting Boards	2 x Immersion Blenders
1 X 1 Litre Measuring Cup	2 x Electronic Scales
1 X China Cap	2 x Rolling Pins
	1 x Pasta Machine
2 x 10" Wide Rimmed Plates	
2 x 10" Plates	
2 x (6"x 3") Rectangle Plates	
2 x 12" Square Plates	
2 x 10" Soup Bowls	
2 x Bouillon Cups	
2 x 4 oz. Aluminum foil cups	