High School Hospitality Competition 2020

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:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>OVERALL PROFESSIONALISM AND SANITATION OF COMPETING TEAM</td>
<td>30 Points</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>MENU BALANCE, NUTRITION AND COMPOSITION (EACH COURSE)</td>
<td>30 Points</td>
</tr>
<tr>
<td>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. 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</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>TECHNIQUES AND SKILLS (EACH COURSE)</td>
<td>30 Points</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESENTATION, TASTE AND FLAVOUR (EACH COURSE)</td>
<td>30 Points</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

Total points 120

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.

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Shared produce/fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken 1 EA</td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Leeks</td>
</tr>
<tr>
<td></td>
<td>Lemons</td>
</tr>
<tr>
<td></td>
<td>Oranges</td>
</tr>
<tr>
<td></td>
<td>Onion - Spanish</td>
</tr>
<tr>
<td></td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td>Pepper - Red</td>
</tr>
<tr>
<td></td>
<td>Red Cabbage</td>
</tr>
<tr>
<td></td>
<td>Zucchini</td>
</tr>
<tr>
<td></td>
<td>Tomato - Vine Ripened</td>
</tr>
<tr>
<td></td>
<td>Potato - Russet/Bakers</td>
</tr>
<tr>
<td></td>
<td>Potatoes sweet</td>
</tr>
<tr>
<td></td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Mushrooms white</td>
</tr>
<tr>
<td></td>
<td>Rutabaga</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>COMMON TABLE</th>
<th>Dry goods</th>
<th>Dried herbs &amp; spices</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bread - White</td>
<td>Bay Leaf</td>
<td>Eggs - Large</td>
</tr>
<tr>
<td></td>
<td>Rice - Long Grain</td>
<td>Black Peppercorns - Whole</td>
<td>Milk 3.25%</td>
</tr>
<tr>
<td></td>
<td>Corn Starch</td>
<td>Ground Black Pepper</td>
<td>Cream 35%</td>
</tr>
<tr>
<td></td>
<td>Baking Powder</td>
<td>Ground White Pepper</td>
<td>Butter unsalted</td>
</tr>
<tr>
<td></td>
<td>Flour - All Purpose</td>
<td>Dried Thyme</td>
<td>Ricotta cheese</td>
</tr>
<tr>
<td></td>
<td>Sugar - White Granulated</td>
<td>Dried Oregano</td>
<td>Goat cheese</td>
</tr>
<tr>
<td></td>
<td>Sugar - Icing</td>
<td>Sea Salt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oil Vegetable</td>
<td>Paprika</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oil Olive</td>
<td>Mustard - Dijon</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vanilla Essence</td>
<td>Worcestershire Sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Butchers Twine</td>
<td>Coconut Milk - canned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese Cloth</td>
<td>Whole Plum Tomatoes - Canned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Parchment Paper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Produce</th>
<th>Stocks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil Fresh</td>
<td>Chicken Stock</td>
</tr>
<tr>
<td>Chives Fresh</td>
<td></td>
</tr>
<tr>
<td>Parsley - Curly Fresh</td>
<td></td>
</tr>
<tr>
<td>Garlic Fresh</td>
<td></td>
</tr>
<tr>
<td>Ginger Fresh</td>
<td></td>
</tr>
<tr>
<td>Cilantro Fresh</td>
<td></td>
</tr>
</tbody>
</table>
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.).

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