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1. General Contest Information

1.1: Purpose of Contest

Module	Three Course Menu
Description	<p>Butcher Chicken (1 provided per contestant) into prime cuts (Supreme (wing tips off), thigh and drumstick separate. All cuts presented on an ice tray, showcasing food safety and proper presentation. Carcass also on the tray.</p> <p>Prepare four (2) portions of the following three (3) course menu:</p> <p>Appetizer: Pierogi Inspired Appetizer Pierogies must include:</p> <ul style="list-style-type: none"> • A potato-based filling of the competitor's choice. • An appropriate, modern functional garnish. • A sauce/ dressing of the competitor's choice (Hot or Cold). • One of the precision cut (batonnet, Bruinoise, julienne, baton) <p>Main Course: Stuffed Chicken Breast Stuffed Chicken Breast Main Course must include:</p> <ul style="list-style-type: none"> • A minimum of one (1) starch preparation. Must choose from list provided • A minimum of two (2) vegetable/fruit preparations. Must choose from list provided. • The chicken velouté based derivative sauce of the competitor's choice. • A minimum of one (1) functional garnish that is modern, and complimentary. • One of the precision cut (batonnet, bruinoise, julienne, baton) <p>Dessert: Tea/Sweet Biscuit Inspired Creation Dessert must include:</p> <ul style="list-style-type: none"> • A Tea/ Sweet Biscuit preparation. • A minimum of one (1) fruit-based sauce utilizing frozen berries. • A minimum of one (1) flavoured Chantilly cream. • One (1) functional edible garnish. • One of the precision cut competencies (batonnet, bruinoise, julienne, baton)

**1.2 Objective/Description of Event**

- Each competitor will create their own menu (2) and provide their own recipes no later than 30 minutes after the competition has started
- Competitors will demonstrate their culinary skills in meat fabrication and in preparing two (2) portions of each dish.
- Presentation of competencies and dishes according to the attached time schedule.
- An official time clock will be designated.
- Competitors will present one plate to the judges and one plate for display following the specific time slot.

1.3: Technical Committee

Chair(s): Grace Knight, knightg@limestone.on.ca

Beja Mallen, cassianob@limestone.on.ca

Judge(s): Eric Brennan, Jess Tennant, Jake Mallen

1.3: Contest Schedule**Date and Location: Thursday, February 26, 2026 – St. Lawrence College**

9:00 - 9:30	Competitor Registration and Welcome (Cafeteria)
9:30 – 12:30	Competition (chicken butchery check and appetizers (12:15)
12:30 – 1:00	Lunch
1:00 – 3:30	Competition (main course & dessert presentation by 3:15pm)
3:30 – 4:00	Clean-Up
4:00 – 5:00	Dinner (pizza provided)
5:00 – 6:30	Awards Ceremony (Gymnasium)
6:30 – 7:30	Open house and collection of projects/tools

*Competitors must be on time for their contest or may be disqualified at the discretion of the Technical Committee.

**Competitors may not leave the competition site until released by the head judge

Closing ceremony: Thursday, February 26th hosted at St. Lawrence College at 5:30pm

1.4: Additional Information

- Only use of food provided by committee (no competitor will bring their own food)
- Competitors must respect and demonstrate safety of themselves or others
- Must not break established rules and regulations including uses of equipment or material that is not permitted or in an unsafe manner
- No use of electronic devices (cell phones, watches, laptops, earbuds, etc)
- Dishonest conduct (cheating)
- No speaking to those outside of contest area
- Must arrive to the contest on time



2. Skills and Knowledge to be Tested

2.1: Specific Requirements

The contest will have a rubric scoring system. The overall score will be the sum of the points awarded for each of the components. Points are awarded as the competitor(s)/project successfully meet/complete certain performance criteria. Performance criteria are structured, when possible, to provide a range of tasks from easy to complex for each category.

Competitors are expected to demonstrate:

- Uniform & proper hygiene
- Proper knife skills, including proper safety
- Proper use of safety with kitchen tools & equipment
- Proper health, safety & sanitation practices
- Organization skills
- Food handling skills
- Proper food preparation techniques
- Food presentation
- Taste all required menu components
- Maintain professionalism at all times



3. Judging Criteria

3.1: Rubric

Judging Criteria	Total 100
Sanitation Proper clothing ___/5 Personal hygiene and cleanliness and ability to safely complete tasks ___/5 Cutting board hygiene, workstation, floor, and fridge cleanliness and cleaning as you go ___/5	15%
Organization & Product Utilization Professional and proper use of tools and equipment, minimal food waste and creative utilization of food, time management ___/5 Detailed menu submitted at proper time. Each competitor must submit two copies of their menu in either French or English no later than 30 minutes after starting the competition. ___/5	10%
Preparation Proper use of tools and equipment ___/15 Application of correct cooking techniques and methods ___/10	25%
Presentation Clean plates ___/1 Portion size in accordance with the test project ___/7 Appetizing and artistic presentation of food ___/7	15%
Taste and Required Menu Components Proper textures of food ___/10 Correct degree of doneness ___/10 Balanced taste and seasonings ___/8 Technical difficulty of dishes ___/7 Sanitation ___/ 15 Organization & Product Utilization ___/10 Preparation ___/ 25 Presentation ___/ 15	35%

3.2: Tie Breakers

As the rules state, there are no ties. If the score is even after the contest closes. Competition Judges will have final authority over which contestant receives the gold medal.



4. Equipment and Materials

4.1: Supplied by Competitor

- **Personal tool kits** including but not limited to: knives, ladles, whisks, spatulas, piping bags, rolling pins.
- **Basic pots and pan sets:** saute pans, trays, mixing bowls, strainers, cutting boards.
- Plastic wrap, aluminum wrap, wax paper, food containers, scale, rags, oven mitts and sanitation spray.
- Recipes and reference books.

Every competitor can bring and refer to books such as “On Cooking” or their recipes during the contest.

**Please ensure that all tools the students are bringing are labeled with their names or are identifiable as to which school they belong to.

4.2: Supplied by Competition

- All food listed on the common table ingredients list
- All presentation plates
- Work table
- Standardized commercial gas oven
- Gas burners
- Shared equipment: food processors, measuring scales
- Shared refrigeration
- Shared sink for food preparation, pot washing
- Presentation table for display of finished dishes
- Shared hand washing sinks
- Cutting boards
- Plates / bowls

4.4: Prohibited

- Tool boxes and equipment that does not fit in or on the workstation cannot be used during the contest. All material should be dishwasher safe
- Competitors are not permitted to bring in their own ingredients
- Competitors are not permitted to have any items prepared prior to the competition



5. Safety

5.1: Uniforms and PPE

Competitors are to be dressed in a clean and appropriate manner. Competitors must supply and wear appropriate culinary/chef clothing:

- White chef's coat
- Apron
- Hat or hair net
- Checkered or black chef pants
- Side towel
- Suitable non-slip footwear. No open-toed shoes, no sandals or crocs

MUST BRING AND USE THERMOMETER

5.2: Behaviors

Professional at all times. No horse play or inappropriate language or gestures.

5.3: Equipment knowledge

Complete knowledge of setup, use and cleaning of equipment used.

Common Table Ingredients

Starches	Arborio rice
	Basmati rice
	Russet potatoes
	Sweet potatoes
	Couscous
Vegetables	Onion
	Carrot
	Celery
	Mushroom
	Garlic
	Broccoli
	Beets
	Cabbage



Fruit	Frozen Raspberries
	Frozen Blueberries
	Apple
	Oranges
	Lemons
	Limes
Dairy	Cream Cheese
	2% Milk
	35% Cream
	Unsalted butter
	Sour Cream
	Cheddar Cheese
	Parmesan
Pantry	All Purpose Flour
	Vanilla
	Semi-sweet chocolate
	Eggs
	Sugar
	Cinnamin
	Brown Sugar
	Icing sugar
	Dried Cranberries
	Semolina
	Baking soda



	Baking powder
	Olive Oil
	Salt + Pepper
	Paprika
	Chili Powder
	Chili Flakes
	Dried Oregano
Herbs (Fresh)	Basil
	Parsley
	Thyme
Protein	Whole chickens
	Chicken stock
	Bacon