

C-CAP Preliminary Competition

2011-2012 C-CAP PRELIMINARY COMPETITION DETAILS

Students will be asked to:

- Prepare a French Rolled Omelet, and a Tomato, Cucumber and Bell Pepper Salad. Recipes follow.
- Demonstrate knife cuts requested by the C-CAP Coordinator.
- Complete omelet, salad and knife cuts within a 1-hour time limit.
- Prepare two plates of each dish – one for presentation and one for tasting.
- Memorize the recipes; notes are not allowed.
- Clean his or her work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques.
- Taste, appearance, and preparation of recipes.
- Knowledge and execution of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.
- Application – includes application form, post-secondary research chart, essay and letters of recommendation.
- Attendance at any mandatory C-CAP pre-competition events (for select C-CAP locations)
- Soft Skills – includes attitude, integrity, attendance, ability to meet deadlines and follow instructions.
- Interviews – in the preliminary competition (for select locations)

Please refer to the C-CAP Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef's jacket
- Chef pants or black pants
- Apron and side towels
- Rubber-soled, non-skid shoes – preferably black
- Pillbox hat, White chef toque or hat provided by C-CAP
- Neat hair, pulled back if it is long
- Minimal make-up and short, clean nails – no artificial nails or nail polish
- No jewelry (rings, bracelets, earrings, facial piercings or tongue studs)
- No chewing gum
- No cell phones, iPods, MP3 players, or other electronic devices

What Competitors bring to the Competition:

- As an example, please refer to the [Preliminary Competition Prep Sheet](#).