

C-CAP Preliminary Competition

2010-2011 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 see the C-CAP Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef's jacket and an apron.
- Chef pants or black pants.
- Rubber-soled, non-skid shoes – preferably black.
- 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 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](#).

2010-2011 C-CAP PRELIMINARY JUDGING CRITERIA

The information below is what we give to the judges before the competition. Please make sure you review this material and are aware of what the judges are looking as they observe you.

Knife Skills

1. Is the correct knife being used?
2. Are proper cutting motions evident?
3. Is the knife held with proper hand technique?
4. Are knives kept sharp?

Uniformity of Cuts

1. Are the knife cuts consistent in size and shape?

Proper Use of Tools

1. Is the competitor using the right tool for the task?
2. Does the competitor have all of the required tools or did he/she forget something?

Speed / Confidence

1. Is there a logical progression of jobs? Are smooth transitions made from one job to another?
2. Are items properly timed? For example, is the omelet done and not being plated?
3. Is mise en place assembled correctly? For example, no running back and forth from stove to table and back again.
4. Does the competitor finish within the allotted time? Record in the notes if students do not finish on time. For example: Late - finished 3 minutes after time was called.

Professionalism

1. Does the competitor have the proper uniform? (a clean and pressed chef coat, clean apron, black or checkered pants, rubber-soled shoes, no visible jewelry, short clean nails - no nail polish, hair pulled back completely.)
2. During the competition, does the competitor maintain a relatively clean chef coat – no excessive spots or stains?
3. Is the competitor able to answer questions/take suggestions from the judges? Does the competitor respond politely to the judges?
4. Does the competitor work in their station and cooperate with other competitors working in the same space?
5. Does the competitor avoid cursing or using inappropriate language?
6. Does the competitor use courtesy with a hot pan or knife when near other competitors? For example, does he or she say, “hot pan behind you.”

Organization

1. Is the workspace kept clear of nonessentials? For example, is a knife that is not being used lying across a cutting board?
2. Is the workspace cluttered or organized?
3. Is the setup of the workspace sensible?
4. Does the competitor work systematically, on one job at a time?
5. Are the tools, knives, garbage, edible waste and equipment storage well-organized?

Safety/Sanitation

1. Is the competitor washing his/her hands?
2. Is food being handled properly?
3. Is the table free from debris?
4. Are floor spills attended to quickly?
5. Are cutting boards kept scrupulously clean?
6. Are areas kept sanitized to avoid possible cross contamination, particularly when switching from meat to vegetable or dairy?
7. Are side towels used correctly? Or incorrectly? For example, is a towel used to wipe debris off a table and then to wipe a knife or a plate?
8. Does the competitor leave the kitchen as clean as he or she found it?

Omelet Presentation

1. Is the technique cited in the recipe adhered to? For example, the omelet should have no color; it should be smooth and not wrinkly.
2. Is it presented appropriately, easy to eat, and pleasing to the eye?

Omelet Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Is the omelet cooked to the correct doneness? (it should be moist inside)
3. Does the dish have the correct flavor, taste, and texture?
4. Does the dish portray a high level of skill and exactness?
5. Is all the hot food hot?

Salad Presentation

1. Is it presented appropriately, easy to eat, and pleasing to the eye?
2. Has the competitor demonstrated creativity and practicality?
3. Do the cucumber slices appear even?
4. Are the cuts even?
5. Is there pooling of vinaigrette on the plate? (the salad should be drained properly)
6. Does the salad stay molded?

Salad Taste

1. Is there evidence of using proper techniques and skills?
2. Does the dish have the correct flavor, taste, and texture?
3. Does the dish portray a high level of skill and exactness?
4. Is there a balance of flavor in the vinaigrette, not too salty, oily, etc.?
5. Are the cuts the right size and easy to eat?
6. Is the dressing the right consistency? Is it too thick or thin?

Potential for the Industry

1. This category is the hardest one. It is an overall judgment call based on what you saw of the competitor in today's competition. How do you think this competitor would do working as a food professional or going to culinary school? Please score and write comments.

Notes

1. This is for you to write whatever comments you wish. Please be specific. For example, if you give a score of 3 out of 10 on knife skills, provide an explanation such as the competitor was not using the correct cutting technique and not using the correct knife. Or if you give a 5 out of 10 in professionalism, provide a reason such as, "the competitor was wearing a wrinkled jacket and jeans."

Judging Criteria Regarding Glove Usage:

Hand-washing is the most critical aspect of personal hygiene.

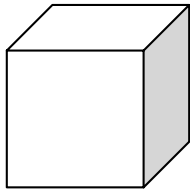
Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then you must use utensil or gloves to create a barrier between ready-to-eat food and your hands.

Check your local area requirements or contact your local C-CAP coordinator.

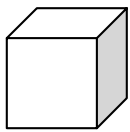
Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment.

2010-2011 C-CAP PRELIMINARY COMPETITION RECIPES

Knife Cuts - Competitors should know all of these classic knife cuts. Students may have to prepare additional cuts during the competition in addition to the salad. The cuts will not be announced until day of the Preliminary Competition.



Large Dice – 3/4" x 3/4" x 3/4"



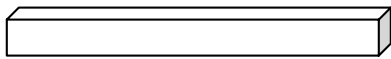
Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"

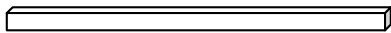


Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"

From Bâtonnet we get Small Dice



Julienne – 1/8" x 1/8" x 2"

From Julienne we get Brunoise



Fine Julienne – 1/16" x 1/16" x 2"

From Fine Julienne we get Fine Brunoise *not pictured



Tourné (turned) – 7 Sides – 3/4" width x 2" length

PRELIMINARY COMPETITION RECIPE #1

French Omelet (see p. 41-43, *At Home With The French Classics*)

Yield: 1 portion

INGREDIENTS

2 eggs*
1 to 2 tsp of clarified butter
tt salt and pepper

PROCEDURE

1. In a bowl, beat the eggs with a small whisk or fork, the more air you incorporate the fluffier and lighter the omelet will be, season with the salt and pepper.
2. Heat a 6-inch* nonstick omelet pan over medium-high heat.
3. Then add the clarified butter.
4. Add the egg mixture to the pan and start rapidly stirring with a heatproof spatula while gently shaking the pan at the same time.
5. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shaking the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg.
6. At this point the eggs should be set, yet still moist with no color. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.
7. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the spatula, fold the portion of the omelet nearest the handle toward the center of the pan.
8. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spatula, fold this portion back into the pan, overlapping the first fold.
9. Turn the omelet out onto a serving plate so it ends up folded side down. Traditionally, a French omelet should not have any color.
10. Serve immediately.

* Please check with your local C-CAP Coordinator as some locations may use an 8" pan. If using an 8" pan, use 3 eggs to make the omelet.

NOTE: To ensure fairness in judging, all competitors at a single location must use the same size pan.

PRELIMINARY COMPETITION RECIPE #2

Tomato, Cucumber & Bell Pepper Salad

Yield: 2 portions

INGREDIENTS

1 whole tomato, peeled, seeded, small dice
1/2 English cucumber (preferred) peeled, seeded and small dice
1/2 English cucumber (preferred) thinly sliced
1/4 red bell pepper, small dice
1/4 yellow bell pepper, small dice
1/4 red onion, small dice
1/4 jicama, small dice (if available)
Cilantro sprigs for garnish

Vinaigrette:

2 Tbs fresh lime juice
1/4 cup rice wine vinegar
1/4 cup olive oil (approximate, you may not use all the oil)
1 tsp rough chopped cilantro
tt sugar (1/2 tsp to 1 tsp) just enough to balance out the acid
tt salt and pepper

PROCEDURE

1. In a bowl, add lime juice and rice vinegar. Incorporate the olive oil slowly, whisking vigorously until emulsified. Add minced cilantro and season. Remember to taste and readjust seasoning if necessary.
2. In a separate bowl combine all the diced vegetables and toss with the vinaigrette, to coat the vegetables. Do not overdress the salad. Season with sugar, salt and pepper, taste and readjust if necessary.
3. Arrange the thinly sliced cucumbers in a lightly oiled ring mold, approximately 2" deep, 3" round on a large plate.
4. Drain the vegetables of any extra vinaigrette, preferably with a small sieve.
5. Fill the ring mold lined with cucumbers with the drained vegetables.
6. Unmold the salad and garnish with cilantro sprigs.

2010-2011 C-CAP PRELIMINARY COMPETITION HELPFUL HINTS

Organization and Practicing

1. You should be able to prepare two French Omelets; two Tomato, Cucumber and Bell Pepper Salads; and demonstrate the knife cuts selected by your area coordinator in less than 1 hour. Practice all the recipes the entire way through at least 5 times.
2. You should write a prep list and action plan, to avoid confusion while competing. The best time to do this is when you are practicing – from the time you step into the kitchen, until you are finished plating and cleaning up – as an example, refer to the Sample Timeline for the Preliminary Competition.
3. Keep your presentations simple – focus on perfecting your knife skills, your organization and your cooking techniques. Decide on your presentation during practice, not at the competition.
4. Wash your hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by the sanitation and food handling regulations of your local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Knife Cuts

1. Practice all of the knife cuts shown on the Knife Cuts page.
2. Use potatoes, onions, carrots, and bell peppers to practice all of the cuts.
3. Use potatoes to practice the tourné.
4. Always use a sharp knife and proper cutting techniques.

French Omelet

1. Practice, practice, practice – it's the only way that you will be able to make this omelet.
2. Do not use too much butter; it will make your omelet greasy.
3. When you make it on a professional stove, which you may not have practiced on, make sure to lower the flame and test it out first.
4. A small heatproof rubber spatula is the best way to make the omelet.
5. Whip the eggs briskly with a fork or whisk – it creates airiness in the omelet.
6. The finished omelet should be smooth with no bumps or wrinkles. It also should have no color.
7. Remember sanitation when handling raw eggs.

Salad

1. Make sure that you taste the salad; the salad should be flavorful.
2. Make sure that you drain the salad properly – if you unmold the salad and there is pooling of your vinaigrette – you have not strained the salad properly.
3. Keep your knife sharp for the cucumber slices.

Preliminary Competition Prep Sheet

Equipment List	Check	Need
Knife Kit: Paring Knife, Chef Knife and Steel		
6 inch non-stick sauté pan for omelet		
Tongs or slotted spoon for tomatoes		
Containers for prepped vegetables and herbs		
Bowl to prepare eggs in		
Whisk to make vinaigrette		
Bowl to make vinaigrette		
Bowl to put prepped vegetables in for salad		
Spoon to mix salad		
Small strainer for salad		
3" ring mold, 2" high		
Fork to whip eggs		
Small spatula to make omelet with		
Small ladle or spoon for vinaigrette		
Peeler for vegetables		
Measuring spoons/cups		
* Note: if you wash during the competition, you may need less equipment. This list is an example, you may require additional equipment or smallwares not listed.		
Uniform		
Apron and side towels		
Chef coat- pressed/ clean		
Black /checked pants (NO JEANS)		
Rubber soled shoes		
C-CAP Provides		
1 cutting board		
Pot for blanching tomatoes		
Ice for blanched tomatoes		
One burner per competitor		
Tasting spoons/forks		
Plates for presentation		
Paper towels/cheese cloth for cleaning		
All ingredients		
Plastic wrap		
Garbage bins		

SAMPLE TIMELINE FOR PRELIMINARY COMPETITON

Check	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use it.
	Know where the competition is and what time you need to be there.
	Day of Competition
	Arrive early.
	Make sure to have all tools, equipment, uniform.
	Competition
	Set up, you will have ten minutes- use them wisely
	Set tools/equipment down.
	Wash hands.
	Make sure all the equipment is at your station.
	Make sure all ingredients are at your station.
	Know where you should put garbage.
	Know where gloves are, if you need them.
	Know where the seasoning is- salt, pepper.
	Know where paper towels are if you need to wipe you plate.
	Know what sink you can use for hand washing.
	Know where the pot is for blanching the tomatoes.
	Know where you can cook/use the oven/refrigerator if necessary.
	Know where the sanitizer bucket is.
	Put only the equipment you need on your station. Take off anything that is not necessary.
	Start Cooking
	Wash vegetables.
	Start with omelet, crack eggs, wash hands, whip, cook and serve.
	Wipe down cutting board if necessary and wipe down station with sanitizer.
	Be aware of your space- keep it clutter free.
	Prep vegetable cuts.
	Wipe down cutting board if necessary and wipe down station with sanitizer.

Above is an example of a timeline. Write and plan your own timeline.

