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Pacific Institute of Culinary Arts, Chefs' Table Society of BC,

Chefs Associations - BC Chefs, Okanagan Chefs, North Vancouver Island and Victoria

# 2021

## British Columbia Culinary Apprentice of the Year Competition

### Competition is held at PICA in Granville Island



Competition Date:

## November 27, 2021

Due date for all entries September 30, 2021

Email Entries to [poyan@poyandanesh.com](mailto:poyan@poyandanesh.com)

No Extensions for late entries!

Space is limited, Apply as soon as possible

For clarification on any of the information in this package, please contact:  
[poyan@poyandanesh.com](mailto:poyan@poyandanesh.com)

To all Applicants:

Thank you for taking the time to read through the competition package. Previously this competition was called the 'Karl Schier' Competition. This competition ran from 1982 to 2009 to help promote competition amongst apprentices. Chef Schier was a sponsor of this event. The goal is to create a three-course meal of 5 plates each, to be enjoyed by judges and invited guests. Our judges will include past chef winners and qualified media. A list of past winners is listed below.

We resurrected this competition in 2019 with a very successful relaunch. The competition was fierce and Chef Nathan Sundeen of Sutton Place was named Apprentice of the Year. The new competition will be based on this format. It will be available to all 2020/2021 3<sup>rd</sup> year apprentices from across BC and the winner will be named "BC Culinary Apprentice of the Year". We want to make this competition available throughout the Province of BC and elevate the apprentices' skills and offer the opportunity to connect with the community they plan to make a career in.

Please read through this package, and if you wish to compete, fill in the application form and submit right away. Limited space is available and the deadline for applications is September 30, 2021.

Good luck to all who apply. Please note, only selected applicants will be contacted via email by October 1<sup>st</sup> with further details.



Poyan Danesh  
Competition Chair – Chefs Table Society of British Columbia  
Culinary Director – Frobisher International

# BC CULINARY APPRENTICE OF THE YEAR

## PAST WINNERS

2019

NATHAN  
SUNDEEN

SUTTON PLACE HOTEL

<i>YEAR</i>	<i>WINNER</i>
1982	David Probst
1983	Lynne Cotter
1984	Geoffery Coupier
1985	Peter Cervicek
1986	Bruce Chandler
1987	Graham Quayle
1988	Neil Genovese
1989	Ranada McAlister
1990	Brian Jeskay
1991	Chris Johnson
1992	Shawn Lang
1993	Collin Gill
1994	Morgan Wilson
1996	Christopher Mills
1997	Greg Van Poppel
1998	Andra Davis
1999	Michael Brough
2000	Marnie Coldham
2001	Kevin Cherkas
2002	Duncan Lee
2003	Hamid Salimian
2004	Daniel Driol
2005	Fumiko Moreton
2006	Jason Harris
2007	Michelle Meyer
2008	Poyan Danesh
2009	John Ho

## ELIGIBILITY

**PLEASE NOTE! ONLY FULLY VACCINATED INDIVIDUALS WILL BE ALLOWED TO COMPETE.**

Please read carefully and fill out the application form if you wish to compete.

All competitors must have received their Red Seal Chef Certificate in 2020 or are registered as a 3<sup>rd</sup> or 2<sup>nd</sup> year Culinary Apprentice in 2021. They must also be working in British Columbia at the time of the competition.

The Apprenticeship Board may validate eligibility of any competitor.

## COMPETITION GUIDELINE

This is **NOT** a **BLACK BOX** competition. Competitors will be notified 30 days prior to competition of the proteins that must be used. All competitors are to bring all other ingredients with them (except for main sponsored proteins). Please refer to the “Food Preparation Guidelines” Section below for details.

Competitors can use proteins in any combination to create a three-course meal (5 plates each) meant to be enjoyed by the judges and invited guests. **4 plates for the judges and one plate for showcase.**

Keep in mind the more that you can prepare in front of the judges, the higher your score will be. Judges will penalize competitors for items that they feel have been too prepared ahead of competition (see below for prep guidelines)

**Competition Date is set for November 27, 2021.**

Competitors will have to follow these service times:

- 3 hour mark Appetizer is served;
- 15 minutes after that Entrée is served;
- 15 minutes after Entrée, Desert is served.

Each station will be inspected afterwards for cleanliness of station, stoves, sinks and refrigerators.

All ingredients will be inspected before competitor’s setup. Marks will be deducted for items that do not follow the guidelines. For example, finished sauces, dough, or finished garnishes. Items deemed too prepped might be taken away by judges and/or result in loss of marks. If final scores are close, the winner will be given to the competitor that prepped more on site in front of judges.

PICA will supply floating student helpers to help with dishwashing and general kitchen tasks such as putting items in fridge or freezer.

Student helpers are not to physically cook, cut or slice, or help plate.

Each competitor must utilize the main products that have been assigned and sponsored.

**Lateness** - You will lose 1 point per minute for late plates. There will be a 60 second grace period per course, with 1 point deducted per minute late. For example, if appetizer is set for 11:30, you have from 11:29 to 11:31 to call for pick up of your plates. As soon as the clock strikes 11:31, you will lose one point, and one point per minute there after. **Deducted points will be taken off from your final overall score. Meaning, if you are late an overall 5 minutes, 5 points will be directly removed from the total judges averaged scores. As well as loss in points, tasting judges will give priority to plates that are on time, meaning late plates may not be judged right away and might be judged last if other competitors are on time. DO NOT BE LATE!**

**Tasting** judges will base their scoring on taste, creativity, composition, presentation, and appropriate use of products, seasoning and the timing of the dish.

**Kitchen** judges will base their scoring on organization, professionalism, skill in the kitchen, level of difficulty and cleanliness. The judge's decision is final. There will be no appeals.

Also, keep in mind that the more you can prepare in front of the kitchen judges, the higher your mark will be.

Too much food that has been prepared in advance before the timing begins will result in lower marks for the competitors.

Competitors are only allowed to use the table and shelves provided to them. No carts or rack and rolls will be allowed around the competition work area once timing has begun.

There will be a meeting on **November 26<sup>st</sup>** from **1:00PM – 2:00PM** at **PICA** to go over the kitchens, fridges, dining room, judging room and pot wash area. This is where you can ask your last minute questions and any other inquires. Out of town competitors will be able to bring their equipment and food to store securely at the school at this time.

## **FOOD PREPARATION GUIDELINES**

**Main proteins:** Will be supplied to competitors on the day of competition.

**Basic stock:** Can be brought in, but not reduced, seasoned or thickened. Questionable stocks will be heated and tasted for inspection.

**Salads:** Cleaned, washed, but not mixed or cut.

**Vegetables, fruits, potatoes, onions, etc:** Cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves. Onions can be halved to check quality - vegetables like tomatoes may not be blanched or peeled - broad beans may not be shelled. Bring only what you think is necessary for your recipes.

**Dessert fruit purées:** Can be brought in, but not reduced, seasoned or thickened. Frozen or previously frozen fruits may be brought in.

**Sliced Prosciutto, chorizo, bacon etc.:** Is allowed if it will be used for further usage or as an ingredient in a recipe. It should not be a main ingredient for any dish.

**Fermented or Pickled Product:** One preserved item will be allowed per candidate (ie. Fermented miso, koji) but will need to be approved ahead by Competition Chair in advance.

**Pasta dough, pastry sponge, biscuit, meringue:** Finished dough are not allowed. Ingredients can be pre-weighed, but not coloured or mixed. Dough must be made on site.

**Macarons:** Cannot be brought in - meringue as a décor have to be dried on site

**Fruit leather or vegetable powder:** Dehydrated fruit or sheets, vegetable ash and home-made spice mixtures are not allowed and must be dried or made on site.

**Garnishes and Decor elements:** 100% must be done on site. Any décor or garnishes not done on site will be taken away from competitor.

**All ingredients will be inspected before competitor's setup. Marks will be deducted for items that do not follow the guidelines. For example, finished sauces, dough, or finished garnishes.**

**Be mindful to bring enough product to make the 5 plates of each course. Kitchen judges will take marks away for wasted food that is not used for service.**

**Items deemed too prepped might be taken away by judges and/or result in loss of marks. If final scores are close, the winner will be the competitor that prepped more on site in front of judges.**

## **KITCHEN AND EQUIPMENT**

A completely equipped kitchen will be provided by PICA. (i.e., blender, stand mixer etc.)

All competitors will have a workstation of about 2.5 feet by 5 feet.

All competitors will have 6 burners and a gas oven.

There will be freezers and one ice cream machine to be shared by all.

All competitors will have adequate fridge and freezer space. Please make sure to use the correctly marked space, as you will be judged on cleanliness of storage as well.

Competitors are to provide their own cooking utensils such as knives, molds, plating trays, spatulas and tasting spoons.

For your convenience PICA will provide all pots, pans, mixing bowls, baking trays etc.

You will need to provide your own kitchen rags.

Plate ware is provided by Cascadia Tableware at the competition. Competitors are not allowed to bring any serving plates or dishes.

If a competitor wishes to bring in special equipment (i.e. circulator, pressure cooker) please take extra care to not plug too many items in one socket at once.

All competitors must leave their competition site clean and free of debris after competing. Failure to do so may mean disqualification from being judged.

All stovetops must be spotless and any and all other areas, including the sinks and fridges, will be inspected for cleanliness. This will be strictly enforced!

Competition Chair has the rights to modify and adjust rules and regulations at any time with written warning given to all competitors.

## COMPETITION TIMELINE

Competitors to arrive at 7:00AM on the day of the competition. Meeting point will be at PICA Dining Lounge. This is important, as will start on time. If you are late, you may be disqualified.

All competitors are to set up kitchen stations at specific times. Judges will commence station/ingredient checks.

Timeline schedule is as follows:

Competitor	Set Up	Ingredient Inspection	Start Time	Appetizer Course	Main Course	Dessert Course
1	7:30	7:45	8:00	11:00	11:15	11:30
2	7:30	7:45	8:00	11:00	11:15	11:30
3	7:30	7:45	8:00	11:00	11:15	11:30
4	7:30	7:45	8:00	11:00	11:15	11:30
5	7:40	7:55	8:10	11:10	11:25	11:40
6	7:40	7:55	8:10	11:10	11:25	11:40
7	7:40	7:55	8:10	11:10	11:25	11:40
8	7:40	7:55	8:10	11:10	11:25	11:40
9	7:50	8:05	8:20	11:20	11:35	11:45
10	7:50	8:05	8:20	11:20	11:35	11:45
11	7:50	8:05	8:20	11:20	11:35	11:45
12	7:50	8:05	8:20	11:20	11:35	11:45

Awards Ceremony: 1230 pm

Depending on Covid 19 guidelines, Competitors are encouraged to invite their Chefs and 2 family members to view the competition display and attend the reception and awards ceremony. RSVP with Poyan Danesh regarding guests and we will discuss at a later date.

**Please note: chefs/mentors of competitors are not permitted in the kitchens once competition has commenced. Only approved media and judges are allowed in the competition kitchens.**

## **AWARDS**

The competitor that receives the highest marks overall from the tasting and kitchen judges will be named **British Columbia Culinary Apprentice of the Year**.

Winner will receive the following two prize choices to select from:

Your choice of \$2,000 cheque OR an all-expenses paid trip accompanying Culinary Team BC and Junior Culinary Team Canada Luxembourg in November 2022.

If you choose to accompany Culinary Team BC, you will take on the role of Team BC support member and will assist the team in all matters required at the LUXEXPO. You will help them as they practice and get ready to compete against 60+ regional teams in Germany. You will also have the opportunity to join the team as they view the Culinary World Olympics and eat at the National Hot Competitions.

More prizes will be announced at day of the competition.



# COMPETITION ENTRY FORM

Please complete and sign the following in full along with your resume and return to [poyan@poyandanesh.com](mailto:poyan@poyandanesh.com) before September 30, 2021.

**Full Name:**

**Place of Employment:**

**Position / Title:**

**Email:**

**Phone Number:**

**Date Completed 2<sup>nd</sup> or 3<sup>rd</sup> year Apprenticeship:**

## TERMS OF COMPETING

1. Space is limited for competitors. Return your complete registration form on time to ensure being considered. BC Apprentice of the Year Competition Board cannot be held liable if we run out of competitor space due to too many applications coming in.
2. Any indication that an individual is under the influence of drugs or alcohol at any time prior to, during or after their participation in this event will result in disqualification.
3. All pictures and dishes will become the property of the Chefs' Table Society and/or their sponsors to be promoted as they see fit.
4. At no time will PICA be responsible for any loss or damage to any competitor's products or property or for any physical harm that any competitor may incur during the competition.
5. All competitors will act in a professional manner before, during and after the competition. Failure to act in as professional a manner as possible may end up in disqualification.
6. We requests that, while practicing and competing, the official sponsor's product is utilized.
7. Ensure your place of work/current employer agrees with you participating in this competition.
8. I have received both doses of Covid Vaccine 3 weeks prior to competition date.



I, the undersigned, have read, understand and agree to the above conditions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_