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**Chefs' Table Society of BC, Vancouver Community College
Chefs Associations - BC Chefs, Okanagan Chefs Assn,
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2024

British Columbia Culinary Apprentice of the Year Competition Package

Competition will be held at Vancouver Community College

Competition Date:

November 15, 2024

Application Deadline: October 10, 2024

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**

To all Applicants:

Thank you for taking the time to read through the competition package.

Previously, this competition was organized by the BC Chefs Association and called the ‘Karl Schier’ Competition. That competition ran from 1982 to 2009 to help promote competition amongst apprentices and create a community of young like-minded chefs. Chef Schier was a sponsor of that event. In 2019, the competition was revived by Chef’s Table Society of BC in the same format as the past.

For a list of past winners see www.chefstablesociety.com

The 2024 competition is available to all 2023/2024 2nd and 3rd year apprentices and graduates from across BC. 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.

The goal for competitors 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.

Winner is awarded \$2000 prize and join the list of stars with the title of “Apprentice of the Year”!

Please read through this package, and if you wish to compete, fill in the application form on the www.chefstablesociety.com website. Limited space is available and the deadline for applications is **October 10 2024**.

Good luck to all who apply. All applicants will be contacted via email by October 12th with further details either way.

A handwritten signature in blue ink that reads "Poy-Danesh". The signature is fluid and cursive, with the first name "Poy" and the last name "Danesh" clearly distinguishable.

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

Please read carefully.

ELIGIBILITY

All competitors must have received their Red Seal Chef Certificate in 2023 or are registered as a 2nd, 3rd year Culinary Apprentice in 2024 or recent graduate. They must also be working in British Columbia at the time of the competition.

Where there is a question of eligibility of any competitor, the ITA and the Competition Chairman will have the final say. The Apprenticeship Board may validate eligibility of any competitor.

KEY DATES:

Application Deadline: Thursday, October 10, 2024

Contact from Competition Chair: learn proteins: by Monday, October 14, 2024

Pre-competition Meeting: Thursday, November 14, 2024 at VCC 1:00pm-2:00pm

Competition Date: Friday, November 15, 2024 at VCC 7:00am

COMPETITION GUIDELINE

This is **NOT a BLACK BOX** competition. Competitors will be notified in advance of the sponsored 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 sponsored 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, 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)

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.

VCC 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 sponsored main products that have been assigned.

Lateness - Competitors 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 thereafter. **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 14th** from **1:00PM – 2:00PM** at **VCC** 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 inquiries. All 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 doughs are not allowed. Ingredients can be pre-weighed, but not coloured or mixed. Dough must be made on site.

Macaroons: 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 VCC. (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 two freezers and one ice cream machine to be shared by all.

All competitors will have adequate fridge 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 VCC will provide all pots, pans, mixing bowls, baking trays etc.

You will need to provide your own kitchen cloths.

Plateware is provided 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 VCC 3rd floor – JJ’s Dining Lounge. This is important as we 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 15 minutes later.

Timeline schedule is as follows: (schedule subject to change, notification will be sent)

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 Reception: 12:00PM to 1:00PM

Awards Ceremony: 1:15PM

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 a cheque for \$2000

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: poyan@poyandanesh.com

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.