

Skills Competition, Culinary Arts

Item	Production	Time	Product Details	Competition Details
Stuffed Pasta	Make and present 2 main-course portions of fresh, handmade/hand cut pasta tossed in sauce	2.5 hours 10am – 12:30 pm	Pasta dough must be rolled thinly (1mm thick) Pasta must be cut into noodles of consistent size Sauce should be flavorful and can contain garnish, if desired (i.e. mushrooms, other veg etc) Sauce and pasta dough must be made from scratch (Store bought pasta and sauce may not be used) Must be served hot on warm plates/bowls Portions must be even Must be plated in an attractive manner	Part 1 <u>9am – 12 noon</u> Upon completion: <ul style="list-style-type: none"> • 2 plates of handmade pasta tossed in appropriate sauce Will be presented to the judges at no later than 12 noon. Any product not completed or presented by 12 noon will be disqualified and competitor will forfeit that component of the competition.
Omelet	Prepare (make & present) 2 Stuffed French-style Omelets with a complimentary side of a composed fruit or vegetable salad OR breakfast style potato such as hashbrowns, cubed potato, Rösti	2.5 hours 1 pm – 3:30 pm	French omelets must be: <ul style="list-style-type: none"> • moist inside, NOT over/undercooked • cooked with little to no browning on the outside • evenly shaped, seam-side down • stuffing can be inside the omelet OR an incision can be made on top and stuffing can be added on top Side may be served on the same plate OR separately Omelets must be served hot on warm plates/bowls, salad or fruit (if serving) should be in a cold bowl or plate	Part 2 <u>12:30pm – 2pm</u> Upon completion: <ul style="list-style-type: none"> • 2 x stuffed, French-style omelets with complimentary side Will be presented to the judges at no later than 2pm Any product not completed or presented by 2pm will be disqualified and competitor will forfeit that component of the competition.

Each element within each category is marked out of 10 and is equally weighted

Grading Scale: "A+" 90-100 Outstanding-Exceeds All Standards / "A" 80-90 Excellent-Exceeds Most Standards/" B" 70-79 Good-All Standards Met / "C" 60-69 Satisfactory-Most Standards Met / "D" 50-59 Poor-Meets Minimum Standards / "F" 49 and below Unacceptable-Not Servable

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Pasta 25%		Pasta Sauce 5%		Overall, Pasta Dish 10%		Stuffed Omelets 30%		Omelet Side 10%		Safety + Sanitation 10%	Professionalism and Organization 10%	Comments
Pasta dough is rolled to an even thickness,	/10	Sauce has a pleasant flavour, properly seasoned	/10	Dishes are attractively plated	/10	Omelet is moist inside, not over/undercooked , with little to no browning	/10	Side dish is flavorful and meets specification	/10	Competitor observes all safe food handling principles including handwashing /10	Competitor maintains a tidy appearance and station throughout the competition and cleans up thoroughly /10	
Noodles are cut evenly	/10	Sauce coats the pasta well	/10	Temperature of plates and food	/10	Omelet is served seam side down, plated attractively	/10	Attractively plated	/10			
Cooked to al dente (fully cooked, not mushy)	/10		/20		/20	Omelet and filling are well seasoned and flavorful	/10	Temperature of plates and food	/10			
	/30					Temperature of plates and food	/10		/30			
							/40					
Pasta: /25% Pasta Sauce: /5% Pasta Dish: /10% Stuffed Omelet: /30% Omelet Side: /10% Safety + Sanitation: /10%. Professionalism: /10%								Overall Score: /100				

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