



# CCFCC/Sysco Great Canadian Cook-Off 2017

## Two (2) Hour Hot Competition

The CCFCC/Sysco Great Canadian Cook-Off is a competition that takes place during the annual National Conference. This competition is intended for maximum exposure and promotion of the Chef and the Partners, as such, it will be held during the CCFCC conference trade show.

Each province may select one (1) candidate to compete as a provincial finalist. CCFCC provincial branches sending competitors will bear the cost of participating including flights, accommodation, meals and other travel expenses.

The CCFCC/Sysco Great Canadian Cook-Off 1<sup>st</sup> place winner will receive \$4,000 CAD, the 2<sup>nd</sup> place winner will receive \$2,000 CAD and the 3<sup>rd</sup> place winner will receive \$1,000 CAD at the President's Gala.

The national final competition will take place:

**Hyatt Regency Calgary  
700 Centre Street SE, Calgary, Alberta  
Friday May 26, 2017**

### REGISTRATION

All provincial finalists must be a CCFCC member in good standing at the time of application, be identified **no later than April 14th, 2017** and must provide the completed application (form below) electronically (scanned and emailed) to the Culinary Competition Director **on or before the above date** to qualify for the national final.

If you have any further questions please contact:

Geoffrey Couper Culinary Committee Director – Senior Competition <a href="mailto:gandmcouper@shaw.ca">gandmcouper@shaw.ca</a>
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### REQUIREMENTS

- Main Course – Fish/Seafood (either alone or as a combination)  
To prepare and present one (1) main course dish for four (4) persons with appropriate garnish.
- Main Course – Meat/Poultry/Game (either alone or as a combination)  
To prepare and present one (1) main course dish for four (4) persons with appropriate garnish.

### GROOMING/DRESS CODE

All competitors are required to dress professionally including a white chef jacket, necktie, black trousers, closed slip-resistant kitchen shoes, apron and chef hat.

## **HOT KITCHEN SET-UP**

Competitors will be given a basic set up of the following equipment:

- 1 x 6 rack or higher combi oven
- 1 shared salamander between two competitors
- 1 stove
- 1 power outlet to use their own plug in equipment, food processors, stick blender, etc.
- Refrigeration/chiller with at least 2 shelves
- Shared deep freezer facilities
- 1 x 1500cm work bench
- 1 sink
- Small selection of kitchen pots, pans and small wares (example; whisks, bowls, cutting boards, etc.)
- There will be a choice of plates available for use, however, competitors are encouraged to bring or arrange their own service vessels.

## **MANDATORY ITEMS**

The competition will begin by revealing the mandatory meat/fowl + fish/seafood + featured spices to all Chefs. Mandatory ingredients must be used and reflect predominantly in the main course. Once the mandatory ingredients are revealed, each Chef has twenty (20) minutes to write their menu descriptions and organize their work space and then two (2) hours to complete the requirements.

All other ingredients required for the preparation and presentation of the candidate's menu are the responsibility of the candidate. Each competitor may bring the following items into the kitchen;

- Salads – cleaned, washed, not mixed or cut.
- Vegetables – cleaned, peeled, washed, not cut or shaped and must be raw, no vegetable purées. Tomatoes may be blanched and peeled and broad beans may be shelled.
- Stock – basic vegetable, not reduced, not seasoned. Sample must be available for the judges to taste prior to the competition.
- Fruit purées may be brought in but not as a finished sauce.

Candidates must ensure that all ingredients used reflect a nutritionally balanced meal. Combination and/or contrast of color, texture and shapes, as well as repetition of ingredients must be taken into consideration.

**Each competitor will receive \$75.00 as reimbursement for their ingredients.**

## **ASSISTANTS**

This competition is an individual competition, no assistants are permitted.

## **JUDGING/MARKING CRITERIA**

- WACS and/or CCFCC approved judges will judge the competition.
- The judges reserve the right to identify and if necessary confiscate any food being prepared with unsafe cooking methods.
- Candidates violating any guidelines pertaining to foods brought into the kitchen will be penalized.
- Each candidate is required to finish and present their menu; however, there will be point deductions for exceeding the time limits.

- As this is a time-limited competition, you are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock of your allowed time.

**POINTS**

Mise en place	10 points
Correct professional preparation	25 points
Hygiene	
Working skill/techniques	
Kitchen organization	
Service	5 points
Presentation	10 points
Taste	50 points
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TOTAL	100 points



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## APPLICATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

P. (Home) (\_\_\_\_) \_\_\_\_\_ P. (Work) (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

CCFCC Branch: \_\_\_\_\_ Date: \_\_\_\_\_

Place of Employment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Position: \_\_\_\_\_

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Geoffrey Couper  
Culinary Committee Director – Senior Competition [gcouper@okanagan.bc.ca](mailto:gcouper@okanagan.bc.ca)