



“THE ROAD TO MONCTON, STARTS HERE!”

**2025
CULINARY FEDERATION COMPETITION
B.C. PROVINCIALS**

COMPETITION DATE:

MARCH 9TH 2025

COMPETITION LOCATION:

**LAKEHOUSE KITCHENS COOKING SCHOOL
LAKEHOUSE HOMESTORE
100 - 510 BERNARD AVE
KELOWNA, BC**

DUE DATE FOR ALL ENTRIES:

FEBRUARY 20TH 2025

**ALL ENTRIES MUST BE SUBMITTED ON OKANAGANCHEFS.CA VIA THE
“COMPETITIONS” PAGE**

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: TINATANG.BC@GMAIL.COM**

TO ALL APPLICANTS:

THANK YOU FOR TAKING THE TIME TO READ THROUGH THE COMPETITION PACKAGE.

ELIGIBILITY

**PLEASE READ CAREFULLY AND FILL OUT THE APPLICATION FORM IF YOU WISH TO
COMPETE.**

ALL COMPETITORS MUST BE A MEMBER IN GOOD STANDING OF THE CANADIAN CULINARY FEDERATION (CULINARY FEDERATION) AS OF FEBRUARY 17TH 2024

COMPETITION GUIDELINE SENIOR CHEFS

PART A: BUTCHERY

IN 10 MINUTES, DE-BONE ONE WHOLE DUCK, BREAST OFF THE CARCASS, LEG AND THIGH REMOVED AND DE-BONED. IF TIME PERMITS, COMPETITORS MAY FABRICATE THEIR DUCK IN PREPARATION FOR THE MAIN COMPETITION. THERE WILL BE POINTS DEDUCTED FOR EACH PART OF THE DUCK NOT PROCESSED. ONE DUCK WILL BE SUPPLIED FOR EACH COMPETITOR.

PART B: COMPETITORS WILL BE ALLOWED 60 MINS TO COOK THE FOLLOWING:

- AN OVO-LACTO APPETIZER FOR FOUR (4). APPETIZERS MUST BE SERVED AT THE 45MIN MARK WITH A 5 MINUTE GRACE PERIOD.
- A MAIN COURSE FOR FOUR (4) THAT MUST DUCK - BOTH LEGS AND BREAST ARE REQUIRE IN SOME FORM.
- A MINIMUM OF THREE ACCOMPANYING VEGETABLES, EACH SHOWCASING A DIFFERENT SKILL AND COOKING TECHNIQUE.
- A COMPLIMENTARY STARCH
- MAIN COURSE MUST BE SERVED AT THE 60 MINUTE MARK WITH A 5 MINUTE GRACE PERIOD.

PLATES WILL BE PROVIDED. YOU WILL BE GIVEN CHOICES THE MORNING OF
NO OUTSIDE PLATEWARE IS ALLOWED

ANY LATENESS WILL RESULT IN LOST OF POINTS.

ALL MISE EN PLACE FOR YOUR COMPETITION MUST BE DONE BEFORE HAND.
ALL COMPETITORS ARE RESPONSIBLE TO BRING ALL OTHER INGREDIENTS AND SEASONINGS TO COMPLETE THEIR DISHES. **ONLY BRING WHAT YOU NEED**
ONE WHOLE DUCK WILL BE SUPPLIED BY THE ORGANIZER FOR EACH COMPETITOR

MENUS ARE TO BE FINALIZED AND EMAIL TO
TINATANG.BC@GMAIL.COM NO LATER THAN FEBRUARY 20TH 2025

TASTING JUDGES WILL BE TASTING BLIND
THERE WILL BE ONE KITCHEN JUDGE

A COMPLIMENTARY BREAKFAST WILL BE SERVED AT **7:00 AM**
A DEBRIEF WILL HAPPEN AT 10:00 AM WHERE YOU WILL DRAW FOR STATIONS AND
ASK ANY OTHER LAST MINUTE QUESTIONS
COMPETITORS WILL BE ALLOWED TO **SET THEIR STATIONS AT 10:45 AM**

PART A WILL START AT 11:15AM AND FINISH AT 11:25AM

5 MIN CLEAN UP BEFORE PART B

PART B WILL THEN BEGIN AT 11:30AM

LAST PLATES WILL BE AT 12:30PM

**YOU WILL NEED TO CLEAN YOUR STATIONS, REMOVE ANY UNUSED FOOD IN
PREPARATION OF THE SENIOR CHEF COMPETITION**

YOU ARE RESPONSIBLE FOR CLEAN UP OF YOUR DIRTY DISHES

RESULTS WILL COMMENCE AFTER THE SENIOR COMPETITION

TASTING JUDGES WILL BASE THEIR SCORING ON TASTE, CREATIVITY, COMPOSITION,
PRESENTATION, AND APPROPRIATE USE OF PRODUCTS, SEASONING AND THE TIMING.

FOOD PREPARATION GUIDELINES

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.

EXAMPLE: IF YOU ONLY REQUIRE $\frac{1}{4}$ GREEN CABBAGE, ONLY BRING $\frac{1}{4}$ - THIS WILL
NOT COUNT AGAINST YOU AS A "CUT" VEGETABLES AS LONG AS IT IS PROCESS
FURTHER.

FRUIT PURÉES: CAN BE BROUGHT IN, BUT NOT REDUCED, SEASONED OR THICKENED.
FROZEN OR PREVIOUSLY FROZEN FRUITS MAY BE BROUGHT IN. THIS IS ONLY FOR
FRUIT. NO VEGETABLE PUREES WITH THE EXCEPTION FOR TOMATO
PASTE/CRUSHED/PUREE WILL BE ALLOWED.

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 ORGANIZER IN ADVANCE.

FLAVOURED OILS & BUTTERS: ARE PERMITTED BUT LIMITED TO TWO TOTAL

DOUGHS: FINISHED DOUGH ARE ALLOWED IN BUT CAN NOT BE SHEETED. SUCH AS PASTA AND PASTRY.

TOFU/TEMPE: WILL BE ALLOWED IN AS LONG AS IT IS PROCESS FURTHER

VEGETABLE POWDER: VEGETABLE ASH AND HOME-MADE SPICE MIXTURES ARE ALLOWED

EGGS & CHEESE: EGGS CAN BE SEPARATED IF NEEDED. CHEESES ARE ALLOWED

DRESS CODE:

COMPETITORS ARE **REQUIRED** TO WEAR A WHITE CHEFS COAT, AN APRON, BLACK OR CHECKERED PANTS, BLACK SHOES AND AN APRON OF THEIR CHOICE.

LONG HAIR SHOULD BE TIED UP AND BEARDS TRIMMED.

CHEF HATS WILL BE SUPPLIED.

COMPETITION CHAIR HAS THE RIGHTS TO MODIFY AND ADJUST RULES AND REGULATIONS AT ANY TIME WITH WRITTEN