

# **“THE ROAD TO MONCTON, STARTS HERE!”**

## **2025 CULINARY FEDERATION COMPETITION B.C. PROVINCIALS HOSTED BY THE OKANAGAN CHEFS ASSOCIATION**

### **COMPETITION DATE:**

**MARCH 9TH 2025**

### **COMPETITION LOCATION:**

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

### **DUE DATE FOR ALL ENTRIES:**

**FEB 20TH 2025**

**ALL ENTRIES MUST BE SUBMITTED ON [OKANAGANCHEFS.CA](http://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](mailto: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 MARCH 9TH 2025  
COMPETITORS MUST NOT HAVE THEIR RED SEAL FOR MORE THAN A YEAR AS OF MAY  
26TH 2025. FOR EXAMPLE, IF YOU RECEIVE YOUR RED SEAL ON MAY 26TH 2024,**

YOU WILL BE ALLOWED TO COMPETE BUT IF YOU RECEIVED YOUR RED SEAL ON MAY 25TH 2024, YOU ARE NO LONGER ELIGIBLE FOR THE YOUNG CHEFS COMPETITION.

## COMPETITION GUIDELINE

### YOUNG 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 90 MINS TO COOK THE FOLLOWING:

- AN OVO-LACTO APPETIZER FOR FOUR (4). APPETIZERS MUST BE SERVED AT THE 1HR MARK WITH A 5 MINUTE GRACE PERIOD.
- A MAIN COURSE FOR FOUR (4) THAT MUST INCLUDE DUCK - BOTH LEGS AND BREAST ARE REQUIRED 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 90 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 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 7:45 AM** WHERE YOU WILL DRAW FOR STATIONS AND  
ASK ANY OTHER LAST MINUTE QUESTIONS

COMPETITORS WILL BE ALLOWED TO SET THEIR STATIONS AT 8:00 AM

**PART A WILL START AT 8:30AM AND FINISH AT 8:40AM**

**5 MIN CLEAN UP BEFORE PART B**

**PART B WILL THEN BEGIN AT 8:45AM**

**LAST PLATES WILL BE AT 10:15AM**

**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 SHELLLED. 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.

TOMATO PASTE/ CRUSHED/PUREE WILL BE ALLOWED.

**FERMENTED OR PICKLED PRODUCT:** ONE PRESERVED ITEM WILL BE ALLOWED PER  
CANDIDATE (IE. FERMENTED MISO, KOJI, KIMCHI) BUT WILL NEED TO BE APPROVED

AHEAD BY COMPETITION ORGANIZER IN ADVANCE. THEY DO NOT NEED TO BE STORE BOUGHT.

**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.  
ALL 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.

### **EQUIPMENT:**

EACH STATION WILL HAVE THE FOLLOWING:

4 GAS BURNER TOP

1 DECK OVEN

3FT WORK SPACE

TRAY RACK - HOLD UP TO 8 HALF SHEET TRAYS

UNDER COUNTER STORAGE

1 HAND WASH SKIN

4 OUTLETS (SAME BREAKER)

THE FOLLOWING EQUIPMENT WILL BE AVAILABLE ARE TO BE SHARED BETWEEN  
OTHER COMPETITORS.

FOOD PROCESSOR (1) WITH ATTACHMENTS

IMMERSION BLENDER (1)

VITAMIX BLENDER (2)

STAND MIXER - BREVILLE - NO ATTACHMENTS PROVIDED (10)

TABLE TOP DEEP FRYERS WITH OIL (4)

LIMITED FREEZER SPACE

SHARED COOLER SPACE

SMALL WARES SUCH AS SPATULAS, PEELERS, SPOONS WILL BE AVAILABLE.

COOKWARE: PANS, POTS AND BAKING TRAYS ARE IN ABUNDANCE

SPECIALTY ITEMS SUCH AS PIPING BAGS/TIPS, CUTTERS, SQUEEZE BOTTLES,  
MANDOLINES ETC. WILL NEED TO BE PROVIDED BY COMPETITORS.

THE FOLLOWING EQUIPMENT (BROUGHT BY COMPETITOR) WILL BE ALLOWED:

CIRCULATOR/SOUS VIDE - LIMIT 1

PASTA ROLLERS

KITCHENAID & ATTACHMENTS: GRINDERS, VEGETABLE SHEETER ETC. - LIMIT 1

BLENDERS - VITAMIX/MAGIC BULLET ETC.- LIMIT 1

PLEASE ADVISE WITH COMPETITION CHAIR FOR ALL OTHER EQUIPMENT, THEY WILL  
NEED TO BE APPROVED PRIOR.

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