

14th ANNUAL



February 24, 2021

An Individual Award Competition Designed to deliver a unique Alberta Food Experience

WHAT: High School Challenge Competition

WHEN: Recipe submissions will be accepted between January 10th and midnight, January 24th, 2021
(Submissions must be submitted to & pre-approved by your teacher.)

[**SUBMIT COMPETITION APPLICATION & RECIPE HERE**](#)

Plate submission deadline, midnight, February 24th, 2021

WHO: Any students in grades 10,11 or 12

WHERE: In your kitchen at school or home

SUBMISSIONS: [**SUBMIT FINISHED PRODUCT ONLINE HERE**](#)

QUESTIONS: Paul Campbell paulca@nait.ca

COMPETITOR'S PACKAGE

A Culinary and Baking Showcase Competition

**Sponsored by:
Edmonton Chefs Association, Italian Centre Shops
and Real Canadian Superstore.**

Overview

This is an individual based culinary and baking competition designed to challenge the student's culinary or baking expertise. **The theme of the competition is Alberta grown and owned products.**

The student may choose to make one dish from the three categories. Either an appetizer, entrée or dessert. **You may enter more than one category.**

Each person will be required to prepare, cost** and present one dish from your chosen category(s). Evaluation will be based on but not limited to, recipe organization, cooking skills, presentation & creativity. An *original recipe* for the category that you are entering must accompany the application and be emailed ahead to the Competition Selection Committee.

For the purpose of this competition an original recipe will be defined as; a recipe that has had at least two ingredients altered either by substitution or quantity.

Use grocery store / school prices for your costing

Candidate Selection

To qualify for this competition; all candidates must be in grade 10, 11 or 12, have demonstrated exemplary academic and attendance status in their courses. All competitors must submit the required application and competition prerequisites prior to the identified date. A committee comprised of instructional faculty will review and select candidates based on the above stated criteria.

Competition Menu

- Competitors must provide their own original recipe for 5 portions. This recipe must be typed and identify yields and procedures.
- You must use the feature ingredients in your dish.
- Your recipe must be costed.

SECTION A - KITCHEN ORGANIZATION

Organization/Worksheet

Present a neat orderly & typed recipe including yields, and procedures. You must also submit a complete work plan that outlines the time organization of your dish. As a rule, the work plan must demonstrate efficient and practical production procedures. You will adhere to the competition's timeline of a maximum of 3 hours of total time allotted for your dish.

Safety/Sanitation

Maintains high level of sanitation & safety in the preparation and processing of foods. Temperature control is of ultimate consideration. Practise "clean as you go" work ethic. Demonstrates safe usage of knives, small wares and equipment. (This is an expectation and will not be graded).

SECTION B - COOKING COMPETENCIES

Doneness

Products are cooked to industry standards. Proteins, vegetables, fruit, starches are not overdone or underdone. Items are of texture and flavours established through correct cooking times and temperatures. You will be required to submit close-up photos of your dish.

Technical Skills

Accuracy of slicing, dicing, piping, portioning, consistency of sauces, soups, gastronomically correct interpretation of cooking methods, professional degree of "finishing", enhancement of consistency, colour and flavour, proficient cooking skills.

Menu Accuracy & Theme

Items presented are accurate as per menu descriptor & items represent the "**ALBERTA GROWN AND OWNED**" Theme.

SECTION C – ADVERTISING & MARKETING

Advertising

You must post your dish to your own personal social media using the hashtags #HSCC, #yegfood, #yegevents, #hscyeg, #naitculinary, #italiancentreshop, #realcanadiansuperstore, #(yourschool).

Marketing Design

You must submit detailed pictures that reflect the presentation, doneness, as well as the skill set(s) required.

You must also include a short, 1 minute, video (MP4, MOV, WMV or FLV format) to the judges explaining your dish, how you prepared it and why you chose to make that specific dish. Please include which of your ingredients are made or grown in Alberta.

Creativity

Imaginative & innovative use of ingredients ***found within the sponsoring stores.*** Attention to detail & application of technical skills.

Appetizer

Your appetizer must include the following;

1. Chicken or pork or vegetarian alternative.
2. A sauce that is complimentary to the appetizer served.
3. A filling or stuffing.
4. You must show one of the following skills; Roasting or Steaming or Shallow-Frying

* Your appetizer should be no larger than 90 grams*

Main Course

Your entrée must include the following;

1. Chicken, pork or vegetarian alternative.
2. A sauce that is complementary to the entrée being served.
3. A starch of your choice.
4. A vegetable of your choice.
5. You must show two of the following skills; Pan Searing, Braising, Paysanne Cut or Tourne

Your main course protein should be no larger than 140 grams

Dessert

Your dessert must include the following;

1. Eggs and whipping cream.
2. A garnish of either sugar or chocolate.
3. A sauce that is complimentary to the dessert being served.
4. You must show the following skill; piping skills

You must include the ingredients and methods provided in the scope somewhere in your dish.
You may use any other complimentary ingredient available to you.

Any questions may be directed to Paul Campbell. Paulca@nait.ca

Remember to apply for the scholarship to Nait

