



# High School Culinary Challenge



**Northern Alberta Institute of Technology**  
February 22, 2025



# High School Culinary Challenge

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**Location:** NAIT Culinary Kitchens  
South kitchen labs beside the Common Market

**Date:** February 22, 2025

**Start Time:** 6:30 am arrival (group A)  
11:30 am arrival (group B)

**Duration:** 7:00 - 11:00 am (group A)  
12:00 - 4:00 pm (group B)

## **Purpose of Challenge:**

To promote professionalism, team building and the pursuit of culinary excellence.

## **Overview:**

Each three-member team of high school students, using provided recipes, will prepare four servings of a three-course meal (soup, entrée, and dessert) to an advanced level of the CTS Foods Program. Four portions of each course are to be plated and presented to judges - three portions are for tasting; one portion is for presentation. All food is to be presented on provided plates. You will be provided with 8 x 10" standard dinner plates and 4 x soup bowls with liners. Competitors are free to consult reference books of their choice.



Kitchen stations will be drawn and assigned by competition organizers. Food items listed as par stock will be made available to all participants and held in a common area. Judges reserve the quantities. Carefully note the presentation times for all courses.

***All competitors are responsible for the complete cleanup of their work areas, stoves, sinks, floors, and surrounding areas before leaving the competition site. Points will be deducted for competitors who do not comply.***

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## Competition Menu

### Mulligatawny Soup

Pork Back Ribs with BBQ Sauce  
Corn Bread  
Creamy Whipped Potatoes  
Green Lentil and Corn Succotash

Flourless Chocolate Cake, Crème Anglaise, Chantilly Cream,  
Strawberry Compote, Chocolate or Sugar Garnish

## Bonus Category

Bring in your own Alberta Pulses Appetizer to serve 4, using one of the Alberta Pulses found on their website <https://albertapulse.com/>. Dishes will be judged by Alberta pulses and other industry professionals. This dish can be hot or cold and will be served at 9:30 and 2:30. Prizes will be awarded for the best use of pulses.

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## PRESENTATION TIMES:

General times are provided and are subject to change to meet competition logistics.

<b><i>Appetizer:</i></b>	<b>10:00 - 10:05 am</b>	(group A)
	<b>3:00 - 3:05 pm</b>	(group B)
<b><i>Main Course:</i></b>	<b>10:30 - 10:35 am</b>	(group A)
	<b>3:30 - 3:35 pm</b>	(group B)
<b><i>Dessert:</i></b>	<b>11:00 - 11:05 am</b>	(group A)
	<b>4:00 - 4:05 pm</b>	(group B)

***Labs are to be completely cleaned or marks will be deducted.***

## CLOTHING REQUIREMENTS:

Competitors will be professionally attired in a white chef jacket, checked or black pants, apron, and hairnet as required. Chef hats will be provided and must be worn by all competitors. Appropriate kitchen shoes (closed toes, non-skid soles, and leather-style surface) ***No athletic or running shoes are allowed.*** Please reference this video for more information on clothing requirements.

**<https://www.youtube.com/watch?v=CaJ6hHsFBj8>**

## EQUIPMENT AND MATERIALS:

French knife, paring knife, vegetable peeler, French whip, wooden spoon, food containers, meat mallet, piping bag, tips, measuring spoons, hand mixer, tool box, and any other small tools required. NAIT will ***NOT*** provide the pots, pans and bowls. ***Competitors must bring their own tools, smallware's and knife kits.***

## COOKING TERMINOLOGY:

- Batonnet – 1/4 inch by 1/4 inch by 3 inches (6mm x 6mm x 76mm)
- Small dice – 1/4 inch by 1/4 inch by 1/4 inch (6mm x 6mm x 6mm)
- Medium dice – 1/2 inch by 1/2 inch by 1/2 inch (12mm x 12mm x 12mm)
- Reduce – to cook down to desired consistency
- t – teaspoon – 5 ml
- T – tablespoon – 15 ml

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(a) Tourné: 2 in. long  $\times$   $\frac{3}{4}$  in. diameter, with 7 sides, and flat-ended (5 cm  $\times$  2 cm).



(b) Large dice:  $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in. (2 cm  $\times$  2 cm  $\times$  2 cm).



(c) Medium dice:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in. (12 mm  $\times$  12 mm  $\times$  12 mm).



(d) Small dice:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in. (6 mm  $\times$  6 mm  $\times$  6 mm).



(e) Brunoise (broon-wahz):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in. (3 mm  $\times$  3 mm  $\times$  3 mm).



(f) Fine brunoise:  $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; round, square, or rectangular).



(i) Lozenge:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$  2  $\frac{1}{2}$ -3 in. (6 mm  $\times$  6 mm  $\times$  6-7.5 cm).



(l) Julienne (or allumette potatoes):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$  2  $\frac{1}{2}$  in. (3 mm  $\times$  3 mm  $\times$  6 cm).



(m) Fine julienne: 2 in. long  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  5 cm).

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## **SAFETY REQUIREMENTS:**

- Oven mitts, white terry cloth or t-towel
- Non-slip leather-style shoes
- No rings, watches or personal jewelry
- Loose hair completely restrained
- Competitors are required to observe all safety standards during the competition.

## **RELATED CAREER AND TECHNOLOGY STUDY MODULES:**

- Module FOD 1020 Baking Basics
- Module FOD 2070 Stocks, Soups and Sauces
- Module FOD 2080 Vegetables Fruits and Grains
- Module FOD 2090 Creative Cold Foods
- Module FOD 2100 Basic Meat Cookery
- Module FOD 2110 Fish
- Module FOD 2150 Food Safety & Sanitation
- Module FOD 3050 Advanced Soups and Sauces
- Module FOD 3060 Food Presentation
- Module FOD 3080 Advanced Meat Cookery

## **JUDGING CRITERIA:**

### ***Includes:***

- adherence to safety and sanitation rules as contained in the sanitation code.
- interpretation skills of scope documents and provided recipes.
- general cooking skills, work habits, cooking techniques, development of flavors, degrees of doneness, texture, temperature controls, presentation skills and effective utilization of food products.
- cooperation with others in kitchen, effective team participation.

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## Par Stock

Vegetables	Fruits	Grocery	Herbs
Onions	Strawberries	Olive Oil	Fresh Basil
Celery	Raspberries	Vanilla Extract	Flat-leaf parsley
Carrots	Lemons	Corn Meal	Fresh Rosemary
Garlic	Frozen Strawberries	AP Flour	Fresh Thyme
Red Bell Pepper	Granny Smith Apples	Honey	Bay leaf
Russet Potatoes		Sugar, White, Gold, Brown	Fresh Chives
Corn, frozen		Vinegar, Cider, White	Fresh Mint
		Corn Starch	
		Powdered Sugar	Spices
	Other	Ketchup	Pepper / White Pepper
	Chicken Stock	Canola Oil	Kosher Salt
Dairy		White Chocolate	Table Salt
Butter, unsalted		Milk Chocolate	Paprika
Whipping Cream, 32%		Dark Chocolate	Chili Powder
Milk, 3.25%		Baking Powder	Garlic Powder
Parmesan		Baking Soda	Cayenne
10% Cream		Molasses	Cumin
		Mustard, Yellow	Onion Powder
			Mustard Powder
			Turmeric

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## MARKING CRITERIA:

<b>15% Sanitation</b>	Professional attire, hats, aprons, shoes Personal hygiene, hair restrained. Cutting board and utensil sanitation. Correct food handling and storage <b>Cleanup - entire work area and adjacent areas/sinks and stoves cleaned and sanitized</b> (5-mark penalty if incomplete) other _____
<b>5% Timing</b>	All products presented at noted time. 5-minute period of grace – any later results in zero
<b>5% Temperature</b>	<b>Hot food served hot on heated plates.</b> <b>Cold foods served cold on chilled plates.</b>
<b>25% Organization</b>	Follows worksheet, follows timetable. Professional use of knives, tools, and equipment Station maintained neat, clean, and orderly. Demonstrates safe working practices. Effective food utilization / wastage Accuracy of knife skills Correct cooking methods Teamwork other _____
<b>15% Presentation</b>	Portion size / balance Effective color / contrast Clean plates, neatness Technical skills (slicing, dicing, turning etc.) other _____
<b>35% Taste</b>	Correct textures of food, consistency of sauces Degree of doneness, not over/undercooked Balanced taste and seasonings – enhanced natural flavors Not bland, under/over seasoned Not excessively salty, sour, sweet or bitter Not burnt, metallic tasting or aftertaste



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## RECIPES

Students a **MUST ADHERE** to specified portions and ingredients to ensure consistent results and equitable judging.

### Appetizer

#### Mulligatawny Soup

Yield: 1L

Onion, Medium Dice	85 g
Celery, Medium Dice	45 g
Carrot, Medium Dice	45 g
Butter, Unsalted	40 g
Flour	40 g
Red Pepper, Medium Dice	20 g
Apple, Cored, Small Dice	40 g
Curry Paste, Madras	18 g
Chicken Stock	700 ml
Chicken Breast, Cooked, Medium Dice	100 g
Long Grain Rice, Cooked	100 g
Cream, Hot	As Needed
Salt and Pepper	To Taste

1. Cook your chicken on a baking sheet in an oven at 400 F for 20 to 25 min until the internal temperature is 165 F.
2. Sweat onions, celery, carrots and red peppers in butter, do not brown.
3. Add curry paste.
4. Add the flour. Stir to make a roux. Cook roux for a few minutes, do not let it brown.
5. Gradually stir in stock.
6. Bring to a boil, stirring while it thickens.
7. Add apples.
8. Let simmer until all vegetables are tender.
9. Add the cooked rice, cooked chicken, and simmer for 5 minutes.
10. Remove from heat and add hot cream, bring to proper consistency.
11. Season to Taste.

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## Main

### Corn Bread

Yield: 12 muffins

Egg	1 Each
White Sugar	100 g
Corn Meal	160 g
Milk	225 g
All Purpose Flour	140 g
Canola Oil	95 g
Honey	140 g
Baking Powder	5 g
Salt	5 g

1. Whisk all ingredients together.
2. Spray muffin tins with oil.
3. Portion batter evenly.
4. Bake at 350 F for 20 min.

### Ribs

Yield: 2 portions

Light Brown Sugar	85 g
Paprika	15 g
Ground Black Pepper	10 g
Kosher Salt	15 g
Chili Powder	10 g
Garlic Powder	10 g
Cayenne	.5 g
Pork Back Ribs	1 Rack

1. Make the rub: Mix sugar, paprika, pepper, salt, chili, garlic, and onion powders, and cayenne in a bowl. Rub onto ribs, cover and put in the fridge for 20 minutes.
2. In a 300°F oven, place ribs, meat side up, on bake sheet
3. Cook for 1 hour.
4. Wrap Ribs in foil and cook for 1-1.5 hours or till tender.
5. To Finish, unwrap the ribs, glaze with sauce and return to the oven to caramelize.

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**BBQ Sauce – Each school must make their own complimentary version of sauce. Please serve extra sauce on the side.**

### **Creamy Whipped Potatoes**

**Yield: 1000g**

Russet Potatoes	800 g
Kosher Salt	1 Tbsp
10% Cream	250 ml
Garlic Cloves, Crushed	3 each
Parmesan, Grated	90 g

1. Peel and dice potatoes, making sure all are relatively the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.
2. Heat the half-and-half and the garlic in a small saucepan over medium heat until simmering. Remove from heat and set aside.
3. Remove the potatoes from the heat and drain off the water. Mash and add the garlic-cream mixture and Parmesan. Stir to combine. Let stand for 5 minutes so that mixture thickens.

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### Green Lentil and Corn Succotash

**Yield: 870 g**

Yellow Onion	250 g
Canola Oil	30 g
Garlic cloves	30 g
Thyme, Fresh	2g
Corn, frozen	290 g
Red Bell Pepper	120 g
Green Lentils, Cooked	150 g

1. Heat oil in a pan.
2. Sweat onion and garlic together with the thyme until translucent.
3. Stir in corn and red bell pepper, cook until pepper is tender.
4. Stir in lentils.
5. Season to taste.

### Lentils

**Yield: 350g**

Green Lentils	150 g
Onion, small, whole	1/4
Garlic clove, whole	1
Bay leaf	1

1. Rinse and drain lentils.
2. Place Lentils and onion in a pot and add just enough water to cover the lentils by 5 cm.
3. Bring to a simmer and cook until tender but still firm.
4. Add more water if necessary.

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## Dessert

### Flourless Chocolate Cake

Yield: 8 individual cakes

Large Eggs, Separated	3 each
Butter, Unsalted	90 g
Dark Chocolate	270 g
Sugar	60 g

1. Melt the chocolate and butter together over a double boiler. Remove from heat and let it cool slightly.
2. whip the egg yolks to ribbon stage. Add the melted butter and chocolate mixture until well combined.
3. Whip egg whites and sugar to medium peak. Fold 1/3 of the whipped whites into the chocolate base to lighten it. Add the rest and fold gently until all the egg whites have been incorporated.
4. Prepare ramakins by spraying them with pan spray.
5. Portion batter at 60g into prepared ramakins.
6. Bake at 350 degrees F for 20 to 25 minutes.

### Chantilly Cream

Yield: .5 L

Heavy Cream	250 ml
Icing Sugar	60 g
Vanilla	1 tsp

1. Whip all ingredients in a bowl until soft peaks are formed

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### Vanilla Crème Anglaise

Yield: 600 ml

Egg Yolk	6 each
Sugar	125 g
Milk	500 ml
Vanilla	Vanilla

1. Combine egg yolks and half the sugar in a bowl.
2. Whip until thick and light.
3. Combine the rest of the sugar with the milk in a pot.
4. Bring to a scald.
5. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with a whisk.
6. Set the bowl over simmering water. Heat it slowly, stirring constantly until it thickens enough to coat the back of a spoon.
7. Cool for service.

### Strawberry Compote

Yield: 400g

Strawberries	300 g
Water	50 g
Sugar	50 g
Lemon Juice	10 g

1. Cut the strawberries into quarters.
2. Place all ingredients a pot and cook until mixture is thickened, and strawberries are tender.
3. Cool for service.

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## Kitchen Judging Criteria

### Kitchen Marking Criteria

# \_\_\_\_\_

#### Sanitation: *includes*

Appropriate footwear  
Hand washing, personal hygiene  
Professional attire, hats, apron side towel  
Hair restrained, hair nets  
No watches, jewellery or nail polish  
Cleanliness of work tools  
Cleaning & sanitation of work area  
Cutting board sanitation  
Correct food handling and temperature control  
Cross /direct contamination  
Perishable food storage  
Other

Notes:

10 – Perfect

9 – 1 infraction

8 – 2 infractions

7 – 3 infractions

6 – 4 infractions

5 – 5 infractions

4 – 6 infractions \_\_\_\_\_

Total Score \_\_\_\_ /10

*No more than 6 infractions deducted.*

#### Organization *includes*

Has work sheet, follows recipes  
Station maintained in neat and orderly manner  
Demonstrates safe working practices  
Demonstrates team work  
Correct knife skills /applications  
Maintains correct temperature controls  
Tool boxes orderly & correctly stored  
Effective food utilization- wastage  
Effective time management  
Applies appropriate cooking methods  
Refrigerated products correctly stored  
Other

Notes:

10 – Perfect

9 – 1 infraction

8 – 2 infractions

7 – 3 infractions

6 – 4 infractions

5 – 5 infractions

4 – 6 infractions \_\_\_\_\_

Total Score \_\_\_\_ /10

*No more than 6 infractions deducted.*

\*Please deduct only **one point** per criteria.

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## Tasting / Presentation Criteria

Competitor Number: \_\_\_\_\_

	Perfect (10) Excellent (9)	Very good (8) Good (7)	Satisfactory (6)	Borderline(5)	Unacceptable( 4, 3 )
Taste _____/10	<input type="checkbox"/> outstanding flavour <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> overall pleasant flavour <input type="checkbox"/> minor improvements suggested	<input type="checkbox"/> flavour needs some enhancement <input type="checkbox"/> neutral flavour, somewhat bland	<input type="checkbox"/> highly over or under seasoned, but not to the extent that it would be sent back <input type="checkbox"/> too spicy or salty for some tastes	<input type="checkbox"/> far over or under seasoned <input type="checkbox"/> unpleasant flavour or smell
Texture _____/10	<input type="checkbox"/> perfect texture and balance between dishes <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> overall good texture of major components <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> minor number of components on the plate definitely need adjustments	<input type="checkbox"/> major components on the plate slightly tough or too firm or soft, but still servable	<input type="checkbox"/> some products on plate inedible <input type="checkbox"/> unpleasant texture, would be sent back
Doneness _____/10	<input type="checkbox"/> all items on plate cooked perfectly <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> most items on plate cooked to ideal doneness <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> minor items on plate slightly over or undercooked <input type="checkbox"/> some adjustments recommended but not critical	<input type="checkbox"/> major items on plate somewhat over or undercooked, but still moist and tender <input type="checkbox"/> adjustments definitely needed	<input type="checkbox"/> items extremely over or undercooked <input type="checkbox"/> item would be sent back <input type="checkbox"/> food safety concern with doneness
Scope Adherence _____/10	<input type="checkbox"/> Followed competition scope perfectly	<input type="checkbox"/> Missed 1 item or added unnecessary items. <input type="checkbox"/> Made minor mistakes in procedures / scaling	<input type="checkbox"/> Missed 2 item or added unnecessary items. <input type="checkbox"/> Made multiple mistakes in procedures / scaling	<input type="checkbox"/> Missed multiple items on the scope. <input type="checkbox"/> Recipes n	
TOTALS:					
÷3 = _____					

	Perfect (10) Excellent (9)	Very good (8) Good (7)	Satisfactory (6)	Borderline(5)	Unacceptable( 4, 3 )
Presentation _____/10	<input type="checkbox"/> plate presented in modern, artistic style <input type="checkbox"/> portion sizes perfect <input type="checkbox"/> ideal balance of shapes and colours <input type="checkbox"/> no improvements suggested	<input type="checkbox"/> plate attractively presented <input type="checkbox"/> portion size within recommended range <input type="checkbox"/> range of shapes and colours <input type="checkbox"/> some minor adjustments may be recommended	<input type="checkbox"/> plates clean, not sloppy <input type="checkbox"/> portion sizes may need some adjustment <input type="checkbox"/> may be lacking colour	<input type="checkbox"/> plates lacking visual interest or colour <input type="checkbox"/> portion sizes too large or small <input type="checkbox"/> somewhat difficult to eat	<input type="checkbox"/> extremely sloppy plates <input type="checkbox"/> unappealing colour (grey, burnt, etc.) <input type="checkbox"/> portion sizes far too large or small
TOTAL:					

JUDGE \_\_\_\_\_