



34-Cooking

CONTEST DESCRIPTION 2025

Updated on March 10, 2025

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 **Compétences
Québec**



1. CONTEST DESCRIPTION

1.1 Purpose of the test

To introduce the cooking profession to the public and demonstrate basic techniques and skills, to present culinary trends by assessing the candidates knowledge of the fundamental basics of the cooking profession.



1.2 Contest Period

Fourteen (14) hours, spread over two (2) days, 7 hours per day

1.3 Number of competitors

Cooking is a competition of skill for one, or two, or three competitors per administrative region of Quebec, depending on the number of School Service Centres throughout the territory. In the event that the candidate from one region withdraws, he or she will be replaced, by special invitation, by another candidate from a region who will be assigned by Compétences Québec.



1.4 Skills and knowledge that can be assessed

- Cook meat, poultry, fish, shellfish using proper techniques;
- Perform basic cuts and techniques;
- Make appetizers, cold dishes, desserts, soups and various starters;
- Prepare plates and dishes taking into account the rules of esthetics;
- Prepare and seasoned meat, fish, vegetables, desserts and pastries;
- Perform and prepare the set-up before the service;
- Ensure the cleanliness and maintenance of tools, equipment and workstations;
- Comply with hygiene and safety rules in the handling of food;
- Strictly adhere to food storage industries standards.



1.5 Tasks that competitors may have to perform during the event

- Cost calculation (to be presented before starting to cook);
- Composition and presentation of the menu and these elements, the candidate is authorized to arrive with his or her work plan made in advance (the template for writing the menu and these elements will be provided by CQ);
- Vegetable precision cut:
50 g of small diced carrots, 50 g of small diced celery, 50 g of julienne leeks
4 units minimum of vegetables turned (the vegetable cuts must be incorporated into the dishes, the quantity used is up to the candidates)
- General set up
- Setting up and serving of the (3) course menu, starter, main course and dessert for day 1 and 2, i.e. for the two days of competitions
- Cleaning

Notes:

- The candidate can consult his recipes but without the methodology throughout the competition.
- Details of the event will be published on the internet on February 28, 2025. You will find the description of the event on days 1 and 2 as well as the main ingredients used during the two (2) days of competition. However, all items are subject to change **without notice**, depending on availability and quality.
- For all ingredients, no substitution or additional quantity will be allowed (the expert is the only person who can modify a data). All candidates will have a box with the same content and quantity of food: a common table with dry goods, including mystery ingredients such as herbs, spices, alcohol, fruits and vegetables, starches and others.
- It is forbidden to bring any food product whatsoever, including food colouring and pre-made prints for desserts and chocolate. For smoking: wood chips are allowed but will be provided by the competition. Only the food provided can be used.
- This order can be modified by the expert according to the availability of the products.
- Each contestant will have to write a menu by hand on site as well as a description of the items on his menu in two copies (the menu in two copies will be requested, as well as a progress of a work plan for the two days that the contestant can bring with him/her, so done beforehand. He will be able to modify this plan following the announcement of the mystery ingredients.
- Food waste and product maximization will be considered during the evaluation.

2. CONTEST DOCUMENTS

2.1 Documents that will be provided in connection with the competition and publication dates

DOCUMENT	DATE DE PUBLICATION
Test project	February 28, 2025
Menu template	February 28, 2025
List of specific ingredients	February 28, 2025
Common Table Ingredients List	February 28, 2025



3. EQUIPMENT, MATERIALS AND DRESS CODE

3.1 Equipment and materials provided by Compétences Québec

- 1 electric oven with four-burner (4);
- 1 six (6) foot work tables with shelf underneath;
- 1 table of 4 feet with white tablecloths for the presentation of the candidates dishes;
- 1 sink (hot and cold water) for two candidates;
- 1 electrical outlet per workstation;
- CSA approved extension cord or power bar, which must be installed to meet health and safety requirements.
- 1 refrigerator per candidate;
- 2 freezers available to candidates;
- All dishes for the contest (only these can be used);
- 2 microwaves for all candidates;
- 2 Vacuum sealer with cryovac bags, small, medium and large
- 3 food scales 5kg for all candidates;
- 3 coffee grinder for all candidates;
- 1 complete counter top mixer-beater with instruments per candidate;
- 6 Vitamix;
- 6 immersion Mixer,
- 3 complete robot-cutters with grater;
- 1 small food processor with bowl and cutter blade for stuffing per candidates;
- 1 meat grinder for all candidates;
- 3 Siphons and Co2 cylinder;
- 3 Torch *butane* with gas
- 1 sheet pan storage ladder, rack and roll;
- 4 full-size baking sheets;
- 8 half-size baking sheets;
- 1 full insert 2 inch per candidates;
- 2 pair of scissors for all candidates;
- 1 storage bin for dirty dishes;
- 1 bottle opener for wine for all candidates;
- 2 box opener for tin can for all candidates;
- 4 of each Reusable Deli Containers – 250 ml, 500 ml, 1000 ml with lids; 1 plastic tray for transport of food per candidates;
- Compost bins and garbage;
- Products for dishwashing, table cleaning, nylon scouring pads, degreaser and sanitizer, dish mitt, hand soap, paper towel roll.

3.2 Suggested equipment and materials to be brought by competitors

- Cookware
- Bowls, mixing bowls
- Pepper mill
- Knives
- Whisks
- Air fryer
- Water bottle for drinking
- Ladles
- Spatulas
- Colander, Chinese strainer
- Food scales
- Cutting board (wood, nylon)
- Rolling pin
- Decorating bags and piping tips
- Torch and Butane Cylinder
- Kitchen towels, dish towels and oven mitts or potholders
- Recipes without methodology for reference
- Marker and masking tape;
- Delicious containers, 250ml, 500ml, 1L
- Pots, skillets and pans;
- Any equipment deemed necessary for the realization of the competition.
- **Only one electrical or battery-powered equipment will be permitted, this does not include thermometers, food scales or timers.**

3.3 Mandatory dress code provided by competitors

- 2 full professional uniforms ;
- Closed professional and safety shoes with non-slip soles.
- Piercings and strechs must be removed in the same way as all jewelry. If these are permanent, they can be worn.

Notes:

- The uniform (white jacket) may be embroidered to identify the candidate, their region, school or sponsor, but good taste must prevail;
- The fishnet must cover the hair and beard completely and are mandatory as well as a headgear;
- Bring enough clothing for two (2) days of competition.

4. HEALTH AND SAFETY

4.1 Health and Safety Workshop

During the orientation meeting, during the virtual meeting, and at the beginning of each day of competition, if required, competitors will participate in a safety workshop given by the workshop leader. Compétences Québec expects competitors to work safely and to keep the work area free of hazards during the competition.

4.2 Mandatory pieces of personal protective equipment (PPE) provided by Compétences Québec

- First aid kit, including plasters, bandages, burn gel, finger condoms, latex gloves, dish gloves, a 10L pot for the recovery of used oil, safety glasses.



4.3 Mandatory pieces of personal protective equipment (PPE) provided by competitors

- Closed professional and safety shoes with non-slip soles, mittens or high-temperature oven potholders...



5. SCORING SYSTEM AND EVALUATION METHODS



5.1 Composition of the jury

The jury will be composed of teacher-coaches from the different regions presenting a candidate for the Provincial Olympiad; and able to carry out this task. In the event that other teachers are available, please provide their contact information to the expert in order to finalize the jury. Normally, with 12 candidates at the competition, we should have 12 teacher-coaches who can act as judges, so 12 technical judges who will be assigned to three different sections: hygiene and food safety, health and safety, and the technical aspect. Of course, you will not be able to judge your own candidate during the competition. It is proposed by the expert and the workshop manager to call on the teacher-trainers who have not qualified to act as tasting judges in order to complete the jury. In this way, we will be able to develop a culture of Olympiads through the different schools in Quebec. In the event that this opportunity is refused, the expert will call on industry leaders.



5.2 Scoring system CIS

The tests are marked on the basis of the criteria and skills of the trade specified in the competition description. The scoring grid is used to define the distribution of points and the final result must be on 100 points. The CIS (Competition Information System) is used to manage the various aspects of the rating and will not be seen by the judges before competition.



5.3 Evaluation methods

Evaluation is divided into two main methods: measurement and judgment.

"Judgment" is used to assess the quality of a work, and this assessment may vary slightly depending on the perspective when external criteria are applied. This type of evaluation must be done with two or three judges simultaneously and they must use a scale of 0 to 3 based on the standards of the profession:

- 0 *Unacceptable. Doesn't meet industry standards*
- 1 *Acceptable. Meets industry standards*
- 2 *Meets industry standards, exceeds them in some aspects*
- 3 *Excellent workmanship by industry standards*

There can only be one point difference between the highest and lowest mark on the evaluation of the same candidate. In the event of a difference of more than one point, a discussion between jurors is allowed and a new marking will have to be made. The expert

and/or the workshop manager will be present during all deliberations and reserves the right to decide if a dispute persists.

"Measurement" is used to obtain an accurate assessment of an element or performance that can and should be rigorously measured. It is used in situations where there can be no ambiguity. The aspect to be evaluated must be measurable, countable, calculable, binary, indisputable.

5.4 Distribution of points

Note: The following list is subject to change.

CRITERIA	DAY 1 CHECK-IN	DAY 2 CHECK-IN
Hygiene and Food Safety and Health and Safety Module 16 points		
Hygiene and food safety	5 pts	5 pts
Health and Safety	3 pts	3 pts
Technical Skills Module 34 points		
Work techniques and organization	10 pts	10 pts
Costing exercise	2 pts	
Writing the menu, menu items, and organizing the artboard	1 pts	1 pts
Vegetable precision cup	7 pts	
Velvety sauce	3 pts	
Presentation and tasting module 50 points		
Starter inspired by Perogies, a mystery ingredient to include in the stuffing.	5 pts	
Stuffed Cornish hen breast with or without sleeve, a starch and minimum of two vegetables, including the vegetable turned, modified velvety sauce, minimum of an appropriate garnish, a mystery ingredient to include in the stuffing.	10 pts	
Dessert made with sweet cookies for tea, a flavored Chantilly cream, a minimum of one (1) fruit-based sauce, one (1) edible garnish, a mystery ingredient to be included in the dish.	5 pts	
Poultry consommé with fresh stuffed pasta.		10 pts
Round white fish Niçoise style with or without skin (main ingredients of composition imposed and all elements must be cooked in a minimum of three different ways).		10 pts
Dessert based on choux pastry, stuffed with filling cream, a worked fruit and an accompanying sauce, chocolate or sugar decoration.		10 pts
TOTAL	51 points	49 points



5.5 Procedures in the event of a tie in grades

Step 1: The person with the highest score for the "presentation and tasting" module will be declared the winner.

Step 2: If the tie persists, the person with the highest score for the module «Technical Skills» will be declared a winner.

Step 3: If the tie persists, the person with the highest score for the "Hygiene and food safety, health and safety" will be declared a winner.



5.6 Health and safety scoring during the contest

Health and Safety will be evaluated on an ongoing basis throughout the duration of the contest. Industry standards for health and safety must be met during the competition.

Each breach will be reported to the expert or the workshop manager as soon as it is observed. The candidate will have to correct the situation before returning to work and will be penalized. A candidate who persists in behaviour that is dangerous to himself and/or others, could be penalised with all the points of a test or be disqualified from the competition.



6. ADDITIONAL INFORMATION



6.1 Contest Rules

Refer to the Rules of the Competition of the Skills and Technology Competition which are posted on the website: www.olympiadesmetiers.quebec



6.2 Modification of the project of events at the Olympiads

When the draft events have been presented to the competitors before the competition, the expert may modify up to 30% of the content of the project.



6.3 Diverse

- It will be possible for the candidate to have lunch with his coach if he is available;
- Delays will not be tolerated; and the competition will proceed according to the established schedule;
- The use of cell phones and other means of communication is prohibited on the competition site;
- I invite you to communicate by email for any questions using the "answer all" mode, in order to work in complete transparency, any questions and answers related to the competition will be forwarded to everyone.



7. EXPERT

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