

Post-Secondary Competitor & Mentor Questions & Answers

1. According to the scope, the required "starch" for Skills will be buckwheat. For clarification purposes, is it also referred to as KASHA? **Kasha is actually buckwheat that has been toasted, while buckwheat has not been toasted.**
2. Will regular sliced bacon be available, or will it just be restricted to slab bacon? **Both bacons will be available and are listed to the common table**
3. Will juniper berries be available? **No - at the national level they did not include junipers (this was a bit of a heated debate, as I thought most chefs like to use them with game), but the final consensus was not to include.**
4. What are the "specs" for the Venison Loin. I haven't been able to find "Product Specification Sheet – Venison" that is posted to the Skills Ontario Website. **The Protein Specification sheet has been submitted and just being translated. Competitors will be provided a full New Zealand Red Deer striploin averaging about 3.5 lbs.**
5. In regards to the portioning on the Venison, the project states: *Portion size of venison for each serving: 180 grams minimum.* Is that portion pre or post cooking? **This weight would be pre-cooking. We are looking to make sure that the venison is the highlight of the plate (as it is the center of the plate item) and that it would be indicative of industry standards (we do not want to see 60 g portions or 450 g portions).**
6. For the extra sauce in the 500 ml container, how much is required? 500ml or less? **There is no required amount for the side. At the national competition the committee has asked for the sauce to be served on the side in a boat. At the provincial level we hope that competitors will be putting some sauce on the plate and any extra in the deli tub.**
7. For the buckwheat...Is it toasted or the raw organic one as supplied by SYSCO. It's not quite clear and as you know, both have different flavour

profiles. Can you please confirm which one it will be. The common table posting is rather vague. **The Buckwheat that we are planning to use is:**

- Sysco item #4675890 – (Special order – lead time needed)
- **Grain Specialty Buckwheat Grouts** by Bob’s Red Mill
- Pack Size: 4 x 0.453 kg
- <https://www.bobsredmill.com/organic-raw-buckwheat-groats.html>

8. Once our menu is decided, do we submit a requisition, and if yes, when? I don't want this to be a mad dash to the Common Table. **There will be no requisitions, but this would be very helpful when competitors are making a ``mad dash`` to the common table.**

9. What about uniforms? Are we allowed to wear coloured jackets this year as logos were not enforced last year.

I have copied the information about uniforms from the scope:

All articles required to be worn are the sole responsibility of the contestant. The mandatory clothing requirements are the following:

- Non slip, closed toe, water resistant shoes (no running shoes, sandals, crocs etc.)
- Chef trousers (Black, Checked, Striped)
- Double Breasted White Chef Jacket
- White Apron
- Side Towels
- Neck Tie
- Chef Hat
- Competitors are not permitted to wear jewellery such as rings, bracelets, necklaces, and piercings**
 - o Only exceptions to the “**no jewellery**” policy will be wedding bands and medical alert bracelets; however, it is recommended to remove these items.
 - o **Any items deemed unsafe and unsanitary must be removed**

The committee would suggest white jackets and no logoing. We have included

limited logoing as some schools/boards really want to show off that their competitors made it to the provincial contest. As a committee we want to see the competitors judged on their work during the contest, not on where they came from or who trained them.

10. Just wondering, if the mystery vegetables that are assigned happen to be beets or carrots, is it required that all of the "minimum 3 colours" are used? Or is it just the vegetable itself that is required (only using one colour instead of all three)?

If the mystery vegetables are carrots or beets it is expected that the competitor use all of the product assigned. Having all things being equal (e.g. skill level, cooked properly, seasoned properly) the competitor that uses all of the colours should have a higher mark than the competitor that decides to only use one (1) of the colours. Ultimately you are further ahead to use 1 colour and execute it perfectly, than to use 2 or 3 and execute it less than perfect.

11. Are students able to share equipment such as food processors, blenders, pots, pans etc? The reason I ask that with two students competing, it would make the packing of equipment much easier and space effective. Competitors are able to share equipment. Obviously they need to have a plan to make this happen e.g. if they both need it at the same time it won't work. Also remind them that if one competitor gives the other a dirty processor then they may lose marks.

12. Will the two mandatory vegetables be announced on Monday April 23?

Yes – mystery veg will be posted Monday

13. In regard to uniforms, it is my understanding that the jacket must be white with no logos or other identifiers. If this is the case and a student shows up with something identifiable such as a logo or sponsor, what will take place? In the past couple of years, this has taken place. I'm not questioning the integrity of the judges, but it is possible that biases could occur.

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14. Is the necktie mandatory? In my experience, most schools aren't wearing them. Please advise
You are correct that a lot of school do not use neckties anymore. However, it is in the scope and the provincial and national level so it is highly recommended that a neck tie be worn. Uniform judges will be following the scope when marking
15. Is the Chef Hat a tall, white pleated one, or is a “pillbox” acceptable? Either of these hats would be acceptable, all dependent on what the competitor feels comfortable in.
16. I have another question regarding the buckwheat are they grains or groats? We want to make sure for a specific cooking method and timing
The buckwheat will be grouts

17. The scope specifies 100 g max for the **entire** dessert plate. This is very low. Is this correct?

This is the spec that came down from Nationals. I would use this as a guideline (make sure not to go over to much) and make sure that the dessert portion looks small. I think that some of the desserts in the past have been huge and this was put in place to control the portion size. I feel that it may be a bit small, but this is what the judges will be directed to look for.

18. I am not 100% clear on which chef hat that I need to wear, being that there are so many. Is it the Tall ones or would the touge be fine.

Either one will work - wear the one that is most comfortable to you