

Secondary Competitor & Mentor Questions & Answers

1. For the top sirloin cap steak; what will the competitors receive one piece of meat that they will need to portion or smaller ones that they need to trim?
Competitors will receive a whole Top Sirloin Cap Roast (AKA Coulotte Roast) that will average about 1.4 kg (3 lbs). They will be required to trim and portion the meat into steaks. The Protein Specification sheet has been submitted to the skills office and is just being translated before posting.
2. I looked over the scope, they should be roasting this teak like a picanha, no? What should I be teaching the students? I would suggest cutting it into steaks and cooking them individually as the scope is asking for pan seared cap steaks.
3. Will they students receive 5 oz pre portioned steaks or are they expected to cut their own from a larger piece (from the Coulotte). Competitors will receive a whole Top Sirloin Cap Roast (AKA Coulotte Roast) that will average about 1.4 kg (3 lbs). They will be required to trim and portion the meat into steaks. The Protein Specification sheet has been submitted to the skills office and is just being translated before posting (which should be very shortly).
4. I also had a question for the Chef Jackets at the competition. It says white Chef Jacket, I was hoping that my student could wear their colored jacket, or at least the black ones that our school has. Do you think this would be ok? I've just heard back from the Tech Chair for that contest and he said that the jackets must be white, otherwise the competitors will lose marks. Perhaps the school with black jackets could borrow some for the contest?
5. During the lunch break, can the students continue to cook? Can they have something simmering on the stove or cooking in the oven? You are able to leave items cooking or on the stove during your lunch break, but you will not be able to access your station during this time.

6. Will the ovens be equipped with 1 or 2 racks? I am not sure how many racks are in the oven. Plan to have 1 rack when you are at the competition, and if you have a 2nd it will be a pleasant surprise.
7. What set up is there for cleaning equipment? (i.e Dishwasher, 3 sink washing stations) How many stations will there be available? You will have a sink at your station (laundry tub) with hot and cold water. You will be responsible to clean all you own equipment at your station.
8. How many hand washing stations are there available? Are they shared? Handwashing stations will be the same laundry tub that you will have at your station. Please make sure to bring any hand washing items that you need e.g. soap and/or sanitizers
- 9.
- 10.
- 11.