



## Canadian Culinary Institute

### Certified Master Chef Program (CMC)

#### **Program Overview:**

The Canadian Culinary Institute under the auspices of the Canadian Culinary Federation administers the Certified Master Chef (CMC) program. The CMC professional designation is the newest certification under the CCI and also the highest attainable culinary designation in Canada.

The program has been developed by industry Master Chefs and faculty from the Canadian Centre of Culinary Arts & Science at Humber College. The program is recognized by the Canadian Tourism and Human Resource Council with its network of partnering agencies and associations throughout Canada.

This program requires a minimum 2 year commitment with a maximum allowance of 4 years to complete all components.

#### [Detailed Course Descriptions:](#)

Please click above to access detailed course descriptions.

#### [Application Form:](#)

Once you have read the overview / pre-requisites, please click the above link for the application form. Upon completion of the application form, please pay particular attention to the preamble of the application regarding how the document is to be submitted. Be advised that applications not accompanied with the required documentation will be rejected. **All applications will be thoroughly assessed prior to approval. Potential candidates may be interviewed prior to approval.**

#### **Pre-requisites:**

- Canadian Red Seal certification or the international equivalent.
- 8 years post red seal experience including 5 years in a supervisory capacity.
- A CCI - Certified Chef de Cuisine designation or international equivalent.
- HACCAP Levels 1 and 2
- A Valid food handlers certificate.
- A current resume highlighting work experience for the previous 8 years.

- A letter from current employer pledging support.
- A letter from the applicant describing his / her reasons for seeking a Certified Master Chef designation.

## Course Descriptions and Learning Objectives

All courses are mandatory. A minimum of 70 % in each and every course must be attained to qualify participation in the practical examinations. Scores will be determined by way of theory examinations and assignments. Learning objectives are statements of the knowledge, skill and attitude required to achieve a successful completion of the course.

### CMC 701 – Garde Manger Theory:

#### Course Description:

This on-line theory course is designed to look at all aspects of the Garde Manger / Larder Chef's responsibilities and requirements. The course will focus on theoretical techniques and applications including:

- |                          |                               |
|--------------------------|-------------------------------|
| • Equipment knowledge    | • Galantines                  |
| • Brining                | • Mousses and Mousselines     |
| • Smoking                | • Glazing                     |
| • Trussing               | • Garnishes                   |
| • Force meat preparation | • Buffet Platter Presentation |
| • Pates and Terrines     | • Hors d'oeuvres              |

#### Learning Objectives:

1. Recognize cuts types and cuts of game and domestic meats and poultry.
2. Describe the appropriate methods of cutting and storing game and domestic meats and poultry.
3. Describe the appropriate methods of cutting and storing various types of fish.
4. Describe the preparation of various types of forcemeats and identify potential chemical and physical hazards.
5. Differentiate amuse bouches, appetizers and hors d'oeuvres.
6. Explain the sequence in the assembly and presentation of hot and cold Hors d'oeuvres.

7. Recognize the correct handling and preparation of foie gras including marinating, the preparation of turchons and the production of mousse.
8. Describe the preparation of pate dough, and the preparation and baking of pastry garnishes.
9. Define the methods of assembly for pates, terrines, ballotines and galantine.
10. Identify the methods of cooking pates, terrines, ballotines and galantines.
11. Describe the skills required to assemble and present a modern buffet platter including appropriate garnishes and accompaniments.

## **CMC 702 – Facilities Design and Management:**

### **Course Description:**

This on-line course examines the key principles required for the selection, design, construction, maintenance and managing of a restaurant and / or foodservice enterprise. The course also examines the different types of catering establishments and the operational factors affecting location and layout.

### **Learning Objectives**

1. Describe the importance of planning in ensuring the success of a food service operation.
2. Identify the characteristics and requirements of a planning team.
3. Identify the key layout characteristics of food service facilities based on the specific needs of each operation.
4. Describe the operational factors that influence the planning of a food service facility.
5. Determine the space requirements for production and service based on the type of equipment used.
6. Identify the factors that determine how receiving and storage areas should be planned.
7. Describe the varying extents of food preparation and processing prevalent in public and private food facilities.
8. Describe planning and design considerations as they apply to various styles of foodservice.

9. Describe the proper procedures for the safe and sanitary treatment of equipment and utensils.
10. Identify the fundamentals of energy use and conservation as they relate to cooking, refrigeration and lighting.
11. Define the points of consideration when operating an environmentally supportive establishment.
12. Classify the food preparation, cooking, and auxiliary equipment including the use of technology in the modern food service operations
13. Describe and evaluate the types of multi-function cooking equipment and their use in high volume establishments.
14. Identify the fundamentals for the process and creation of capital cost and operating cost budgets for the purchase of individual items, large project purchases or renovations.
15. Identify the impact on the service and utility requirements that may occur in the change out of individual pieces of equipment and on larger and / or capital purchases.
16. Describe the Banquet cook 'n' chill and rethermalization systems and their application in a high volume establishment.

## **CMC 703 – Baking and Pastry Theory:**

### **Course Description:**

This course is designed to review the theoretical knowledge, practical skill and managerial skills required to oversee the operation of a large catering establishment's pastry department.

### **Learning Objectives:**

1. Identify the characteristics and functions of the major baking and pastry ingredients.
2. List the factors that control the development of gluten and the changes that take place in baked goods as they bake.
3. Explain the importance of weighing ingredients and the use of formulas based on the bakers percentage.
4. Describe the methods of producing yeast leavened products.
5. Identify how to prepare and bake a variety of artisan breads.

6. Identify alternative baking processes used to produce a variety of breads.
7. Describe the mixing, fermentation, make-up, proofing and baking of laminated and non-laminated doughs.
8. Describe the make-up, mixing and baking process for different quick-breads.
9. Describe the methods employed in preparing foam type cakes.
10. Explain the make-up, mixing and baking of high fat cakes.
11. Describe the making of French, Italian and Swiss meringue.
12. Explain the mixing methods used to prepare pie dough and short pastry.
13. Describe the methods of preparing a variety of pies, tarts and flans.
14. Identify methods used to prepare a variety of pastry fillings.
15. Identify the lamination method used to prepare puff pastry dough.
16. Describe the make-up, mixing and baking choux paste.
17. Identify the 8 basic types of cookies and the three mixing methods.
18. Describe the function of the ingredients and the methods used to produce syrups, creams, custards and soufflés.
19. Describe the methods used to prepare churned and still frozen desserts.
20. Identify the sanitation hygiene and storage in relation to syrups, custards and creams.
21. Describe the methods of preparing mousse for cakes and desserts including Bavarian cream, fruit and chocolate mousse.
22. Explain the preparation of fruit desserts and sauces.
23. Describe the method of assembling a variety of European style cakes and pastries.
24. Identify the methods used to prepare a variety of fillings and glazes used in the assembly of contemporary cakes and pastries.
25. Define the classical and contemporary categories of petites fours and their characteristics.
26. Identify the preparation, application and storage of an assortment of icings.
27. Describe the procedures used to boil sugar for decorative sugar work.
28. Describe how to prepare bubble and pulled sugar decorations for cakes pastries and plated desserts.

29. Identify the different forms of cocoa and chocolate available.
30. Describe the techniques used to temper couverture chocolate.
31. Describe the methods of making and using marzipan, pastillage and nougatine.
32. Identify the methods of preparing an assortment of Chocolates and chocolate decorations.

## **CMC 704 – Product Knowledge and Purchasing Procedures:**

### Course Description:

This course focuses on:

- The market forms of products.
- Federal plant inspection procedures and the processes in place.
- Purchasing methods, issues, limitations and challenges for the Chef / Operator.
- The role of the government agencies and their provincial and territorial regulations and acts.
- Dealing with Genetically modified foods.
- Organic growers and their certifying bodies.
- Identifying packaging options to maximize yield and storage limitations.

### Learning Objectives:

1. Explain how a federal inspected plant functions and the Canadian Food Inspection Agency's role in monitoring the operation.
2. Describe the role of the Canadian Food Safety and Quality Program.
3. Identify the effects outbreaks have on purchasing options.
4. Explain the difference between provincial and federal inspection plants.
5. List and describe the steps for creating a purchasing system.
6. Identify the position of a wholesaler in the market place and ministry regulations.
7. Identify consumer behaviors with regard to health nutrition and safety.

8. Describe the methods of sourcing, ordering, receiving and storage of products.
9. Describe safety, sanitation and maintenance procedures during receiving and storage of goods.
10. Explain how point of sale systems are interfaced with recipes, products, cost and inventory controls.

## **CMC 707 – Vegetarian, Nutrition and Food Allergies:**

### **Course Description:**

This course is designed to provide the prospective CMC with an in depth knowledge of vegetarian cuisine, nutrition and food allergies. The candidate will learn the essential of amino acids, proteins for vegetarians, isoflavones, soy products, textured vegetable proteins, essential fatty acids, grains, legumes and sweeteners for vegetarians. The allergy workshops will provide the candidate with the knowledge of the most common allergies and their causes. The candidate will also learn the difference between food allergies and food intolerance.

### **Learning Objectives:**

1. Identify and describe the current trends in vegetarian cuisine.
2. Identify the differences among the most common vegetarian cuisines.
3. Demonstrate a sound understanding of the essential amino acids and naturally occurring phytoestrogens.
4. Identify the most common soy products and their use in the vegetarian cuisine.
5. Show a sound understanding of general nutrition with regards to cooking.
6. Describe the planning of a nutritious diet.
7. Describe how to combine grains and legumes with other products to achieve good nutritional value.
8. Identify the importance of lipids, carbohydrates, vitamins and minerals in vegetarian diets.
9. Describe the importance of using locally grown fruits, vegetables and other products used in vegetarian cuisines.

10. Explain the difference between food allergies and food intolerances.
11. Establish a good understanding of the most common food allergies.
12. Establish a good understanding of cooking gluten free food.
13. Describe how allergen labeling works and how it is applied in the industry.

## **CMC 708 – Entrepreneurship, Tourism and Hospitality Marketing:**

### **Course Description:**

This course explores the current theories and practices of entrepreneurship. By way of on-line reading and case studies, topics including resources, the market environment, strategies, business planning, the e-environment and franchising are explored. Candidates will focus on the entrepreneurship paradigm as a holistic framework for specific examples of successful and not so successful entrepreneurship. Candidates will develop a business plan for a hospitality or tourism business and will implement operations, marketing and management strategies.

### **Learning Objectives:**

1. Define entrepreneurship and describe illustrative examples.
2. Describe typologies and personality traits of entrepreneurship.
3. Discuss corporate entrepreneurship including intrapreneurship and the relevance to the hospitality and tourism business.
4. Identify changes in the macro-environment that influence entrepreneurship opportunities.
5. Develop a business plan for a hospitality or tourism company.
6. Demonstrate the ability to apply core competencies in basic accounting, inventory management, human resources, marketing and operations management.
7. Discuss and evaluate joint ventures and franchising as a form of entrepreneurship.
8. Compare entrepreneurial strategies effective within the hospitality and tourism industries.

## CMC 709 – Exploring the World of Wines and Spirits:

### Course Description:

By way of the Independent Wine Education Guild, this course provides an introduction to the fundamental concepts associated with wine. (tasting, serving, interpreting labels terminology and storage) Students will learn how wine is made from vine to the bottle. This course introduces both the principal grape varieties used in wine and the major wine producing countries and regions of the world. In addition, the student is introduced to the principals of food and wine pairing that will enhance the dining experience. Also students will be introduced to production methods and the characteristics of a variety of spirits.

### Learning Objectives:

1. Define key wine industry terms.
2. Identify the factors that influence the main styles of wine, quality and price.
3. Describe the basic characteristics of the principal grape varieties.
4. Analyze the terms used on labels to determine the style, flavours and basic production methods of sparkling, fortified, and sweet wines from the major wine producing countries and regions of the world.
5. Apply the principles learned to make food and wine pairing recommendations.
6. Prepare a basic written analysis of the characteristics of a wine using the WSET systematic approach to tasting.
7. Explain the various issues related to the responsible consumption of wines and spirits.
8. Identify the proper procedures for the storage and service of wines.
9. Describe the major families of spirits, their main ingredient(s) and the production methods used.

## Practical Examinations:

There are four practical examinations:

- Garde Manger.
- Vegetarian & Nutritional Cuisine and Food allergies.
- Food Styling and Presentation.
- Baking and Pastry.

A score of 70% must be achieved in all of the aforementioned courses to qualify for the practical examinations.

A minimum score of 70% must be achieved in each of the examinations to receive certification.

Candidates who unsuccessfully challenge any of the examinations are eligible to retake the examination at the next opportunity. The retaking of an examination is permitted only once. Those wishing to take an examination for a second time are required to pay a second examination fee. In the event that an examination is failed for a second time, no further opportunities will be made available and the bid for certification will be terminated.

Examination sessions are held on a yearly basis (June) at Humber College in Toronto. Participants are responsible for their own travel and accommodation expenses.

Two topics of examination are held on alternate years:

- **Year 1** – Garde Manger / Baking and Pastry
- **Year 2** – Food Styling and Presentation / Vegetarian & Nutritional Cuisine and Food Allergies.

Participants will be evaluated by Certified Master Chefs. Feedback will be provided by the examiners at the conclusion of each of the examinations.

## **CMC 705 – Practical Examination – Garde Manger:**

**Tasks** – From a previously distributed list of available ingredients, the candidate will be required to successfully prepare and present a modern and elegant cold buffet platter for eight persons within the established time frame provided.

The list of ingredients will be distributed to the participants eight weeks prior to the first day of the examination. This list will include the three mandatory proteins, additional proteins and a comprehensive list of produce, dry-goods and sundries. All participants will receive the same list.

On the first day of the examination, the candidate must submit a menu and a work schedule. These will be posted in each candidate's station for scrutiny by the examiners.

Each candidate will be assigned an apprentice helper by the delivery agent to perform basic cooking duties, cleaning and delivery of the completed platters to the examiners.

### **Requisition :**

Two weeks prior to the examination a complete requisition must be submitted to the delivery agent. Failure to submit a complete requisition will result in immediate and undisputable disqualification. On the day of the examination, only the products and quantities that have been requisitioned will be made available. Requests for additional products or quantities will be denied. Candidates bringing additional ingredients into the kitchen will be excluded from the examination.

### **Evaluation:**

A panel of examiners will be present on both days to evaluate all facets of preparation and the completed assignment. (see attached evaluation form) A minimum total mark of 70% must be achieved to successfully complete the examination.

### **Dates and times:**

The examination will be conducted over a two day period.

#### **Day 1:**

- 9:00 to 9:30 a.m. – Station set up and inspection of requisitioned products. Shortages, quality issues or other concerns pertaining to the delivery of requisitioned products must be addressed with the delivery agent upon inspection. Once the examination commences, no requisition deficiencies will be addressed.

- 9:30 – 10:00 a.m. – Orientation with examiners.
- 10:00 a.m. – 6:00 p.m. – Mise en place.

### **Day 2:**

- 8:00 a.m. – 12:00 Noon – Additional mise en place, slicing, platter assembly and presentation. Marks will be deducted for late entries.
- 12:00 – 1:30 p.m. – Platter tasting and evaluation by examiners. Clean up by candidates and their assistants.
- 1:30 – 3:00 – Individual evaluation results and critiques by examiners.

### **Criteria:**

The successfully presented cold buffet platter will consist of:

- Three protein components each with an untrimmed (ends intact) showpiece and eight portion sized pieces per component.
- Three appropriate garnishes.
- Appropriate accompanying sauces. (20 ml per portion and served separately)
- One plate of a single complete portion consisting of all components including sauces and garnishes total portion to be no less than 250 g and not to exceed 300g

### **Proteins Components:**

- May consist of meat, poultry or seafood.
- Must be prepared by three different methods of preparation and may include:
  - Whole muscle or whole muscle with stuffing or forcemeat.
  - Terrines, pates, pates en croute and torchons.
  - Mousselines.

### **Garnishes:**

Garnishes are at the discretion of the candidate but must be compatible to the proteins and may consist of:

- Vegetables, tartlets, barquettes, vol au vents, etc.
- Crackers, Crisps and Chips
- Mousses and Mousselines.
- Terrines etc.

**Salads:**

Salads are not discouraged but are not to be included as one of the three garnishes and must be served separately from the platter.

**Platters and Equipment:**

Candidates will be required to provide their own platters which may be:

- ▶ Traditional silver.
  - ▶ Stainless steel.
  - ▶ Plastic or acrylic glass.
  - ▶ Glass,
  - ▶ Ceramic.
- The platter must be an appropriate size and shape to accommodate the proteins and garnishes. Although the platter will not be evaluated, overall presentation will be affected by an unattractive or inappropriate
  - platter. (a limited selection of platters will be made available by the delivery agent upon request)
  - Candidates opting to use silver platters must coat the platters with aspic of their own making. Commercial aspic powders are disallowed.
  - China, sauciers and specialty serving utensils are to be supplied by the candidate. (China will be made available by the delivery agent upon request)
  - Common kitchen equipment such as grinders, pots, pans, bowls, baking sheets will be supplied by the delivery agent as will be communal stoves, ovens, deep fryers etc.
  - Candidates will be required to supply their own towels, knives, hand tools, cutters, specialty equipment and small appliances such as circulators, food processors etc.

**Evaluation:**

A panel of culinary experts will be present on both days to evaluate all facets of preparation and the completed assignments . A minimum total mark of 70% must be achieved to successfully complete the examination.

**Recommended texts:**

- **Modern Garde Manger** by Robert Garlough and Angus Campbell, ISBN # 13: 978-1401850098 published by Thomson Delmar Learning.

- **Garde Manger, the Art and Craft of the Cold Kitchen**, second edition by The Culinary Institute of America, ISBN # 0-471-46849-5 published by John Wiley and Sons Ltd.
- **Professional Charcuterie** by John Kinsella and David T. Harvey, ISBN # 0-471-12237-8 published by John Wiley and Sons Ltd.
- **Pates and Terrines** by Friedrich W. Ehlert, Edouard Longue, Michael Raffael and Frank Wesel, ISBN # 0-600-32375-7, published by The Hamlyn Publishing Group.
- **Kochkunst in Bildern** (Editions 4 – 8) by Verband der Koche Deutschlands e. V., ISBN # 3-87516-667-9, published by Matthaes Publishing Group.

## **CMC 706 – Practical Examination – Baking and Pastry:**

### **Tasks:**

Over a two day period, (16 hrs.) the candidate will be required to successfully prepare and present the following:

### **Pain de Campagne:**

- 2 X 500 g loaves.
- 12 X 40 g rolls.

### **Chocolates:**

- 12 X classical or modern truffles.
- 12 X molded chocolates with filling of choice.

The process of tempering both dark and milk chocolate must be demonstrated.

### **Desserts:**

- 2 X plated cold desserts comprised of three elements, appropriate sauces and garnishes.
- 1 X plated hot dessert with appropriate sauces and garnishes.

10 portions of each of the three desserts are required with four portions for the examiners and six portions for service. Once four portions of each dessert are presented for evaluation the remaining portions are to be plated for service.

At least one frozen component is required in one of the three varieties of desserts.

**Torte / Gateau:**

- 1 torte or gateau of the candidate's choosing is to be completed with one plated portion and the appropriate garnishes and sauce for presentation to the evaluators.
- The torte / gateau must have a minimum diameter of 9 inches (22 cm) and provide for a minimum of 10 portions.

On the first day of the examination, the candidate must submit a menu and a work schedule. These will be posted in each candidate's station for scrutiny by the examiners.

Each candidate will be assigned an apprentice helper by the delivery agent to perform basic duties, cleaning and delivery of the completed projects to the examiners.

**Requisition:**

Two weeks prior to the examination a complete requisition must be submitted to the delivery agent. Failure to submit a complete requisition will result in immediate and undisputable disqualification. On the day of the examination, only the products and quantities that have been requisitioned will be made available. Requests for additional products or quantities will be denied. Candidates may bring additional specialty ingredients into the kitchen, (e.g. gold leaf) However, the examiners must be made aware of these products and reserves the right to refuse their use.

**Evaluation:**

A panel of culinary experts will be present on both days to evaluate all facets of preparation and the completed assignments. A minimum total mark of 70% must be achieved to successfully complete the examination.

**Dates and times:**

The examination will be conducted over a two day period.

- **Day 1:**
  - 7:00 to 7:30 a.m. – Station set up and inspection of requisitioned products. Shortages, quality issues or other concerns pertaining to the delivery of requisitioned products must be addressed with the delivery agent upon inspection. Once the examination commences, no requisition deficiencies will be addressed.
  - 7:30 – 8:00 a.m. – Orientation with examiners.
  - 8:00 a.m. – 4:00 p.m. – Mise en place.
- **Day 2:**
  - 7:00 to 11:00 a.m. – Continued preparation.

- 11:00 a.m. – Delivery of pain de campagne (bread and rolls) to examiners for evaluation.
- 12:00 noon – Delivery of truffles and filled chocolates to examination for evaluation.
- 1:30 p.m. – Delivery of torte or gateau to examiners for evaluation.
- 2:30 p.m. – Delivery of plated desserts to examiners for evaluation.
- Completion of remaining plated desserts for service.
- Individual evaluation results and critiques by examiners.

**Note:** Be advised that marks will be deducted for late entries in all categories. (1 point per minute)

**Equipment:**

- Common bakery equipment such as rolling pins, pots, pans, bowls, baking sheets will be supplied by the delivery agent as will be mixing machines, communal stoves, ovens, sorbetier/ice cream machine, deep fryer etc.
- Candidates will be required to supply their own towels, knives, hand tools, cutters, molds, specialty equipment and small appliances such as food processors etc.
- The use of personal china is optional. Candidates may bring their own plates or use china provided by the delivery agent.

**Recommended Texts:**

- **Professional Baking 5<sup>th</sup> Edition** – by Wayne Gisslen, ISBN 978-0-471-783448-0, published by John Wiley and Sons Inc.
- **The Professional Pastry Chef 4<sup>th</sup> Edition** by Bo Friberg, ISBN 0-471-35925-4, published by John Wiley and Sons Inc.
- **2009 Advanced Bread and Pastry – A Professional Approach** – by Michael Suas, ISBN 13-978-1-4180-1169-7, published by Thomson Delmar Learning.

## **CMC 711 – Practical Examination – Food Styling and Presentation:**

### **Tasks:**

Utilizing an ingredient list that includes 2 mandatory components, the candidate will write and cook a five-course gastronomic menu for four persons.

The menu must consist of a:

- Cold Appetizer.
- Soup.
- Hot Appetizer.
- Main Course.
- Dessert.

### **Criteria:**

- Included on the list will be two ingredients that must be utilized.
- Also there will be a table containing a variety of optional ingredients.
- Common kitchen ingredients will also be available to the candidate, to supplement the food table and mandatory ingredients. (i.e. flour, cream, tomato paste, stock etc.)
- One hour will be allotted to compose the menu.
- Five hours will be allotted to cook the menu and present the first course. The additional four courses will be presented in twenty minute intervals.
- Text books / resources will not be permitted. Dessert recipes will be permitted and will be evaluated.
- A minimum of five different cooking techniques must be utilized throughout the cooking of the menu.
- Balance, consistency and innovation must be demonstrated.
- The candidate will have a total of 5 hours, to prepare and serve the menu.
- The candidate will be assigned an apprentice by Humber College to perform basic cooking duties, cleaning, delivering of food, etc.

**Equipment:**

- Each candidate will be assigned a spacious working area including a sink, ample counter-space and shelving, a six burner stove and a conventional oven. Common kitchen equipment such as a combi - oven, deep fryer, sorbetier, cry-o-vac machine etc. will be made available for the communal use of all candidates.
- Everyday, commonly used pots, pans, bowls, baking trays etc. will be available.
- The participants will be responsible for bringing their own towels, hand tools, specialty equipment and small appliances. (i.e. knives, cutters, specialty molds, circulators, food processors etc.)
- The candidate may bring their own china or use the china provided by the college.

**Evaluation:**

- The candidates will be evaluated by a panel of master chefs and culinary experts.
- A minimum of 70% must be attained to achieve a passing grade.
- Deductions will be made for late courses. ( 1 point per minute)
- Evaluations will be made with regard to:
  - ▶ Kitchen performance, (safety, sanitation, professionalism, organizational skills, interpersonal skills, culinary skills etc.)
  - ▶ The menu – composition, flavour and presentation.
- The evaluation panel will be available at the conclusion of the day's activities to individually provide each candidate with their grade and provide feedback.

**CMC 712 – Vegetarian and Nutritional Cuisine / Food Allergies:****Tasks:**

The participants will be given a three course menu. A common table of commonly used ingredients will be on display.

The Candidate will then be issued a list of dietary restrictions. The candidate will be required to modify the menu based on the ingredients available while accommodating all of the guests' dietary requests.

Once the menu is complete and using the ingredients available, the candidate will cook and present his / her menu for four persons.

**Criteria:**

- Candidates are expected to research and plan for all aspects of the examination using information and programs used during the theoretical studies and/or other resources, as required.
- The menu and subsequent meal must be nutritionally balanced and of best quality, flavour and appearance.
- Once the menu and dietary requests are assigned the candidate, he / she will have one hour to create his / her menu.
- The participant will then be given three hours to prepare his / her menu and present the first course followed by the main course and dessert in 15 minute intervals.

**Example Menu: ( SAMPLE ONLY! )**

- **Appetizer:**  
Lobster tail and claw salad, red bell pepper, red onion, mixed seasonal, olive bread tuile and lemon vinaigrette.
- **Main Course:**  
Crispy duck breast, Fennel confit, garlic puree, cassoulet, blood orange reduction and pine nuts.
- **Dessert:**  
Raisin and soft cheese ravioli, buttermilk ice cream and fresh grapes.

**Example Dietary Restrictions: ( SAMPLE ONLY! )**

- The four guests have the same dietary restrictions which could be
  - ▶ Diabetes.
  - ▶ Low sodium. (max 50 – 100 mg total meal intake)
  - ▶ Lacto – Ovo Vegetarian.
  - ▶ Low fat.
- In addition, all four guests suffer from celiac disease.

The common table will include an extensive collection of commonly used ingredients and: ( SAMPLE ONLY! )

- ▶ White rice flour.
- ▶ Brown rice flour.
- ▶ Tapioca starch.
- ▶ Buckwheat.
- ▶ Coconut flour.
- ▶ Guar gum.
- ▶ Soy lecithin.

- Consistency and innovation must be demonstrated.
- The candidate will be assigned an apprentice by Humber College to perform basic cooking duties, cleaning, delivering of food, etc.

#### **Equipment:**

- Each candidate will be assigned a spacious working area including a sink, ample counter-space and shelving, a six burner stove and a conventional oven.
- Common kitchen equipment such as a combi - oven, deep fryer, sorbetier, cry-o-vac machine etc. will be made available for the communal use of all candidates.
- Everyday, commonly used pots, pans, bowls, baking trays etc. will be available.
- The participants will be responsible for bringing their own towels, hand tools, specialty equipment and small appliances. (i.e. knives, cutters, specialty molds, circulators, food processors etc.)
- The candidate may bring their own china or use the china provided by the college.

#### **Evaluation:**

- The candidates will be evaluated by a panel of chefs and dietary experts.
- Examiners will evaluate menu and ingredients selected based on the dietary restriction assigned on the morning of the examination.
- While cooking, the candidates should be prepared to answer questions on the assigned dietary restrictions and various other dietary restrictions.
- Prevention of allergen contamination during preparation will also be evaluated.
- Examiners will also evaluate work methodology, cooking techniques, nutritional value and overall meal presentation and flavour.

- The evaluation panel will be available at the conclusion of the day's activities to individually provide each candidate with their grade and provide feedback.