



CERTIFIED MASTER CHEF

NAME:	Gastronomic Tasting Menu
PRE-REQUISITE FOR:	Certified Master Chef Designation
PERIODS/WEEKS:	Practical Examination – 1½ days (12 total hours)
PREPARED/REVIEWED BY:	CMC Committee
APPROVED BY:	CCI Chair

Examination Criteria:

Overview

- The candidate will write and prepare an exclusive balanced five-course gastronomic menu, for twelve (12) persons, utilizing the ingredients from a provided market list, within a specific time-frame.

Criteria

- A market list of ingredients will be distributed to all candidates and the chef must develop a comprehensive product requisition, template provided.
- A written menu must be presented with the accompanying requisition no later than 2 weeks prior to the exam date.
- The candidate must pair each course (excluding the soup) with a Canadian wine, beer or spirit. The candidate is responsible for obtaining the selected beverages at their cost or through sponsorship. Estimated consumption is based on 85 mL wine or 85 mL beer or 40 mL spirit per person, per course.
- The menu must;
 - be challenging demonstrating craftsmanship, precision and finesse,
 - be balanced (composition and nutrition) with appropriate and harmonious portions sizes,
 - show variation of ingredients including textures and shape,
 - show a variation in techniques,
 - accentuate the main course,
 - present a creative dessert using a high level of skill and precision
- A variety of preparation and cooking methods must be utilized throughout the menu.
- The candidate will have eight (8) hours, from start to finish to prepare and to serve the menu.



Five-Course Gastronomic Tasting Menu X 12 Portions

(5 plates are for the Evaluators, 1 plate is reserved for viewing, 4 plates are for partners and/or invited guests and 2 plates are for the Candidates invited guests.)

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

Examination Day 1 – Mise en Place

12:00 – 16:00 Chefs are permitted to move into their assigned kitchen spaces to organize/set up their work space, check their food order and do basic mise en place.

Explanation of what mise en place can be done on Day 1 in preparation for the Day 2 examination:

- Salads – cleaned, washed, not mixed or cut
- Vegetables – cleaned, peeled, washed, not cut, must be raw. Tomatoes may be blanched and peeled and broad beans may be shelled. Vegetable purées must be done on day 2, during the exam
- Fish – gutted, scaled not filleted
- Shells – cleaned, raw in their shells
- Crustaceans - raw or boiled, but not peeled
- Meat/Poultry – deboned, not portioned, meat not trimmed, minced or ground. No sausage allowed (including chorizo style). Raw liver and sweetbreads can be soaked in milk or cream beforehand but not seasoned.
- Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, wines, etc.). Bones for stock can be cut into small pieces. All stocks will be sampled on day 2 before using.
- Pastry sponge, biscuit, meringue – can be made and/or brought in, but not cut and not finished
- Basic pastry recipes can be brought in weighed out but no further processing
- Fruit pulps – fruit purees may be brought in but not as a finished sauce
- Décor must be done 100% on day 2 in the kitchen

Examination Day 2 – Menu Preparation and Presentation

The candidate will present a work plan to the lead examiner upon arrival and be assigned an apprentice.



Candidates will be given thirty (30) minutes to retrieve their food from the storeroom and set their stations. At this time, all stocks and fruit purées prepared on day 1 will be tasted – chefs must provide samples (hot and cold) with the appropriate tasting spoons.

Textbooks/resources are not permitted, however, dessert recipes will be allowed.

11:30	Retrieval of food stuffs
12:00	Start Time
17:50	Beverage Presentation
18:00	Cold Starter
18:30	Soup
18:50	Beverage Presentation
19:00	Hot Appetizer
19:20	Beverage Presentation
19:30	Main Course
19:50	Beverage Presentation
20:00	Dessert
20:00 on	Clean Up

Candidates are permitted a ten (10) minute window to present each course, however, the service times remain fixed. For example, a Chef may present the beverage for his/her Hot Appetizer between 18:50 and 19:00 and subsequently present their plated dish between 19:00 and 19:10. Thereafter, the main course continues precisely at 19:20 with the beverage presentation and the dish at 19:30.

PRACTICAL EVALUATIONS AND INFORMATION

- The candidate will be assigned an Apprentice from Humber College to assist in any preparations the chef deems appropriate.
- The candidate will be supplied with pots, pans, baking sheets, bowls, small utensils, etc. The candidate may bring any specialty equipment required.
- The candidate may bring their own china or utilize china supplied by Humber College.
- A panel of examiners will be present to evaluate the complete preparation and presentation.



- The evaluations will focus on the following competencies: menu writing/composition, mise en place, hygiene, working skills/techniques, kitchen organization, presentation, service and taste.
- Feedback and the final grade will be given to each candidate individually at the end of day 2.
- Passing grade is 70%.

Recommended Text

"Modern Gardemanger"

Author: Robert Garlough and Angus Campbell; published by Thomson Delmar Learning

"Gardemanger" The Art and Craft of the Cold Kitchen, second edition
Culinary Institute of America ISBN # 0-471-46849-5 published by Wiley

"Professional Charcuterie" Author: John Kinsella and David T. Harvey
ISBN # 0-471-12237-8, published by Wiley

"Pâtés and terrines" by Friedrich W. Ehlert, published by Teubner Edition

Culinary Artistry

Andrew Dornenburg and Karen Page



Visual “Examples” of a Gastronomic Tasting Menu – do not copy

Cold Appetizer



Lobster Tail

Squid ink sauce and pickled vegetable salad

Soup



Tomato Consommé

Chèvre and basil terrine

Hot Appetizer



Saddle of Rabbit with carrot, dill and camomile

Main Course



Deer loin, venison sausage, mushroom, pine mayonnaise, lichen

Dessert



Flavours and textures of honey and mango

Note: the garnish (cracker excepted) illustrated in the soup above would no longer be acceptable since it is resting on the rim of the bowl.