

WA APPRENTICE OF THE YEAR 2018



HEATS

PROUDLY SPONSORED

BY

THE WESTERN AUSTRALIAN CULINARY YOUTH CLUB



Overall winners will compete in the National
Apprentice of the Year
as part of the Western Australia Squad

COMPETITION OVERVIEW 2018

INTRODUCTION

Welcome

The aim of the A.C.F WA (Australian Culinary Federation, WA Chapter) is to unite our Industry.

ACF W.A. believes that Cooking Competitions are a vital part of any Apprentice's Training. Through these Competitions we are assisting Apprentices to gain confidence in their Culinary Skills whilst enhancing personal development.

ACF W.A. and the Apprentice of the Year Competition receives support of Industry, Suppliers, TAFE Colleges and Private training providers.

The competition is endorsed by The Australian Culinary Federation.

We encourage all Apprentices to enter this Competition and at the same time request Employers, TAFE Colleges and Private training providers to support their Apprentices in their endeavors.

Heats Sunday **5th August 2018**

South Metropolitan TAFE

Bentley Campus
Hayman Rd, Bentley WA 6102

Kim Stanton
Co- Coordinator for ACF Competitions WA Chapter
ACF WA Committee Member for Education

Kim.stanton@smtafe.wa.edu.au

Finals Sunday **9th September 2018**

North Metropolitan TAFE

35 Kendrew Crescent
Joondalup

Patrick O'Brien
ACF President- Australian Culinary Federation WA Chapter
ACF Manager- Australian Culinary Youth Team

Patrick.O'Brien2@nmtafe.wa.edu.au

2018 ENTRY FORM

CLOSING DATE : 1st August 2018

Please write clearly as failure to do so may result in you not receiving finals placement details

APPLICANT'S NAME:	
POSTAL ADDRESS :	
POSTCODE	
TELEPHONE: (H)	(MOB)
EMAIL ADDRESS:	
COLLEGE ATTENDED:	
YEAR OF Apprentice INDENTURE:	
1.0 First Year	
2.0 Second Year	
3.0 Third Year / Final Year	
C.C Com Cook- Culinary Student Studing in Full time course	
ACF W.A. MEMBERSHIP #	
HGT APPRENTICE: YES <input type="checkbox"/>	NO <input type="checkbox"/>
PLACE OF EMPLOYMENT:	
NAME OF CHEF:	
BUSINESS EMAIL:	
POSTCODE:	
EMAIL ADDRESS:	

ENTRY FEE: NON MEMBERS: \$ 30.00 ACF (WA) MEMBERS : \$

FREE

FORWARD ENTRY TO: ACF W.A. APPRENTICE COMPETITION 2018
E-mail: chefwa@iinet.net.au

Credit card : visa mastercard NO;

Exp. Date _____ Name on credit card: _____

Signature: _____ (Credit Card Statement will show Amici Catering)

OFFICE USE ONLY			
ENTRY FEE RECEIVED:	CASH <input type="checkbox"/>	CHEQUE <input type="checkbox"/>	MONEY ORDER <input type="checkbox"/>
DATE RECEIVED:/...../2018			

COMPETITION RULES - CONDITIONS OF ENTRY

TO COMPETITORS & SUPERVISORS: READ THESE POINTS VERY CAREFULLY!

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF) and the Competition Committee shall not under any circumstances be responsible for any injuries, loss or damage to any goods, equipment or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convenor.
5. All competition work, food and dishes, must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final and no correspondence entered into.
8. ACF and the Chairman of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. Competitors will be advised after the heats whom is going forward to the Finals on the **2nd September 2018**
10. All electrical equipment permitted to be brought into the competition must be tagged by a certified electrician. Non complying equipment will not be permitted. Equipment that is still in warranty does not have to be tagged and tested, but you must show proof of warranty.
11. Competitors will be grouped in:
 - **1st Year Apprentice Chef**
 - **2nd Year Apprentice Chef**
 - **Final Year/Third Year Apprentice Chef**
 - **Commercial Cookery- Culinary Student – Full time student**
12. All food given in the competition is listed, no added food will be given
13. **If you are successful in the heats**, you will be required to prepare, cook and serve a three-course menu for the finals. You will be notified by e-mail what products to use in the finals.

WHERE THE HEATS WILL BE HELD

THE HEATS SKILLS TEST WILL BE HELD ON **5th August 2018**

AT :

SOUTH METRO TAFE

HAYMAN RD, BENTLEY WA 6102 BENTLEY CAMPUS

This year we are giving you the dishes that you need to train and practice before the competition day. The heats are designed to show your skills within the units you may have learnt in your training. Listed below are skills to demonstrate on the day of the heats.

Apprentices 1st Year – units

- USE HYGIENIC PRACTICES FOR FOOD SAFETY
- PRODUCE DISHES USING BASIC METHODS OF COOKERY
- PRODUCE STOCKS, SAUCES AND SOUPS
- PRODUCE APPETISERS AND SALADS
- PRODUCE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES

Apprentices 2nd Year- units plus the above

- PRODUCE POULTRY DISHES
- PRODUCE SEAFOOD DISHES
- PRODUCE MEAT DISHES

Apprentices 3rd Year – units plus the above

- PRODUCE DESSERTS
- PRODUCE CAKES, PASTRIES AND BREADS
- PREPARE FOOD TO MEET SPECIAL DIETARY REQUIREMENTS

Commercial Cookery – units above plus may be more depending on stage

- USE HYGIENIC PRACTICES FOR FOOD SAFETY
- PRODUCE DISHES USING BASIC METHODS OF COOKERY
- PRODUCE STOCKS, SAUCES AND SOUPS
- PRODUCE APPETISERS AND SALADS
- PRODUCE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES
- PRODUCE POULTRY DISHES
- PRODUCE SEAFOOD DISHES
- PRODUCE MEAT DISHES

Ingredients – All competitors will receive the same.

Apon your arrival you will receive a tray.

No other ingredients will be added, you will have time to check your tray and your produce.

During your set up time you will be asked to return what you don't require.

You will be judged on a variety of sustainability factors. Ranging from wastage and preparing excessive amount of food.

So please keep in mind the amount of dishes you require and only use what is needed to produce a great dish.

Hint ! plan your menu in the constraints of the food tray. You will have a common table available in each room, see list below.

ON YOUR TRAY

Fruit and Vegetables – you will get a tray with these items on....

- 2 Large Brown Onions
- 2 Leeks
- 3 Medium Carrots
- 3 Large Washed Potatoes
- 3 Celery Sticks
- 250 g Button Mushrooms
- 1 Red Capsicum
- 150 g Green Beans
- 2 Shallots small
- ½ Bulb Garlic
- 2 Meduim Tomatoes
- ½ - appox. 200 g Pumpkin – Butternut
- 1 Lemon
- 1 Red Chilli
- ½ Cauliflower
- 1 Whole Corn in husk
- 1 Avocado
- 1 Red onion
- 1 Apple green
- ½ bunch of Aspragus
- 300 mls Chicken stock white

DAIRY

- 250 ml Cream
- 2 eggs
- 500 Butter – Western Star salted

Fresh- small bunch of the following will be added to your tray

- Basil
- Chives
- Continental parsley
- Rosemary
- Thyme

COMMON TABLE

Additional to your allocated tray, these ingredients will also be available on the day for you to use,

- Self-Raising flour
- Plain flour
- Castor sugar
- Red Wine Vinegar
- White wine
- Red wine
- Vinegar Malt white
- Olive oil
- Vegetable oil
- Salt & Pepper – various types
(sea salt/ table salt/ black pepper/
white pepper / cracked)
- Tomato Paste
- **Dried Herbs & Spices**
 - Ground Cardamom
 - Ground Chillies
 - Cinnamon Quills
 - Ground Coriander
 - Fennel Seeds
 - Five Spice
 - Smoked Paprika
 - Sesame Seeds
 - Mixed Herbs
 - Rosemary
 - Thyme
 - Bay leaf

Criteria....

Apprentices 1st Year - 2 Plates

Apprentices 2nd Year- 2 Plates

Utilising 1/2 (half) chicken size (14)

To serve 2 portions (2 Plates) with a the following criteria

- 1 potato – starch
- 2 vegetable dishes
- sauce

Description of your Dish (typed up and presented with your dish for judges to understand your dish)

Skills required

Cooking Method appropriate to your dish

High Hygienic standards

The time allocation:

- 30 minutes Set up
- 60 mins Cooking Time
- 30 min Clean Up
- Total 2 hours

Apprentices 3Rd Year - 3 Plates

Culinary Student - 3 Plates

Utilising One (1) Whole chicken size (14)

To Serve 3 portions (3 Plates) with a the following criteria

Must have use both white and dark meat as well as 2 cooking methods for the chicken

- **1 potato – starch**
- **2 vegetable dishes**
- **sauce**

Description of your Dish (typed up and presented with your dish for judges to understand your dish)

Skills required

2 Cooking Methods for the protein

High Hygienic standards

The time allocation:

- 30 minutes Set up**
- 75 mins Cooking Time**
- 30 min Clean Up**
- Total - 2 hours 15 minutes**

Equipment you are required to bring

Uniform

Chefs Hat or Flat Top Skull Cap (White)
Neck Tie (White)
White Chefs Jacket (White buttons)
White Chefs Aprons
Chefs Trousers (small black checked)
Black Shoes (fully enclosed toe – non slip)

Your Knife Kit

Cooks Knife	Sharpening Steel
Serrated Carving Knife	Pallet Knife
Boning Knife	Paring Knife
Turning Knife	Parisienne Cutter (melon baller)
Piping Bags	Plain and Star Piping Tubes
Pastry Brush	Wooden Spoon
Bench Scraper / Cutter	Peeler
Measuring Cups	Tasting Spoon- (teaspoon or table spoon)
Tea towels	Chux

Note:

This is just an example. You may bring equipment as long as it is able to fit into a standard tool kit or wrap and any electrical equipment must be tag and tested. Judges will inspect tool kit. All tools should be clean and well maintained.

Cutlery/ Plates:

You may bring your own plates, jugs, jars etc..however only white plates may be used and you remain responsible for them.

**Note: Please don't email asking for more ingredients.
What is listed is what is available to plan your dishes.**

EQUIPMENT LIST

Competitors will have access to the following equipment on a shared basis, if you would like to bring your own equipment you may. You are responsible for your own tools.

Equipment - shared equipment		
1	Vacuum packer	
2	Freezers	
2-3	Combi Ovens in each kitchen to share with whole kitchen - 6 shelf	
	Mandolins share	
Each competitor will have:-		
3	Pots - Litre Pot – 1-2-3 litre	
1-2	Colender – Chimois – Drum avaialbe share	
2	fry pan ? cms	
4	Stainless Steel Bowls	
3	Gas Burners	
1	Shelf in an upright refrigerator	
	Sink each- sometimes share 1 between two	
	Bench each 1 meter	
1	Chopping Board	
2	Small Baking Tray	
1	Large Baking Tray	
Your assigned station will have 2 slotted spoons, 2 plain spoons, 2 ladles, 1 tongs, 1 measuring jug, Cleaning Chemicals sanitiser and washing up liquid		
Cling Wrap, Alfoil, Twine		
290 mm Round Plate(s)		
Baking Paper		
Gloves- Disposal		

STUDENTS LIST

Bring what you think you need to achieve the required dishes

Tea towels – must bring your own	
Dish Cloths/Chux - must bring your own	
You may also bring in the following items:- if electrical must be tagged and tested – unless brand new (under 12 months old) - bring proof of purchase	Check List
Moulds	
Pressure Cooker and/or additional pots	
Cream Guns	
Baking Sheets	
Small Glasses/Ramekins	
Small Stick blender with attachments	
Electronic scales	
Pasta machine	

Any electrical equipment you bring must be tagged and tested unless you have under 1 year old need proof of purchase with it...

Judging Criteria

Mis En Place

10%

Planned arrangement of materials for trouble free working & service
Clean full uniform
Clean & maintained tools
Correct food safety hygiene practices
Excessive selection or undue waste of ingredients (sustainability)

Preparation

20%

Correct preparation of food corresponding to today's modern culinary art
Appropriate cooking techniques used
Correct knife techniques
Complexity of skills/dish, technical ability
Punctual delivery of final dish
Storage of products during preparation
Gastronomically appropriate use of sponsored products
Time management/ work flow
Wastage

Presentation

20%

Clean & colourful
Looks appetizing
Correct portion size
Stylistic but commercially practical
Followed criteria
Correct ingredients
Does dish correspond to menu description?

Taste

50%

Typical taste of food to be preserved
Appropriate taste & seasoning
Flavor
Conform to today's nutritional standards in quality, flavor & color
Texture
Correct cookery methods used