

**BRITISH COLUMBIA  
CHEFS ASSOCIATION  
JUNIOR CHAPTER**

**14TH ANNUAL  
HOT COMPETITION  
LIVE! 2010**

REGISTRATION AND INFORMATION PACKAGE



**AS PART OF THE BC FOOD SERVICE EXPO AT  
THE NEW VANCOUVER CONVENTION CENTER**

FOR CLARIFICATION ON ANY OF THE  
INFORMATION IN THIS PACKAGE PLEASE  
CONTACT:

**HOTCOMPLIVE@GMAIL.COM**

DEADLINE FOR ALL ENTRIES  
**MARCH 26 2010**

NO EXTENSIONS FOR LATE ENTRIES!  
(SPACE IS LIMITED AND OFFERED FIRST COME FIRST SERVE)

# 2010 HOT COMPETITION LIVE @ THE VANCOUVER CONVENTION CENTER

## GENERAL INFORMATION

The British Columbia Chefs' Association will once again present the Annual Hot Competition in Vancouver at the convention center as part of The BC Foodservice Expo on April 25 & 26. During this two-day extravaganza, there will be competitors from all levels of cooking, including Professional, Team, Apprentice, Post-Secondary and High School categories.

This Expo is available only to persons in the industry as this is an insider show.

All applicants are required to pay an entrance fee. This schedule is as follows:

<b>High school student</b>	<b>\$70.00</b>
<b>Post Secondary student</b>	<b>\$80.00</b>
<b>Apprentices</b>	<b>\$100.00</b>
<b>"ROASTED"</b> <i>(Professional Chefs Only)</i>	<b>\$120.00</b>
<b>Teams</b>	<b>\$170.00</b>

All applications must be typed on the official application form included in this package

Deadline for receipt of applications is Friday March 26, 2010. All applications must include the entry fee. **Applications without entry fee will be discarded.**

The schedule for all competitors will be made up the week of April 12 - 16th 2010. This information will be posted on the BC Chefs Website.

Please make yourself available for any of the two days that the Hot Competition is scheduled.

Requests for specific times will not be handled this year. It is up to each competitor to make him/herself available at the assigned specific time that is drawn. Rescheduling of competitors **will not be done.**

Your only receipt of payment will be a response via email. **IF YOU DO NOT PROVIDE AN EMAIL ADDRESS YOU WILL NOT RECEIVE IMPORTANT INFORMATION**

Awards are given out at the end of each day's competition and competitors must make themselves, or someone of their choosing, available to receive any awards. All awards, prizes, medallions and certificates must be picked up at the Hot Competition Show Site no later than Monday, April 26, 2010 by 6:30 p.m. **They will not be mailed out under any circumstances.**



# DEFINITION OF COMPETITION CATEGORIES

## RULES AND GUIDELINES

### STUDENT

The student category is divided into secondary and post-secondary students.

A secondary student is defined as an individual who is currently enrolled in a high school cooking program during competition. Recent graduates of secondary cooking programs may not enter this category. They will be categorized as Post-Secondary Students, not Secondary Students.

A post-secondary student is defined as any student currently enrolled in a post-secondary cooking program during the competition. Recent graduates of post-secondary programs are ineligible to compete at this level. They will be categorized as apprentices or professionals.

### APPRENTICE

An apprentice is defined as an individual currently enrolled in a cook training apprenticeship program in Canada. Once an individual has earned their Red Seal, they are ineligible to compete at this level and must compete at the Professional Level.

### ROASTED

Roasted is only open to individuals who have their red seal or equivalent. This is a new competition this year and is going to put the top chefs in the city against each other. It will be made up of three 30 minute rounds with competitors getting eliminated each round. At the end of the three rounds there will only be one chef remaining.

### TEAM

The team category will consist of one Student or Apprentice, one Journeyman and one server. Each establishment may send only one Team.

Where there is a question of eligibility of any competitor, the Hot Competition Chairman will have the final say. Eligibility of any competitor may be validated by sufficient identification at the Show Site (e.g. Apprenticeship Number or papers, Journeyman Card, High School Go Card, etc.)

### PROTEINS:

High School: Scallops

Post Secondary: Mussels

Apprentice: Venison

Team: Monk Fish, Veal, Brie



# GENERAL RULES FOR ALL CATEGORIES

**All competitors** must supply the following:

- All food related items (**Excluding Roasted Competitors**)
- All cooking utensils, pots, and pans, small appliances, etc.
- Any cutting boards, cloths, dish soap, hand towels
- All china, flatware and stemware (**Excluding Roasted Competitors**)
- Anything else not covered below
- Teams must bring their own serveware, table, and two chairs

The Hot Competition Committee will supply the following:

- A six burner propane converted Garland or US Range Oven
- One sink with running water
- One six foot counter
- One electrical outlet
- One refrigerator to be shared by one other competitor
- Ice
- All cleaning supplies

All competitors must leave their competition site clean and free of debris after their heat. Failure to do so may mean disqualification from being judged. All stove tops must be spotless after each heat and any and all other areas, including the sinks and fridges, will be inspected for cleanliness after each and every heat. This will be strictly enforced!

All individual categories will have 30 minutes in which to prepare, cook and serve their two plates. Teams will have 90 minutes to prepare four plates of each course, appy, entrée and dessert.

Teams will have to follow these service times:

- 50min Appy served
- 70min Entree served
- 90min Desert served

In addition, all competitors will have a 5 minute setup time (10min for teams) and a 10 minute clean-up time. Each station will be inspected afterwards for cleanliness of station, stoves, sinks and refrigerators.

All ingredients will be inspected before competitor's setup. Unfinished stocks will be allowed. Judges will not judge items that they feel have been too prepared. Highest scores will go to those competitors who do the most work during the 30 minutes time period.

Prep for the Teams will be as follows:

- Veggies peeled not cut
- Protein un-butchered
- Desert Garnishes, doughs, etc. to be prepared on site

It is recommended that teams pair their meal with wine. (enough for your guests and judges)



There will be a separate non chef service judge. Be aware of proper service techniques.

Each category must utilize the product that the category has been assigned and sponsored. Individuals will make two plates of one dish. One plate is for tasting by the judge while the other plate will be used for visual display. Teams will make four plates of each course, two will be served to guests.

Teams must utilize at least one of the three ingredients (monk fish, Veal, Brie) in each course.

Judging will be done on creativity, presentation, composition, taste, appropriate use of products and seasoning and the timing of the dish (you will lose 1 point per minute for late plates). As well, other factors taken into consideration include organization, professionalism and skill in the kitchen, level of difficulty and cleanliness. The judge's decision is final. There will be no appeals.

Competitors will be given a 5 minute setup time (10min teams) as well as a 10 minute clean-up time. Competitors will be penalized if they go beyond this time.

Keep in mind also that the more that you can prepare in front of the judges, the higher your mark will be. Too much food that has been prepared in advance before the timing begins will result in lower marks for the competitors.

Competitors are only allowed to use the 6' table provided to you. No carts or rack and rolls will be allowed on the competition stage once timing has begun.

Competitors must arrive at least 15min before the start of their heat and sign in at the competition table. This is important as we will be giving you important information about your heat.

## ROASTED INFORMATION

1. This is a black box competition. There will be **NO** secret ingredients allowed
2. Competitors must utilize all ingredients provided in the box
3. Competitors are required to supply all cooking utensils, pots, pans, and small appliances
4. Plates will be provided
5. Each round will be 30min with an additional 10min for set-up and 10min for clean-up
6. After each round some competitors will be eliminated
7. The competition will be run as follows:
  - First Round – Appetizer, Two plates required
  - Second Round – Entree, Two plates required
  - Third Round – Dessert, Two plates required
8. At the end of the third round the winner will be announced.



# HEALTH CHECK RULES FOR POST-SECONDARY STUDENT CATEGORY

In addition to their completed application form, all competitors in the post-secondary student category must submit recipe breakdown and nutrition analysis using the Health Check criteria listed below:

LARGE ENTREES: 350g or more per serving

Must contain 2 food groups or more including 100 g of vegetables and/or fruit (other than potatoes)

\* OPTION 1:

- Fat - 15 g or less per serving,
- Sodium - 960 mg or less per serving
- Protein - 15 g or more per serving
- Trans fat – 5% or less of total fat

\* OPTION 2:

- Saturated fat - 2g or less saturated fat & trans fat combined per 100 g
- Fat - 20g or less per serving
- Trans fat – 5% or less of total fat
- Sodium - 960 mg or less per serving
- Protein - 15 g or more per serving

\*Your recipe must meet ONE of the 2 above criteria options.

These Health Check standards will be used as part of the judging criteria for the post-secondary student competitors only.

**Competitors must submit their recipe with their application package or they will lose 20 points. Package is due Friday March 26 2010**



# TERMS OF COMPETING

Conditions of returning a registration form with your cheque

1. Space is limited for competitors this year. Return your complete registration form along with your cheque to ensure your space. The Junior Chapter of the BC Chefs' Association cannot be held liable if we run out of competitor space due to too many applications coming in. If in doubt, email hotcomplive@gmail.com to see if there is room.

## 2. FORMS WITHOUT PAYMENT WILL BE DISCARDED!

3. Persons under the age of 19 must remain within the confines of the Hot Competition area in compliance with BC Liquor Licensing Laws.

4. Any indication that an individual is under the influence of drugs or alcohol at any time prior to, during or after their participation in this event while at BC Place Stadium will result in disqualification.

5. All recipes submitted will become the property of the Junior Chapter of the BC Chefs' Association and/or their sponsors to be promoted as they see fit.

6. At no time will the BC Chefs' Association Junior Chapter be responsible for any loss or damage to any competitor's products or property or for any physical harm that any competitor may incur during the competition.

7. All competitors will act in as professional a manner as possible before, during and after their heat. Failure to act in as professional a manner as possible may end up in disqualification.

8. The Junior Chapter requests that, while practicing and competing, the official sponsor's product is utilized.

I, the undersigned, have read, understand and agree to the above conditions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Return the Terms of Competing form, along with your entry form (total of 2 pages), no later than Friday March 26 to:

Hot Competition Live  
#66-916 Lytton Street  
North Vancouver, BC, V7H 2A5



# 2010 HOT COMPETITION LIVE!



## INDIVIDUAL ENTRY FORM

**PLEASE COMPLETELY FILL OUT FORM ON COMPUTER AND PRINT.**

YOUR CERTIFICATES WILL BE MADE UP EXACTLY THE WAY YOU TYPE YOUR INFORMATION IN.  
MISTAKES ON YOUR PART WILL NOT BE CORRECTED BY US.

**PLEASE SUBMIT A SEPARATE ENTRY FORM FOR EACH COMPETITOR.**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_  
TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_  
NAME OF RESTAURANT \_\_\_\_\_

### **CATEGORY YOU ARE ENTERING** - ONLY ONE PER ENTRY FORM

PLEASE CHECK ONE

HIGH SCHOOL (\$70.00)

POST SECONDARY (\$80.00)

APPRENTICE (\$100.00)

ROASTED (\$120.00)

*\*New professional category\**

*\*Check rules for details\**

**PLEASE MAKE CHEQUE PAYABLE TO "BC CHEFS ASSOCIATION"**  
**MAIL COMPLETED ENTRY FORM WITH PAYMENT TO:**

**HOT COMPETITION LIVE!**  
**66-916 LYTTON STREET**  
**NORTH VANCOUVER, B.C., V7H2A5**

**DEADLINE IS FRIDAY MARCH 26 2010**

**ENTRY FORMS WITHOUT PAYMENT WILL BE DISCARDED**

# 2010 HOT COMPETITION LIVE!



## TEAM ENTRY FORM

**PLEASE COMPLETELY FILL OUT FORM ON COMPUTER AND PRINT.**

YOUR CERTIFICATES WILL BE MADE UP EXACTLY THE WAY YOU TYPE YOUR INFORMATION IN.  
MISTAKES ON YOUR PART WILL NOT BE CORRECTED BY US.

**PLEASE PUT ALL TEAM MEMBERS ON ONE FORM**

TEAM NAME \_\_\_\_\_

NAME OF ESTABLISHMENT \_\_\_\_\_

WORK ADDRESS \_\_\_\_\_

WORK CITY \_\_\_\_\_

WORK POSTAL CODE \_\_\_\_\_

CONTACT TELEPHONE \_\_\_\_\_

CONTACT EMAIL \_\_\_\_\_

### TEAM MEMBERS

STUDENT / APPRENTICE \_\_\_\_\_

JOURNEYMAN / CHEF \_\_\_\_\_

SERVER \_\_\_\_\_

PRICE FOR TEAM ENTRY IS \$170.00

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