



Consulate General of Italy  
Vancouver



## ***BC – Italian Dish Competition – November 19th, 2021***

**VCC- Vancouver Community College from 10am to 1.15pm.** Competitors should arrive 30 minutes prior the beginning of the competition.

### **General**

The BC's Culinary Schools Competition is going to take place on November 22<sup>nd</sup>, within the framework of the **World Week of Italian Cuisine 2021**, a worldwide initiative of the Italian Ministry of Foreign Affairs and International Cooperation, implemented with the support of Italian Embassies, Consulates and Chambers of Commerce around the world.

The **Italian Chamber of Commerce in Canada-West (ICCBC)** in collaboration and with support of the **Consulate General of Italy in Vancouver** and the **Italian Trade Commission**, aims at organizing a province-wide competition among the culinary schools in British Columbia for the preparation and presentation of the best “BC-Italian Dish” that will feature a combination of local fresh BC’s and authentic Italian ingredients.

**“For a perfect culinary creation: BUY BC and Italian!”**

### **General rules**

1. *Who's is admissible to participate:*

students only - currently enrolled at:

- Okanagan College
- Pacific Institute of Culinary Arts
- University of the Fraser Valley
- Vancouver Community College

Each school team is composed by 2 students and 1 instructor. Instructors will be allowed only to coach and not to physically to cook, cut or slice, or help plate.

2. *The Competition*

*15 minutes briefing before the start of the competition.*

### **Three-course meals:**

- 1 black box **ANTIPASTO** (5 minutes team brainstorming - 30 minutes preparation/cooking + 15 minutes serving and tasting)

- 1 black box **RISOTTO** (5 minutes team brainstorming - 45 minutes preparation/cooking + 15 minutes serving and tasting)
- 1 black box **PASTA FRESCA** (5 minutes team brainstorming - 45 minutes preparation/cooking + 15 minutes serving and tasting)

Black box will be revealed on each course.

**Italian Ingredients:**

Aceto balsamico

Olio EVOO

Riso Carnaroli

Grana Padano

Parmigiano Reggiano

Pecorino Romano

Burrata

Italian Semolina

Italian farina 00

Prosciutto di Parma

Mortadella Bologna

Mascarpone

Pomodoro San Marzano

Pancetta

**BC Ingredients:**

Mushrooms

Squash

Yellow Eggs

Pears (Okanagan)

Shellfish (mussels, clams, or geoduck upon season availability).

ALL ITALIAN AND BC INGREDIENTS WILL BE PROVIDED for the competition finale, including a basic common kitchen ingredients like salt, herbs/spices, and stock.

**Personal ingredients are permitted. Please send us the list of the ingredients would like to bring with you before November 15<sup>th</sup>. Ingredients allowed will be confirmed by November 17<sup>th</sup>.**

**1 finished plate** for judges tasting (Chef Pino Posteraro, Consul General of Italy, ICCBC President, AirCanada representative TBC, BC government representative TBC, Food media representative TBC)) and **1 plate to display**.

Dishes will be served course by course.

All dishes will be made from scratch, raw shellfish will be previously cleaned.

Each station will be inspected afterwards for cleanliness of station, stoves, etc.

All competitors need to complete their cooking within the given time.

### *3. Equipment*

Standard kitchen equipment provided by the organizer. As per list published 2 weeks in advance.

Competitors to bring their own small kitchen equipment and plate wares. Plate wares must be suitable for service.

Competitors to bring their own pasta maker.

Minimum kitchen equipment:

..... TBC

### *4. Judging criteria*

#### **Taste & texture 50 points**

- The typical taste of the food should be preserved
- It must have appropriate taste and seasoning
- In quality, flavour and colour, the dish should conform to today's standards of nutritional values
- Taste-health balance

#### **Creativity/Tradition balance 20 points**

- Points are granted for excellent combination, simplicity, and originality in composition
- Exemplary plating to ensure an appetizing appearance is required

#### **Professional Preparation 15 points**

- Correct basic preparation of food
- Appropriate cooking techniques
- Proper working technique and attention paid to hygiene during preparation of food

- Teamwork
- Time management

#### **Service 5 points**

- Meals must be presented on time OR points will be deducted
- The meals should be practicable, transportable

#### **Hygiene and food waste 10 points**

- Clean hygienic work techniques
- Control on excess and food waste
- Workflow been adhered too and followed

#### **5. Prize categories:**

- Best Overall (**Grand Prize Winner**)
- Most Creative/Innovative
- Best combination of Italian/BC products
- Best Presentation (Most Tidy/Organized team)
- Consumers Favourite (media/VIP judges)

The Grand Prize for the winning team will be a sponsored culinary tour of Italy (late spring 2022).

All participants will receive a commemorative certificate + complimentary coupons for Italian food ingredients/kitchen tools).

