



## JCR Newsletter



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*Our intention with this newsletter is to inform the new candidates for the next International competition. This newsletter will also be provided to members of Bailliages that are involved in Regional and National competitions and be posted on the JCR Alumni Facebook page. If you have any questions or concerns please contact Lois Gilbert, International JCR Committee Member at*

*Lois-gilbert@rogers.com*

## How to prepare for Cooking Competitions

In this month's newsletter we provide tips on how to prepare for a competition. Some of these tips will have more meaning to you than others.

### 1. Be Patient

Not all of us are able to win a competition on our first go, that is why the Chaîne des Rôtisseurs Jeunes Chefs competition allows you to compete three times regionally and twice nationally before an international competition. Remember you must not have reached your 27<sup>th</sup> birthday prior to September 1 of the year you compete in the international competition.

### 2. Know yourself

Knowing one's own shortcomings and knowing how to work on your weaknesses is the biggest challenge

### 3. Self- Sacrifice

Commitment is required to prepare for a

competition. Competition preparation should not interfere with a young chef in a brigade; they have to train outside their working hours.

### 4. Learn to manage stress

Participating in an international competition can be stressful at the best of times, even for a professional. To avoid being destabilized, an award-winning chef recommended that young people put themselves under duress in order to control their nerves on competition day. One suggestion is to teach a class or do a demonstration in public.

### 5. Learn how to manage time

Young chefs must train several times to adapt their work and their actions to the allotted time. Put yourself in real conditions to respect the timing.

### 6. Choose your mentor

The choice of your mentor is important. It is essential that they help you to move in the right direction and provide you learning opportunities. Mutual respect is the key.

### 7. Surround yourself with the right people

We do the competition for ourselves but it has an impact on our loved ones. Training takes time away from them so you need an understanding environment.

### 8. Modesty

Your personal attitude is premium, you have to be honest and have professionalism as well as modesty.

### 9. Lead a healthy lifestyle

### 10. Don't forget creativity.

As a young chef you must acquire a lot of technique, above all you must have creativity.

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## Reminder

**If you require a Visa, You should be working on it now!**

**Continue to practice your Black Boxes, Menu writing and Timing!**

## Competitor Spotlight

Finland



Emmiina Marianne Lehtonen

*“My advice for the next competitors is to do your homework. Prepare a menu based on ingredients you have previously used so that you have most of it sorted out. Don't let the black box confuse you too much. And finally remember to enjoy the experience.”*



*“If I could give advice to current or future competitors, I would tell them to have some fun with it. If you can get past some of the stress of it and enjoy it and cook like you do in your own kitchen, you are going to do well”*

## Emmiina Lehtonen

Silver Medal Taiwan 2018

**What year did you compete and where? How old were you?**

I competed in Keelung, Taiwan in 2018. I was 25 years old at the time.

**How long was it from the time you won the National Competition until the International Competition?**

I won the National Competition at the end of January so it was around 7 months until the International Competition.

**Did you practice black box and menu writing in that time?**

I prepared for the black box by learning to cook ingredients that I wasn't familiar with and which I thought might come up in the competition. We had a few full practices with the timing, menu writing and tasting judges.

**Did you have a mentor?**

My mentor was my teacher from Tempere University of

Applied Science, Arja Luiro.

**What are you doing now?**

Now I am working as a chef in Tullin Sauna Restaurant.

**Have you competed in any competitions since Taiwan?**

I haven't competed in other competitions yet!

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## Mackenzie Ferguson Bronze Medal Manchester 2016

**What year did you compete and where? How old were you?**

I started competing in the Jeunes Chefs Competition at the regional level in 2014. In 2016 I had the privilege to compete in the International Competition in Manchester England. At the time I was 25 years old.

**How long was it from the time you won the National Competition until the International Competition?**

From the time that I won the Nationals till the International Competition was about 11 months.

**Did you have a mentor?**

During that time I was able to do many black boxes

under the guidance of my chef and mentor Takashi Murakami. Without his mentorship and support I wouldn't have had the opportunity to compete.

**Did you practice black box and menu writing in that time?**

Black boxes were not the only practice I did. Some of the most helpful practice was being able to come early before the day would begin and work on one component and make it as perfect as possible. It took some of the stress out of it and gave me a chance to slow down and enjoy what I was doing.

**What are you doing now?**

Currently I am the sous chef at South Wood Golf and

Country Club in Winnipeg Manitoba. I am also a full time student at the University of Manitoba and I'm working towards a degree in Food Sciences.

**Have you competed in any competitions since Manchester?**

I have not done any competitions since the International Competition in 2016.