



## 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 Bailliage 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*

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## Plating Critique by International Tasting Judge Ben Purton

**Appetizer:**  
Fish Rilletes with Tomato Terrine, Petit Salad, Savory Garlic Tuile, and Ginger Soy Dressing.

Lovely fresh look and feel to the plate with the rilletes being highlighted as served on top of the terrine.

Great colours with the petit salad adding the deeper green elements that make both the fish and tomato stand out. Dressing is light again adding to the concept of the dish and with ginger and soy - you would not want too much.

The tuile is a nice addition as the plate could be lacking in texture but this is very small and would probably go in one bite so this could be tweaked if wanted throughout the dish

**Main course:**  
Herb Crusted Rack Of Lamb, with Deep-fried Lamb Haunch Mushroom Farcie, Crushed Potatoes with peas, Braised Artichokes, Sautéed Carrots and Rosemary Reduction.

Pretty plate with a vibrant



crust on the lamb rack contrasting with the golden brown haunch. Crushed potatoes work really well with lamb and good to see then pale in colour as the rack itself and the outer of the haunch are already brown in colour. Artichokes and carrots would add a sweetness but again a nice addition of colour although baton carrots can look and feel a little simple. The dish seems to be crying out for sauce as the rosemary reduction seems to be there but looks very light on the plate so this could be improved.

**Dessert:**  
Eclair with Mango Purée, Filo Nest, Vanilla

Chantilly, Raspberry Fluid Gel and Valhornas Dark Chocolate Decoration.

This has a Spring / Summer feel about it and you can almost feel the crunch just from the picture.

Light and lovely looking éclair and the nest of filo looks very delicate. The garnish is well done but I'd like to see a glimpse of the mango - maybe in a gel like the raspberry to give you an insight of what's inside the éclair.

Chocolate, mango and raspberry is a great combination and with the texture of the filo - looks and sounds like a great dish

## Competitor Spotlight



*“My advice to a competitor is to work clean, don’t ever try any new recipe on competition day and above all have fun because it is over before you realize it”*

### Sanitation – 5 points

Cutting boards should be perfectly clean. Knives should be sharp. Boxes should be clean and sanitized. Towels must be used correctly. Towels should not be used for wiping off the table and then cleaning a knife. Aprons should not be used as hand wipes. Products should be stored at the correct temperature. Gloves should be used when plating up (the last contact of food). Important to work cleanly especially during food transitions (meat to vegetable to dairy). Work areas must be cleaned and sanitized before leaving kitchen. This will be inspected by the judges.

## Stacey Chan – 1st place winner Helsinki 2010 Vice-Conseiller Culinaire Jo’burg, RSA

### How old were you at your International competition?

I was 24.

### How long was it from when you won National to competing at International?

Less than 6 months

### Did you practice black box and menu writing and did you have a mentor?

Yes twice a week I would do Mystery baskets with different chefs and 3-4 times a week I would practice menu writing. My mentor was Jodi-Ann Palmer

### As a mentor how do you prepare your candidate?

I always talk them thru the competition day from the time they wake till it is all over. Train them in hygiene, menu compilation and writing

rules, methodically working thru the MEP list, completion based plates, quantities, textures, flavours. Do’s and don’ts of kitchen competition rules

### What are you doing now?

I am currently Exc. Chef of a boutique hotel in RSA, creating all my own dishes and flavours to suit our guests at Arambrook.

## JUDGING CRITERIA Kitchen Floor Evaluation

### Mise en Place/Organization – 10 points

Tables should be kept clear of non-essential items. Use a work plan and display it. Efficient and systematic time management is important. A logical progression of jobs is admired. Use correct cutting motions, the correct knife for the job, and show efficient removal of muscle or fish from a bone. Work systematically on one job at a time. The correct storage of products and the correct storage of tools is important. Useable waste must be labeled and stored for future use.

### Techniques and Execution – 15 points

Follow classical cooking techniques. Use the technique as stated in the recipe. Demonstrate proper technique when deglazing a

pan. Product should be roasted correctly and basted as needed, not just placed in the oven. Poached items should not be simmered. Consider how many different techniques have been displayed. This is an important category.

### Professionalism – 5 points

Professional skills including demeanour, attitude, uniform, behaviour, respect of fellow competitors, and respect of jury and competition management. It also includes the competitor being well-groomed and appropriately dressed in required uniform.

### Proper Utilization of Ingredients – 5 points

Follow classical and widely accepted use of ingredients and proper cooking techniques applied to food at hand. Display minimal waste.

Use trim and bones to fortify sauces or used in stock production. Competitors not using 50% of each mandatory ingredient will have 2 points deducted from this category, per ingredient.

### Timing

In case of a delay in the presentation of a course, one point will be deducted from the competitor’s score for every minute late. Competitors who accumulate more than 30 minutes in late time during the competition will be asked to withdraw from the competition, at the discretion of the President of the Competition. Plates plated early will not be presented to the jury until the correct time as advised by the Kitchen Supervisor.