



## JCR Newsletter



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*Welcome to the first edition of the JCR Newsletter. 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*

## International JCR – Calgary 2019

### Competitor's Programme

Hotel: Hotel Arts

### Sept 17

Competitors arrive

### Sept 18

**Canadian Beef Experience** hosted by Canadian Beef Centre of Excellence

This full day includes a butchery demo and workshop.

### Sept 19

SAIT competition site

Kitchen tour, Photos, Briefing, panel discussion with previous winners

### Sept 20

Competition

### Sept 21

Competition debriefing, Awards, Gala Dinner

### Sept 22

Depart



### Facts about Calgary

Calgary is referred to as "Cowtown" by some and it still has the Wild West image.

The Calgary Stampede, an annual 10 day event bills itself as "The Greatest Outdoor Show on Earth."

More than 120 languages are spoken in the city.

You can walk 18 kms (11 miles) in downtown Calgary without having to go outside!

The sun shines on average of 2,300 hours a year. It's Canada's sunniest major city.

A Chinook in Calgary (a warm wind) can raise the temperature by as much as 15°C and in a few hours you can go from parkas to short-sleeves.

## From National to International

Now that you have won your National Competition, what do you do next? First, sit down and talk to your mentor as well as your National Conseiller Culinaire setting up a schedule to practice

menu writing and working with a black box. Second, don't forget to research the ingredients most popular in Calgary and what might be in season in September. And third, look for someone

to help you with improving the techniques that you are challenged with. Many feel that desserts or plating is where they should focus, that may be true but don't abandon honing the techniques you already are good at.

## Competitor Spotlight



*“My advice to a competitor is to be very self-driven when it comes to training but make sure you take care of yourself physically and mentally in the process. I remember being so focused on refining techniques while juggling a full time job but often didn't take breaks or make any time for a social life which is really important.”*

## William Mordido

2<sup>nd</sup> place winner Manchester 2016

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

I was 24.

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

1 year.

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

I was very fortunate my old Food and Hospitality teacher, Angie Wilson, was very supportive thru the highs and lows of preparing for the competition. We practiced both menu writing and black boxes. Angie came to the competition with me.

### What are you doing now?

I am currently running my own pop up restaurant,

Buko in NZ as well as Melbourne and Fiji. At the same time I am a facilitator for the Hospo Start Programme run by the Restaurant Assoc. of NZ and Ministry of Social Development.

### Have you competed in other competitions?

Yes I was chosen as one of the 10 finalist in the San Pellegrino Young Chef on the year – Pacific region.

## JUDGING CRITERIA

### Service and Tasting Evaluation:

### Serving Methods and Presentation – 5 points

Hot food should be hot and cold food should be cold. The cooking technique must represent the texture of the food. Food should be fresh and colourful, visibly seasoned, presented with some height, easy to eat and pleasing to the eye. Meat/fish slices should be even and straight. There must be strong visual impact and harmony of colours. Deductions will be made for vegetables that are not cut/turned uniformly, or do not correspond with the description on the menu, unappealing presentations, dressing the rim of the plate.

### Portion Size and Nutritional Balance – 5 points

Components of the meal must be balanced to that the main item is complemented in size and amount, by the accompanying garnishes and/or sauce. The necessary nutritional standards should be adhered to. Deductions will be made for inconsistent portioning, and disproportionate sauce and garnishing to main piece.

### Creativity, Menu and Ingredient Compatibility – 15 points

Dishes should show a degree of difficulty and creative flair rather than something copied and overused. If competitors use an old or classical idea, they should find a new way to present it. Ingredient colours should harmonize. Ingredient amounts should be correctly portioned to demonstrate a perfect

harmony. Menu ingredients should not be duplicated. The dishes should portray a high level of skill and exactness. Direct plagiarism from culinary publications will result in points deducted.

### Flavour, Taste, Texture and Doneness – 5 points

The stated flavour in the menu and recipe should stand out from all the others. Doneness temperature must be correct. The stated cooking techniques must be applied correctly, and the textures should correspond to what was implied in the menu. The flavour of the sauce must be outstanding, and it must be visually correct. The flavours on the plate must be obvious and remarkable.