



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

Competition final details

Last month we announced **ONE** of the proteins that will be on the mandatory list. As a reminder,

Manitoba walleye (pickereel)

Quantity 1kg whole fish

Approved Hand Tools for Competitors (none of the following items will be supplied)

- Knives
- Knife Sharpener
- Mold, Ring
- Cutters (pastry)
- Scissors
- Vegetable peeler
- Skewers (for cooking only)
- String
- Acetate (clear plastic strips)
- Parchment Paper or transfer acetate for

- baking or chocolate
- Spatulas (metal, rubber etc.)
- Piping Bags (cloth or plastic) and tips
- Serving spoon (small)
- Scoop (baller) for fruit or vegetables
- Kitchen and oven towels
- Weight scales
- Thermometer
- Silicon mats
- Graters
- Piping bottles
- Mandolin
- Pasta Machine (non-electric)
- Water bath circulators
- Electric hand blender
- Blow torch (fuel must be bought in country of competition)

- Ice cream machine (units that require the insert to be pre frozen will NOT be allowed)
- Plastic storage containers (max. 500ml each)
- Voltage converter (Canada is 120V 60Hz)

Personal Devices

Please ensure that you have added the following contact to your contact list and WhatsApp. lois-gilbert@rogers.com

During competition week all communication will be via WhatsApp. Please ensure that your companion has my details as well if they are attending any events with you.

Reminder

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

Continue to practice your black boxes, menu writing and timing!

Mentor Spotlight



“All of the work has been done all of your best tools are at your finger tips you are ready! Now if you can relax and enjoy the cooking your food will undoubtedly taste better, and the kitchen judges will see how confident and tall you stand. Enjoy the moments; you really don't get very many actual competition days. (Easier said than done) but hopefully it sinks in.”

<https://www.chainedesrotisseurs.com/newsonline/story.php?ids=1094&title=Canada%20-%20Scott%20Jaeger>

Scott Jaeger

If you were a competitor, what qualities are you looking for in a mentor?

A mentor should be there to help with solutions not just point out the problems; they must allow me to learn for myself. Teach but not preach, allow me to make mistakes and learn from them. A mentor should be able to share their experiences and help reduce the intimidation of the unknown. A mentor must also be able to filter all the feedback, everyone will have an opinion, a mentor can/should help assess and filter that feedback and teach the candidate to do it for themselves.

As a mentor, what qualities are you expecting in your young chef?

A competitor must have drive and desire, they need to want to practice, improve and learn. They must be open minded; willing to see and experiment with new ideas, but also realize the risk does not always pay with reward. The competitor must have commitment. They will need to have interest in learning; competition is different from the day to day of work. They need to use new eyes. The parameters have changed; time, space, tools and limitations. Finally a competitor must have appreciation; appreciation for the people helping, the process, the opportunity even the food they practice with and the business that supports them.

Chef/Owner, The Pear Tree, Burnaby B.C.

You are currently mentoring a regional competitor. Since their win in May can you give us a general idea of the training you have provided for them. We understand that they are still working full time at their current job.

The competitor will work as hard as they feel is right, it's their choice. As a mentor I'm involved when I need to be. Currently our competitor is working on strengths and weaknesses though currently focused on the weaknesses. He is encouraged to practice on select days off and is focusing on dessert right now. During work time he is allowed and encouraged to work on elements that are shared with staff and or guests. This results in less waste, good use of time and feedback. He has a schedule of timed runs as well as general practices. We don't want him to burn out so we try to balance the workload.

Have you mentored any competitors that have won a Chaîne National or International competition?

Yes 2 that won national and 1 that won international.

We understand that you have competed in culinary competitions. Can you tell us about what competitions and how you trained.

Bocuse d'or – It was a two and a half year process where I needed to stay focused on the goal. I built a support network.

I set schedules for practices with coaches and mentors but also worked on elements on the restaurant menu. I worked with a fitness trainer to increase my stamina. The team used a sports psychologist, which helped keep the team focused.

Culinary Olympics - 2008 and 2016 as Team Captain

I worked with the team focusing on multiple ideas but accomplished individual tasks as well. Practice schedule was with team as well as individual. I practised outside of our own kitchen try to simulate surprises. I needed to learn to lead as well as follow when part of a team. Travel and work became a challenge for me when students who I needed to mentor needed my attention all the while still focusing on the team goal.

What is the last piece of advice you are going to tell your competitor before they head off to the competition?

Every competitor is slightly different but I always remind him or her to enjoy the process. The reality is we work and practice a lot for very singular moments; it is a very unique environment when you are actually at the competition and the head kitchen judge gives you permission to start cooking.