



## **CERTIFIED MASTER CHEF**

<b>NAME:</b>	Vegetarian Cuisine
<b>PRE-REQUISITE FOR:</b>	Certified Master Chef Designation
<b>PERIODS/WEEKS:</b>	Practical Examination – 5 hours
<b>PREPARED/REVIEWED BY:</b>	CMC Committee
<b>APPROVED BY:</b>	CCI Chair

### **Examination Criteria:**

#### **Overview**

- The candidate will write and prepare a nutritionally balanced three-course menu, for twelve (12) persons, utilizing the ingredients from a provided market list, within a specific time-frame.

#### **Criteria**

- A market list of ingredients will be distributed to all candidates and the chef must develop a comprehensive product requisition, template provided.
- A written menu with photos must be presented with the accompanying requisition no later than three (3) weeks prior to the exam date. Menus will be analysed and scrutinized by a Registered Dietician.
- The menu must feature the following dietary restrictions:
  - Starter – vegan
  - Main course – lacto-ovo vegetarian
  - Dessert – diabetic, featuring two primary components one of which is chocolate plus garnish (1 or 2) and sauce (1 or 2).
- The menu must;
  - demonstrate craftsmanship, precision and creativity,
  - be well balanced (composition and nutrition) with appropriate and harmonious portions sizes,
  - show a variation in techniques
- A variety of preparation and cooking methods must be utilized throughout the menu.
- The candidate will have five (5) hours, from start to finish to prepare and serve the menu.
- The candidate will be assigned an Apprentice from Humber College to assist in any preparations the chef deems appropriate.



- 5 plates are for the Evaluators, 1 plate is reserved for viewing and 6 plates are for partners and/or invited guests.

### **Explanation of what mise en place can be done prior to the examination:**

- Salads – cleaned, washed, not mixed or cut
- Vegetables – cleaned, peeled, washed, not cut, must be raw. Tomatoes may be blanched and peeled and broad beans may be shelled. Vegetable purées must be done on day 2, during the exam
- Stocks – basic vegetable stocks, not reduced, not seasoned, no additional items (garlic, wines, etc.).
- Pastry sponge, biscuit, meringue – can be brought in, but not cut
- Basic pastry recipes can be brought in weighed out but no further processing
- Fruit pulps – fruit purees may be brought in but not as a finished sauce
- Décor must be done 100% on the day in the kitchen

The candidate will present a work plan to the lead examiner upon arrival and be assigned an apprentice, not the same as the day before.

Candidates will be given thirty (30) minutes to retrieve their food from the storeroom and set their stations. At this time, all pre-prepared stocks and fruit purées will be tasted – chefs must provide samples (hot and cold) with the appropriate tasting spoons.

Textbooks/resources are not permitted, however, dessert recipes will be allowed.

07:30	Retrieval of food stuffs
08:00	Start time
12:00	Vegan starter
12:30	Lacto-ovo vegetarian main course
13:00	Diabetic dessert

Candidates are permitted a five (5) minute window to present each course, however, the service times remain fixed.

### **PRACTICAL EVALUATIONS AND INFORMATION**

- The candidate will be assigned an Apprentice from Humber College to assist in any preparations the chef deems appropriate.
- The candidate will be supplied with pots, pans, baking sheets, bowls, etc. The candidate may bring any specialty equipment required.



- The candidate may bring their own china or utilize china supplied by Humber College
- A panel of examiners will be present to critique the production and presentation, with grades and a feedback session at the end of day-2.
- Examiners will evaluate kitchen skills used in the preparation of all components, as well as sanitation, cleanliness, respect of ingredients, innovation, professionalism and knowledge.
- Examiners will evaluate the menu, composition, presentation and flavour of all components during the presentation of each course and at the conclusion of the examination.
- The candidate will be advised individually of their grade by the Examining Committee.
- Passing grade is 70%.

### **Recommended Text**

Nutrition Concepts and Controversies  
Second Canadian Edition -Sizer, Whitney, Piche by NELSON.  
ISBN: - 13:978-0-17-650258-4 ISBN: -10:0-17-650258-0



**Visual “Examples” – do not copy**

**Starter - Vegan**



Harvest Salad of Spaghetti Squash, Beets, Carrots, Sunchoke and Apples, Creamed Cashew

**Main Course – Lacto-Ovo Vegetarian**



Faux Schnitzel made of Celeriac, Sunny Egg, Caper Lemon Mustard Relish, Asparagus, Fingerlings and Sweet Potato

**Dessert - Diabetic**



Deconstructed Black Forest Cake