



Youth Can Cook Competition Information Package

Competition Schedule

- **Submission of videos by entrants:** April 19 – July 31, 2021
- **Announcement of final entrants:** August 3, 2021 (Tuesday)
- **Invitation of shortlisted entrants to do onsite final step cooking for judges' tasting (30 min time allowance):** August 5 – August 9, 2021
- **Posting of the shortlisted entrant videos on website for public voting:** August 10 – August 25, 2021 (Wednesday) 5 pm E.S.T.
- **First winner cooking demonstration and award presentation:** August 28, 2021 (Saturday)

Sections

Youth Can Cook Competition is consisted of 2 sections:

I. Professional section

Professionally trained young chef under the age of 40 can participate in this section. They can bring in one assistant to the cooking competition who should also be under the age of 40.

II. Open section

Any individuals who are interested can participate. They can enter as an individual or as a team of max. 3 members. In both cases, the individual entrants or at least one member of the team entrants must be under the age of 40. The purpose of this age limit is to promote youth and young adult participation in cooking.

Entry Fee

(I) Professional session - \$50

(II) Open session - free

Video and Entry Requirements

This competition is open to anyone; however, an entry may be rejected when the Competition Organizers, in their reasonable discretion, believes the entry does not conform to the competition rules and these Conditions of Entry.

Video Creation

Entries must originate as videos made by the entrant.

Certification

By virtue of submitting a video, the entrant certifies the work as his or her own. Aliases are not allowed. The entrant permits the organizers to reproduce all or part of the entered material free of charge for publication and/or display in media related to the competition. This may include posting on a website and social media. The competition assumes no liability of any misuse of copyright.

Entry

An Entry consists of, up to and including, one (1) video entered by a single entrant. The same entrant cannot participate in the two sections simultaneously. They either identify themselves as a professional chef entrant or an entrant from the general public.

Video Format Requirements

- **Any aspect ratio** is accepted.
- Max resolution is **1080p**
- You may submit videos in **MP4** or **MOV** formats.
- Video duration should be **no more than 3 mins**.
- Video file size should be **less than 500MB**.

Video Content Requirements

- Submission of a video **no more than 3 mins** demonstrating the process of food preparation, the cooking process and final presentation of the dish.
- Recipe requirements: A main dish that must include the 2 **ingredients: protein** (can be plant protein) and **a vegetable**.
- No background music is needed.
- Chef and assistant, if any, must be **in the camera all the time**.
- Video should capture the preparation and cooking process in **wide shot**.

Titles

Each video must have a unique title of the competition recipe. The names of the entrants will not be disclosed to the judges.

Judging Criteria

The entrant is to prepare a main course using two or more food ingredients available at a typical supermarket. One of the ingredients must be a main source of protein, and another must be a vegetable or a fruit. There is no upper limit on the number of ingredients in the dish. A main course is considered to be sufficient in portion, and distribution of ingredient components, to be considered the primary dish of a multi-course meal or the only dish of a meal.

- Resource management (flexibility under limited resources) – 10%
- Technique (culinary artistry) – 15%
- Organization (handling of stress, team work) – 15%
- Presentation (culinary artistry) – 15%
- Taste – 20%
- Hygiene – 15%
- Originality – 5%
- Healthy and balanced diet – 5%

Video Submission Instructions

1. Ensure that your video meet the above Video and Entry Requirements.
2. Your filename **MUST** be in the following format: **EntrantID_SECTION_Recipe-Title.mp4/mov** (i.e. 999_PROFESSIONAL_Steak-And-Sauteed-Mushrooms.mp4/mov)
3. Upload your video to <https://www.dropbox.com/request/ouYvSAFmtYUUDHV3plvq>

Rounds of Competition

The following applies to both the professional and the open sections:

First Round: Video Submission

- submission of a video no more than 3 mins demonstrating the process of food preparation, the cooking process and final presentation of the dish. (See requirements in above Video and Entry Requirements section)

Second Round: In Person Onsite Cooking

- At most 10 entrants will be shortlisted from the video submissions to do an onsite cooking at the YES Café.
- The shortlisted entrants will cook the same recipes as shown in the video.
- Entrants are allowed **30 min in total from preparation to finish**. They can prepare any necessary steps and pre-cook at home and bring the materials to the competition location. Judges will judge the presentation and taste of the dish.
- After this onsite cooking, the videos of the shortlisted entrants will be posted on our website for public voting in order to identify the award for “People’s Choice”
- The organizers reserve the right to not to post any of these shortlisted videos on website if there are sufficient reasons to do so.
- The judges will select the **best three (3) entrants** in the second round of the competition as the winners.

Demonstration of the Winning Recipes and Award Presentation

- The first winners of the (I) Professional section and (II) Open section respectively will be invited to demonstrate the cooking process on either August 28 where dignitaries and media will be invited to taste the dishes and present the awards.

People’s Choice

- The videos of the 10 shortlisted recipes of each section respectively will be posted on our website and social media for public voting.
- After the voting period, the one with highest vote in each section will be awarded the “People’s Choice Award”.

Awards

- **Competition Award:** The competition is consisted of two (2) rounds. Our judges will select three (3) winners from each section (Professional and Open).
- **Peoples' Choice Award:** The videos of the 10 shortlisted recipes of each section respectively will be posted Facebook for public voting. After the voting period, the one with highest vote in each section will be awarded the “People’s Choice Award”.

Our Partners



YES Café is located in MWC. The Café serves as an incubation, on-the-job learning and acceleration food and beverage laboratory. It is also a “real” café for young entrepreneurs to run their respective businesses as event planner, and food, beverage and dessert specialists.

Website: <http://businesswithhigherpurpose.com/en/programs/yes-cafe/>



Gusta Cooking Studio, also known as Gusta Supplies, is a place where food lovers gather to share knowledge and get specialty baking/cooking ingredients and professional tools. We offer pastry and cooking classes, degustations, and other gastronomic workshops in our health inspected commercial kitchen in Markham.

Class website: www.gusta.ca

Shop website: <http://supplies.gusta.ca/>