



2020
23rd ANNUAL SKILLS MANITOBA COMPETITION
CONTEST DESCRIPTION
Thursday, April 9th, 2020

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: Post-Secondary

NOTE: The kitchen can only accommodate four (4) competitors, on a first come first served basis. 1 competitor per school (unless spots are available).

CONTEST LOCATION:

Paterson Global Foods Institute School of Hospitality & Culinary Arts
504 Main Street
Winnipeg, Manitoba, R3B-1B8
Contest Kitchen – Room 314
Judging Room – Room 314

IN PLACE EQUIPMENT:

A reach-in cooler, reach-in freezer, and ice machine are available to the contestants.

FOR MORE INFORMATION, PLEASE CONTACT THE COMMITTEE:

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Kristen Chemerika-Lew	kchemerika-lew@rrc.ca	204-631-3466

CONTEST START TIME AND DURATION:

07:15 am – Arrive

07:25 am – 20 minutes to set up your station

07:50 am – 15 minute briefing in lab 307

08:05 am – Start time

11:35 am – Finish time, 3 ½ hours

RATIONALE:

To evaluate each contestant's readiness and preparedness for employment and recognize outstanding students for excellence and professionalism in the Culinary Arts.

SKILLS AND KNOWLEDGE TO BE TESTED:

To demonstrate skills and competency in the Culinary Arts by being able to produce a three (3) Course menu for two (2) people within a three and a half (3½) hour time frame.

Only titles of dishes are provided, recipes are the competitor's responsibility.

Refer to the Menu section to see complete descriptions of each course.

The courses will include:

1. **Appetiser Course** – Prepare an Ovo-Lacto Vegetarian Appetizer featuring a dry pulse.
2. **Main Course** – Prepare a sustainable seafood course featuring sustainably farmed salmonid and black tiger shrimp. (A salmonid such as spring, steelhead, trout, char, etc.)
3. **Dessert Course** – Prepare a dessert with ingredients found on the Common Table – Par Stock table and the Requisition Sheet.

4.

The application of current culinary trends and modern plate presentation will be taken seriously into consideration. The competition will consist of sanitation, economy and timing, technical skills, methods, presentation, and taste.

Candidates are free to consult reference books of their choice during the contest, however, for correct final preparation, if there is a dispute, *Professional Cooking for Canadian Chef's 8th Edition* will be viewed as accurate. Culinary terms must be respected.

Plate one (1) will be for tasting, plate two (2) will be for presentation. Both plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Economy and timing	10%
Preparation	25%
Presentation	15%
Taste and Required Menu Components	35%
Total	100%

CONTEST DETAILS:

The competitor must present two (2) menus and one (1) schedule to the organizer once the competition begins. These documents must be typed an/or legibly written.

7:50 to 8:00 am Final Instructions

8:00 am Start of Competition

11:00 am Serve First Course – Ovo-Lacto Vegetarian Appetizer featuring a dry pulse.

11:15 am Serve Main Course – Sustainable seafood course featuring sustainably farmed salmonid and black tiger shrimp.

11:30 am Serve Dessert

11:30 – 12:30 Kitchen cleaning

PRESENTATION TIMING:

Both plates for each course must be presented together at the same time by the competitor. Marks will be deducted if courses are served late.

There is a five (5) minute window to present your course. One (1) point will be deducted for each minute late after the five (5) minute window, up to five points.

After ten (10) minutes, the contest will be closed and the late plate(s), will not be judged.

SPECIAL STATEMENT – KITCHEN CLEANING:

Only the competitor and their instructor will be allowed in the kitchen prior to the contest to unpack equipment.

Only the competitor will set up the station.

Only the instructor and competitor will be allowed into the kitchen to clean up after the contest.

The kitchen must be in the same spotless condition that it was prior to the start of the contest. This includes wiping down of ALL surfaces including stoves, tables, sinks, pot washing area, and common table. The floor in your station **MUST** be swept and/or mopped before the contest organizer agrees that the station/kitchen area is clean.

No competitor will be able to leave the kitchen until the ENTIRE kitchen is clean. Failure to do so can lead to disqualification.

EQUIPMENT, TOOLS, MATERIALS TO BE PROVIDED BY COMMITTEE:

One (1) stove with gas burners, one (1) worktable, fridge space, electric outlet, sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, and one (1) table for display of finished plates. All china is supplied. Competitors are not allowed to use their own china or serving platters.





EQUIPMENT, TOOLS, MATERIALS TO BE SUPPLIED BY COMPETITOR:

- A personal toolbox with knives, ladles, whips, spatulas, piping bag and tips, rolling pin, and any other items required to complete your menu.
- Competitors may bring any equipment/tool deemed necessary with them, including basic equipment such as a small mixer, food processor, and timers. Phones cannot be used as timers and are not allowed in the contest area.
- Competitors may also bring all needed equipment with them, including items such as: cling film, aluminum foil, wax paper, plastic containers to store food, as well as a scale, kitchen towels, dish towels, etc. Some of these items are listed on the Common Table.

Please note that all equipment must fit on the workstation.

Toolboxes and equipment that do not fit in or on the workstation will have to be stored outside of the contest area and cannot be used during the contest. All material should be dishwasher safe and marked clearly for easy identification.

WORKSITE SAFETY RULES / REQUIREMENTS:

All articles to be worn are the sole responsibility of the competitor.

Required clothing, (provided by the competitor);

- Non-slip, closed toe, water resistant shoes (**NO** flip flops, sandals, crocs, etc.)
- Dark, (Black or Navy Striped), or Checked professional chef's pants/trousers
- Double breasted, full sleeve, **white** Chef's jacket
- Professional necktie
- White Apron
- Side Towels

Competitors may be disqualified for improper attire.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ingredients:

Competitors will receive only their requisitioned food items from the Requisition Table. Par Stock items will be available on the Common Table. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted if items run out.

Competitors are not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.

Food items and quantities are subject to change without notice, depending on availability and quality. All competitors will have the same conditions.

ADDITIONAL INFORMATION:

For all plates, the presentation should be modern and clean.

The portion sizes should be specified for a three (3) – course menu – **see the Contest Description.**

Appropriate recipe quantity conversions must be made for two (2) portions of each course.

Menu titles must be respected.

Culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in the menu must be used to prepare the food.

The menu must be prepared with the items on the common food table.

Do not waste food items. Waste of any food item from the common table will be marked accordingly.

Composting and recycling principles will be employed.

Four (4) round plates and two (2) rectangular will be provided for your selection. The two (2) rectangular platters are to be used for the dessert.

Reference books and recipes can be consulted during the competition.

NOTE – SUSTAINABILITY:

Recycling - will go into designated recycling containers and will stay on the competitor's station for the judges to inspect.

Composting - unusable food organics, (peelings, egg shells, soiled paper, etc.) will go into a designated organics container, and will stay on the competitor's station for the judges to inspect.

Composting cannot include any protein matter, (meat, fat, or bones).

Garbage - will go into designated garbage containers, (½ hotel pans), and will stay on the competitor's station for the judges to inspect.

Competitors will be judged on their usage of power and water, and set-up and clean-up during the competition. Points will be deducted if the judges feel that the competitor is being wasteful in their use of power or water.

MENU:

Appetiser Course:	Prepare an Ovo-Lacto Vegetarian Appetizer featuring a dry pulse.
Main Course:	Prepare a sustainable seafood course featuring sustainably farmed salmonid and black tiger shrimp. (A salmonid such as spring, steelhead, trout, char, etc.)
Dessert Course:	Prepare a dessert with ingredients found on the common table.
Appetiser Course	
Description	<p>Prepare an Ovo-Lacto vegetarian appetizer featuring a dry pulse.</p> <ul style="list-style-type: none">• Must have balance of colours, textures and flavours.• Must include carrot brunoise.
Service Details	<ul style="list-style-type: none">• Portion size – 150 grams per plate minimum to 200 grams per plate maximum.• Must be served warm (minimum 72°C) with a sauce and garnish.
Basic Ingredients	<ul style="list-style-type: none">• A list of all ingredients available for this contest is included in the Common Food Table List.• You must select from this list when filling out the Requisition Sheet for your preparation, cooking, and serving of the Appetiser, Main Course, & Dessert. The requisition MUST include quantities required.• Requisitions must be completed and received by Chef Jeffrey Brandt no later than <u>Tuesday, March 12th, 2020.</u>
Special Equipment Required	<p>Two (2) plates will be presented for each course, one (1) to the judges and one (1) plate for public display.</p> <p>Service wares will be provided. No service wares (china) permitted other than those provided by the committee.</p>

Main Course	
Description	<p>Prepare a sustainable seafood course featuring sustainably farmed salmonid and black tiger shrimp. (A salmonid such as spring, steelhead, trout, char, etc.)</p> <ul style="list-style-type: none"> • Must incorporate / utilise the assigned mystery seafood. • Must be gluten free. • Must present a dish according to the recommendations of the new Canada Food Guide – half of the dish served is comprised of colourful vegetables. • Must include one whole grain from the common table. • Must include an edible garnish that contributes to the dish. • Must include a sauce.
Service Details	<ul style="list-style-type: none"> • Cooking temperature must meet industry safety standards. • Portion size – 250 grams per plate minimum to 350 grams per plate maximum.
Basic Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this contest is included in the Common Food Table List. • You must select from this list when filling out the Requisition Sheet for your preparation, cooking, and serving of the Appetiser, Main Course, & Dessert. The requisition MUST include quantities required. • Requisitions must be completed and received by Chef Jeffrey Brandt no later than <u>Tuesday, March 12th, 2020.</u>
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Dessert Course	
Description	<p>Prepare a dessert with ingredients found on the common table.</p> <ul style="list-style-type: none"> • Must include almond milk. • Must include avocado. • Must include a warm component (minimum 72°C) and a cold component. • Must include a sauce. • Must include an edible garnish that contributes to the dish.
Service Details	<ul style="list-style-type: none"> • Portion size – 150 grams per plate minimum to 200 grams per plate maximum.
Basic Ingredients	<ul style="list-style-type: none"> • A list of all ingredients available for this contest is included in the Common Food Table List. • You must select from this list when filling out the Requisition Sheet for your preparation, cooking, and serving of the Appetiser, Main Course, & Dessert. The requisition MUST include quantities required. • Requisitions must be completed and received by <u>Chef Jeffrey Brandt no later than Tuesday, March 12th, 2020.</u>
Special Equipment Provided	<ul style="list-style-type: none"> • Two (2) plates will be presented for each course, one (1) to the judges and one (1) plate for public display. • Service wares will be provided. No service wares (china) permitted other than those provided by the committee.

SPECIAL STATEMENT:

It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and, above all, meets or exceeds sanitation and safety guidelines.

Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry such as semi-permanent body piercings, etc., it must be evaluated for safety / sanitation compliance by the Committee, and resolution may be directed at that time.

The Committee member's resolution is final, and non-compliance may result in point's deduction or removal from the contest.

Any grievances must be directed immediately to a Skills Manitoba committee member.

COMMON FOOD TABLE:

All items are subject to availability and quality, but all competitors will have the same conditions when requisitioning their food ingredients.

The Committee will make every attempt to have available all requisitioned food items.

The Requisition Table List is now a Separate Document.

Mystery Items - Listed below

The committee will choose one item.

Competitors will be informed of the choice during the briefing the day of competition.

Salmonid variety – Fresh Fillets

Atlantic Salmon

Arctic Char

Lake Trout

Marking Criteria

All categories are marked from 1 to 10 and then multiplied with the multiplication factor with up to two (2) decimal places and calculated in an Excel Spreadsheet.

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none">• Appropriate and professional uniform• Personal hygiene and cleanliness• Safety• Cleanliness of work station, floor, and fridge• Cutting board hygiene• Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none">• Food wastage• Energy and water wastage• Wasted time• Appropriate planning of tasks• Respected timetable regarding serving times
25 %	Preparation	<ul style="list-style-type: none">• Correct basic cooking techniques• Correct culinary methods• Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none">• Portion size and disposition of food• Harmonious colours• Clean plates• Appetising, modern and artistic
35 %	Taste & Required Menu Components	<ul style="list-style-type: none">• Appropriate textures of foods• Degree of doneness• Balanced taste and seasonings• Taste according to menu

NOTATION:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very good	2	Insufficient
6	Good	1	Insufficient

APPENDIX I – Referenced from Gisslen: Professional Cooking



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in.
(3 mm \times 3 mm \times 3 mm).