



**2021
23rd ANNUAL SKILLS CANADA MANITOBA
COMPETITION
VIRTUAL EDITION
CONTEST DESCRIPTION**

CONTEST NAME: **Cooking**

CONTEST NO: **34**

LEVEL: **Secondary**

CONTEST DEADLINES: - Registration opens online through the Skills Canada Manitoba website on **Monday, February 1, 2021.**

- **Friday, March 12, 2021** - Competitor Registration Deadline
- Skills Canada Manitoba Competition to be held **April 5 – 16, 2021**
- Deadline for student's work to be submitted – **April 14, 2021**
- Students work to be evaluated by – **April 16, 2021**
- Results to be posted on the Skills Manitoba website and social media sites on **Wednesday, April 21, 2021.**
- There will be an **Orientation Session** prior to the competition. Details and time to be announced by the Provincial Technical Committee. Competitor and advisor attendance is mandatory.

PURPOSE OF CHALLENGE:

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

SKILLS AND KNOWLEDGE TO BE TESTED:

Evaluating professional culinary skills of competitors by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows the public a snapshot into the trade of cook while demonstrating new culinary trends and techniques.

PROJECT DESCRIPTION:

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

Recipes will be provided.

The courses will include:

1. Prepare and present two (2) Omelets with a Side Salad accompaniment with an Emulsified French Dressing.
2. Prepare and present two (2) portions of Thai Style Chicken with Green Curry Sauce and Brown Rice Pilaf.
3. Prepare and present two (2) portions of Rhubarb Tart with Streusel topping and Crème Anglaise.

The above three (3) courses to be prepared with ingredients provided by the Competitors host site.

Although recipes are included in this Contest Description, and must be respected, creativity and extra skill level will be marked accordingly in line with knowledge of current culinary trends and modern plate presentation.

The competition will judge sanitation, economy and timing, technical skills, methods, and presentation.

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.

Two (2) plates for each course will be for presentation. Both plates will be judged.

EQUIPMENT AND MATERIALS:

Virtual Competition Resource Support Form

A \$40 competition resource subsidy is available to all competitors of the Skills Canada Manitoba Competition – Virtual Edition who are required to purchase items for their respective competition. It is intended for items that were purchased to support competitors. (e.g., supplies for the Cooking and Baking contests, materials, technical equipment, tools etc.) Please complete the Virtual Competition Resource Support Form found on the Skills Manitoba website. Please note that receipts or a school invoice are required!

Equipment & Material: competitors are limited to use the following equipment or material, that is provided by host site:

- All food for the contest (see common table).
- 1 Stove (4 burners maximum) and an oven
- 1 electrical outlet with GFI
- 1 6 feet worktable
- Display area for finished plates.
- Access to refrigerator and freezer
- Sink with hot and cold water
- One rolling rack per competitor with:
 - Baking sheets - full - 4 per station
 - Baking sheets - 1/2 - 4 per station
 - Nylon cutting boards – 2 per station
- Garbage, Recycling and Organics/Compost bins
- All sanitizing equipment (spray bottle, dish soap, sanitizer).
- Cleaning supplies – Nylon scour pads, paper towels and kitchen towels.
- Common items:
 - Kitchen blender
 - Food Processor
 - Spice grinder or mortar & pestle
 - Plastic-wrap
 - Aluminum foil
 - Butcher's twine
 - Cheesecloth
 - Poly bags
 - Parchment paper
- All service ware (china) will be provided by the host site. Please see test project for details.

Equipment and material provided by the Competitor.

Competitors may use any tool and/or equipment that is not provided by the host site. It is suggested that you work with the host site to accommodate the use of specific equipment and materials. Examples of equipment that may be required are:

- Knives
- Ladles
- Whips
- Spatulas
- Piping bag and tips
- Rolling pin
- Pots and pans,
- Bowls
- Strainer
- Scale

- Whippet cartridges (for ISI whipper)
- Kitchen towels and dishtowels
- Side towels or oven mitts
- Recipes and reference books.
- CSA approved extension cord and/or power bar that must be properly secured to meet health and safety requirements.
- All equipment should be marked clearly for easy identification.

Notes:

- **Competitors are limited to 1 piece of electrical equipment (battery or power operated) for the entire duration of the contest. Choose your equipment wisely!!**
- Any competitor that will be using deep fat frying as part of their project must follow the following Safety Guidelines:
 - A thermostatically controlled self-contained deep fat fryer, or a
 - A heavy pot (with lid) and a dedicated deep fat frying thermometer that is attached to the pot.
- It is not permitted to bring any foodstuffs into the contest, including colouring agents, transfer sheets, wood for smoking, canned oil sprays, dry ice, liquid nitrogen or any other consumable products. **Only the food provided can be used (no substitutions permitted).**
- Outside service wear, like skewers, shot glasses, ramekins etc. are not permitted for presentation on the judged plates. Refer to test project for service ware (plates) provided to the competitor.
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Item's such as black ABS drain pipe, 3D printed molds, etc. are not food safe and therefore not permitted. The host Instructor reserves the right to inspect materials and prohibit its use.
- Use of Precision Controlled Equipment
 - This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment (any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision-controlled, e.g., Immersion Circulators, Thermal Mixers). **These must be limited to no more than one application during the contest.**
 - Persons using Sous Vide techniques in their cooking must have recognized time/temperature guidelines for food safety as part of their submitted work plan.
- All equipment that is needed for the module must be unpacked and stored on the competitor's station.
- Once in the contest area you may not leave the contest site for more equipment.
- Any equipment that is not on the station at the start of the competition will not be allowed onto the contest site.

Required clothing (Provided by competitor)

- Non-slip, closed toe, closed heel, water and oil resistant shoes (non-permeable)
- Dark or checked professional chef trousers.
- Double breasted, white chef jacket
- White Apron
- Side Towels
- Professional chef's hat
- Uniform Notes:
- Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally and in good taste.
- 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 meets or exceeds sanitation and safety guidelines.
- Hands must be washed; nails must be trimmed, clean and free of polish while working with food. **False nails are not permitted in the contest area.**
- Hair must be restrained during the competition.
- Beards must be neat and trimmed or restrained with a beard net.
- 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 Instructor and witness on site.

CONTEST DETAILS:

The competitor must present one (1) menu and one (1) schedule to the host Instructor once the competition begins.
Documents must be typed and/or legibly written.

COOKING SCHEDULE:

7:50 to 8:00 am Final Preparations

8:00 am Start of Competition

11:00 am Serve First Course – A filled, 2 Egg, Classic French Omelette with Side Salad and Emulsified French Dressing.

11:15 am Serve Main Course – Thai Style Chicken with Green Curry Sauce and Brown Rice Pilaf.

11:30 am Serve Dessert – Rhubarb Tart with Streusel topping and Crème Anglaise.

11:30 – 12:30 Kitchen cleaning

These are course service timing/presentation times only. The Contest can start at any hour during the day at the host site.

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.



The above picture of the table is the RECOMMENDED station set for maximum points.

MENU:

First Course:	Classic French 2 egg Filled Omelet, Side Salad dressed with an Emulsified French Dressing.
Main Course:	Thai Style Chicken with Green Curry Sauce and Brown Rice Pilaf.
Dessert:	Rhubarb Tart with Streusel topping and Crème Anglaise.

First Course	Classic French 2 egg Filled Omelet, Side Salad accompaniment with an Emulsified French Dressing.
Description	Prepare and present two (2) portions of the First Course. <ul style="list-style-type: none">• 2 egg Omelet• Filling to consist of Brie Cheese and Cremini Mushrooms.• A Garnish
Service Details	<ul style="list-style-type: none">• Prepare two (2) servings.• Two (2) plates to be judged.
Basic Ingredients	<ul style="list-style-type: none">• Use ingredients from the Ingredient List – Par Stock List.
Guidelines	<ul style="list-style-type: none">• Omelet tutorial <p>https://www.youtube.com/watch?reload=9&v=h8PcsmRypjk</p> <p>Video provided by Rouxbe Online Culinary School.</p>
Special Equipment Required	<ul style="list-style-type: none">• Recipes are provided.• Service wares will be provided by the Host school/collegiate for the Appetiser.

Main Course	Thai Style Chicken with Green Curry Sauce and Brown Rice Pilaf
Description	<ul style="list-style-type: none"> • Prepare and present two (2) servings, both for judging. • To include blanched vegetables. • A Garnish
Service Details	<ul style="list-style-type: none"> • Cooking temperatures must meet minimum 72°C industry standards. • Completed plates should not exceed 350 grams per portion.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes supplied by the Committee.
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the Ingredient List – Par Stock List.
Guidelines	<ul style="list-style-type: none"> • Service wares will be provided by the Host school/collegiate for the Main Course.

Dessert	Rhubarb Tart with Streusel topping and Crème Anglaise
Description	<ul style="list-style-type: none"> • Prepare and present two servings. One (1) 12-inch dinner plate judged & one (1) 12-inch dinner plate for display. <p>Each plate should consist of:</p> <ul style="list-style-type: none"> • Rhubarb Tart with Streusel topping. • Crème Anglaise. • A Fruit Sauce • A Chocolate Garnish • A fruit or berry, presented skillfully, to be incorporated on the plate. Example: Placing any whole berry, (blackberry, raspberry, strawberry), on the plate does not show culinary skill.
Service Details	<ul style="list-style-type: none"> • Completed plates should not exceed 200 grams per portion.
Main Ingredients Required	<ul style="list-style-type: none"> • Recipes supplied by the Committee.
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the Ingredient List – Par Stock List.
Guidelines	<ul style="list-style-type: none"> • Service wares will be provided by the Host school/collegiate for the Dessert.

SAFETY RULES / REQUIREMENTS:

The health, safety and welfare of all individuals involved with Skills Canada Manitoba are of vital importance.

At the discretion of the judges and technical committees, any competitor submission can be denied should the participant not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

All competitors must complete and submit a Safety Checklist with your project submission. The Safety Checklist is located in the Skills Manitoba Competition Information package as well as on the Skills Manitoba website.

Submissions will not be judged if the completed Safety Checklist is not included in the submission.

The COVID guidelines already in place within the participants' jurisdiction would take precedence to the below protocol.

The following are suggested COVID-19 protocols that might be in place for the duration of the competition. It is the responsibility of the participants (Competitor, Instructor), and anyone onsite during the competition) to ensure that the COVID guidelines are respected.

- The participant entering the competition space must use hand sanitizer provided at each entrance/exit.
- The participant to wipe work surfaces and equipment.

Face covering as per the local health authority requirement

SPECIAL STATEMENT – KITCHEN CLEANING:

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

Only the competitor will set up the station.

Only the instructor and competitor will be allowed in 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 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 host/organiser agrees that the station/kitchen area is clean.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ethical Conduct: We recognize that participants will be competing individually in their own schools and therefore not all conditions can be monitored. However, we expect all competitors to compete fairly, respecting and abiding by the established rules in the true spirit of Skills Canada Manitoba.














Supervision of Competitor: Competitors will be required to have an adult with them that is qualified /competent in the contest area, to both supervise and ensure safety.

COVID 19 Protocol

Please follow all established COVID 19 protocol as per your school and Manitoba Health guidelines.

Secondary Cooking Recipes

1. Recipes are provided by the National Technical Committee and will source the textbook(s) that the recipe was adapted from.
2. The recipes are intended to be adjusted to produce the appropriate quantities, flavours, and correct seasoning.
3. Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “Professional Cooking for the Canadian Chef 8th Edition”.
4. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in this scope.
5. Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’s preparation (e.g., procedures used in the recipes, cooking methods, and guidelines for plate presentations).
6. Traditional and correct cooking practices should be respected and encouraged.
7. Recipes are guidelines only, to be followed to produce the set menu items for each competency. Competitors are to prepare enough food for two (2) portions.
8. The recipes are intended to be followed but enhancements can be made.
9. Where ingredients that are unavailable or out of season appropriate substitutions will be made. All competitors will have access to the same ingredients.

	(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).
	(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).
	(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).
	(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).
	(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).
	(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).
	(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.
	(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).
	(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).
	(j) Fermière: irregular shape, varied diameter or thickness.
	(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).
	(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).
	(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Emulsified French Dressing

Professional Cooking 8 – 666A

Salad Dressing

Yield: 1 quart (1litre)

1	Egg, preferably pasteurized	1
1 ½ teaspoon	Salt	7 milliliters
1 ½ teaspoon	Paprika	7 milliliters
1 ½ teaspoon	Dry mustard	7 milliliters
¼ teaspoon	White pepper	1 milliliters
1 ½ pints	Salad oil	700 milliliters
4 fluid ounces	Cider vinegar	125 milliliters
2 fluid ounces	Lemon juice	60 milliliters
As needed	Vinegar, lemon juice, or water	As needed

1. Place the egg in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise.
8. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 millilitres)

1 fluid ounce	Vegetable oil	30 millilitres
1 ½ ounces	Green curry paste (PC8 211A)	45 millilitres
2 fluid ounces	Water or stock	60 millilitres
14 fluid ounces	Coconut milk, canned, unsweetened	410 millilitres
1 ½ ounces	Nam pla (Thai fish sauce)	45 millilitres

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer and simmer several minutes to blend flavours.

Note: in Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavoured with a curry paste, and stew the meat in the sauce with the desired vegetables.

Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

15	Serrano chiles, seeded and chopped	15
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro leaves, chopped	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 milliliters
1 teaspoon	Nutmeg	5 millilitres
3 fluid ounces	Vegetable oil	90 millilitres

1. Combine all ingredients in a food processor. Process until the mixture forms a smooth paste.
2. Refrigerate and use as needed to make curry sauces.

Note: Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste. If it is not available use fresh ginger.

Cilantro roots are the roots attached to ordinary cilantro that are usually discarded. Save, wash thoroughly and use for this preparation. If not available, use cilantro stems.

Chicken in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 millilitres
2 ½ pounds	Chicken – whole - fresh	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 210B)	525 millilitres
2 ½ pounds	Mixed vegetables – previously blanched	1 kilogram

1. Butcher the chicken for the desired cuts to be used.
2. Heat the oil in a sauté pan or wok over high heat.
3. Add the chicken and fry until well seared.
4. De-glaze pan.
5. Add the curry sauce and vegetables. Cook a few minutes longer, until the chicken is completely cooked.
6. Serve with rice.

Mixed Vegetables*

2 ounces	Green pepper, lozenge	60 grams
2 ounces	Eggplant, large dice	60 grams
2 ounces	Zucchini, medium dice	60 grams

1. Blanch the vegetables together.

2. Drain well.

The method above is just a suggestion.

Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds

2 ounces	Butter	60 grams
1 ounce	Onion, brunoise	30 grams
1 ounce	Celery, small dice	30 grams
1 ounce	Carrot, small dice	30 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 litre
To taste	Salt	to taste

1. Heat the butter in a heavy saucepan. Add the vegetables and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 1 hour, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

Crème Anglaise

Professional Cooking 8 – 1010

Custard Sauce

Yield: 2 ½ pints (1.25 litres)

12	Egg yolks	12
8 ounces	Sugar	250 grams
1 quart	Milk	1 litre
1 tablespoon	Vanilla	15 millilitres

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the milk in a boiling-water bath or over direct heat.
3. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip.
4. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F / 85°C).
5. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.
6. Refrigerate.

Rhubarb Tart with Streusel Topping

Dessert should have a maximum weight of 200 grams including sauce and garnish.

Pâte Sucrée

Professional Baking 7 – 314A

Pastry

Yield: 1 pound 9 ounces (852 grams)

6.5 ounces	Butter, softened	216 grams	54%
4 ounces	Confectioners' sugar	132 grams	33%
½ teaspoon	Salt	2 grams	0.5%
¾ teaspoon	Lemon zest, grated	2 grams	0.5%
4 drops	Vanilla extract	4 drops	
3 ounces	Eggs, beaten	100 grams	25%
12 ounces	Pastry flour	400 grams	100%

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

Baked Tart Shells

Professional Baking 7 – 351

- Remove the dough from the refrigerator.
- Scale the dough as required.
- 4 – 5-ounce (115 – 140 grams) for 6-inch (15 centimeter) tarts.
- Bake 6-inch tart shell at 450°F until golden.

Rhubarb Pie Filling

Professional Baking 7 – 294F

Fillings

Yield: 2 pounds 6 ounces (1070 grams) – one 9-inch (23 centimeter) pie

1 pound 6 ounces	Rhubarb, cut into 1-inch pieces	650 grams
1 ounce	Butter	30 grams
3 ounces	Sugar	90 grams
2 ounces	Water, cold	60 grams
0.75 ounces	Cornstarch	15 grams
3.5 ounces	Sugar	100 grams
¼ teaspoon	Salt	1 gram
0.25 ounces	Butter	7 grams

Cooked fruit method.

1. Sauté the rhubarb lightly in the first quantity of butter until they are slightly softened. Add the first quantity of sugar as the rhubarb cooks. This will draw juices out of the rhubarb, which will then simmer in these juices.
2. Mix the water and starch until smooth. Add the starch mixture to the rhubarb and boil until the liquid is thick and clear.
3. Remove from the heat. Add the remaining ingredients. Stir gently until the sugar is dissolved and the butter is melted.
4. Cool completely.

NATIONAL COMPETITION ELIGIBILITY:

A mark of **70% or higher** must be scored by the gold medalist in each contest in order for them to virtually compete at the National Skills Competition.

POINT BREAKDOWN/JUDGING CRITERIA:

Sanitation	10%
Economy and Timing	10%
Preparation	20%
Presentation	40%
Required Menu Components	20%
Total	100%

MARKING CRITERIA:

All categories are marked from one (1) to ten (10) with 2 (two) decimal points, and then multiplied with the multiplication factor in an Excel Spreadsheet.

%	Title	Judging Criteria
10 %	Sanitation	<ul style="list-style-type: none">• Appropriate and professional uniform• Personal hygiene and cleanliness• Safety• Cleanliness of workstation, floor, and fridge• Cutting board hygiene• Proper food storage methods
10 %	Economy and Timing & Product Utilization	<ul style="list-style-type: none">• Food waste• Energy and water waste• Wasted time• Appropriate planning of tasks• Respected timetable regarding serving times
20 %	Preparation	<ul style="list-style-type: none">• Correct basic cooking techniques• Correct culinary methods• Professional use of tools and equipment
40 %	Presentation	<ul style="list-style-type: none">• Portion size and disposition of food• Harmonious colours• Clean plates• Appetising, modern, and artistic
20 %	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

THE IMPORTANCE OF ESSENTIAL SKILLS FOR CAREERS IN THE SKILLED TRADES:

Essential skills are in order to bring awareness to the importance of Essential Skills that are absolutely crucial for success in the workforce. Part of this ongoing initiative requires the integration and identification of Essential Skills in contest descriptions, projects, and project documents.

The following 9 skills have been identified and validated as key essential skills for the workplace in the legend below:

¹Numeracy, ²Oral Communication, ³Working with Others, ⁴Continuous Learning, ⁵Reading Text, ⁶Writing, ⁷Thinking, ⁸Document Use, ⁹Digital

TECHNICAL COMMITTEE MEMBERS CONTACT INFORMATION:

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