



2022
24th 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 portal on **Monday, February 7, 2022.**

- **Friday, March 18, 2022** - Competitor Registration Deadline
- Skills Canada Manitoba Competition to be held **April 4 - 14, 2022**
- Deadline for student's work to be submitted – **April 12, 2022**
- Students work to be evaluated by – **April 14, 2022**
- Results to be posted on the Skills Manitoba website and social media sites on **Wednesday, April 20, 2022.**
- 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.

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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 and Main 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) portions of Cream of Mushroom Soup.
2. Prepare and present two (2) portions of Pan Fried Chicken with Pan Gravy and Duchesse Potatoes and Vegetable Bouquetiere to include Cauliflower Florette, Green Beans and Carrot Batonnet.

The above three (2) 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

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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., food supplies, 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
- Kitchen towels and dishtowels

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- 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!!**
- 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.

7:50 to 8:00 am Final Preparations

8:00 am Start of Competition

11:00 am Serve Appetizer– Cream of Mushroom Soup

11:15 am Serve Main Course – Pan-Fried Chicken with Pan Gravy with Duchesse Potatoes and Vegetable Bouquetiere

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:

Description	Prepare and present two (2) portions of the following two (2) course menu
Appetizer:	Cream of Mushroom Soup
Main Course:	Pan Fried Chicken with Pan Gravy Duchesse Potatoes Vegetable Bouquetiere – to include <ul style="list-style-type: none">- Cauliflower Florette- Green Beans- Carrot Batonnet
Service Details	<ul style="list-style-type: none">• Total volume of soup cannot exceed 250 ml• Total weight of main course cannot exceed 420 grams<ul style="list-style-type: none">- Chicken cannot exceed 200 grams- Duchesse Potato cannot exceed 100 grams• Cooking temperature of meats must meet food safety standards
Basic Ingredients	<ul style="list-style-type: none">• Use ingredients from the main ingredients & common table• Use ingredients on your station – provided.
Special Equipment Required	<ul style="list-style-type: none">• Recipes are provided.• 9-inch round white soup bowls – 2 each• 10-inch round white liner plater.- 2 each (optional)• 12-inch round white plates for main course – 2 each• Service spoons. Glasses, ramekins etc. are not allowed

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 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 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.

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).

Cream of Mushroom Soup

Recipe Yield – 1.25 L

Ingredients

White mirepoix: onion, leek, celery	125 g
Butter	65 g
Flour, all-purpose	65 g
Chicken stock	1.25 L
Mushrooms, stalks removed and retained	250 g
Sachet	1 each
Cream, 35%	75 mL
Salt and pepper	TT

Procedure

1. Sweat mirepoix in butter with mushroom stems. Do not brown.
2. Remove from heat, add flour and return to moderate heat and cook for 1 minute, stirring continuously. Remove from heat again.
3. Stir in chicken stock in 3 stages, bring to a boil and reduce to a simmer.
4. Add sachet and cook 30 – 45 minutes.
5. Strain the soup into a clean pot and bring back to a boil.
6. Add sliced mushroom caps and return to a simmer for 10 minutes.
7. Add cream and adjust seasoning
8. Adjust consistency (thickness) of finished soup if necessary

Pan-Fried Chicken with Pan Gravy

Recipe Yield – 4 1-piece servings (breast only)

Ingredients

Frenched chicken breast	4
Salt and pepper	TT
Garlic powder	10 g
Onion powder	6 g
Dried oregano	1 g
Dried basil	1 g
Flour	300 g
Buttermilk	250 mL
Oil	as needed
Onion, small dice	125 g
Chicken stock	750 mL

Procedure

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 250 g of the flour.
3. Dip the chicken in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in 1 cm or oil until done, approximately 40 minutes, turning so it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned and finish cooking in the oven.
6. To make the gravy, pour off all but 50 mL or oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 50 g of flour and cook to make a blonde roux.
9. Whisk in the stock and simmer approximately 15 minutes.
10. Strain through a cheese cloth and adjust the seasonings.
11. Serve one frenched chicken breast per person with 125 mL of gravy.

Duchesse Potatoes

Portions: 12

US Yield: 3.0 pound(s)

US Portion Size: 4.0 ounce(s)

Metric Yield: 1.2 kilogram(s)

Metric Portion Size: 100.0 gram(s)

Ingredients

US

3.5 lb.

2.0 oz

to taste

to taste

to taste

5.0 each

Metric

1.5 kg

50.0 g

to taste

to taste

to taste

5.0 each

Ingredients

Potatoes, peeled and quartered

Butter, melted

Salt

White pepper

Nutmeg

Egg yolks

Procedure

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes
5. Add the egg yolks (off the fire) and beat until smooth.
6. Put the mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans or as platter borders. Cone shaped spiral mounds are most popular for individual portion service.
7. If desired, brush lightly with egg wash for greater browning.
8. At service time, place potatoes in hot oven (400° - 425°F/200° - 230°C) until lightly browned. Platter borders may be browned under the salamander or broiler.

Bouquetiere of Vegetables

Recipe Yield – 4 portions

Ingredients

Cauliflower florette	12 each or as desired
Green beans	12 each or as desired
Carrot batonnet	12 each or as desired
Butter or other fat	as needed
Salt and pepper	TT

Procedure

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water to a boil. The liquid should cover the vegetables and they should be able to move freely without overcrowding.
3. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables.

When cooking vegetables of different colours always work from lightest colour to darkest colour.

4. Cook the vegetables to the desired doneness.
5. Remove the vegetables from the boiling water with a slotted spoon or a spider or drain through a colander.
6. Refresh / shock the vegetables in ice water, drain and refrigerate until needed.
7. Finish the vegetables as desired for service.

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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