



2023
25th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST DESCRIPTION
Thursday, April 13th, 2023

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. One (1) competitor per school (unless spots are available). To accommodate social distancing, the post-secondary competition will run in two heats, starting at 6:25 am and 11:10 am. Competitors start times will be decided by randomized draw, and will be announced no later than Monday, April 3rd.

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:

Curtis Bayne	curtis.bayne@mitt.ca	204-995-7110
Kristen R Chemerika-Lew	kchemerika-lew@rrc.ca	204-631-3466

CONTEST START TIME AND DURATION:

<u>Heat 1</u>		<u>Heat 2</u>
06:15 am	Arrive	11:00 am
06:25 am	20 minutes to set up your station	11:10 am
06:45 am	15 minute Briefing	11:15 am
07:00 am	Start time	11:30 am
10:30 am	Finish time, 3 ½ hours	03:00 pm

RATIONALE:

To evaluate each competitor'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 four (4) people within a three and a half (3½) hour time frame.

Only titles of dishes are provided, recipes and timelines / workplans are the competitor's responsibility.

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

The courses will include:

- 1. Appetizer Course:** Appetizer Quail Egg with Rösti Potato
- 2. Main Course:** Chicken Kiev inspired main course with a starch and vegetable.
- 3. Dessert Course:** Competitors choice dessert must have the following components:
Cake, Bavarois, fruit, chocolate garnish, and a sauce.

The application of current culinary trends and modern plate presentation will be taken seriously into consideration. The competition will consist of sanitation, time and product utilization, 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 9th Edition* will be viewed as accurate. Culinary terms must be respected.

Plate one (1) will be for tasting, the other three (3) plates will be for presentation and then public display. All four (4) plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Time & Product Utilization	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) timeline / workplan to the organizer once the competition begins. These documents must be typed and/or legibly written.

HEAT 1

- 6:45 – 7:00 am Briefing**
- 7:00 am Start of Competition**
- 10:00 am Serve First Course**
- 10:15 am Serve Main Course**
- 10:30 am Serve Dessert**
- 10:30 – 11:00 am Kitchen cleaning**

HEAT 2

- 11:15 – 11:30 am Briefing**
- 11:30 am Start of Competition**
- 2:30 pm Serve First Course**
- 2:45 pm Serve Main Course**
- 3:00 pm Serve Dessert**
- 3:00 – 3:30 pm Kitchen cleaning**

PRESENTATION TIMING:

All required plates for each time must be presented together as per the schedule in the Contest Details section above. 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) Globe Mixer with attachments, one (1) stove with gas burners, one (1) worktable, fridge space, shared freezer 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.



Picture is for illustration purposes only actual equipment may vary (tools and small wares are not provided).



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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 food processor and timers. Phones cannot be used as timers and are not allowed in the contest area.

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 contestant.

Required clothing provided by the competitor

- Non-slip, closed toe, closed heel, water and oil resistant shoes (non-permeable)
- Plain Black professional chef trousers. No jeans, no leggings
- Double breasted, white chef jacket
- White Apron
- Side Towels/Oven Cloths
- Uniform Notes:
 - Uniforms can have embroidery to identify the competitor, province or sponsors, but it must be done professionally
 - 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 Provincial Technical Committee (PTC), and resolution may be directed at that time. The PTC's resolution is final, and non-compliance will result in point deductions, or removal from the contest.

Competitors may be disqualified for improper attire.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ingredients:

Competitors will receive only their requisitioned food items from the Common Table document. Par Stock items will be available as per the Common Table document. 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 four (4) portions of each course.

Menu titles, as well as, culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in the menu must be used to prepare the food and the menu must be prepared with the items requisitioned from the Common Table document.

Do not waste food items. Waste of any food item will be marked accordingly. Composting and recycling principles will be employed.

Twelve (12) round plates will be provided. Four (4) plates for each course.

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: plastics, foil, wax paper, tin, etc..

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

Useable Trim - will be brought to the Common Table area in a form that is usable. I.e., when using pieces or part of any product, please ensure you return the usable trim back to the common area using proper labeling, wrapping, and or packaging practices.

Competitors attention to sustainability practices, including their usage of power and water, during set-up, clean-up, and the competition. Points will be deducted if the judges feel that the competitor is being wasteful with power and water in the Time and Product Utilization.

Contest Description

MENU:

Appetiser Course:	Appetizer of Quail Egg with Rösti Potato
Main Course:	Chicken Kiev inspired main course with starch and vegetable.
Dessert Course:	Competitors choice dessert that must have the following components: Cake, Bavarois, fruit, chocolate garnish, and a sauce
Appetizer Course	
Description	<p>Prepare four (4) Appetizer of Quail Egg with Rösti Potato dishes, suitable for a la carte service for ovo-lacto vegetarians.</p> <ul style="list-style-type: none"> • Must have balance of colours, textures and flavours. • Visible components on the plate must include: <ul style="list-style-type: none"> ○ Quail egg(s) and rösti potato ○ Minimum one (1) sauce ○ Minimum one (1) functional garnish
Service Details	<ul style="list-style-type: none"> • Dishes must be served hot. • Dishes must be sauced, not served on the side. • Total portion size to be between 125 – 165 grams.
Basic & Main Ingredients	<ul style="list-style-type: none"> • Use ingredients from the main ingredients & requisitioned for the common table • 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 Kristen R Chemerika-Lew at kchemerika-lew@rrc.ca no later than <u>Sunday, April 2nd, 2023.</u>
Special Equipment Required	<ul style="list-style-type: none"> • Recipes are not provided for the First Course dish. • 12-inch round dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document. <ul style="list-style-type: none"> • NOTE: Molds, etc are permitted for production, however, added service wares: spoons, glasses, ramekins etc are not allowed for service.

Main Course	
Description	<p>Prepare a main course dish featuring Chicken Kiev inspired main course</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ One (1) sauce ○ One (1) starch ○ Three (3) vegetables, each utilizing a different cooking method ○ One (1) functional, edible garnish
Service Details	<ul style="list-style-type: none"> • Cooking temperature must meet industry safety standards - protein items must be cooked – no raw preparations • Dishes must be served hot. • Dishes must be sauced AND also on the side in one (1) sauce boat (90 ml minimum). • Total portion size to be between 185 - 250 grams.
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 Kristen R Chemerika-Lew at kchemerika-lew@rrc.ca no later than <u>Sunday, April 2nd, 2023.</u>
Special Equipment Required	<ul style="list-style-type: none"> • Recipes are not provided for the Main Course dish. • 12-inch round dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document. <ul style="list-style-type: none"> • NOTE: Molds, etc are permitted for production, however, added service wares: spoons, glasses, ramekins etc are not allowed for service.

Dessert Course	
Description	<ul style="list-style-type: none"> • Competitors choice dessert must have the following components: <ul style="list-style-type: none"> • Cake • Bavarois • Fruit • Chocolate garnish • Minimum of one (1) sauce
Service Details	<ul style="list-style-type: none"> • Portion size – minimum of 95 grams total portion size per plate. • Service temperature is to be room temperature – no frozen components.
Basic & Main 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. <ul style="list-style-type: none"> • Requisitions must be completed and received by Kristen R Chemerika-Lew at kchemerika-lew@rrc.ca no later than <u>Sunday, April 2nd, 2023.</u>
Special Equipment Provided	<ul style="list-style-type: none"> • Recipes are not provided for the Dessert Course dish. • 12-inch round dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document. <ul style="list-style-type: none"> • NOTE: Molds, etc are permitted for production, however, added service wares: spoons, glasses, ramekins etc <i>are not allowed for service.</i>

SPECIAL STATEMENT:

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 Common Table and Requisition form are now separate documents and will be posted soon!

Marking Criteria

All categories are marked on a four (4) point scale, zero to three (0 – 3). Each category is then weighted as stated below. Each judges' rubric* is then submitted to the MB Skills Committee and scores are inputted into an Excel Spreadsheet that automatically calculates each competitor's score out of one thousand (1000).

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none"> • Appropriate and professional uniform • Personal hygiene and cleanliness • Cleanliness of cutting board, workstation, and kitchen spaces • Workplace Safety • Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none"> • Waste & Yield Management • Efficient Use of Work Plan and Appropriate planning of tasks • Respected timetable regarding serving times
25 %	Preparation	<ul style="list-style-type: none"> • Professional use of tools and equipment • Recipe Variation • Fabrication and Preparation Techniques • Cooking Methods • Ingredient Knowledge
15 %	Presentation & Required Components	<ul style="list-style-type: none"> • Required Ingredients / Elements • Clean Plating • Use of Plate Space • Visual Appeal • Modernity and Style • Overall Quality
35 %	Taste and Texture	<ul style="list-style-type: none"> • Texture and Doneness • Flavour and Seasoning • Portion Size • Menu Writing • Applied Cooking Methods

NOTATION:

3	Excellent
2	Good
1	Satisfactory
0	Poor