



2023
25th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST DESCRIPTION
Wednesday, April 12, 2023

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: 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 secondary competition will run in two heats, starting at 8:25 am and 1:10 pm. Competitors start times will be decided by randomized draw, and will be announced no later than Monday, April 3rd.

CONTEST LOCATION:

Manitoba Institute of Trades and Technology

130 Henlow Bay

Winnipeg, Manitoba, R3Y 1G4

Contest – Main Kitchen

Judging Room – TBA

IN PLACE EQUIPMENT:

A shared reach-in cooler, shared walk-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

Livia Gloux

lgloux@wsd1.org

204-786-1401 ext 527

CONTEST START TIME AND DURATION:

<u>Heat 1</u>		<u>Heat 2</u>
8:00 am	Arrive	12:45 pm
8:25 am	20 minutes to set up your station	1:10 pm
8:45 am	15 minute Briefing	1:30 pm
9:00 am	Start time	1:45 pm
1:00 pm	Finish time, 4 hours	6:15 pm

RATIONALE:

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:

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 four (4) hour time frame.

Titles of dishes and some recipes are provided. Please see the provided recipes at the end of this document. Recipes are not provided for the cultural component.

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

The courses will include:

1. **Appetizer Course:** A cultural component that recognises Indigenous history and culture.
2. **Main Course:** Burger and Roasted Potato Dish accompanied with a condiment, classical demi-glace derivative sauce, and garnish.
3. **Dessert Course:** Brownie accompanied with a Fruit Sauce and Garnish.

The above three (3) courses to be prepared with ingredients found on the Common Table – Par Stock table and the Requisition Sheet.

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, 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, plate two (2) will be for presentation and then public display. Both will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Time and 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. Documents must be typed and/or legibly written.

Heat 1

8:45 am	15 minute Briefing
9:00 am	Start of Competition
12:30 pm	Serve First Course
12:45 pm	Serve Main Course
1:00 pm	Serve Dessert
1:00 – 1:30 pm	Clean Up

Heat 2

1:30 pm
1:45 pm
5:15 pm
5:30 pm
5:45 pm later
5:45 – 6:15 pm

PRESENTATION TIMING:

All 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 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 with three (3) burners, one (1) worktable, shared fridge space, shared freezer space, electric outlet, shared sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, and one (1) shared 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



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



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



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

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/ 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, 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.

Six (6) round plates will be provided. Two (2) plates for each course.

Reference books and recipes can be consulted during the competition.

NOTE - SUSTAINABILITY:

Recycling - will go into designated recycling containers, (white bucket or labelled container), 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, (white bucket or labelled container) 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.

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.

MENU:

First Course:	A cultural component that recognises Indigenous history and culture.
Main Course:	Burger and Roasted Potato Dish accompanied with a condiment, classical demi-glace derivative sauce, and garnish.
Dessert:	Brownie with accompanied with a Fruit Sauce and Garnish.

First Course	A cultural component that recognises Indigenous history and culture – To be determined by each competitor.
Description	<p>Prepare and present two (2) portions of the First Course.</p> <ul style="list-style-type: none"> • Prepare two (2) portions of a sweet or savoury dish featuring an ingredient Indigenous to Canada found from the requisitioned Common Table request • The two (2) portions should be large enough for three (3) judges to adequately taste this dish. • NOTE that at the Skills Canada Competition, each competitor will need to present: <ul style="list-style-type: none"> ○ a research paper which has been submitted to the National Technical Committee by the due date and time in the Skills Canada Project document. <ul style="list-style-type: none"> ▪ 5-paragraph essay giving details about the ingredient(s) and its importance to historical and current Indigenous peoples in Canada. ○ will be given a five (5) minute time slot where they will do a brief interview with members of the National Technical Committee explaining how they came up with their dish and its significance to them as a cook.
Service Details	<ul style="list-style-type: none"> • Prepare two (2) servings large enough for three (3) judges to adequately taste this dish • Each of the two (2) first course portions on one (1) 12 inch dinner plate, two (2) 12" inch dinner plates total.
Basic & Main Ingredients	<ul style="list-style-type: none"> • Use ingredients from the requisitioned common table request • 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 Curtis Bayne at Curtis.bayne@mitt.ca no later than <u>Sunday, April 2nd, 2023.</u>

Guidelines	<ul style="list-style-type: none"> The dish can be sweet or savory and must feature a dish with ingredient(s) Indigenous to Canada. You can use 1 (or more) ingredients that are Indigenous to Canada that will be found on the Common Table document. <i>You may only use an ingredient (or ingredients) found on and requested from the Common Table document.</i> Indigenous sources used must be legitimate sources. It is advised to connect with a local Indigenous leader (elder, knowledge keeper, or Indigenous Chef)
Special Equipment Required	<ul style="list-style-type: none"> Recipes are not provided for the First Course Indigenous Cultural dish. 12-inch dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document.

Main Course	Burger and Roasted Potato
Description	<p>Prepare and present two (2) portions of the Main Course.</p> <ul style="list-style-type: none"> Prepare two (2) portions of a burger and roasted potato dish accompanied with a classical demi-glace derivative sauce dish with ingredients requisitioned from the Common Table document.
Service Details	<ul style="list-style-type: none"> Cooking temperatures must meet minimum 71°C industry standards. Completed plates should not exceed 350 grams per portion. <ul style="list-style-type: none"> The burger patty not to exceed 180g Competitors will make a roasted potato dish to accompany their burger. Some examples of this are: roasted potatoes, potato wedges, oven roasted French fries, etc, accompanied with a classical demi-glace derivative sauce. <ul style="list-style-type: none"> It is NOT permissible to use a deep fryer for the potato dish. Must include a minimum of one (1) of each of the following: <ul style="list-style-type: none"> Burger homemade condiment Burger homemade sauce
Basic & Main Ingredients Required	<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 Curtis Bayne at Curtis.bayne@mitt.ca no later than <u>Sunday, April 2nd, 2023.</u>
Guidelines	<ul style="list-style-type: none"> Competitors may wish to reference the Professional Cooking 9th Edition textbook for recipes and formulas. Competitors are encouraged to vary these recipes and or use other recipes.
Special Equipment Required	<ul style="list-style-type: none"> 12-inch dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document.

Dessert	Brownie
Description	<p>Prepare and present two (2) portions of the Dessert Course.</p> <ul style="list-style-type: none"> • Prepare two (2) portions of a brownie with ingredients found on the Common document.
Service Details	<ul style="list-style-type: none"> • Completed plates should not exceed 200 grams per portion. • The maximum pan size that is permissible to use by competitors is a 9 x 9 pan. • Must include the following: <ul style="list-style-type: none"> • Fruit based homemade sauce • Plate garnish (edible) presented skillfully. Example: Placing a whole strawberry or fresh mint on the plate does not show culinary skill.
Basic & Main Ingredients Required	<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 Curtis Bayne at Curtis.bayne@mitt.ca no later than <u>Sunday, April 2nd, 2023.</u>
Guidelines	<ul style="list-style-type: none"> • Competitors may wish to reference the Professional Cooking 9th Edition textbook for recipes and formulas. Competitors are encouraged to vary these recipes and or use other recipes.
Special Equipment Required	<ul style="list-style-type: none"> • Recipes are not provided for the Dessert Course dish. • 12-inch dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document.

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

Secondary Cooking Recipes

1. You will find some procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed at the end of this document which are provided by the Provincial Technical Committee at the end of this document.
2. The recipes you use are intended to be adjusted to produce the appropriate quantities, flavours, and correct seasoning.
3. Although recipes are NOT included in this “contest project” we recommend that you refer to a textbook such as the “Professional Cooking for the Canadian Chef 9th Edition”.
4. Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the modules preparation (e.g. procedures used in the recipes, cooking methods, and guidelines for plate presentations).
5. Traditional and correct cooking practices should be respected and encouraged.
6. 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.

Any recipes provided are intended as guidelines, so enhancements can be made and are encouraged.

7. Where ingredients that are unavailable or out of season appropriate substitutions will be made. All competitors will have access to the same ingredients.

Brownie Recipe:

Brownies

INGREDIENTS	U.S.	METRIC	PERCENTAGE	PROCEDURE
Unsweetened chocolate	1 lb	450 g	100 %	Mixing: Sponge method. 1. Melt chocolate and butter together in a double boiler. Stir so that the mixture is smooth. Let it cool to room temperature. 2. Blend the eggs, sugar, and salt until well mixed, but do not whip. Add the vanilla. 3. Blend in the chocolate mixture. 4. Sift the flour and fold it in. 5. Fold in the nuts. Makeup: Sheet method. Grease and flour the pans or line them with parchment. Quantity of basic recipe is enough for 1 full sheet pan, 18 × 26 in. (46 × 66 cm), 2 half-size sheet pans, 4 pans measuring 9 × 13 in. (23 × 33 cm), or 6 square pans measuring 9 in. (23 cm) per side. If desired, batter may be sprinkled with an additional 50% (8 oz/255 g) chopped nuts after panning. Baking: 325°F (165°C), about 60 minutes. For 2-in. (5-cm) square brownies, cut sheet pan 8 × 12 to yield 96 pieces.
Butter	1 lb 8 oz	675 g	150 %	
Eggs	1 lb 8 oz	675 g	150 %	
Sugar	3 lb	1350 g	300 %	
Salt	0.25 oz (1½ tsp)	7 g (7 mL)	1.5 %	
Vanilla	1 oz	30 mL	6 %	
Cake flour	1 lb	450 g	100 %	
Chopped walnuts or pecans	1 lb	450 g	100 %	
Total weight:	9 lb 1 oz	4087 g	907 %	
Per 1 brownie: Calories, 190; Protein, 3 g; Fat, 12 g (54% cal.); Cholesterol, 45 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 95 mg.				

VARIATIONS

Butterscotch Brownies or Blondies

Omit chocolate. Use brown sugar instead of granulated sugar. Increase flour to 1 lb 6 oz (600 g).

Source: Professional Cooking 9th edition. **Page:** 988

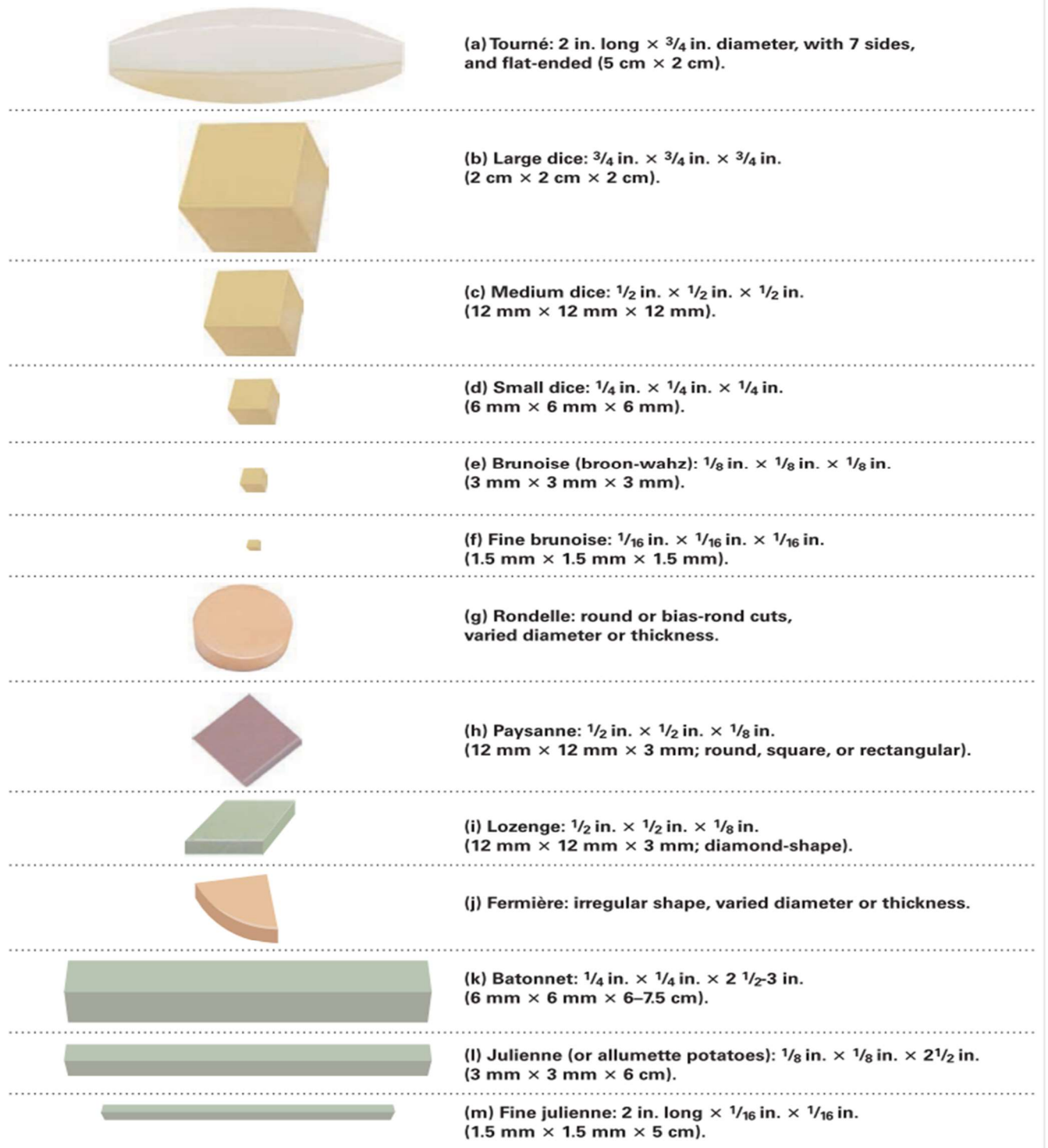


Figure 7.7 Basic Cuts and Shapes *Professional Cooking 9th Ed, p145*