



26th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST PROJECT
Thursday, April 11, 2024

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: Post Secondary

NOTE: This Contest Project is based on the Contest Description and provides detailed information about the contest itself. ***Competitors will need to reference both of these documents.***

CONTEST LOCATION:

Paterson Global Foods Institute School of Hospitality & Culinary Arts

504 Main Street

Winnipeg, Manitoba, R3B 1B8

Kitchen (Room 314)

Judging Room (Room 313)

The kitchen can only accommodate four (4) competitors total, on a first come first served basis. One (1) competitor per post-secondary institution (unless additional spots are available).

CONTEST START TIME, DURATION AND SERVING TIMES:

All Competitors

7:30 – 8:00 am	Arrive
8:00 am	30 minutes to set up your station
8:30 am	15 minute Briefing
8:45 am	Start Cooking
12:15 pm	Serve Appetizer Course
12:30 pm	Serve Main Course
12:45 pm	Serve Dessert Course
12:45 – 1:15 pm	Clean Up
3:30 pm	Medal Ceremony

MENU AND COURSE DETAILS:

First Course	TBA
Description	<p>Prepare four (4) portions of a plated appetiser. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Rainbow Trout. • A minimum of one (1) sauce • A minimum of one (1) functional edible garnish.
Service Details	<ul style="list-style-type: none"> • Total plate portion must be between 150 - 200 grams. • Sauce is to be served on plates. • Protein items must be cooked to a minimum of 60 C (140 F) – no raw preparations. • Appetiser can be hot or cold. (Plate temperature must be appropriate for the dish). <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white – 4 each • Each of the first course portions on one (1) 12 inch dinner plate, four (4) 12" inch dinner plates total. • One (1) plate will be for presentation/public display, the other three (3) plates will be for tasting. All plates will be judged. <p>All plates for this course must be presented together at the same time by the competitor. Marks will be deducted if course are served late, see Contest Rubric for details.</p> <p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p>
Basic & Main Ingredients	<ul style="list-style-type: none"> • Use ingredients from the requisitioned Contest Common Table • You must select from this list when filling out the Contest Common Table Requisition Form for your preparation, cooking, and serving of the Appetizer, Main Course, & Dessert. The requisition MUST include quantities required. • Requisitions must be completed and received by Chef Kristen R Chemerika-Lew at Kchemerika-lew@rrc.ca no later than <u>Friday, March 22, 2024.</u>
Guidelines	<ul style="list-style-type: none"> • Competitors may wish to reference the Professional Cooking 9th Edition textbook for recipes and formulas or other sources as recipes are not provided for this course. • Competitors are encouraged to enhance and alter any recipes to make them their own!
Special Equipment Required	<ul style="list-style-type: none"> • Copies of recipes provided by the competitor. • 12-inch dinner plates will be provided. No other containers or service equipment permitted other than those provided as per scope document.

Main Course	TBA
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Description	<p>Prepare four (4) main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Duck, demonstrating a minimum of two (2) different cooking methods. • A minimum of 3 Vegetable preparations, utilizing different cooking methods for each. • A minimum of 1 starch preparation. • A minimum of 1 sauce (served hot). • A minimum of one (1) cooked functional edible garnish.
Service Details	<ul style="list-style-type: none"> • Total plate portion must be between 185 - 250 grams. • Sauce is to be served on plates. • Protein items must be cooked – no raw preparations. • Dishes must be served hot. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white – 4 each • Sauce boat – 1 each <ul style="list-style-type: none"> • Each of the first course portions on one (1) 12 inch dinner plate, four (4) 12" inch dinner plates total. • One (1) plate will be for presentation/public display, the other three (3) plates will be for tasting. All plates will be judged. <p>All plates for this course must be presented together at the same time by the competitor. Marks will be deducted if course are served late, see Contest Rubric for details.</p> <p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p>
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Dessert	TBA
Description	<p>Prepare four (4) dessert course plates. Visible components on the plate must include a:</p> <ul style="list-style-type: none"> • Pastry (i.e., choux, puff pastry, pâte brisée, pâte sucrée, etc). • Custard (i.e., pastry cream, crème Anglaise, Bavarois, etc). • A minimum of one (1) sauce. • And must include the following components: <ul style="list-style-type: none"> • fruit • cheese • alcohol • either a chocolate, or sugar garnish
Service Details	<ul style="list-style-type: none"> • Total plate portion must be between 95 - 150 grams. • No frozen components permitted. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12" plate, round white <ul style="list-style-type: none"> • Each of the first course portions on one (1) 12 inch dinner plate, four (4) 12" inch dinner plates total. • One (1) plate will be for presentation/public display, the other three (3) plates will be for tasting. All plates will be judged. <p>All plates for this course must be presented together at the same time by the competitor. Marks will be deducted if course are served late, see Contest Rubric for details.</p> <p>Note - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are not allowed for service.</p>
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Basic Cuts and Shapes Expectations:














	(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).

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