



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

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: 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 eight (8) competitors total, on a first come first served basis. One (1) competitor per secondary institution (unless additional spots are available).

CONTEST START TIME, DURATION AND SERVING TIMES:

All Competitors

8:00 am	Arrive
8:25 am	20 minutes to set up your station
8:45 am	15 minute Briefing
9:00 am	Start time
12:30 pm	Serve Appetizer Course
12:45 pm	Serve Main Course
1:00 pm	Serve Dessert Course
1:00 – 1:30 pm	Clean Up
3:30 pm	Medal Ceremony

MENU AND COURSE DETAILS:

First Course	Risotto
Description	<p>Prepare two (2) portions of the following:</p> <p>Risotto appetizer must will include a minimum of:</p> <ul style="list-style-type: none"> • One (1) item from the common table • Appropriate and modern functional garnish(es) must be created to accompany the risotto.
Service Details	<ul style="list-style-type: none"> • Total bowl must be between 150 – 210 grams. <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 10-inch bowl, round white – 2 each • Each of the first course portions on one (1) 10-inch bowl, two (2) 10-inch bowls total. • One (1) bowl will be for tasting, the other bowls(s) will be for presentation and then public display. All plates will be judged. <p>All bowls 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 Friday, March 22, 2024.
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	Pizza with Side Salad

Description	<p>Pizza main course must include a minimum of:</p> <ul style="list-style-type: none"> Homemade Pizza Dough Homemade Tomato sauce Two (2) vegetable/fruit preparations One (1) protein (or protein substitute) One (1) type of cheese <p>Side Salad accompaniment must include a minimum of:</p> <ul style="list-style-type: none"> Three (3) types of lettuce and/or greens from common table One (1) precision vegetable cut One (1) temporary or permanent emulsification – competitor's choice of flavour One (1) functional garnish that is modern, and complimentary.
Service Details	<p>The pizza must have a minimum diameter of 15 cm (6") and a maximum of 20 cm (8") or the equivalent surface area for other pizza shapes. The pizza must fit on the 12" plate provided (while not going onto the rim of the plate). Salad to be served on the side in the bowl provided.</p> <p>Provided Service wares:</p> <ul style="list-style-type: none"> Each pizza on one (1) 12-inch dinner plate, two (2) 12-inch dinner plates total. Each Side Salad accompaniment on one (1) 10-inch salad bowl, two (2) 10-inch salad bowls total One (1) plate and one (1) bowl will be for tasting, the other plate(s) and bowl(s) will be for presentation and then public display. All plates and bowls will be judged. <p>All plates and bowls 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:</p>
Basic & Main Ingredients Required	<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 Friday, March 22, 2024.
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 vary 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.

Dessert	Italian Inspired Dessert
Description	<p>Italian Inspired Dessert must include a minimum of:</p> <ul style="list-style-type: none"> • One (1) cookie preparation of the competitor's choice. • One (1) pastry cream (flavour of the competitor's choice). • One (1) fruit-based sauce. • One (1) functional garnish of either sugar or chocolate
Service Details	<ul style="list-style-type: none"> • minimum 125 g to maximum 185 g • Cooking temperature must meet food safety standards' <p>Provided Service wares:</p> <ul style="list-style-type: none"> • Each dessert on one (1) 12-inch dinner plate, two (2) 12-inch dinner plates total. • One (1) plate will be for tasting, the other plate(s) will be for presentation and then public display. 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 Required	<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 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.

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