



**27th ANNUAL SKILLS MANITOBA COMPETITION**  
**CONTEST PROJECT**  
**Wednesday, April 9, 2025**

**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  
Kitchens: (Room 314 & 306)  
Judging Room (Room 313)

**The kitchen(s) can accommodate fifteen (15) competitors, on a first come first served basis. Each post-secondary institution may have up to two (2) competitors.**

**CONTEST START TIME, DURATION AND SERVING TIMES:**

**All Competitors**

|                |                                   |
|----------------|-----------------------------------|
| 2:30 pm        | Arrive                            |
| 3:00 pm        | 30 minutes to set up your station |
| 3:30 pm        | 15 minute Briefing                |
| 3:45 pm        | Start Cooking                     |
| 7:15 pm pm     | <b>Serve Appetizer Course</b>     |
| 7:30 pm        | <b>Serve Main Course</b>          |
| 7:45 pm        | <b>Serve Dessert Course</b>       |
| 7:45 – 8:15 pm | Clean Up                          |

Next day:  
 April 10, 2025 3:30 pm Medal Ceremony

**MENU AND COURSE DETAILS:**

| 3 Course    | Appetizer, Main Course, and Dessert   |
|-------------|---|
| Description | <p><b>Prepare four (4) portions of the following three (3) course menu:</b></p> <p><b><u>Appetizer:</u></b><br/> <b>Cornish Game Hen consommé</b> and must include:</p> <ul style="list-style-type: none"> <li>• Mousseline forcemeat filled pasta component</li> <li>• Three (3) appropriately sized vegetable garnishes of the following cuts: brunoise, julienne, and one of your choice.</li> <li>•</li> </ul> <p><b><u>Main Course:</u></b><br/> <b>Niçoise inspired main course</b> visible components on the plate must include:</p> <ul style="list-style-type: none"> <li>• Fresh water round white fish (no raw or ceviche preparations)</li> <li>• A minimum of three (3) different cooking methods</li> <li>• A minimum of one (1) sauce</li> <li>• Dish must be served hot, no cold element preparations.</li> </ul> <p><b><u>Dessert Course:</u></b><br/> <b>Dessert Plate</b> visible components on the plate must include:</p> <ul style="list-style-type: none"> <li>• Choux Pastry</li> <li>• Custard Based filling (i.e., pastry cream, bavarois, chiboust etc)</li> <li>• A tempered chocolate garnish or sugar garnish</li> <li>• Cooked fruit element, not the sauce</li> <li>• A minimum of one (1) sauce, not the cooked fruit element</li> </ul> |

|                          |  |
|--------------------------|--|
| Service Details          | <ul style="list-style-type: none"> <li>• Appetizer <ul style="list-style-type: none"> <li>○ minimum of 200 – maximum of 250 ml</li> <li>○ served hot, including China ware</li> </ul> </li> <li>• Main Course <ul style="list-style-type: none"> <li>○ minimum of 185 – maximum of 250 g</li> <li>○ Sauce to be served on plates and on the side in one (1) sauce boat, 90 ml minimum</li> <li>○ Served hot, no cold preparations, including China ware</li> </ul> </li> <li>• Dessert <ul style="list-style-type: none"> <li>○ minimum of 95 – maximum of 150 g</li> <li>○ China ware appropriate temperature</li> </ul> </li> <li>• Cooking temperature must meet food safety standards'</li> <li>• <b>No frozen components</b></li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 10-inch soup bowl, round white – four (4) each, four (4) for appetizer course: <ul style="list-style-type: none"> <li>○ All of the first course items in one (1) 10-inch soup plate, four (4) 10-inch soup bowls total.</li> </ul> </li> <li>• 12-inch plate, round white – eight (8) each, four (4) for the main course and four (4) for the dessert <ul style="list-style-type: none"> <li>○ All of the main course items on one (1) 12-inch plate, four (4) 12-inch plates total. <ul style="list-style-type: none"> <li>▪ + one (1) sauce boat each for main course sauce on side</li> </ul> </li> <li>○ All of the dessert items on one (1) 12-inch plate, four (4) 12-inch plates total. <ul style="list-style-type: none"> <li>▪ Three (3) plate from each course and the sauce boat will be for tasting, the other plate will be for presentation and then public display. All plates will be judged.</li> </ul> </li> </ul> </li> </ul> <p>All Plates for each course must be presented together at the same time by the competitor, as per the contest schedule. Marks will be deducted if a course is served outside the presentation window, as per the Contest Rubric.</p> <p><b>Note</b> - Molds, etc. are permitted for production, however added service wares: spoons, glasses, ramekins etc. are <b>not allowed for service</b>.</p> |
| Basic & Main Ingredients | <ul style="list-style-type: none"> <li>• Use ingredients from the requisitioned Contest Common Table</li> <li>• You must select from this list when filling out the <b>Contest Common Table Requisition Form</b> for your preparation, cooking, and serving of the Appetizer, Main Course, &amp; Dessert. The requisition <b>MUST</b> include quantities required.</li> <li>• Requisitions must be completed and received by Chef Kristen Chemerika-Lew at <a href="mailto:Kchemerika-lew@rrc.ca">Kchemerika-lew@rrc.ca</a> no later than <b><u>Friday, March 21, 2025.</u></b></li> </ul>   |

|                            |  |
|----------------------------|--|
| Guidelines                 | <ul style="list-style-type: none"><li>• Competitors may wish to reference the Professional Cooking 9<sup>th</sup> Edition textbook for recipes and formulas or other sources as recipes are not provided for this course.</li><li>• Competitors are encouraged to enhance and vary any recipes to make them their own!</li></ul> |
| Special Equipment Required | <ul style="list-style-type: none"><li>• Copies of recipes provided by the competitor.</li><li>• 10-inch bowl, 12-inch dinner plates, and sauce boats will be provided. No other containers or service equipment permitted other than those provided as per scope document.</li></ul>   |

## Basic Cuts and Shapes Expectations:











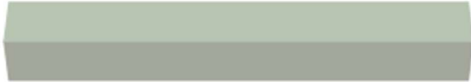


|   |  |
|---|--|
|    | (a) Tourné: 2 in. long × 3/4 in. diameter, with 7 sides, and flat-ended (5 cm × 2 cm).           |
|    | (b) Large dice: 3/4 in. × 3/4 in. × 3/4 in. (2 cm × 2 cm × 2 cm).                                |
|    | (c) Medium dice: 1/2 in. × 1/2 in. × 1/2 in. (12 mm × 12 mm × 12 mm).                            |
|    | (d) Small dice: 1/4 in. × 1/4 in. × 1/4 in. (6 mm × 6 mm × 6 mm).                                |
|    | (e) Brunoise (broon-wahz): 1/8 in. × 1/8 in. × 1/8 in. (3 mm × 3 mm × 3 mm).                     |
|    | (f) Fine brunoise: 1/16 in. × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 1.5 mm).                    |
|   | (g) Rondelle: round or bias-rond cuts, varied diameter or thickness.                             |
|  | (h) Paysanne: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; round, square, or rectangular). |
|  | (i) Lozenge: 1/2 in. × 1/2 in. × 1/8 in. (12 mm × 12 mm × 3 mm; diamond-shape).                  |
|  | (j) Fermière: irregular shape, varied diameter or thickness.                                     |
|  | (k) Batonnet: 1/4 in. × 1/4 in. × 2 1/2-3 in. (6 mm × 6 mm × 6-7.5 cm).                          |
|  | (l) Julienne (or allumette potatoes): 1/8 in. × 1/8 in. × 2 1/2 in. (3 mm × 3 mm × 6 cm).        |
|  | (m) Fine julienne: 2 in. long × 1/16 in. × 1/16 in. (1.5 mm × 1.5 mm × 5 cm).                    |

Figure 7.7 Basic Cuts and Shapes *Professional Cooking 9<sup>th</sup> Ed, p145*

## **ADDITIONAL INFORMATION:**

### **Recipes and Procedures:**

Any recipes you use or that may be provided are intended to be adjusted to produce the appropriate quantities, flavours, and correct seasoning. Any recipes that may be provided by the PTC are intended as guidelines, so enhancements can be made and are encouraged.

- **This document is subject change without notice. Manitoba Skills will endeavour to inform you via email, however, we recommend you check with the Manitoba Skills site regularly to ensure you have the most up-to-date document. Last minute changes the last few days leading up to the competition will be announced during the briefing the day of the competition if applicable.**