



**27th ANNUAL SKILLS MANITOBA COMPETITION**  
**CONTEST PROJECT**  
**Thursday, April 10, 2025**

**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 308 & 314)  
Judging Room (Room 313)

**The kitchen(s) can accommodate fifteen (15) competitors, on a first come first served basis. One (1) competitor per secondary institution.**

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

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

**MENU AND COURSE DETAILS:**

3 Course	Appetizer, Main Course, and Dessert
Description	<p><b>Prepare two (2) portions of the following three (3) course menu:</b></p> <p><b><u>Appetizer:</u></b>  <b>Perogies with potato filling</b> and must include a minimum of:</p> <ul style="list-style-type: none"> <li>• One (1) Sauce of the competitors’ choice (hot or cold)</li> <li>• One (1) functional and edible garnish</li> <li>• Perogies served hot on China that has the appropriate temperature</li> </ul> <p><b><u>Main Course:</u></b>  <b>Stuffed Chicken Breast main course</b> must include a minimum of:</p> <ul style="list-style-type: none"> <li>• A minimum of two (2) ingredients in the stuffing from the common table</li> <li>• A minimum of one (1) starch, a pulse or a grain</li> <li>• A minimum of two (2) vegetable/fruit preparations</li> <li>• Velouté derivative sauce</li> <li>• One (1) functional edible garnish</li> <li>• Served hot, including China ware with appropriate temperature</li> </ul> <p><b><u>Dessert Course:</u></b>  <b>Biscuit Feature Dessert</b> must include a minimum of:</p> <ul style="list-style-type: none"> <li>• One (1) Fruit-based sauce.</li> <li>• One (1) Flavoured Chantilly Cream with a minimum of one (1) spice from the Common Table</li> <li>• One (1) Functional edible garnish</li> <li>• China ware temperate appropriate</li> </ul>

Service Details	<ul style="list-style-type: none"> <li>• Appetizer – minimum of 150 – maximum of 210 g</li> <li>• Main Course – minimum of 250 – maximum of 350 g</li> <li>• Dessert – minimum of 125 – maximum of 185 g</li> <li>• Cooking temperature must meet food safety standards'</li> <li>• <b><u>No frozen components.</u></b></li> </ul> <p><b>Provided Service wares:</b></p> <ul style="list-style-type: none"> <li>• 12-inch plate, round white – six (6) each, two (2) for each course <ul style="list-style-type: none"> <li>○ All of the first course items on one (1) 12-inch plate, two (2) 12-inch plates total.</li> <li>○ All of the main course items on one (1) 12-inch plate, two (2) 12-inch plates total.</li> <li>○ All of the dessert items on one (1) 12-inch plate, two (2) 12-inch plates total. <ul style="list-style-type: none"> <li>▪ One (1) plate from each course will be for tasting, the other plate(s) 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>
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 not all recipes are 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>• 12-inch dinner plates 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:

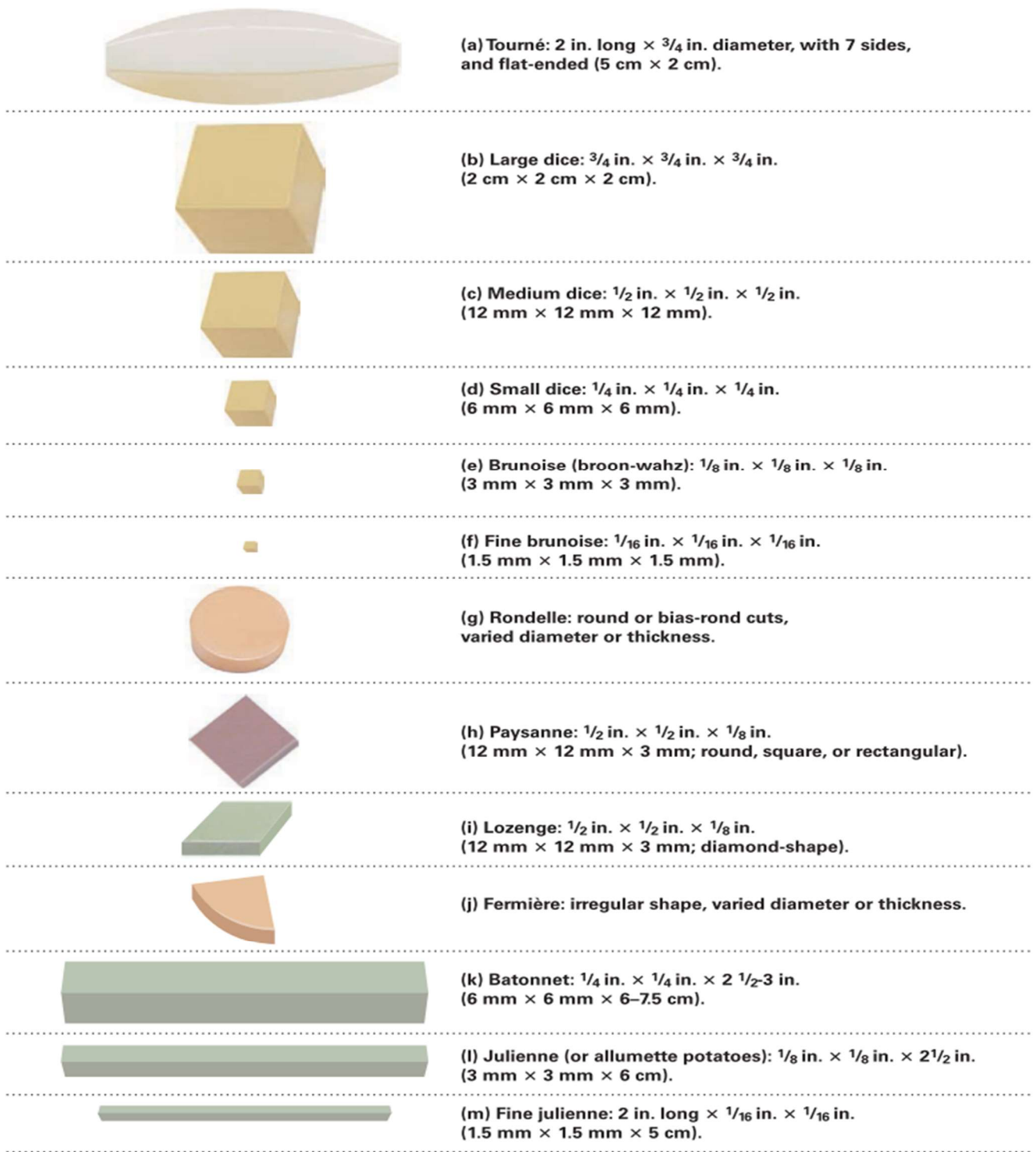


Figure 7.7 Basic Cuts and Shapes *Professional Cooking 9<sup>th</sup> Ed, p145*

**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.

## Potato and Cheese filled Pierogi with Caramelized Onions, Beurre Noisette and Sage

Source: Professional Chef 10<sup>th</sup> edition, Page 694

Yield: 10 servings

### Filling

Chef's Potatoes	6 lbs	2.72 kg
Egg Yolks	7 each	7 each
Cheddar Cheese	9 oz	225 g
Green Onions, halved & thinly sliced	1 ¾ oz	50 g
Salt	to taste	to taste
Nutmeg	to taste	to taste

### Dough

Semolina Flour	1 lb 5 oz	595 g
All-Purpose Flour	1 lb 5 oz	595 g
Eggs	9 each	9 each
Salt	1 oz	28 g
Egg Wash	2 fl oz	60 ml

### Cooking & Beurre Noisette

Clarified Butter	6 oz	170 g
Butter	12 oz	340 g
Salt	¼ tsp	1.25 g
Peppercorns, white, ground	to taste	to taste
Onions, Caramelized	1 lb 12 oz	794 g
Sage, chiffonade	2 Tbsp	6 g
Sour Cream	1 lb	454 g

Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water until tender enough to mash easily. Drain, reserving and chilling 8 oz (240 ml) of the cooking liquid. Dry the potatoes over low heat or on a sheet pan in a 300 F (149 C) oven until no steam rises from them. While the potatoes are still hot, puree them through a food mill or potato ricer into a heated bowl.

Add the egg yolks, cheese, and green onions. Season with the salt, pepper, and nutmeg. Set the filling aside.

To make the dough, place the reserved potato water, flours, eggs, and salt into a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4

sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for 20 minutes.

Roll out the dough using a past machine to a 1/16" (1.5 mm) thickness. Cut the dough into circles using a 2 1/2" (6 cm) biscuit cutter. Lightly brush the edges with egg wash.

Place approximately 1 Tbsp (15 ml) of the filling onto the center of the dough. Fold in half to form a half-moon and pinch the edges to seal.

Simmer the pierogi in boiling salted water until the dough along the edge seals are fully cooked, 4 to 5 minutes. The pierogi are ready to finish now, or they may be cooled in ice water, drained, refrigerated for later service.

Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, and heated through, about 2 minutes per side.

Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and bring it to noisette (golden brown), about 2 minutes. Add a pinch of salt and white pepper, and drizzle over the pierogi.

Garnish with the caramelized onions, sage and sour cream and serve immediately.

### Velouté Sauce (Veal, Chicken, or Fish) ♥

YIELD: 2 QT (2L)			PROCEDURE
U.S.	METRIC	INGREDIENTS	
4 fl oz	125 mL	Clarified butter	<ol style="list-style-type: none"> <li>Review instructions for making and incorporating <a href="#">roux</a>.</li> <li>Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them (Fig. 9.4a).</li> <li>Add flour and make a blond roux. Cool roux slightly.</li> <li>Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.</li> <li>Add the sachet.</li> <li>Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.</li> <li>If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.</li> <li>Strain through a china cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.</li> <li>Evaluate the finished sauce.</li> </ol>
4 oz	125 g	White mirepoix, small dice (see Note)	
4 oz	125 g	Flour (see Note)	
2 1/2 qt	2.5 L	White stock (veal, beef, chicken, or fish)	
		Sachet d'épices:	
1	1	Bay leaf	
1/2 tsp	2 mL	Dried thyme	
1/2 tsp	2 mL	Peppercorns	
3-4	3-4	Parsley stems	
as needed	as needed	Salt (see step 7)	
as needed	as needed	White pepper (see step 7)	

Per 1 fl oz (29.57 mL): Calories, 30; Protein, 1 g; Fat, 2 g (53% cal.); Cholesterol, 5 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 10 mg.

**Note:** Use a standard white mirepoix, or substitute leeks for the parsnips, as desired. If you have blond roux on hand, you can use it instead of making roux as part of this procedure. Reduce the clarified butter to 1 fl oz (30 mL). After sweating the mirepoix, add 8 oz (250 g) blond roux.

#### VARIATION

For a quicker, simpler velouté, omit clarified butter, mirepoix, and sachet.



J. Gerard Smith/© John Wiley & Sons, Inc.

Recipe and photo: Professional Cooking 9<sup>th</sup> edition. Courtesy John Wiley and Sons, Inc

# Biscuits

INGREDIENTS	U.S.	METRIC	PERCENTAGE	PROCEDURE
Bread flour	10 oz	300 g	50 %	Mixing and makeup: Biscuit Method.
Pastry flour	10 oz	300 g	50 %	
Salt	0.4 oz	12 g	2 %	Scaling:
Sugar	1 oz	30 g	5 %	Approximately 1 lb (500 g) per dozen 2-in. (5-cm) biscuits.
Baking powder	1.2 oz	36 g	6 %	Baking:
Shortening (regular) and/or butter	7 oz	210 g	35 %	425°F (220°C), about 15 minutes.
Milk	13 oz	390 g	65 %	
<b>Total weight:</b>	<b>2 lb 10 oz</b>	<b>1278 g</b>	<b>213 %</b>	

Per 1 biscuit: Calories, 130; Protein, 2 g; Fat, 7 g (48% cal.); Cholesterol, 0 mg; Carbohydrates, 15 g; Fiber 1 g; Sodium, 260 mg.



J. Gerard Smith/© John Wiley & Sons, Inc.

Recipe and photo: *Professional Cooking 9<sup>th</sup> edition*. Courtesy John Wiley and Sons, Inc.

**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.**