



28th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST PROJECT
Wednesday, April 8, 2026

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 three (3) 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	Serve Appetizer Course
7:30 pm	Serve Main Course
7:45 pm	Serve Dessert Course
7:45 – 8:45 pm	Clean Up

Next day:

April 9, 2026 3:30 pm

Medal Ceremony

MENU AND COURSE DETAILS:

3 Course	Appetizer, Main Course, and Dessert
Description	<p>Prepare four (4) portions of the following three (3) course menu:</p> <p><u>Appetizer:</u></p> <p>Prepare four (4) appetizer plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Salmon Rillettes • Must include these three vegetable cuts: brunoise fennel, brunoise celery, finely cut chives • Cracker component • Petit salad • Appropriate, functional, edible garnish • Minimum of 1 cold sauce <p><u>Main Course:</u></p> <p>Prepare four (4) main course plates. Visible components on the plate must include:</p> <ul style="list-style-type: none"> • Protein item must be cooked en croute and must include the following: <ul style="list-style-type: none"> ○ Duck – Breast cooked medium rare – medium. ○ Duck – Leg must be utilized ○ Mushroom Duxelles ○ Pastry (e.g: <i>Pithivier / Wellington</i>), <i>pastry provided</i> ○ For presentation, the finished product must be cut to show the cross section of all elements contained in the pastry. • A minimum of 3 different cooking methods. • A functional garnish incorporating vegetables • A minimum of 1 hot sauce • No cold elements on the plate <p><u>Dessert Course:</u></p> <p>Prepare four (4) dessert course plates. Minimum visible components on the plate must include:</p> <ul style="list-style-type: none"> • Individual Entremets (<i>multi-layered mousse-based cake</i>) • Must include a Sponge • Fruit element must be incorporated within the entremets, in the mousse, glaze, gelee, sponge. • Must include a garnish, such as tempered chocolate or sugar. • A minimum of one (1) sauce. • No frozen components

Service Details	<ul style="list-style-type: none"> • Appetizer <ul style="list-style-type: none"> ○ minimum of minimum of 125 g – maximum of 175 g ○ Served cold, including China ware • Main Course <ul style="list-style-type: none"> ○ minimum of 225 g – maximum of 325 g Sauce to ○ Served hot, no cold preparations, including China ware • Dessert <ul style="list-style-type: none"> ○ minimum of 95 g – maximum of 150 g ○ China ware appropriate temperature • Cooking temperature must meet food safety standards • Below is a list of mandatory ingredient categories. All of these items/ingredients must be present over the three courses and be easily identifiable. <ul style="list-style-type: none"> ○ Fruits ○ Fungi ○ Leaf ○ Shoots ○ Root/tubers ○ Alcohol <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12-inch plate, round white – twelve (12) each, four (4) for the main course and four (4) for the dessert <ul style="list-style-type: none"> ○ All of the appetizer items on one (1) 12-inch plate, four (4) 12-inch plates total. ○ All of the main course items on one (1) 12-inch plate, four (4) 12-inch plates total. <ul style="list-style-type: none"> ▪ + one (1) sauce boat each for main course sauce on side (filled to a minimum of 90 mL) ○ All of the dessert items on one (1) 12-inch plate, four (4) 12-inch plates total. <ul style="list-style-type: none"> ▪ 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.
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 Chemerika-Lew at Kchemerika-lew@rrc.ca no later than <u>Friday, March 20, 2026.</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 vary any recipes to make them their own!
Special Equipment Required	<ul style="list-style-type: none"> • Copies of recipes and workplan provided by the competitor. • 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.

Basic Cuts and Shapes Expectations:

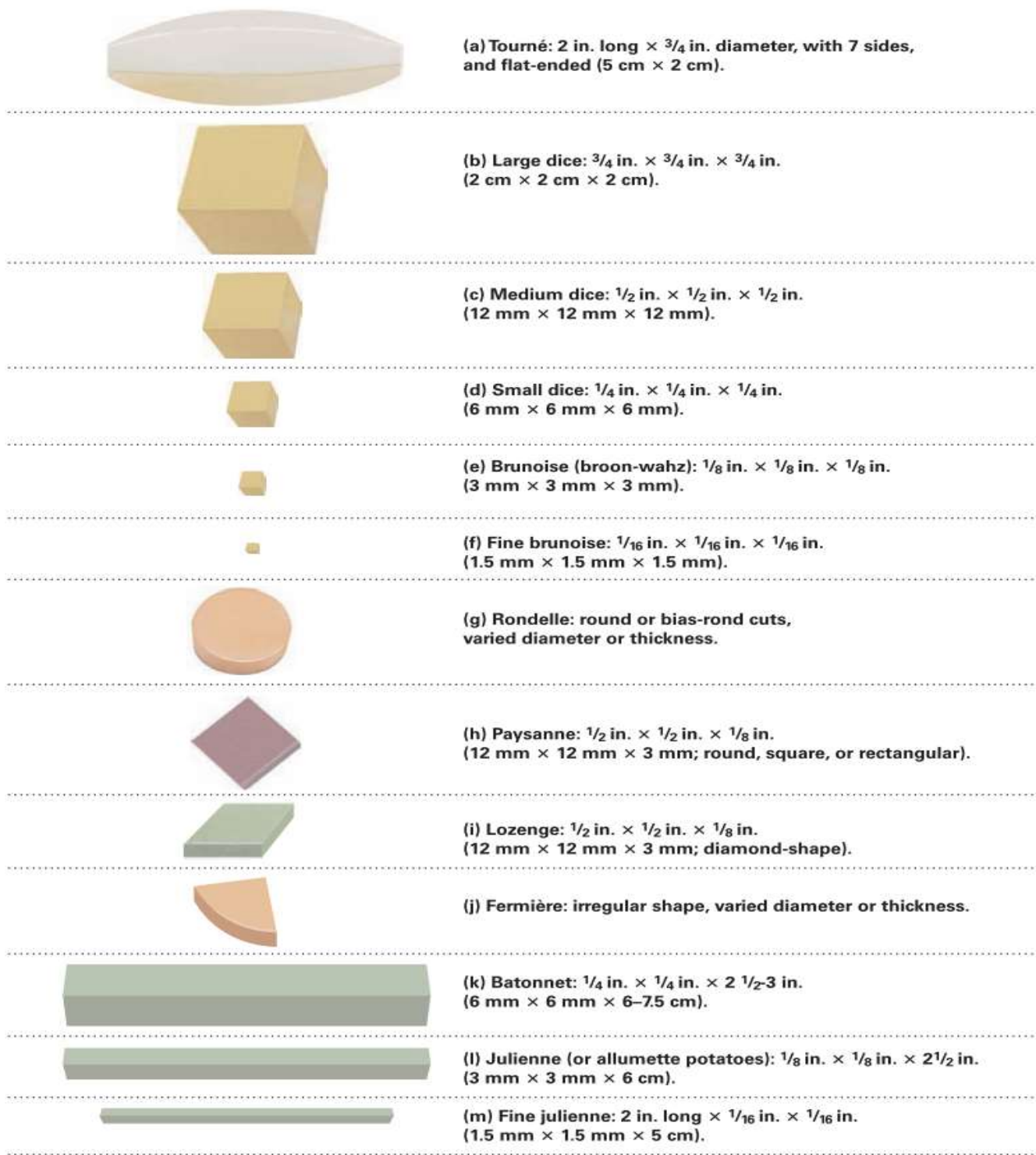


Figure 7.7 Basic Cuts and Shapes *Professional Cooking 9th Ed*, p145

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.**