



28th ANNUAL SKILLS MANITOBA COMPETITION CONTEST DESCRIPTION

Post-Secondary: Wednesday, April 8, 2026
Secondary: Thursday, April 9, 2026

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: Secondary & Post-Secondary

NOTE: This Contest Description for Secondary and Post-Secondary and now separated into the following main documents:

- One (1) Contest Description (for both Secondary and Post-Secondary)
- One (1) Contest Project (for Secondary)
- One (1) Contest Project (for Post-Secondary)

This Contest Description provides general information about the contest, whereas the Contest Project will provide more detailed information about the menu.

NATIONAL COMPETITION ELIGIBILITY:

A mark of **70% or higher** must be scored by the gold medalist to attend the National Skills Competition.

CONTEST INTRODUCTION AND RATIONALE:

- Purpose of the Challenge: To evaluate each competitor's readiness and preparedness for employment and recognize outstanding students for excellence and professionalism in the Culinary Arts. This is demonstrated by having them cook hot and cold dishes in accordance with established trade rules and standards. Showcasing the trade of cook through competition allows learners and the public a snapshot into the trade while demonstrating new culinary trends and techniques.
- Description of the associated work role(s) or occupation(s):
https://www.skillscompetencescanada.com/en/skill_area/cooking/
- Duration of Contest:

SECONDARY & POST-SECONDARY				
Total Competition Time	Briefing	Set-up	Cooking	Clean-up
6 hours	½ hour	½ hour	4 hours	1 hour+

NOTE: Clean up time may vary depending on the time needed by competitors and coaches to clean the kitchen to return it to its' original state. Stations must be inspected before competitor and coach can leave.

SKILLS AND KNOWLEDGE TO BE TESTED:

To demonstrate skills and competency in the Culinary Arts by being able to produce a three (3) Course menu for two (2) or four (4) people within the timeframes listed in the Contest Project. The menu consists of the following courses:

- Appetizer Course
- Main Course
- Dessert Course

OTHER DOCUMENTS:

- List of documents available on the Skills Manitoba website:

DOCUMENT	EXPECTED DATE OF DISTRIBUTION
Contest Project	February 2026
Contest Common Table	February 2026
Contest Common Table Requisition Form	February 2026
Contest Rubric	February 2026

EQUIPMENT, MATERIAL, AND CLOTHING:

Equipment and material provided by Provincial Technical Committee (competitors are expected to use, if needed, this list of items. Competitors who bring anything on this list will have the item removed from the contest area):

- All food for the contest
- One (1) gas stove with four (4) burners
- One (1) worktable
- Six (6) Sheet Pans
- Eight (8) ½ Sheet Pans
- One (1) Electrical outlet
- Fridge space
- Reusable Deli Containers as needed (available are: 250 ml, 500 ml, or 1,000 ml with lids)
- Garbage Bin
- Compost Bin
- Recycling Bin
- Sanitation Bucket
- Shared - brought to your station as needed and brought back cleaned ASAP:
 - Fridge space
 - Freezer space
 - Sinks with hot and cold water
 - Dishwasher
 - Vacuum Sealer (with small, medium, and large bags)
 - Globe Mixer with bowl, whip, paddle and dough hook attachments
 - Food Processor with bowl and blade cutter
 - Microwave
 - Immersion Blender
 - Spice Grinder
 - Whippet Cartridges (for ISI whipper)
 - Torch (butane)
 - Butcher's Twine

- Cheesecloth
- Plastic Wrap
- Tin Foil
- Parchment Paper
- Dish Soap
- Sanitizer Solution
- Used Oil Container
- Ice and or Ice Machine
- Table for finished plates
- All China (competitors are not allowed to use their own China or serving platters)
- It is the competitor's responsibility to ensure that all items used during food preparation are made with food grade material. Item's such as black ABS drainpipe, 3D printed molds, and etc. are not food safe and therefore not permitted. The PTC reserves the right to inspect materials and prohibit its use.
- Competitors are not allowed to use skewers, spits, toothpicks, larding needles etc out of an abundance of caution for the safety of competitors and judges.

No other equipment or materials will be provided by the Provincial Technical Committee. Please review both the PTC and competitor lists above.

Any shared items are limited in quantity and are intended to be available to ALL competitors to share. Although this is an individual competition, the PTC expects competitors to demonstrate a professional, co-operative, and respectful outlook and attitude with each other always, including when using any of the shared items. This means any shared item be:

- Taken from the shared table just before needed
- Returned to the same location, clean and sanitized immediately after use



Pictures are for illustration purposes only actual equipment may vary, tools and small wares are not provided.

Equipment and material provided by the competitor:

All items should be dishwasher safe and clearly and safely marked for easy identification.

- A personal toolbox:
 - Knives
 - Ladles
 - Whips
 - Spatulas
 - Piping Bags and tips

- Rolling Pin
 - Other tool items deemed necessary to complete your menu
- Pots and pans
- Whipper (ISI)
- Strainer
- Scale
- Timer (Phones cannot be used as timers and are not allowed in the contest area.)
- Kitchen towels and dishtowels
- Side / oven towels
- Recipes and reference books (can be consulted during the competition)
- CSA approved extension cord and/or power bar that must be properly secured to meet health and safety requirements.
- Other equipment and materials deemed necessary, including basic equipment, such as a food processor and so on that is not listed in 4.1 above.
- NOTE:
 - Use of Precision Controlled Equipment:
 - This contest is intended to showcase the comprehensive skillsets necessary to be a professional cook. Competitors demonstrate this by preparing dishes that display diverse techniques and cooking methods. Precision temperature-controlled equipment (any equipment capable of controlling temperature to a high degree of accuracy will be considered as precision e.g., Immersion Circulators, Thermal Mixers) must be limited to no more than one application during contest.
 - Persons using Sous Vide techniques in their cooking must complete a Sous Vide CCP Log (Appendix will be available through our website by end of December 2023).
 - Competitors are limited to 1 piece of electrical equipment for the entire duration of the contest (not including the shared equipment). The PTC will be inspecting workstations and kits; any additional items will be removed from the contest site. Choose your equipment wisely!!
 - NOTE: Timers, scales and thermometers are not considered equipment and exempted from this rule.
 - ***All items brought, must fit on the workstation. Toolboxes are to be unpacked then stored outside of the contest area and cannot be accessed during the contest.***

WORKSITE SAFETY RULES / REQUIREMENTS:

Required clothing provided by the competitor:

- Slip resistant sole, closed toe, closed heel, water- and oil-resistant shoes (non-permeable) as well as, no high heels, sandals, running shoes, canvas nor mesh material.
 - **Due to safety concerns competitors without appropriate footwear will NOT be allowed in the contest area.**
- Professional chef trousers. No jeans, no leggings.
- Double breasted **white** chef jacket.
- **White** apron.
- Side Towels / Oven Clothes
 - Uniforms can have embroidery to identify competitor, school, or sponsors, but it must be professionally done and in good taste.
 - It is important that competitors present a professional image and appearance. Throughout the contest, competitors are required to maintain their grooming and uniform to professional standards in a manner that is neat and meets or exceeds sanitation and

safety guidelines.

Other:

- Hands must be washed; nails must be trimmed, clean and free of polish while working with food.
False nails are not permitted in the contest area.
- Hair must be restrained during the competition, as well as, with chef hat or pill box hat.
- Beards must be neat and trimmed or restrained with a beard snood.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area. In the event of non-removable jewelry, such as, semi-permanent body piercings, etc it must be evaluated for safety / sanitation compliance by the Provincial Technical Committee (PTC), and resolution may be directed at that time. The PTC resolution is final, and non-compliance will result in point deductions or removal from the contest.

COMPETITORS MAY BE DISQUALIFIED FOR IMPROPER ATTIRE and or IMPROPER FOOTWEAR!

POINTS BREAKDOWN:

All categories are marked on a four (4) point scale, zero to three (3 - 0):

3	Excellent
2	Good
1	Satisfactory
0	Poor

Each category is then weighted as stated below. Each judges' rubric* is then submitted to the MB Skills Committee and scores are inputted into an Excel Spreadsheet that automatically calculates each competitor's score out of one thousand (1,000).

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none">• Uniform• Personal hygiene• Workstation hygiene• Safe use of hand-tools and equipment• Safe work habits
10 %	Organization and Product Utilization	<ul style="list-style-type: none">• Efficient use of work plan• Controls waste due to technique, spoilage• Displays skills in yield management i.e.: over/under preparation of items• App, Main & Dessert Service Time

25 %	Preparation	<ul style="list-style-type: none"> • Food hygiene • Application and usage of tools and equipment • Recipes reflect own ideas and originality – interpreting trends • Selects appropriate fabrication and preparation techniques • Knowledge of cooking methods • Skills and knowledge of food ingredients, their application and preparation
15 %	Presentation	<ul style="list-style-type: none"> • Presented food/china is cleanly presented. Service wares are free of spills and fingerprints • Dish fits the china used and shows negative space • Appetizer – visual presentation appeal • Main Course – visual presentation appeal • Dessert – visual presentation appeal • Modernity and style of food presented • Overall quality and value of food presented • Key/required food ingredients are reflected from the written menu description
35 %	Taste and Required Menu Components	<ul style="list-style-type: none"> • Appetizer meets correct portion size as per the test project • Main course meets the correct portion size as per the test project • Dessert meets the correct portion size as per the test project • Error-free, professionally written descriptive menu • Appetizer – showcase required elements • Main course – showcase required elements • Dessert – showcase required elements • Appetizer texture & doneness • Main course texture & doneness • Dessert texture & doneness • Appetizer flavor • Main course flavor • Dessert flavor • Seasoning of food • Applied cooking methods reflect the usage of the ingredients and the stated menu description

ADDITIONAL INFORMATION:

- **Recipes and Procedures:**
 - You may find some procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed for the contest in the Contest Project document. 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.
 - Recipes may not be included in the Contest Projects; therefore, we recommend that you refer

to a textbook such as the *Professional Cooking for the Canadian Chef 9th Edition* or others.

- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques, as well as important aspects of proper preparation (e.g., procedures used in the recipes, cooking methods, and guidelines for plate presentations). Traditional and correct cooking practices should be respected and encouraged. Candidates are free to consult reference books of their choice during the contest, however, for correct final preparation, if there is a dispute, *Professional Cooking for Canadian Chef's 9th Edition* will be viewed as accurate. Culinary terms must be respected.

- **Contest Common Table:**

- Competitors must prepare their three (3) course meal with ingredients found on the Contest Common Table and as required by the Projects.
- Competitors will receive only their requisitioned food items from the Common Table document. Par Stock items will be available as per the Common Table document. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted if items run out.
 - Competitors are not permitted to bring any foodstuffs to the contest, including coloring agents, canned oil sprays or other consumable products. Only the food provided can be used.
 - **Food items and quantities are subject to change without notice, depending on availability and quality. All competitors will have the same conditions.**
- The PTC will make every reasonable attempt to have available all requisitioned food items.
- Where ingredients that are unavailable or out of season, appropriate substitutions will be made.

- The Contest Common Table and Contest Requisition Form are separate documents

- **Menu and Work Plans:**

- The competitor must present two (2) menus and two (2) timelines / workplans to the organizer once the competition begins. Documents must be typed and/or legibly written. The PTC will then return one (1) copy of each to the competitor for their reference during the competition.
- Menu titles, as well as culinary terminology and traditional culinary techniques must be respected.

- **Preparation and Plating:**

- Appropriate recipe quantity conversions must be made for the number of required portions for each course.
- Cooking methods stated in the menu must be used to prepare the food and the menu must be prepared with the items requisitioned from the Common Table document.
- For all plates, the presentation should be modern and clean and in line with current culinary trends and plate presentation

- **Sustainability:**

- Do not waste food items, this is why common table ordering is in place. Recycling, composting, garbage, and useable trim principles must be employed.
- Recycling - will go into designated recycling containers, (white bucket or labelled container), and will stay on the competitor's station for the judges to inspect.
- Composting - unusable food organics (peelings, eggshells, soiled paper, etc.) will go into a designated organics container, (white bucket or labelled container) for the judges to inspect.
- Garbage - will go into designated garbage containers (½ hotel pans) and will stay on the competitor's station for the judges to inspect.
- Useable Trim – will be brought to the Common Table area in a form that is usable. I.e., when using pieces or part of any product, please ensure you return the usable trim back to the common area using proper labeling, wrapping, and or packaging practices.
 - Competitors attention to sustainability practices, including their usage of power and water, during set-up, clean-up, and the competition. Points will be deducted if the judges feel that the competitor is being wasteful with power and water in the Time and Product Utilization, see Contest Rubric for details.

- **Other:**

- The Committee member's resolution is final, and non-compliance may result in point(s) deduction (s) or removal from the contest.
- Any grievances must be directed immediately to a Skills Manitoba committee member.
- Only the competitor and their instructor will be allowed in the kitchen prior to the contest to unpack equipment. Only the competitor will set up the station.
- Only the instructor and competitor will be allowed into the kitchen to clean up after the contest. The kitchen must be in the same spotless condition that it was prior to the start of the contest. This includes wiping down of ALL surfaces including stoves, tables, sinks, pot washing area, and common table. The floor in your station MUST be swept and/or mopped before the contest organizer agrees that the station/kitchen area is clean. No competitor will be able to leave the kitchen until the ENTIRE kitchen is clean. Failure to do so can lead to disqualification.

- **Contest Ties:**

- No ties are allowed at Skills Manitoba. In the unlikely event of a tie, the following three (3) judging criteria will be used to determine the final ranking, if competitors have the same final mark:
 - Tie Breaker # 1: The competitor with the highest score in Taste and Texture will be declared the winner.
 - Tie Breaker # 2: The competitor with the highest score in Preparation will be declared the winner.
 - Tie Breaker # 3: The competitor with the highest score in Presentation and Required Components will be declared the winner.

- **Provincial Technical Committee Members:**

Name	e-mail	Phone Number
Chef Curtis Bayne, Co-Chair	Curtis.bayne@mitt.ca	204-995-7110
Chef Kristen R Chemerika-Lew, Co-Chair	Kchemerika-lew@rrc.ca	204-631-3466

- **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.**
- **As well, you are free to reach out to any of the PTC Member via email with questions, concerns, or comments and we will endeavour to reply within 72 hours.**