



28th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST PROJECT
Thursday, April 9, 2026

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 eleven (11) competitors, on a first come first served basis. One (1) competitor per secondary institution.

CONTEST START TIME, DURATION AND SERVING TIMES:

All Competitors

7:00 am	Arrive
7:25 am	20 minutes to set up your station
7:45 am	15 minute Briefing
8:00 am	Start time
11:30 am	Serve Appetizer Course
11:45 am	Serve Main Course
12:00 pm	Serve Dessert Course
12:00 – 1:30 pm	Clean Up
3:30 pm	Medal Ceremony

MENU AND COURSE DETAILS:

3 Course	Appetizer, Main Course, and Dessert
Description	<p>Prepare two (2) portions of the following three (3) course menu:</p> <p>Appetizer: Gazpacho Soup</p> <ul style="list-style-type: none"> The appetizer must include: <ul style="list-style-type: none"> ♣ Tomatoes, cucumber, bell pepper, onion, garlic, extra virgin olive oil, vinegar, seasoning and a bread component ♣ A minimum of one (1) small dice vegetable <p>Main Course: Chicken Chasseur</p> <ul style="list-style-type: none"> The main course must include: <ul style="list-style-type: none"> ♣ Chicken, Shallots or Onions, Garlic, Mushrooms, Tomatoes, Sauce, Parsley ♣ One half (1/2) chicken will be provided, cut in 4 pieces (bone-in, skin on, cut based on an 8-cut chicken) ♣ Must have white and dark meat on each plate ♣ A minimum of one (1) starch preparation (e.g., whipped potatoes) ♣ A minimum of two (2) vegetable preparations (e.g., glazed vegetables, sautéed green beans, etc.) ♣ A minimum of one (1) functional edible garnish <p>Dessert: Tarte Tatin</p> <ul style="list-style-type: none"> The dessert must include: <ul style="list-style-type: none"> ♣ Individual Classic Apple Tarte Tatin (<i>pastry provided</i>) ♣ Caramel sauce ♣ Classic Chantilly cream

	<p>♣ One (1) functional edible garnish</p>
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Service Details	<ul style="list-style-type: none"> • Appetizer – industry standard 250 mL portion • Main Course – minimum of 350 g to maximum 425 g • Dessert – minimum of 125 g to maximum 185 g • Cooking temperature must meet food safety standards, no frozen components <p>Provided Service wares:</p> <ul style="list-style-type: none"> • 12-inch bowls and plates, round white – six (6) each, two (2) for each course <ul style="list-style-type: none"> ○ All of the first course items on one (1) 12-inch bowl two (2) 12-inch bowls total. ○ All of the main course items on one (1) 12-inch plate, two (2) 12-inch plates total. ○ All of the dessert items on one (1) 12-inch plate, two (2) 12-inch plates total. <ul style="list-style-type: none"> ▪ 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. <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</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 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 not all recipes are 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 provided by the competitor. • 12-inch bowls and 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:

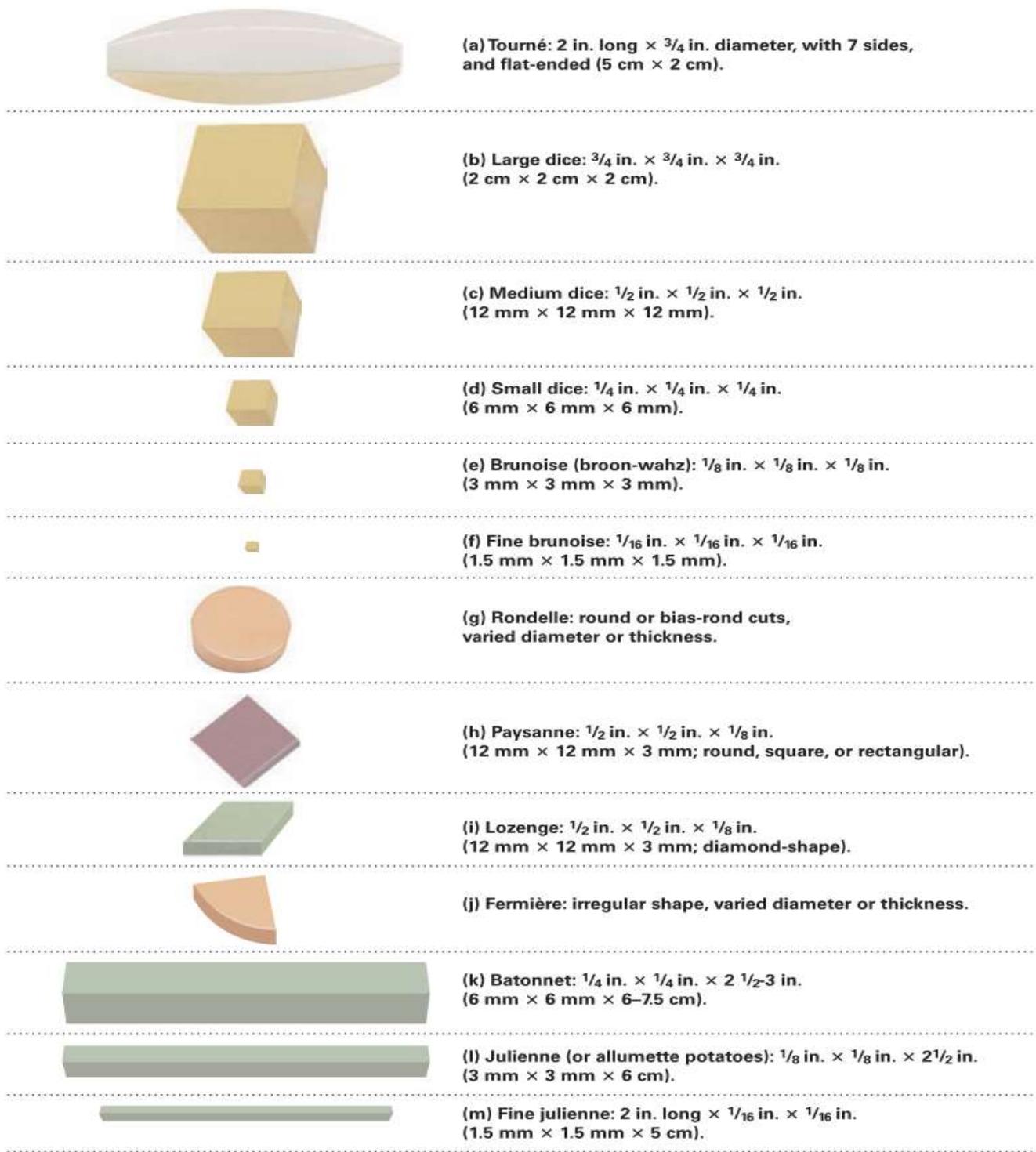


Figure 7.7 Basic Cuts and Shapes *Professional Cooking 9th Ed, p145*

ADDITIONAL INFORMATION:

Recipes and Procedures:

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2025). Professional Cooking for Canadian Chefs (10th edition). New Jersey: John Wiley & Sons. Labensky, Sarah et al. (2017).

On Cooking, A Textbook of Culinary Fundamentals (7th Canadian edition). New Jersey: Pearson. Culinary Institute of America (CIA). (2024).

Professional Chef (10th edition). New Jersey: John Wiley & Sons. Gisslen, Wayne. (2021). Professional Baking (8th edition). New Jersey: John Wiley & Sons.

- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

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.