



**2010**  
**13<sup>th</sup> ANNUAL SKILLS MANITOBA COMPETITION**  
**CONTEST SCOPE**  
**Thursday April 8<sup>th</sup>, 2010**

**CONTEST NAME:** Culinary Arts

**CONTEST NO:** 34

**LEVEL:** Post Secondary

**NOTE:** The kitchen can only accommodate 9 competitors, on a first come first served basis.

**CONTEST LOCATION:** Red River College - Notre Dame Campus

**CONTEST START TIME AND DURATION:** 11:00 am – 2:30 pm, 3 ½, hours

Arrive 10:30 am.

Set up station until 10:50

Present Menu and schedule

Final Instructions

11:00 Start competition

2:00 Serve Duck Starter

2:15 Serve Main Course

2:30 Serve Dessert

Clean kitchen

Note: Marks will be deducted if courses are served late.

There is a 5-minutes window to present your product.

One point will be deducted for each minute late after the 5 minute window up to five points.

After 10 minutes, the contest will be closed and the plates will not be judged.

Both plates of each course must be presented together at the same time.

**PURPOSE OF CHALLENGE:**

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in Culinary Arts.

**SKILLS AND KNOWLEDGE TO BE TESTED:**

To demonstrate skills and competency in Culinary Arts by being able to produce a set three course meal for 2 persons within a three and half hour time frame. Only titles of dishes are provided, no recipes. The meal will include:

1. Appetiser - Presentation of Duck Starter
2. Main Course - Presentation of Vegetarian Main Course
3. Dessert – Presentation of Dessert featuring Choux Paste & Chocolate

Knowledge of current culinary trends and modern plate presentation will be taken into consideration. The competition will consist of sanitation, economy, and timing, technical skills, methods, presentation and taste.

Candidates are free to consult reference books of their choice during the contest however, for final correct preparation, if there is a dispute, On Cooking 4<sup>th</sup>, Edition will be viewed as correct.

Culinary terms must be respected.

Each competitor will prepare and cook 2 plates of an appetiser, 2 plates of a main course and 2 plates of a dessert. Plate 1 will be for tasting, plate 2 will be for presentation. Both plates will be judged.

### **POINT BREAKDOWN / 100% TOTAL:**

Sanitation	150%
Economy and timing	100%
Preparation	250%
Presentation	150%
Taste	300%
Set Items	50%
Total	1,000%

### **EQUIPMENT, TOOLS, MATERIALS TO BE PROVIDED BY COMMITTEE:**

1 stove, 1 worktable, fridge space, electric outlet, sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, 1 table for display of finished plates. All china and glass wear.

Competitors are not allowed to use their own china or serving platters.

### **EQUIPMENT, TOOLS, MATERIALS TO BE SUPPLIED BY COMPETITOR:**

- A personal toolbox with knives, ladles, whips, spatulas, piping bag and tips, rolling pin, and any other items required to complete your menu.
- Competitors may bring any equipment/tool deemed necessary with them, including basic equipment such as a small mixer, food processor and timers.
- Competitors may also bring all needed equipment with them, including items such as Cling film, aluminum foil, wax paper, plastic containers to store food, as well as a scale, kitchen towels and dish towels.

Please note that all equipment has to fit on the workstation.

Toolboxes and equipment that does not fit in or on the workstation will have to be stored and cannot be used during the contest. All material should be dishwasher safe and marked clearly for easy identification.

**WORKSITE SAFETY RULES / REQUIREMENTS:** All articles to be worn are the sole responsibility of the contestant:

- Cooks jacket, apron, necktie, hat
- Checkered or black pants (no jeans)

- Kitchen footwear with anti slip soles must be worn.
- Competitors may be disqualified for not being properly attired.

### **SPECIAL CONDITIONS / ADDITIONAL INFORMATION:**

Ingredients:

Competitors will receive protein, fruits and fresh vegetables alongside dairy products in a box. Those ingredients are limited in quantity. No substitutions or extra quantities will be permitted. The table with common food items is available to all competitors including a selection of fresh herbs, wine, spirits and stocks. **Competitors are not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, canned oil sprays or other consumable products. Only the food provided can be used.**

All items are subject to change without notice, depending on availability and quality.

### **ADDITIONAL INFORMATION:**

For all plates, the presentation should be modern and clean.

The portion sizes should appropriate for a 3-course menu.

Appropriate recipe quantity conversions must be made for two portions of each course.

Menu titles must be respected.

Culinary terminology and traditional culinary techniques must be respected.

Cooking methods stated in menu must be used to prepare the food.

The menu must be prepared with the items on the common food table.

You should not waste any food items from the common tables; waste will be marked accordingly.

Composting and recycling principals will be employed.

Six 12 inch plates, or four 12 inch plates and two rectangular plates, will be provided.

Reference books and recipes can be consulted all day long.

### **FOR MORE INFORMATION PLEASE CONTACT:**

Raymond B. Czayka

[rczayka@retsd.mb.ca](mailto:rczayka@retsd.mb.ca)

667-2960 ext.2245

Cameron Tait

[ctait@rrc.mb.ca](mailto:ctait@rrc.mb.ca)

632-2368

**Menu:**

		<b>Duck Starter</b>
	Description	Duck starter preparation (warm and/or cold) <ul style="list-style-type: none"><li>• Prepare 6 x 3 items of duck</li><li>• Must include two (2) garnishes of choice</li><li>• Must include one (1) sauce made from mystery ingredient</li><li>• Must include: one (1) with a meat farce, one (1) Asian style, one (1) competitors choice.</li></ul> Size recommendation to be approx 2 bites per piece
	Service Details	<ul style="list-style-type: none"><li>• 3 of each duck appetiser item to be served on two (2) rectangular platters approximately 8 inches by 17 inches, or two (2) 12" round plates– Total pieces 18 – (9 pieces on each platter/plate)</li></ul>
	Main ingredients required	The following ingredients must be included in the dish: <ul style="list-style-type: none"><li>• Duck Breast</li><li>• Duck Leg</li></ul>
	Basic ingredients	<ul style="list-style-type: none"><li>• Use ingredients from the common table</li></ul>
	Guidelines	No use of spoons, shot glasses etc. Everything must be free-standing. Must be able to pick items up with 2 fingers. Must be two bite size.

<b>Main Course</b>		<b>Vegetarian Main Course</b>	
	Description	<ul style="list-style-type: none"> <li>• Prepare 1 Vegetarian Main Course</li> <li>• 3 Varieties – One (1) must be Lacto-Ovo Vegetarian, One (1) Pesco Vegetarian, and one (1) Vegan</li> <li>• 3 cooking methods minimum</li> </ul>	
	Service Details	<ul style="list-style-type: none"> <li>• Vegetarian Dishes can be served hot and/or cold</li> <li>• Minimum one sauce (1) included in each course</li> <li>• Must include complementary garnish/decoration on each plate</li> <li>• Must have 1 starch item</li> <li>• Must have 2 vegetable items</li> </ul>	
	Main ingredients required	<p>The following ingredients must be included in the dish:</p> <ul style="list-style-type: none"> <li>• Tofu</li> <li>• Lentils</li> </ul>	
	Basic ingredients	<ul style="list-style-type: none"> <li>• Use ingredients from the Main ingredients &amp; common table.</li> </ul>	
	Special equipment provided	<ul style="list-style-type: none"> <li>• 2 x White 12 inch presentation plates.</li> </ul>	

<b>Dessert</b>		<b>Choux Paste &amp; Chocolate Dessert</b>	
	<b>Description</b>	<p>Prepare 2 plates of 3 varieties miniature dessert items (warm and/or cold):</p> <ul style="list-style-type: none"> <li>• 1 must the use of Choux Paste</li> <li>• 1 must include chocolate</li> <li>• 1 own choice</li> </ul> <ul style="list-style-type: none"> <li>• One plate for service in tasting room</li> <li>• One plate for service on display</li> <li>• Sauce and decoration can be added to these plates</li> </ul>	
	<b>Basic ingredients</b>	<ul style="list-style-type: none"> <li>• Use ingredients from the common table</li> <li>• Use ingredients from the module table</li> </ul>	
	<b>Special equipment provided</b>	<ul style="list-style-type: none"> <li>• Two 12 inch plates</li> </ul>	

## Basic ingredient for Common Table:

<b>Meat</b>			
Duck	21-25 Shrimp	Atlantic Salmon	Flying Fish Caviar
Bacon			
<b>Dairy Products</b>			
Milk 2 – 4%	Whipping Cream	Salted Butter	Unsalted Butter
Ricotta Cheese	Emmenthal Cheese	Whole Parmesan Cheese	Sour Cream
Plain Yoghurt	Large Eggs		
<b>Pantry</b>			
Firm Tofu	Soft Tofu	Wonton Wrappers	Phyllo Pastry
Puff Pastry			
<b>Wines &amp; Alcohol</b>			
Pilsner Beer	Brandy	Orange Liqueur	White Vermouth
Port	Red Wine	White Wine	Dark Rum
<b>Stocks</b>			
White Chicken Stock	Brown Duck Stock		
<b>Chocolate</b>			
White Chocolate	Bittersweet Dark Chocolate	Milk Chocolate	
<b>Fresh Vegetables</b>			
Avocado	Spinach	Bok Choy	Broccoli
Beets	Carrots	Parsnips	Celery
Fennel Bulb	Eggplant	Green Zucchini	Cucumber-English
Peppers-Red	Peppers-Yellow	Fresh Jalapenos	Tomatoes-Hot House
Tomatoes-Grape/Cherry	Asparagus-Green	French Green Beans	Peas Snow/Snap
Potatoes-Red	Potatoes-Yellow	Butternut Squash	Cabbage-Red
Cabbage-Savoy	Onions-Red	Onions-Spanish	Shallots
Garlic-Fresh	Leeks	Mushrooms-White	Mushrooms-Portobello
<b>Fresh Fruits</b>			
Lemons	Limes	Oranges	Mangoes
Strawberries	Royal Gala Apples		
<b>Fresh Herbs &amp; Spices</b>			
Basil	Chervil	Chives	Cilantro/Coriander
Dill	Mint	Oregano	Parsley
Rosemary	Sage	Tarragon	Thyme
Ginger-Fresh	Lemon grass		
<b>Dry Foods</b>			
Agar-Agar	Long Grain Rice	Sushi Rice	Wild Rice
Arborio Rice	Kalamata Olives	Green Olives	Navy Beans-soaked
Red Lentils	Green Lentils	Quinoa	Canola Oil
Extra Virgin Olive Oil	Sesame Oil	Hazelnut Oil	Dijon Mustard

Gelatin Leaves	Dried Yeast	Almonds-whole	Almonds-sliced
Hazelnuts	Pine Nuts	Pistachios	Morels
Nori	Soya Sauce	Coconut Milk	Tomato Paste
Balsamic Vinegar	White Wine Vinegar	Red Wine Vinegar	Rice Wine Vinegar
Brown Sugar	Red Currant Jelly	Maple Syrup	Granulated ugar
Baking Powder	Baking Soda	Cornstarch	Whole Wheat Flour
Bread Flour	Semolina Flour	Rice Flour	Buckwheat Flour-fine
Buckwheat-whole	Bulgur Grain	Corn Meal	Spelt/WW grain
Bread Crumbs			
<b>Dried Spices &amp; Herbs</b>			
Black Peppercorns	Sesame Seeds-Black	Sesame Seeds-White	Pepper-white
Cinnamon sticks	Cloves-whole	Curry Powder	Nutmeg-whole
Paprika	Saffron	Salt	Sea Salt
Star Anise	Wasabi Powder	Coriander Seed	Cumin
Turmeric	Mustard	Bay Leaves	Oregano
Thyme	Basil	Marjoram	

**All items are subject to change without notice, depending on availability and quality. A selection of other Common Dry Herbs and Spices will be available.**

## Marking criteria

<u>%</u>	<u>Title</u>	
15 %	<b>Sanitation</b>	<ul style="list-style-type: none"> <li>Proper and professional clothes</li> <li>Personal hygiene and cleanliness</li> <li>Safety</li> <li>Work Station, floor and fridge cleanliness</li> <li>Cutting board hygiene</li> <li>Proper food storage methods</li> </ul>
10 %	<b>Time &amp; Product Utilization</b>	<ul style="list-style-type: none"> <li>Food wastage</li> <li>Energy and water wastage</li> <li>Wasted time</li> <li>Proper planning of tasks</li> </ul>
25 %	<b>Preparation</b>	<ul style="list-style-type: none"> <li>Proper basic cooking techniques</li> <li>Proper culinary methods</li> <li>Professional use of tools and equipment</li> </ul>
15 %	<b>Presentation</b>	<ul style="list-style-type: none"> <li>Portion size and disposition of food</li> <li>Harmonious colours</li> <li>Clean plates</li> <li>Appetizing, modern and artistic</li> </ul>
30 %	<b>Taste</b>	<ul style="list-style-type: none"> <li>Proper textures of foods</li> <li>Degree of doneness</li> <li>Balanced taste and seasonings</li> <li>Taste according to menu</li> <li>Respected timetable in regards to serving times</li> </ul>
5 %	<b>Set items</b>	<ul style="list-style-type: none"> <li>Presentation In concordance</li> <li>With the demanded dishes</li> </ul>

All categories are marked from 1 to 10 and then multiplied with the multiplication factor.