



2017
20th ANNUAL SKILLS MANITOBA COMPETITION
CONTEST DESCRIPTION
Thursday April 13th, 2017

CONTEST NAME: Cooking

CONTEST NO: 34

LEVEL: Post-Secondary

NOTE: The kitchen can only accommodate four (4) competitors, on a first come first served basis. 1 competitor per school (unless spots are available).

CONTEST LOCATION:

Patterson Global Foods Institute School of Hospitality & Culinary Arts
504 Main Street
Winnipeg, Manitoba, R3B-1B8
Contest Kitchen – Room 314
Judging Room – Room 313 – Mixology Lab

IN PLACE EQUIPMENT:

A Reach-in cooler, a Reach-in freezer, and an Ice machine are available to the contestants.

FOR MORE INFORMATION, PLEASE CONTACT THE COMMITTEE:

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204-631-3466

CONTEST START TIME AND DURATION:

8:00 – 11:30 am - 3 ½ hours

Arrive 7:30 am

Set up station until 7:50 am

Present two (2) Menus and one (1) Schedule to the Organiser

Final Instructions from 7:50 to 8:00 am

8:00 am: Start Competition

11:00 pm: Serve a Cold Appetiser – Prepare and present using a **Mystery Shellfish & Mystery Vegetable**.

11:15 pm: Serve Main Course – Prepare and present using a **Mystery Fin Fish & Mystery Vegetable** with accompaniments.

11:30 pm: Serve Dessert – Prepare and present a Bread & Butter Pudding using a **Mystery Dried Fruit** and also featuring a Caramel component.

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

There is a five (5) minute window to present your course.

One (1) point will be deducted for each minute late after the five (5) minute window up to five points.

After ten (10) minutes, the contest will be closed and the plate(s), will not be judged.

Both plates for each course must be presented together at the same time by the competitor.

Clean Kitchen

SPECIAL STATEMENT – KITCHEN CLEANING:

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.

Once again, 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 organiser 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.

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 three (3) course menu for two (2) people within a three and half (3½) hour time frame. Only titles of dishes are provided, no recipes. The courses will include:

1. Appetiser Course – Prepare and present using a Mystery Shellfish & Mystery Vegetable.
2. Main Course – Prepare and present using a Mystery Fin Fish and Mystery Vegetable with accompaniments.
3. Dessert Course – Prepare and present a Bread & Butter Pudding using a Mystery Dried Fruit and featuring a Caramel component.

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, Professional Cooking for Canadian Chef's 8th, Edition will be viewed as correct.

Culinary terms must be respected.

1. Each competitor will prepare, cook, and present two (2) portions of a Cold Mystery Shellfish & Vegetable Appetiser, prepare, cook, and present two (2) portions of a Mystery Fin Fish & Vegetable, and prepare, cook, and present two (2) portions of a Bread & Butter Pudding with Mystery Dried Fruit featuring a Caramel component.

Plate one (1) will be for tasting, plate two (2) will be for presentation. Both plates will be judged.

POINT BREAKDOWN / 100% TOTAL:

Sanitation	15%
Economy and timing	10%
Preparation	25%
Presentation	15%
Taste and Required Menu Components	35%
Total	100%

EQUIPMENT, TOOLS, MATERIALS TO BE PROVIDED BY COMMITTEE:

One (1) stove with gas burners, one (1) worktable, fridge space, electric outlet, sinks with hot and cold water, garbage bin, compost bin, sanitation bucket, and one (1) table for display of finished plates. All china is supplied. 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, dish towels, etc.

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

Toolboxes and equipment that do not fit in or on the workstation will have to be stored outside of the contest area 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 competitor.

Required clothing, (provided by the competitor);

- Non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
- Dark, (Black or Navy Striped), or Checked professional chef's pants/trousers.
- Double breasted, full sleeve, **white** Chef's jacket.
- Professional necktie.
- White Apron.
- Side Towels.

Competitors may be disqualified for not being properly attired.

SPECIAL CONDITIONS / ADDITIONAL INFORMATION:

Ingredients:

Competitors will receive protein, fruits, fresh vegetables, and dairy products. 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, wines, spirits, and stocks as listed in this document.

Competitors are not permitted to bring any foodstuffs to the contest, including coloring agents, wood for smoking, 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.

ADDITIONAL INFORMATION:

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

The portion sizes should be specified for a three (3)-course menu – **see the Contest Description.**

Appropriate recipe quantity conversions must be made for two (2) portions of each course.

Menu titles and recipes must be respected.

Culinary terminology and traditional culinary techniques must be respected.

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

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

Do not waste food items. Waste of any food item from the common table will be marked accordingly.

Composting and recycling principles will be employed.

Six (6) round plates and two (2) rectangular plates will be provided for your selection, using only six (6) plates for plating.

Reference books and recipes can be consulted during the competition.

NOTE – SUSTAINABILITY:

Recycling - will go into designated recycling containers, (½ hotel pans), and will stay on the competitor's station for the judges to inspect

Composting - unusable food organics, (peelings, egg shells, soiled paper, etc.) will go into a designated organics container, (½ hotel pans), for the judges to inspect.

Composting cannot include any protein matter, (meat, fat, or bones).

Garbage - will go into designated garbage containers, (½ hotel pans), and will stay on the competitor's station for the judges to inspect.

Competitors will be judged on their usage of power and water, and set-up and clean up during the competition. Points will be deducted if the judges feel that the competitors are being wasteful in their use of power or water.

Menu:

Cold Appetiser:	Prepare and present a Cold Mystery Shellfish & Mystery Vegetable appetiser.
Main Course:	Prepare and present a Mystery Fin Fish & Mystery Vegetable main course with accompaniments.
Dessert Course:	Prepare and present a Bread & Butter Pudding Dessert with a Mystery Dried Fruit featuring Caramel.

Mystery Shellfish & Mystery Vegetable Appetiser

Description	<p>Prepare and present two (2) portions of the following cold Mystery Shellfish appetiser with a mystery vegetable:</p> <p><u>Appetiser must include:</u></p> <ul style="list-style-type: none"> • Mystery Shellfish • Mystery Vegetable • Minimum one (1) sauce, of competitor's choice • Minimum one (1) accompaniment • Garnish of your choice • Portion size – 180 grams per plate maximum
Service Details	<p>Service temperatures for the courses that are served cold must be a maximum of 7°C.</p> <p>Two (2) plates of this course will be presented to the judges.</p> <p>One (1) plate to be judged & one (1) plate for display.</p>
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the Common Food Table.

Mystery Fin Fish & Mystery Vegetable Main Course

Description	<p>Prepare and present two (2) portions of the following main course using Mystery Fin Fish & Mystery Vegetable with accompaniments:</p> <p><u>Main Course must include:</u></p> <ul style="list-style-type: none"> • Mystery Fin Fish • Mystery Vegetable • Minimum one (1) sauce, of competitor's choice • Minimum one (1) starch accompaniment, of competitor's choice • Portion size – 360 grams per plate maximum • Present on two (2) plates
Service Details	<p>Service Temperatures for courses that are served hot must be a minimum of 50°C.</p> <p>Two (2) plates of this course will be presented to the judges.</p> <p>One (1) plate to be judged & one (1) plate for display.</p>
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the Common Food Table.

Bread & Butter Pudding with a Mystery Dried Fruit Dessert	
Description	<p>Prepare and present two (2) portions of the following dessert using a mystery dried fruit:</p> <p><u>Dessert must include:</u></p> <ul style="list-style-type: none"> • One (1) mystery dried fruit • Component utilizing Caramel (hard, soft, or liquid, etc.) • One (1) sauce mandatory • Garnish of competitor's choice • Portion size – 180 grams per plate maximum
Service Details	<ul style="list-style-type: none"> • Prepare two (2) plates • One (1) plate to be judged & one (1) plate for display.
Basic Ingredients	<ul style="list-style-type: none"> • Use ingredients from the Common Food Table.
Special Equipment Provided	<ul style="list-style-type: none"> • Two (2) x twelve (12) inch White presentation plates • Or two (2) x rectangular White presentation plates

SPECIAL STATEMENT:

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, above all, meets or exceeds sanitation and safety guidelines.

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 Committee, and resolution may be directed at that time.

The Committee member's resolution is final, and non-compliance may result in point's deduction, or removal from the contest.

Any grievances must be directed immediately to a Skills Manitoba committee member.

COMMON FOOD TABLE:

All items are subject to change without notice, depending on availability and quality, but all competitors will have the same conditions.

A selection of other Common Dry Herbs and Spices will be available.

Common Table List - All items are subject to availability.

PROVIDED	
Mystery Shellfish* - Appetiser	Mystery Vegetable* - Appetiser
Mystery Fin Fish* - Main Course	Mystery Vegetable* - Main Course
Mystery Dried Fruit* - Dessert	

*Contact the Committee

PROTEINS
Bacon - sliced
Salt pork
DAIRY/EGGS
Butter, unsalted
Cheese - Gruyere
Cream - 35%
Cream cheese
Eggs, large
Milk, 2%
Sour Cream - 14%
HERBS - FRESH
Basil
Chives
Mint
Parsley
Thyme
HERBS/SPICES DRY
Allspice
Bay leaf
Cinnamon
Ginger
Nutmeg
Peppercorns, whole black
Additional assorted dry herbs and spices

STOCKS, PREPARED
Brown stock
Chicken stock
Fish stock
PRODUCE
Apple, Royal Gala
Blueberries, frozen
Carrots
Celery
Garlic, whole
Kiwi
Leeks
Lemons
Limes
Mango
Onion
Oranges
Peppers, green
Peppers, red
Peppers, yellow
Potato, Russet
Potato, Yukon Gold
Raspberries, frozen
Shallots, peeled
Spinach, washed
Strawberries
Tomato, Roma

DRY GOODS
Baking powder
Baking soda
Chocolate, dark (Callebaut d811)
Chocolate, white (Callebaut cw2)
Coconut, shredded
Corn starch
Flour, all purpose
Flour, cake/pastry
Honey
Mustard, Dijon
Oil, olive
Oil, vegetable
Olives, pitted black
Pan spray
Pineapple, crushed
Salt, table
Sea salt, coarse
Sugar, brown
Sugar, icing
Sugar, white
Tabasco

Tomato paste
Tomato puree
Vanilla extract
Vinegar, red wine
Vinegar, white
Vinegar, white wine
Walnuts, pieces
Wine, red
Wine, white
Worcestershire sauce
NON FOOD ITEMS
Aluminum foil
Butcher's twine
Cheesecloth
Disposable gloves
Paper towels
Parchment paper
Plastic wrap
Wood chips for smoking

Marking Criteria

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

%	Title	Judging Criteria
15 %	Sanitation	<ul style="list-style-type: none">• Appropriate and professional uniform• Personal hygiene and cleanliness• Safety• Cleanliness of work station, floor and fridge• Cutting board hygiene• Proper food storage methods
10 %	Time & Product Utilization	<ul style="list-style-type: none">• Food wastage• Energy and water wastage• Wasted time• Appropriate planning of tasks• Respected timetable in regards to serving times
25 %	Preparation	<ul style="list-style-type: none">• Correct basic cooking techniques• Correct culinary methods• Professional use of tools and equipment
15 %	Presentation	<ul style="list-style-type: none">• Portion size and disposition of food• Harmonious colours• Clean plates• Appetising, modern and artistic
35 %	Taste and Required Menu Components	<ul style="list-style-type: none">• Appropriate textures of foods• Degree of doneness• Balanced taste and seasonings• Taste according to menu

All categories are marked from one (1) to ten (10) with up to two (2) decimal places and calculated in an Excel Spreadsheet.

NOTATION:

10	Perfect	5	Acceptable
9	Distinction	4	Fair
8	Outstanding	3	Insufficient
7	Very good	2	Insufficient
6	Good	1	Insufficient