



CULINARY ART COMPETITION

Competition details

Objective

Prepare as a team a set menu composed by a Cold Starter, a Hot Starter (**vegetarian**) and a Main Course (**Brodette – contemporary interpretation**) for three persons, out of a Mystery Basket of ingredients.

As mandatory techniques, competitors' should:

Amuse Bouche

- One cold sauce
- Use two different techniques/cooking methods (main ingredient - sardines)

Starter

- One sauce (teams choice)
- One starch
- At least three vegetables

Main Course

- Garnish with polenta
- Use at least three different techniques/cooking methods
- Contemporary interpretation & presentation

As obligatory ingredients competitors' should use:

- Sardine on the amuse
- Barley on the hot starter
- Omitted milk product on the hot starter
- Omitted vegetable on the hot starter
- Omitted fishes and shells on the main course
- Polenta flour on the main course

Team & Language

Language

It is compulsory that English (oral and written) is the language to be use in all the competition phases: briefings, work plan (written), communication with teammate and judges during the different tasks. Minimum level of English A2 (according to EQF).

Teams:

Teams will consist of three students from different schools and countries and will be draw by the jury.

It may happen that there is a team of two or four students in one of the following cases:

- The final number of candidates is pair;
- Disqualification of one of the competitors;
- Competitors last minute abandonment.



Day of the briefing

- Competitors briefing & announcement of the teams by the Head Judge;
- Mystery basket ingredients (except main ingredients and proteins) and kitchen equipment will be published on the official AEHT website, two months prior to the competition. Changes of the ingredients published earlier could be possible due to supplying problems;
- The mystery basket ingredients will be announced only at the briefing;
- After the announcement of the mystery basket, each team will have **2 hours** to compile the work plan for a **Cold Starter, a Hot Starter and a Main Course for three persons**. During this time external contact is prohibited;
- Research is limited to students' own textbooks and personal notes. No books will be supplied;
- As soon as the menu is completed and written on official menu templates (BOLD LETTERS) it must be submitted to the Head Judge with a brief menu description (recipe card) and the ingredients claim including quantities needed. It will then be signed by both the competitors and the Head Judge;
- The submitted menus are final and may not be modified;
- Once menus have been submitted competitors are encouraged to liaise with their tutors;
- Competitors will be allowed to familiarize themselves with the competition area.

Day of the competition

- Total time of the practical part of the competition: **3 hours**. Time table for each course will be provided and must be respected;
- Competitors must wear their full professional uniform and safety shoes;
- All equipment will be provided for with the exception of professional knives which must be brought by each of the competitors;
- Students are allowed to bring small equipment and material (maximum 6 per team);
- Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected;



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- All elements of the finished dishes must be edible.

Important notes

- Teams will be assessed according to their work hygiene, kitchen preparation / presentation, interpersonal skills & teamwork and blind tasting;
- Competitors and judges should wear full uniform during practical competition tasks;
- During the composition of the working plan on the day of the briefing, **team members check whether correct communication in English within the team is possible. If there is serious doubt, the team should report this to the Head Judge immediately. Complaints about language problems will not be accepted after submission of the working plan;**
- The use of cell phones or any other electronic device is not allowed during the competition;
- All rules and regulations must be adhered including the General AEHT Competition Rules;
- The (Head) judge's decision is final.