

Culinary Arts

Competition overview

Competitors will have 4.5 hours overall to complete all tasks.

Task one: Competitors will prepare, design and cook 2 portions of each dish using the following ingredients.

- Starter – Beef based consommé with a garnish of your choice.
- Main – Belly pork (boned) that must also be stuffed, rolled and hand tied (no elastic bands) with garnish, stuffing and sauce of your choice.
- Dessert – Lemon based dessert.

Task two: Competitors will be given a Mystery Box to create an amoué bouché, 2 portions of each, of their own choice using only the ingredients that will be given to them on the day of the competition.

Entry criteria

Competitors must have the skills level required to complete the following tasks within the competition to a professional level and aligned with a Level 3 qualification. Competitors do not have to be currently working towards a level 3 qualification.

Number by location/organisation

Maximum of 12 competitors

Brief

Competitors will have 3.5 hours in total to prepare, cook and serve the dishes in task 1. The dishes must be presented in course order to the judges. Competitors are not allowed to serve any courses in the first 2 hours of the competition.

10 minutes will be allocated to each competitor for restroom breaks, which they can take at any time they wish.

Task One: 3.5 hrs

Prepare, design and cook 2 portions of each dish using the following ingredients:-

- Starter – Beef based consommé with a garnish of your choice.
- Main – Belly pork (boned) that must also be stuffed, rolled and hand tied (no elastic bands) with garnish, stuffing and sauce of your choice.
- Dessert – Lemon based dessert.

Task Two: 1hr

Mystery Box, amoué bouché – Competitors will be given a mystery box of ingredients in which you have to create and design your own amoué bouché, using only the ingredients provided. (You may create more than one variety and you will need to produce two of each variety)

Competitors will be supplied with the following ingredients:

- Pork stock – (Ingredients used: pork bones, onions, carrots, celery, garlic, black peppercorn, bay leaves, thyme, parsley, salt & pepper)
- Belly Pork (on the bone)
- Lemons
- Caster sugar
- 250g unsalted butter
- Flour
- Double cream
- Ingredients for Mystery Box
- Eggs

Any other ingredient may be used but must be provided by the competitor.

Infrastructure List

Resources provided: Oven, hobs, fridges, freezer, scales, workstation

We will provide: Pork stock, belly pork, lemons, caster sugar, eggs

250g unsalted butter, flour, double cream, mystery box ingredients, You will need to bring:

Other ingredients to enable you to complete Task one

Competition rules

Competition specific rules

- Standards of dress should be professional and adhere to health and safety standards.
- Competitors will receive a health and safety briefing at the start of the competition.
- Competitors will start and finish work as instructed by the judges.
- All dishes must be presented within the allocated time.
- All entries must be received by 25th October 2019, online.
- All competitors must ensure their station is left clean and tidy.
- Competitors must take a 10 minute break,
- No pre-prepared items permitted.

Generic competition rules

- Mobile phones to be switched off during competition activity.
- Listening to music via headphones is not permitted during competition activity.
- Any questions during competition activity should be addressed to the competition judging panel.
- Competitors should not communicate with other competitors during competition activity.
- It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
- Technical failure of your equipment should be reported immediately to the judging panel.
- Additional time will be allocated if the fault is beyond the control of the competitor.

Marking and assessment

Brief marking and assessment criteria:

Criteria	Allocated marks
Professional Skills	25%
Presentation, Creativity and Style	25%
Utilisation of Ingredients and Equipment	15%
Taste, Flavour and Temperature	15%
Time Keeping	10%
Personal Hygiene and Safety	10%
Total	100%

Feedback and recognition

Written feedback and advice on next steps will be given by your Trainer and Skills Coordinator within 10 days of the competition.

Competition Co-ordinator

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