

Annex no 1

THE RULES AND REGULATIONS OF THE COOK CONTEST

1. For the on-line part of the cook contest. Every participant must send the application form and the documents listed below electronically:

- a) the recipe of a hors-d'oeuvre /cold snack/- attachment no.1
- b) the photo of mise en place
- c) photos presenting the stages of preparation of the **hors-d'oeuvre** by the participant (maximum 4 pictures a participant must be visible in each photo)
- d) A photo of one portion of the **hors-d'oeuvre**
- e) A photo of the participant and the teacher / tutor with the dish

2. For the on-line part of the cook contest the following components will be marked (maximum 50 points):

- a) the recipe 20 points
- b) the culinary preparation techniques 20 points
- c) the composition of the dish on a plate -5 points
- d) professional appearance of the presenters -5 points

3. Every participant of the contest that is invited to take part in the finals must prepare two dishes:

- hors-d'oeuvre /cold snack/
- compulsory main dish made from products prepared by the organiser

4. Time limit for preparing the meals is 180 minutes.

5. Every participant of the contest serves:

- cold snacks : 2 portions for the tasting jury and at least 8 portions in a multi-portion dish e.g. large plate /platter, salad bowl - possible to serve the whole products e.g. poultry carcass, whole fish etc. (The multi – portion dish will be shown at the banquet table.)
- compulsory meal for the tasting jury

6. The participants need to bring a card (format A5) with the name of the cold snack.

- 7. Assessment and score rules
 - a. technical jury assessment includes(0 50 points):
 - organization of the working stand 0 15 points (after the time limit meals will be assessed in the existing form);
 - hygiene of production 0 -10 points;
 - the right application of culinary techniques 0 -15 points;
 - evaluation of the compulsory task 0 -10 points,
 - b. degustation jury assessment for the cold snack includes (0 50 points):
 - the arrangement of the dish 0 -10 points;
 - the method of serving meals 0 5 points;



- creativity 0 10 points;
- the taste and aroma of the dish maximum 0 25 points;

Maximum score – 100 points

8. The competition begins with the compulsory task (time up to 30 minutes).

9. The organiser will provide equipment for the compulsory task and basic gastronomic equipment (gas stove with 4 gas burners and an electric oven - 1 spit/2-3 students, electric grill, hand mixer, stainless steel table, fridge with freezer, cutting boards, bowls, knives, saucepans, pots, frying pans, whisks etc.

10.All the products and elements for decoration necessary for preparing the snack must be brought by the participants

Further information about the cook competition provides Mrs. Alicja Wcisło tel. (+48) 535 777 694.