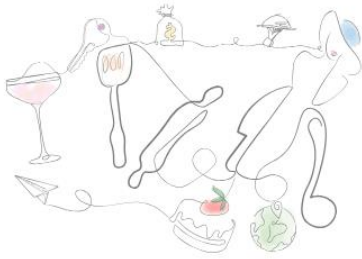




RIGA TECHNICAL SCHOOL OF TOURISM AND CREATIVE INDUSTRY



3rd INTERNATIONAL CONTEST FOR VET STUDENTS

Learn, Know, Do, Can, Show

26. - 28.03.2024

COOKING

Competition process:

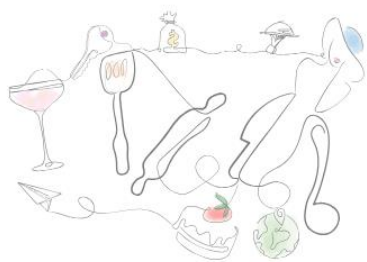
1. Competition is individual
2. Sequential number for completing the competition tasks will be drawn at the start of the competition.
3. Contestants must comply with the requirements of work safety and fire protection rules. Competitors confirm their compliance with safety regulations by signature.
4. Contestants prepare meals in training workshops according to the competition tasks and recipes prepared at home.
5. After completing the competition tasks, the participants must clean and tidy up their workplaces.

Tasks of the competition:

1. Contestants are allowed to bring with them products and decoration elements but mandatory products offered by the organizers must be included.
2. Contestants prepare **3 portions of chef's compliment** (60 - 80g): 2 for jury, 1 for exhibition. Mandatory products offered by the organizers: boiled beets, canned beans fresh cheese, sesame seeds, bagette. There must be a sauce with the chef's compliment.
3. Contestants prepare **3 portions of main dish** (weight 250 - 300 g), 2 for jury, 1 for exhibition. Mandatory products for main dish: fresh fish fillet, butter, carrots, eggplant, lemon, cherry tomatoes. Other products at the competitors' choice - the products are not provided by the organizers.
4. Contestants prepare **3 portions of restaurant dessert** (weight 110 - 120 g): 2 for jury, 1 for exhibition. Mandatory products offered by the organizers: cottage cheese, cream, quince, egg.
5. Other products at the competitors' choice - the products are not provided by the organizers.



RIGA TECHNICAL SCHOOL OF TOURISM AND CREATIVE INDUSTRY



3rd INTERNATIONAL CONTEST FOR VET STUDENTS

Learn, Know, Do, Can, Show

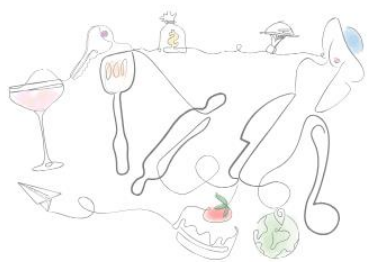
26. - 28.03.2024

6. For serving organizers provide white plates - round, rectangular. Contestants can bring and use own dishes for serving.
7. The team presents the prepared meals to the jury in English according to the work schedule - up to 5 minutes.
8. During the presentation the contestants must submit 3 copies of the recipe in English to the expert panel. The description includes product name, author's name and surname, represented school and the description of the preparation of the material including the technological card of the product. It is advised to use with photos to illustrate the preparation process. It is advised to use and letterhead of the school and/or school logo. Each copy must be prepared in presentable format up to contestants 'choice.
9. During the presentation the contestants must submit 3 copies of the recipe in English to the jury. The description includes product name, author's name and surname, represented school and the description of the preparation of the material including the technological card of the product. Advice - use photos to illustrate the preparation process. Each copy must be prepared in presentable format up to contestants 'choice.
10. Total time of the task: 240 minutes, including the presentation of the work - 5 minutes and cleaning after work.

Organizers will provide mandatory products, equipment and tools.



RIGA TECHNICAL SCHOOL OF TOURISM AND CREATIVE INDUSTRY



3rd INTERNATIONAL CONTEST FOR VET STUDENTS

Learn, Know, Do, Can, Show

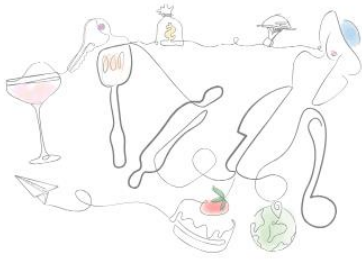
26. - 28.03.2024

Evaluation criteria:

<u>Miss-en-place:</u> equipment setting up, work organizing skills, hygiene and sanitation, cleanness and tidiness, bad habits during the preparation, timetable respect	0 – 20 points
<u>Chef's compliment</u>	
• preparing technique	0 – 20 points
• appearance, originality	0 – 10 points
• presentation, timetable respect	0 – 10 points
• Creativity	0 – 10 points
• Recipe compliance, zero waste of products	0 – 10 points
• Organoleptic characteristics	0 – 10 points
<u>Main dish preparation:</u>	0 – 30 points
• preparing technique	
• appearance, originality	0 – 15 points
• presentation, timetable respect	0 – 10 points
• Creativity	0 – 10 points
• Organoleptic characteristics	0 – 15 points
• Recipe compliance, zero waste of products	0 – 10 points
<u>Restaurant Dessert preparation:</u>	0 – 20 points
• preparing technique	
• appearance, originality	0 – 10 points
• presentation, timetable respect	0 – 10 points
• Creativity	0 – 10 points
• Recipe compliance, zero waste of products	0 – 10 points



RIGA TECHNICAL SCHOOL OF TOURISM AND CREATIVE INDUSTRY



3rd INTERNATIONAL CONTEST FOR VET STUDENTS

Learn, Know, Do, Can, Show

26. - 28.03.2024

• Organoleptic characteristics	0 – 10 points
Maximum points	250

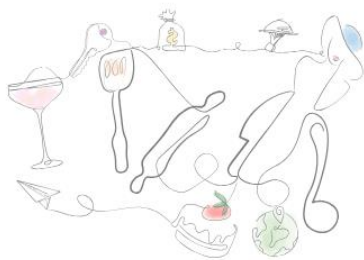
Mandatory products - provided by the organizer

For compliment
Fresh cheese
Boiled beets
Canned beans
Sesame seeds
Bagette
For main dish
Fresh fish fillet
Carrots
Cherry tomatoes
Eggplant
Butter
Lemon
For dessert
Cottage cheese
Sweet cream 35%
Quince
Egg

The organizer of the competition also offers: salt, sugar, flour, spices, vanilla sugar, galantine, quince, greens, rice, potatoes, oil, eggs, white bread



RIGA TECHNICAL SCHOOL OF TOURISM AND CREATIVE INDUSTRY



3rd INTERNATIONAL CONTEST FOR VET STUDENTS

Learn, Know, Do, Can, Show


26. - 28.03.2024

Available equipment and tools for cooking competition

Stainless work tables with a sink	Kettles 3,0 l; 1,5 l; 1,0 l.
Water hot and cold	Metallic bowls in different size
Electrical stove	Cutting boards
Electrical oven	Knives
Deep fryer	Grater
Slicer	Whisks
Hand mixer	Spoons
Blender	Skimmers
Vegetable cutter (hand)	Strainers
Heater Salamander	Measuring cups
Scales	Clingfilm
Electrical grill	Baking paper
Circulator	Foil
Thermomix	

Plates for serving:

- You can use the white plates (plates, round and/or rectangle) offered by the contest organizers to serve snacks and main courses, or contestants can bring own plates for serving
- Plates for serving dessert are provided by the contest organizers (photo)

White square plates	Different sizes	
	15x15 cm	
	18x18 cm	
	22x22 cm	
	25x25 cm	