



Nomination:

Vegetarian Culinary Art

Competitors:

One participant from each educational institution. Competition is individual. Sequential number for completing the competition tasks will be drawn at the start of the competition. Participants must comply with the requirements of work safety and fire protection rules. Participants prepare meals in training workshops according to the competition tasks and recipes prepared at home. After completing the competition tasks, the participants must clean and tidy up their workplaces. Participants are allowed to bring with them products and decoration elements but mandatory products offered by the organizers must be included.

Task of the competition:

Task 1:

Participants prepare 3 portions of Cold starter (110-120g): 2 for jury, 1 for exhibition. Mandatory products offered by the organizers: Walnuts, Rye bread, White curd cheese

Task 2:

Participants prepare 3 portions of main dish (weight 250 - 300 g): 2 portions for jury, 1 - for exhibition. Mandatory products for main dish: pearl barley, beetroot boiled, cherry tomatoes.

1. For serving organizers provide white round plates (d=25 cm, d=31cm). Participants can bring and use own plates for serving.
2. The team presents the prepared meals to the jury in English according to the work schedule - up to 5 minutes.
3. During the presentation the participants 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.
4. List of necessary products, what provided organizers, and amounts (appendix 1) must be sent until 10th of March by e-mail: march@rtrit.lv
5. Total time of the task: 150 minutes, including the presentation of the work - 5 minutes and cleaning after work.

Evaluation criteria:

One winner may be determined in each of the three positions. If there are participants with the same number of points, then the jury prefers a participant with a higher score in the evaluation criteria –Main dish preparation criteria Preparation technique, if there is still an equal number of points, the jury takes into account the points of the evaluation criteria Cold starter preparation.

The Evaluation criteria continue on next page..



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Evaluation criteria:

Description of criteria	Points
Miss-en-place:	
Equipment setting up	0-5
Work organizing skills	0-5
Hygiene and sanitation, uniforms (correct and clean)	0-5
Cleanness and tidiness	0-5
Bad habits during the preparation, tasting with fingers timetable respect	0-5
Clean plates (no spills, fingerprints), correct portion size	0-5
Miss-en-place total:	30
Cold starter preparation:	
Preparing technique	0 – 20
Appearance, originality	0 – 10
Presentation, timetable respect	0 – 10
Creativity	0 – 15
Organoleptic characteristics	0 – 25
Recipe compliance, zero waste of products	0 – 15
Cold starter preparation total:	95
Main dish preparation:	
Preparing technique	0– 30
Appearance, originality	0 – 30
Presentation, timetable respect	0 – 10
Creativity	0 – 20
Organoleptic characteristics	0 – 25
Recipe compliance, zero waste of products	0 – 15
Main dish preparation total:	125
Maximum points	250

Plates for serving:

You can use the white offered by the contest organizers to serve starters and main courses, or participants can bring their own plates for serving.



Provided products continue on next page ..



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Products provided by the organizer:

For Cold Starter	
Walnuts	
Rye bread	
White curd cheese	
For main dish:	
Pearl barley	
Beetroot boiled	
Cherry tomatoes	
Other products provided by organizer	
Butter 80%	
Whipped cream 35%	
Cranberries (frozen)	
Mushrooms frozen	
Onion	
Garlic	
Carrots	White wine vinegar
Potatoes	Tabasco souce
Cabbage	Spices:
Celery root	Black pepper, grounded
Parsley	Bay leaves
Dill	Red paprika powder
Apple	Fennel seed
Oranges	Coriander
Lemon	Cardamom seed
Balsamic vinegar	White pepper
White wine vinegar	Thyme
Chickpeas	Chipotle
Sour cream 25%	Curry
Fresh cheese (Philadelpfia)	
Wheat flour, 405	
Oil	
White sugar	
Brown sugar	
Balsamic vinegar	

Available equipment and tools for competition

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