



Nomination:

Cooking

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.

Tasks of the competition: Competition consist from two tasks:

Task 1: The blind testing - taste and flavour for 10 spices.

Task 2:

- 1.Participants are allowed to bring with them products and decoration elements but mandatory products offered by the organizers must be included.
- 2.Participants prepare 3 portions of main dish (weight 250 - 300 g): 2 portions for jury, 1 - for exhibition. Mandatory products for main dish: Chicken thigh with bone, chickpeas or pearl barley, hazelnuts, Dijon mustard. Other products at the competitors choice.
- 3.Participants prepare 3 portions of restaurant dessert (weight 110 - 120 g): 2 for jury, 1for exhibition. Mandatory products offered by the organizers: rhubarb puree, corn starch, peeled almonds. Other products at the participants choice.
- 4.For serving organizers provide white plates - round, rectangular. Participants can bring and use own plates for serving.
- 5.The team presents the prepared meals to the jury in English according to the work schedule - up to 5 minutes.
- 6.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 participants choice.
- 7.List of necessary products, what provided organizers, and amounts (appendix 1) must be sent until 10th of March by e-mail: march@rtrit.lv
- 8.Total time of the task: 210 minutes, including the presentation of the work - 5 minutes and cleaning after work.
- 9.During the preparation process, the jury experts may ask professional questions about the preparation process, the tools used and the raw materials used.



The provided products list and criteria follow on next pages...



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Evaluation criteria:

Description of criteria	Points
Blind testing: Spice recognition (2 points for each spice recognized)	0 – 20
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
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 – 10
Main dish preparation total:	125
Restaurant Dessert preparation:	
Preparing technique	0 – 20
Appearance, originality	0 – 10
Presentation, timetable respect	0 – 10
Creativity	0 – 15
Recipe compliance, zero waste of products	0 – 15
Organoleptic characteristics	0 – 25
Restaurant Dessert preparation total:	95
Maximum points	270

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 Preperation technique, if there is still an equal number of points, the jury takes into account the points of the evaluation criteria for Blind testing.

The provided products list follows on next page..



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Provided products:

For main dish
Chicken thigh with bone
Pearl barley
Chicpeas
Hazelnuts (whole)
Dijon mustard
For dessert:
Rhubarb puree,
Corn starch
Peeled almonds
Other products provided by organizer:
Eggs
Butter 80%
Whipped cream 35%
Cranberries (frozen)
Onion
Garlic
Carrots
Potatoes
Celery root
Apple
Oranges
Lemon
Balsamic vinegar
White wine vinegar
Sour cream 25%
Fresh cheese (Philadelphfia)
Gelatine in sheets
Gelatine granulated
Dill, fresh
Wheat flour, 405
Oil
Brown sugar
Vanilla sugar
Table salt
Spices:
Black pepper, grounded
Bay leaves
Red paprika powder
Fennel seed
Coriander
Cardamom seed
White pepper
Thyme
Chipotle
Curry

Plates for serving:

You can use the white plates (plates, round and/or rectangle) offered by the contest organizers to serve main courses and dessert, or participants can bring own plates for serving.



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	