



**LA CUISINE BY SIAL 2017**  
Briefs of the Classes for Entry

Class No.	Class Description
1.	Cake Decoration – Practical
2.	Elegance Stylish Wedding Cake –Three Tier
3.	Four Plates of Dessert by Nestle Docello
4.	Pastry Showpiece
5.	Baked Bread Showpiece
6.	Friandises Petites Four Pralines Nougatines
7.	Chocolate Carving Showpiece
8.	Fruit & Vegetable Carving Showpiece by Barakat Quality plus
9.	Open Showpiece
10.	Australian Lamb Five-Course Gourmet Dinner Menu by MLA
11.	Tapas, Finger Food and Canapés
12.	Individual Ice Carving
13.	Ice Carving Team Event
14.	Practical Fruit & Vegetable Carving
15.	Sustainable Fish & Seafood - Practical Cookery
16.	Australian Beef - Practical Cookery by MLA
17.	Mezzeh – Practical Cookery by Boody's
18.	Emirati Cuisine - Practical Cookery -
19.	A Medley of Mocktails by Barakat Quality Plus
20.	Etiihad In flight meal sponsored by Etiihad Airways
21.	Ovo-Lacto Vegetarian Four-Course Menu by Egg Station
22.	Dressed Lamb – Practical Butchery by Meat and Livestock Australia
23.	Chicken - Practical Cookery by USAPEEC
24.	3 course Cheese Menu by USDEC
25.	USA Cheese- Practical cookery by USDEC
26.	Practical Cookery 2 Different sandwiches by Unilever Food Solutions
27.	Arabian feast edible buffet please see attached separate briefing document







## Practical Pastry (Patisserie)

### Class 01: Cake Decoration –

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be “ Abu Dhabi ”
4. The cake base must be a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot.  
(Chocolate/Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level, i.e chocolate tempered
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard buffet table is provided for each competitor to work upon.
12. Water, electricity and refrigeration might not be available.
13. The cake will be tasted and cut by the Judges, as part of the judging criteria

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## Pastry Displays

### Class 02: Elegance Stylish Wedding Cake –Three Tier

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socleor platforms)
10. Points will be deducted for non-compliance.



### Class 03: Plated Dessert by Nestle Docello

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
  - a) 1 x Hot and Cold dessert composition
  - b) 1 x Vegetarian without eggs and animal fat
  - c) 1 x Arabic Dessert Free Style creation
  - d) 1 x Dessert serve in glass



3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.
8. One of the plates must use **Docello by Nestle** as the main ingredient.

#### **Class 04: Pastry Showpiece**

1. To display a showpiece of either
  - a) Chocolate
  - b) marzipan/sugar / pastillage
  - c) dough/bread dough
  - d) Asian dough figurine
2. No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
3. Edible media may be used, singly or in mixed media.
4. Written description required.
5. Maximum area w90 x d75cm.
6. Maximum height 90cm (including base or socle).

#### **Class 05: Baked Goods and Baked Bread Showpiece**

The entire exhibit must comprise of baked goods and must include the following:

1. A baked bread showpiece.
2. Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting.
7. All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm

#### **Class 06: Petites Four & Pralines**

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams.
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.



7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.

## Artistic Displays

### Class 07: Chocolate Carving Showpiece

1. Free-style presentation. To be carved from a single block
2. Natural colouring and minimal glazing is allowed.
3. No frames, moulds or wires are allowed.
4. Points will be deducted for non-compliance.
5. Maximum area: w60 cm x d75 cm.
6. Maximum height 30-35cm (including base or socle).
7. Written description mentioning the theme is required

### Class 08: Fruit & Vegetable Carving Showpiece

1. To bring in already prepared one display of fruit and / or vegetable carving, no visible supports are permitted
2. Freestyle presentation.
3. Light framing is allowed, but the construction of the piece must not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum height 55 cm (including base or socle).



### Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. **Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports .i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, and under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.



### Class 10: Five-Course Australian Lamb Gourmet Dinner Menu by MLA

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.
3. The meal to consist of:
  - A cold appetiser,
  - A soup,
  - A hot appetiser,
  - A main course with its garnish
  - A dessert.
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400-500 gms.



7. Typewritten description and typed recipes required
8. If Australian Lamb is not used then 50 points shall be deducted from the judging
9. Maximum area w90 cm x d75 cm.

### **Class 11: Presentation of Tapas, Finger Food and Canapés**

1. Exhibit eight varieties. Weight between 10-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 80 cm.

### **Practical Artistic**

#### **Class 12: Individual Ice Carving**

1. Freestyle.
2. 90 minutes duration.
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and gloves.
5. A non-slip mat is mandatory.
6. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
7. The use of power tools is forbidden.

#### **Class 13: Ice Carving Team Event**

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves.
6. Non-slip mats are mandatory.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
8. The use of power tools is forbidden.

#### **Class 14: Practical Fruit & Vegetable Carving**

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.





6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification
7. Each competitor will be supplied with a standard buffet table on which to work.



## Practical Cookery

### Class 15: Sustainable Fish & Seafood - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Gulf waters sustainable Fish and seafood. Sponsored items may become available this will be communicated to competitors as soon as possible.
3. Weight of fish per portion on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Failure to use gulf water sustainable fish will result in a 50 point reduction of judging points
6. Typewritten recipes are required.



### Class 16: Beef - Practical Cookery by Meat and Live Stock Australia

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Australian Beef as the main protein item.
3. Any cut of beef is allowed, but tenderloin, rib eye and sirloin , can not be used.
4. Weight of beef per portion on the plate to be 150-170grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. If Australian beef is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of Australian beef.



### Class 17: Mezzeh – Practical Cookery by Boodys

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
  - a. Lebanon
  - b. Syria
  - c. Jordan
  - d. Morocco
  - e. Egypt
  - f. Tunisia
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
7. If Boodys products are not used then 50 points shall be deducted from the judging
8. Present the mezzeh in four equal portions.
9. Two portions will be presented and two portions will be presented to the judges.
10. Typewritten recipes are required.





### Class 18: Emirati Cuisine - Practical Cookery -

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs.
2. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
3. Prepare and present two plated portions of any one of the following dishes:
  - Balalit
  - Kabeesa
  - Assedat Bobal
4. Also prepare and present two plated portions each of any two of the following dishes or dishes to the competitors choice all dishes must be Emirati:
  - Margougat Al Khudar
  - Thareed Laham
  - Margougat Al Dijaj
  - Maleh Biryani
  - Machboos Samak
5. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
7. The judges will check appliances and utensils for suitability
8. Typewritten description and recipes are required
9. Time allowed 60 minutes to present all three recipes



### Class 19: A Medley of Mocktails

Barakat Quality plus will supply juices to entrants in this class.

Display three portions each of three different alcohol-free cocktails using any combination of the following Fresh juices:

- Orange
- Watermelon
- Pineapple
- Grapefruit
- Strawberry
- Lemonade
- Carrot
- Green Apple
- Mango
- Cocktail
- Guava
- Kiwi
- Pomegranate
- Mint Lemonade
- Lemon Concentrate



1. Competitors are allowed to use a maximum of two other ingredients per mocktail.
2. Ice, Salt, Pepper, Spices and Herbs used as seasoning are not counted as ingredients.
3. Competitors are to bring their own equipment, glasses, receptacles, etc.
4. Contact the organisers for juice samples after payment of entry fee.
5. The mocktails must be made entirely on-site; no pre-mixes or pre-mixing is allowed.
6. Garnishes, which can be made from any edible substance, must be prepared, cut and shaped entirely on-site.
7. The competition will begin with a close pre-inspection by the judges to ensure that no pre-preparation has taken place.
8. Time allowed 30 minutes to include garnish preparation.
9. Recipes required.

### NOTES TO AID COMPETITORS:

Judging Points:

TASTE	60	The highest percentage point possibility is given for a good tasting mocktail.
PRESENTATION	30	The preparation and use of the garnish, the type of glass used the overall look of the mocktail.
WORKING METHOD	05	Clean, hygienic and safe work methods.
INNOVATION	05	New thinking as to glassware, decoration or presentation.

### Class No 20: In Flight Meal by Etihad Note:Criteria Subject to Change

1. Create a lunch/dinner menu for business class passengers flying ETIHAD airline on Abu Dhabi/London sector. A economy class ticket to home country for the winner of this class shall be awarded as a prize.
2. Menu must be practically reproducible for two hundred covers. All food items to be Western cuisine no Arabic food is required to be presented.
3. Durable enough for in-flight service (i.e. suitable for chilling and re-heating without deterioration in quality).
4. Meal must be totally acceptable to Muslims.
5. One portion of the main-course will be re-heated and tasted as part of the judging process.
6. Menu to comprise: A choice of 2 hors d'oeuvre (each approx 90grams), One salad with a choice of 2 dressings, A choice of two main courses, one to be vegetarian (each approx. 280gr inclusive), One cold dessert (approx. 90g).
7. The Main courses must be suitable to be able to be reheated and served within 12 minutes.
8. Prepare and exhibit three portions of each dish. One for display as per pre-service set up in foils, one set for display as per service to guest(glazed), one set complete appetizers and main course for judges tasting this portion to be kept chilled ready for reheating once judges request. An oven shall be provided.
9. A written menu is required.
10. Typed recipes are required.
11. The organizers will provide the dishes for presenting the in-flight meals.
12. The main-course used for presentation purposes can be glazed with aspic to keep a good appearance.
13. The main-course used for re-heating and tasting, must be covered with the foil provided.
14. All competitors shall be sent a guideline for the plating and portion sizes, these guidelines must be followed. Also a recipe sheet and photograph to be provided as per sample specification sheet provided.



15. Competitors will be provided with the dishes as soon as possible after receipt of their entry-forms and fees. Maximum area 120cm x 75cm



### Class 21: Ovo-Lacto Vegetarian Four-Course Menu by Egg Station

1. Present a plated four-course vegetarian ovo-lacto meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
4. An appetizer containing EGG STATION egg product
5. A soup
6. A main course
7. A dessert
8. To be prepared in advance and displayed cold on appropriate plates.
9. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
10. The appetizer can either be cold or hot presented cold to contain a minimum of 60% egg product from EGG STATION as the main ingredient of the dish. Egg Station product will be made available to all competitors as required.
11. Total food weight of the four plates should 500/600 gms.
12. Typewritten descriptions and recipes required.
13. Maximum area w75cm x d75cm



### Class 22: Dressed Lamb - Practical Butchery by Meat and Livestock Australia

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/demonstration will be provided by MLA prior to Salon event
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
5. Organisers will supply the dressed lamb for this class.
6. Each competitor will have one banquet table (supplied by the organisers) on which to work.
7. No power tools permitted.
8. Competitors to supply their own:
  - o Tools and knives
  - o Twine or netting
  - o RED cutting boards (this is a municipality requirement and will be strictly enforced)
  - o Garnishing
  - o Display trays
  - o Sundries
9. Time allowed: two hours
10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use. 11. Cuts required by the organisers are:
  - a) Neck slices or Neck boned.
  - b) 1 x shoulder, boned and rolled, tied or netted ready for roasting.
  - c) 3 pieces shoulder chops.
  - d) Spare ribs.
  - e) 1 x 8 rib Frenched rack.
  - f) Mid-loin chops from a short loin
  - g) 1 x Eye of Loin.
  - h) 1 x Tunnel-boned leg tied or netted for roasting.
  - i) 1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.



### Class 23 Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Chicken as the main protein item. USA Chicken leg quarters will be supplied to the competitors on the competition day at the venue. No other chicken can be used.
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required
5. Weight of chicken per portion on the plate to be 150 grams

### Class 24: 3 Course Cheese menu by USDEC



1. Prepare a 3 course menu for one person using USA Cheese in every course.
2. Displayed cold, hot food presented cold, suitable for a la carte service.
3. 1 x Hot appetizer
4. 1 x Main course with main item being USA cheese
5. 1 x Cold Dessert
6. Practical and up-to-date presentation is required.
7. Typewritten description and recipes are required.
8. Maximum area w90 cm x d75 cm
9. All of the plates must use **USA Cheese** as an ingredient.

### Class 25 USA Cheese - Practical Cookery by USDEC



1. Time allowed 30 minutes
2. Prepare and present two identical main courses using USA Cheese as the main ingredient. USA Cheeses must be used by all. No other cheese can be used. Contact details of the suppliers to purchase the cheese from shall be sent to all competitors prior to the competition.
3. If USA Cheese is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of USA cheese.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight per portion on the plate to be 150-200 grams



### Class 26 Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches



5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available
8. Plates, equipment and all other ingredients must be brought by the competitors
9. -Type written recipes are required.



## LA SIAL 2017

### VENUE & ENTRY FEES:

1. La Sial will be held during the La Sial Middle East Exhibition from December 12<sup>th</sup> to 14<sup>th</sup> 2017.
2. The venue is at the Abu Dhabi National Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the *Rules and Regulations* or the *Class Briefs*.
4. The fee for entry to the trophy classes is as follows:

i.	Best Cuisinier –	La Sial Abu Dhabi 2017	AED:500/-per person
ii.	Best Pastry Chef – –	La Sial Abu Dhabi 2017	AED:400/- per person
iii.	Best Artist – –	La Sial Abu Dhabi 2017	AED:500/- per person
iv.	Best Arab National – –	La Sial Abu Dhabi 2017	AED:300/- per person

### CLOSING DATE:

5. Closing date for entries is December 1<sup>st</sup> 2017 However, many are often fully subscribed and closed well before the closing date.

### TROPHY ENTRY:

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. Trophies are awarded on the highest aggregate points from all three classes.

The required classes are:

#### BEST CUISINIER:

- i. Class #10. Five-Course Dinner Menu
- ii. Class # 16. Beef Practical
- iii. Class # 15. Fish & Seafood Practical Cookery

In order to qualify for inclusion in the points tally for Best Cuisinier Trophy a competitor must win three medals, at least one of which must be a gold medal.

#### BEST PASTRY CHEF:

- i. Class # 01. Practical Cake Decoration
- ii. Class # 03. Four Plates of Dessert
- iii. Class # 06. Friandises, Petites Four

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy a competitor must win at least two medals one of which must be a gold medal.

#### BEST ARTIST:

- i. Class # 07. Chocolate Showpiece
- ii. Class # 09. Open Showpiece
- iii. Class # 12. Individual Ice Carving
- iv. Class # 14. Practical Fruit & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Artist Trophy a competitor must win at least three medals one of which must be a gold medal.



### **BEST ARAB NATIONAL:**

- i. Class #10. Five-Course Dinner Menu
- ii. Class # 17 Arabic Mezzeh - Practical Cooker.
- iii. Class # 18 Emirati Cuisine – Practical Cookery
- iv. In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

### **HYGIENE AWARD: Boecker®**

A special hygiene shall be commissioned with a trophy from the Hygiene partner of La Sial. The award shall be presented to the chef showing the highest standard of food safety and hygiene in the practical classes in the kitchen. A special hygiene jury shall be present.

### **IMPORTANT NOTES ON THE PRACTICAL COOKERY CLASSES**

These notes pertain to all practical cookery classes. They should be read in combination with the brief of the class entered.

### **WASTAGE and EXCESS MISE-EN-PLACE:ˆ**

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces or as indicated on the class brief.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to Worldchefs guidelines in the hot kitchen discipline ([www.worldchefs.org](http://www.worldchefs.org)).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
  - Vegetable / Fungi / Fruits; washed and peeled – but not cut up or shaped
  - Potatoes washed and peeled – but not cut up or shaped
  - Onions peeled but not cut up
  - Basic dough can be pre-prepared.
  - Basic stocks can be pre-prepared
  - Basic ingredients may be pre-weight or measured out ready for use
  - Fish may be scaled, gutted de-finned and de-gilled, but must otherwise be brought to the competition whole.





- Meat may be de-boned and portioned and the bones cut up.
  - No pre-cooking, poaching etc. is allowed
  - No ready-made products are allowed.
  - No pork products are allowed.
  - No alcohol is allowed.
15. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
  16. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
  17. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
  18. Two copies of the recipes typewritten are always required.
  19. Submit one copy of the recipes to the clerk when registering
  20. Submit one copy of the recipe to the duty marshal at the cooking station.