



**MIRAMAR**  
AL AQAH BEACH RESORT  
FUJAIRAH UAE

**East-Coast Culinary & Cocktail Competition 2015**  
**Resume of Classes for Entry**

**Class No. Class description**

1. Three-Course Gourmet Dinner Menu
2. Tapas, Finger Food & Canapés
3. Three – Course Arabic Dinner Menu
4. An Arabian Feast
5. Friandise/Petite Four/Pralines & Nougatines
6. Three Plates of Desserts International
7. Three Plates of Desserts Arabic
8. Bread Loaves & Showpiece
9. Three-Tier Wedding Cake
10. Cake Decoration – Practical
11. Open Showpiece
12. Practical Fruits & Vegetable Carving
13. Beef- Practical cookery
14. Arabic Mezzeh – Practical cookery
15. Cocktail Championship

**Gastronomic Creation**

**Class 01: Three - Course Gourmet Dinner Menu**

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist of:
  - An appetizer or soup
  - A main course
  - A dessert
4. To be prepared in advance and displayed cold on appropriate plates.
5. Total food weight of the three plates should be 420/480 gms.
6. Food coated with aspic or clear gelatin for preservation
7. Typewritten descriptions and recipes required.
8. Maximum area 60cmx60cm.
9. One participant per entry is allowed.





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## Class 02: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties.
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three 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. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 75 cm
11. One participant per entry is allowed.

## Class 3: Three Course Arabic Dinner Menu

Present a plated three-course meal for one person.

1. Suitable for dinner service in an Arabic restaurant.
2. The meal consists of:
  - a. An appetizer (Mezzeh) or soup
  - b. A main course
  - c. A dessert
3. To be prepared in advance and displayed cold on appropriate plates.
4. Food coated with aspic or clear gelatin for preservation.
5. Total food weight of the three plates should be 520/580 gms.
6. Typewritten descriptions and recipes required.
7. Maximum area 60cmx60cm.
8. One participant per entry is allowed.





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## Class 4: Arabian Feast

1. Exhibit a Traditional Arabian Wedding Feast that would be served in standard hotel in UAE.
2. Suitable for 10 people.
3. Free style presentation.
4. Hot food presented cold.
5. Six cold mezzeh.
6. Three Hot mezzeh.
7. A Whole Ouzi (08 – 10 kg maximum weight) presented with rice & garnish.
8. A Chicken main course- ( Emirati Cuisine)
9. A Lamb main course- (Emirati Cuisine)
10. A Fish main course- ( Traditional dish)
11. A Vegetable dish-( Traditional dish)
12. Three types of Kebabs (Chicken, Beef & Lamb) with appropriate accompaniments.
13. One hot dessert. (presented cold)
14. Three cold desserts. (one must be Emirati Cuisine)
15. Only above dishes are allowed to present.
16. Maximum available space 180cmx 75cm.
17. Competitors must ensure their exhibit is presented neatly in above space.

## Pastry Display

### Class 05: Friandises Petites-Four Pralines Naughtiness

1. Present the exhibit to include a small showpiece; the showpiece is for effect only and will not be judged as part of the class.
2. Exhibit six varieties.
3. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting.
4. Freestyle presentation.
5. Written description mentioning the theme is required.
6. Typewritten recipes are required.
7. Maximum area 70cm x75 cm.
8. One participant per entry is allowed.





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**Class 06: Three Plates of Dessert (International)**

1. Prepare three different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Total food weight of one plate should be 80/100 gms.
4. Presentation to include one hot dessert (presented cold).
5. One of the above desserts must use **DOCELLO** (panna cotta, crème brulee or chocolate mousse) desserts powder as main ingredient.
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area 60cm x 60cm.
9. One participant per entry is allowed.

**Class 07: Three Plates of Dessert (Arabic)**

1. Prepare three different Arabic desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Total food weight of one plate should be 120/140 gms.
4. Presentation to include one hot dessert (presented cold).
5. Typewritten description and recipes are required.
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
7. Maximum area w90 cm x d75 cm.
8. One participant per entry is allowed.





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**Class 08: Bread Loaf & Bakery Showpiece**

1. The entire exhibit must comprise baked goods and must include the following:
2. Bread is to be displayed with a baked bread showpiece.
3. Four types of bread loaves (competitor's choice) minimum of two pieces of each loaf to be displayed.
4. Four types of bread roll (competitor's choice) minimum four pieces of each roll to be displayed.
5. Four types of baked sweet breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
6. Four types of baked savoury/salt breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
7. Doughs prepared and breads baked at place of work and brought to the competition for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area 90cm x 75cm
11. Maximum height 75cm
12. One participant per entry is allowed.

**Class 09: Three-Tier Wedding Cake**

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.
6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 75cm (including socle or platforms)
11. One participant per entry is allowed.





## **Practical Pastry**

### **Class 10: Cake Decoration**

1. Decorate a pre-baked single cake base of the competitor's choice.
2. Two hours duration.
3. Free-style shapes
4. All decorating ingredients must be edible and mixed on the spot.
5. No pre-modelled garnish permitted.
6. Chocolate and royal icing can be pre-prepared to the basic level.
7. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
8. The cake base must a minimum size of 30cm X 30cm or 30cm Diameter.
9. A standard work table with a 13 amp power socket is provided for each competitor to work.
10. Water and refrigeration will not be available.
11. The cake will be tasted as part of judging.

## **Artistic Display**

### **Class 11: Open Showpiece**

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area 60cm x 60cm.
4. Maximum height 75 cm. (including base or socle).
5. One participant per entry is allowed.

### **Class 12: Practical Fruits & Vegetable Carving**

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits & 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.
8. One participant per entry is allowed.





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**Notes on the Practical Cookery Classes (13 & 14)**

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

1. 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.
2. All dishes are to be served in a style equal to today's modern presentation trends.
3. Portion sizes must correspond to a three-course restaurant meal.
4. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
5. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline ([www.worldchefs.org](http://www.worldchefs.org)).
7. Competitors are to provide their own pots, pans, tools and utensils.
8. All brought appliances and utensils will be checked for suitability.
9. The following types of pre-preparation can be made for the practical classes:
  - Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.
  - Dough can be pre-prepared.
  - Basic stocks can be pre-prepared.
  - Meat may be de-boned and the bones cut up.
  - Pastry sponge, biscuit, meringue- can be brought but no cut
  - Fruits pulps- fruits purees may be brought but not as finished sauce
  - Décor elements- 100% made in the salon
  - Basic ingredients may be pre-weighed or measured out ready for use.
10. No pre-cooking, poaching etc. is allowed.
11. No ready-made products are allowed.
12. No pork products are allowed.
13. No alcohol is allowed.
14. 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
15. 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.
16. Two copies of the recipes typewritten are always required.
17. Submit one copy of the recipe to the duty marshal at the cooking station.





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## Practical Cookery

### **Class 13: Beef - Practical Cookery {US Beef Only}**

1. Time allowed for 40 minutes.
2. Prepare and present two identical main courses using US Beef as the main protein item.
3. No other Meat Allowed other than US beef, Supplier of meat information to be provided & badge number required.
4. Any cut of beef with the exception of tenderloin, Rib eye and Sirloin can be use.
5. Present the main courses on individual plates with appropriate garnish and accompaniments.
6. Typewritten recipes are required.
7. One participant per entry is allowed.

### **Class 14: Arabic Mezzeh - Practical Cookery**

1. Time allowed for 60 minutes.
2. Prepare and present for two persons.
3. Three types of Hot mezzeh & Cold mezzeh.
4. Only one of following mezzeh allowed to present (hummus/ tabouleh/ babganoush Fattoush)
5. The Mezzeh can be representative of any of following countries:
  - Egypt
  - Lebanon
  - Syria
  - Morocco
  - Tunisia
  - Jordan
6. Dishes must be represent a variety of cooking methods and the use of ingredients use in Arabic restaurants.
7. Present the mezzeh in equal portions
8. Typewritten recipes are required.
9. One participant per entry is allowed.

### **Class 14: Cocktail of the day**

The full details of this class shall be sent once the sponsors are finalized with organizers prior to the event.



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**Addendum:- East-Coast Culinary & Cocktail Event 2015**

**Venue & Entry:**

1. East- Coast culinary & cocktail competition will held 08<sup>th</sup> & 09<sup>th</sup> of June 2015
2. The venue is "Iberotel Miramar Beach resort Al Farah Ballroom" Fujairah
3. Free entry fees for all classes

**Closing Date:**

4. Closing date for entries is **15<sup>th</sup> of May 2015**. However, many are often fully subscribed and closed before the closing date

**TROPHY ENTREES:**

5. Entrance to best trophy awards, must enter and finished all mentioned classes
6. Best individual awards, Highest Medal points in mentioned category
7. Champions Trophy: Best Effort by Individual Establishments {calculated only meddle points}

**Best Gastronomic Chef: (Maximum 03 entries for single hotel)**

- Class # 01: Three course gourmet dinner menu
- Class # 13: Beef Practical cookery by US Beef

In order to qualify for inclusion in the points tally for best Gastronomic Trophy, competitor must win medals for both categories.

**Best Arabic Cuisinier: (Maximum 03 entries for single hotel)**

- Class # 03: Three course Arabic dinner menu
- Class # 14: Practical Mezze

In order to qualify for inclusion in the points tally for best Gastronomic Trophy, competitor must win medals for both categories.

**Best Pastry Chef: (Maximum 03 entries for single hotel)**

- Class # 05: Friandise/ Petit Four/ Pralines & Nougatines
- Class # 10: Practical Cake decoration

In order to qualify for inclusion in the points tally for best Gastronomic Trophy, competitor must win medals for both categories.

**Best Kitchen Artist: (Maximum 03 entries for single hotel)**

- Class # 11: Open Showpiece
- Class # 12: Practical Fruits & Vegetable Carving

In order to qualify for inclusion in the points tally for best Gastronomic Trophy, competitor must win medals for both categories.





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## Best hygiene Chef: By Our Hyg. Sponsor

- Class # 13: Beef Practical Cookery

Best Hygiene Trophy will awarded to heights medal points winner of Beef Practical cookery

## Highest Medal points awards for Non best category classes

- Class # 02: Tapas, Finger food & canapés
- Class # 04: Arabian Feast
- Class # 06: Three plates of desserts (International)
- Class # 07: Three plates of desserts (Arabic)
- Class # 08: Bread Loaves & Showpiece
- Class # 15: Best Bartender

## Champions Trophy:

- Champion's trophy awarded to the establishment whose competitors gain the highest total combined medal points won from all of their entries.

## Judging Guidelines and Awarding System

A team of WACS Approved Judges will adjudicate at all the classes of competition.

After each judging session, the judges will hold a debriefing sessions at which each decision.

Competitors will not be competing against each other rather they will be striving to reach the best possible standard. Judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the classes.

In theory, therefore, everyone in the particular class could be awarded with gold medal.

Conversely, it could be possible that no awards at all are made.

## The scaling for awarding all classes is as follows:

- 100 - Gold medal with distinction with Certificate.
- 99 – 90 - Gold medal with Certificate
- 89 – 80 - Silver medal with Certificate
- 79 – 70 - Bronze medal with Certificate
- 70 – 50 - Certificate of merit

