**COOKERY CONTEST REGULATIONS**

1. **Aims of the Contest**
2. Mastering cookery skills.
3. Promoting Polish regional and traditional products registered in the EU system of Protected Designation of Origin, Protected Geographical Indication list and the Traditional Speciality Guaranteed list.
4. Developing professional interests in students.
5. Encouraging creativity, initiative and out-of-the-box thinking.
6. Integrating cookery schools.
7. **Contest Rules**
8. Contestants will be asked to prepare one hot main dish and a cold starter dish based on a unique recipe.

* While preparing the main dish the contestants should use poultry, Korycin Cheese and at least one Polish speciality pending registration or already registered as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed from the Podlaskie Voivodeship.
* While preparing the cold starter the contestants are obliged to use Korycin Cheese at least one more Polish speciality pending registration or already registered as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed from the Podlaskie Voivodeship

The list of these products is published [here](https://www.gov.pl/web/rolnictwo/produkty-regionalne-i-tradycyjne1?fbclid=IwAR0pAqeA8h10e0d2UcPPapKWS6Pz5YEXnfuJKk0IFhNl1vYrY-AWhJD3FAs) (appendix 1).

1. Teams of two participate in the Contest.
2. Number of teams applied from each school is not limited.
3. The cost of transport and ingredients is covered by the participating schools.
4. The Organiser provides necessary equipment:

* Gas cooker with 4 burners
* Combi steamer
* Basic cookery equipment
* Basic tableware for presenting dishes (white flat appetizer plate 20cm dia, white dinner plate 24cm dia.)

1. Korycin Cheese will be supplied by the Organiser based on the required amount requested by the Participants. Available types:
2. Teams are allowed to use own utensils and equipment apart from these provides by the Organiser – for futher details contact the Organiser via email
3. **Terms of participating in the Contest**
4. Contest applications (filled Application Form – appendix 1) are accepted via email until 10.02.2024.
5. On the first day of the Contest all Participants must have:

* Personal ID
* Complete working uniform

1. **Contest phases**
2. Phase I

* Applications should include:
  + Application form **(app. 2),**
  + Contest meal application form **(app.3),**
  + Statement signed by the participant or legal guardian in case of underage students **(app.4),**
  + photo of 1 serving of the main dish
  + photo of 1 serving of the cold starter
* Applications are evaluated by the Contest Committee
* Key factors during evaluation phase:
  + Recipe (utilising ingredients, creativity)
  + Cookery techniques used,
  + Exposition (how the dish is arranged on the plate, tableware choice),
  + Usage of leading products (poultry and Korycin Cheese)
  + Ingredients from the list found [here](https://www.gov.pl/web/rolnictwo/produkty-regionalne-i-tradycyjne1?fbclid=IwAR0pAqeA8h10e0d2UcPPapKWS6Pz5YEXnfuJKk0IFhNl1vYrY-AWhJD3FAs).

1. Phase II
   * Teams that have gathered most points will move to phase II of the Contest finals.
   * During the finals teams prepare 4 main course servings and 4 starter servings.
   * Meals will be graded by the Contest Commitee comprising cooking specialists who assess teams work during cooking, and jurors grading the meals based on the taste evaluation sheet.
   * All elements of the meals, including decoration, must be edible.
   * All elements should be prepared during allotted time.
   * It is not allowed to use semi-finished products. The Organiser only accepts demi glace sauce of neutral taste.
   * Main course has to consist of 5 elements. Total weight must be over 200g.
   * The main course should be prepared within **150** minutes (cold starter served within 90 minutes).
   * Each minute behind that time results in penalty points. 15 minutes after that time preparation is over and the dish is taken to the jury as is.
   * Poultry is the key element of the main course.
   * Participants use own ingredients.
   * Finals take place at the Organiser’s cooking lab.
   * Only Participants and Contest Commitee are allowed in the cooking lab during Contest.
   * **Any and all contentious issues are resolved by the Contest Commitee.**

# Appendix 1 List of traditional products (Podlaskie Voivodeship)

Pierekaczewnik

Kruszewski ogórek herbowy

Ogórki kwaszone narwiańskie

**Ser koryciński „swojski"**

Kartacze

Kiszka ziemniaczana

Babka ziemniaczana

Chleb staropolski – chleb żytni

Pieczywo obrzędowe weselne - „korowaj lipski” i gąski weselne

Masło tradycyjne z Filipowa

Kumpia wieprzowa „z komina”

Śliwowica (mirabelka)

Chleb pytlowy wolski na zakwasie

Chleb żytni wolski

Lipiec białowieski

Ser podlaski

Ser gouda

Sękacz sejneński/bankuchen

Ser podpuszczkowy dojrzewający Wiżajny

Kołduny litewskie

Chołodziec litewski (chłodnik)

Soczewiaki sejneńskie

Mód wielokwiat z Sejneńszczyzny

Sery białe deserowe litewskie

Chleb domowy na kalmusie z Puńska

Bliny po litewsku

Kartacze sejneńskie / cepeliny

Kindziuk z Puńska

Sejneński szczupak faszerowany

Mrowisko

Ser narwiański

Miód kwarciany (dębniak)

Kruszewska kapusta kiszona

Ser suszony podlaski

Ser typu szwajcarskiego z Wiżajn

Kumpiak podlaski

Nadbużańska kawa żołędziówka

Twaróg hajnowski

Nadbużańskie grzyby marynowane

Nadbużańskie grzyby suszone

Wędzonka (wędzone)

Kump nadbużański z ćwiartki

Podlaska samogonka zbożowa

Miód augustowski

Makowiec z Ejszeryszek

Pisanka lipska

Pierogi wigierskie

Klinek dąbrowski

Chleb na zakwasie z Sadka

Sękacz z Suchowoli

Ryby słodkowodne wędzone metodą tradycyjną

Szynka wędzona z Ejszeryszek

Kociołek cygański

Boczek wędzony z Ejszeryszek

Kiełbasa chłopska z Ejszeryszek

Polędwica wędzona z Ejszeryszek

Karkówka wędzona z Ejszeryszek

Golonka faszerowana z Ejszeryszek

Kiełbasa z Ejszeryszek

Kapusta z beczki kiszonej w główce

Masło swojskie

Nalewka żenicha

Hajnowski marcinek

Augustowska jagodzianka

Chleb żytni z pieca

Buza/boza

Kwas buraczany (sok z kiszonego buraka)

Piwo podlaskie

Masło z Hajnówki

Mąka z Podlasia

Klinek z Łap

Kapusta kiszona z Suwalszczyzny

Mielnicki korowaj weselny

Bialys (bialystoker/bialystoker kuchen)

Stynka suwalska

Rejbak

Zaguby

Busłowe łapy

Karp knyszyński

Podlaski kisiel owsiany

Knys

……………………………………………….  
 School Stamp

# Appendix 2 Application Form

|  |  |
| --- | --- |
| COOKERY CONTEST | |
| School Data | |
| School Name |  |
| School Address |  |
| School Phone Number |  |
| School Email Address |  |
| Team Supervisor |  |
| Team Supervisor Phone Number and Email Address |  |

|  |  |
| --- | --- |
| Students’ data | |
| Student’s name and surname |  |
| Student’s profession, level of qualification |  |
| Student’s name and surname |  |
| Student’s profession, level of qualification |  |

…………………….…………………………………….. ….…………………………..………………………  
Date and Headteacher’s signature Date and Supervisor’s signature

# Appendix 3 Contest Dish Application Form (main course)

|  |
| --- |
| 1. Name of the main dish |
|  |
| 1. Name of the ingredient registered or pending registration as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed (**at least one product + Korycin Cheese):** |
|  |
| 1. Material standard for 4 servings of the main course |
|  |
| 1. Main course cooking instructions |
|  |

# Contest Dish Application Form (cold starter)

|  |
| --- |
| 1. Name of the main dish |
|  |
| 1. Name of the ingredient registered or pending registration as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed (**at least one product + Korycin Cheese):** |
|  |
| 1. Material standard for 4 servings of the cold starter |
|  |
| 1. Cold starter preparing instructions |
|  |

# Appendix 4 Statement of the Participant or Legal Guardian in case of underage students

…………………………………..……………….……….   
Participant’s name and surname

……………………………………………………………..

……………………………………………………………..  
 Participant’s address

……………………………………..   
 School’s name and address

**Statement of the Participant/Legal guardian**

1. I hereby declare that I have read and understood the Cookery Contest Regulations organised by the Secondary Cookery School in Bialystok and that I fully accept it.
2. I hereby give my consent for my personal data to be processed for the purpose of the Cookery Contest in accordance to the regulations of European Parliament and the Council (EU) 2016/679 from 27.04.2016 regarding the protection of the physical persons in connection with personal data processing and a free flow of such data and repeal of Directive 95/45/WE (General Data Protection Regulation) (Official Journal of the European Union L 119 p.1) – hereinafter referred to as GDPR and regulations of country’s law regarding personal data protection.
3. I hereby consent for my son/daughter’s image to be used for the purpose of the Cookery Contest.

…............................................   
Place, date

…...........................................   
Participant’s legible signature

…...........................................   
Participant’s parent/legal guardian’s legible signature