

# **Cookery contest regulations**

## **I. Aims of the Contest**

1. Mastering cookery skills.
2. Promoting Podlasie regional products.
3. Developing professional interests in students.
4. Encouraging creativity, initiative and out-of-the-box thinking.
5. Integrating cookery schools.

## **II. Contest Rules**

1. 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: pork collar, potatoes and sauerkraut,
- While preparing the cold vegetarian starter the contestants are obliged to use Korycin Cheese

2. Teams of two participate in the Contest.

3. Number of teams applied from each school is not limited.

4. The cost of transport and ingredients is covered by the participating schools.

5. The Organiser provides Korycin Cheese in the amount required by all contestants.

6. The Organiser provides necessary equipment:

- Gas cooker with 4 burners
- Combi steamer, electric oven
- Basic cookery equipment
- Thermomix
- Blast freezer
- Basic tableware for presenting dishes (white flat appetizer plate 20cm dia, white dinner plate 24cm dia.)

7. Teams are allowed to use own utensils and equipment apart from these provided by the Organiser – for further details contact the Organiser via email

### III. Terms of participating in the Contest

On the first day of the Contest all Participants must have:

- Personal ID
- Current certificate for sanitary and epidemiological purpose
- Complete and clean working uniform (including chef's cap)

### IV. Contest phases

#### 1. Phase I - applications

- Applications entry submitted via a Google form should include:  
[https://docs.google.com/forms/d/e/1FAIpQLSd12Ie0eQBffBoKVxILPUtfzco6GD\\_PtzpEF83bGJQkFOalc2g/viewform?usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLSd12Ie0eQBffBoKVxILPUtfzco6GD_PtzpEF83bGJQkFOalc2g/viewform?usp=dialog)
  - Application form,
  - Contest meal application form,
  - Statement signed by the participant or legal guardian in case of underage students (**app.1**)
  - At least 2 high-resolution photos of top and side view of 1 serving of the main dish
  - At least 2 high-resolution photos of top and side view 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),
  - Connection to the contest theme
  - Use of mandatory ingredients

#### 2. Phase II

- Teams that have gathered most points will move to the Contest finals.
- During the finals teams prepare 4 main course servings and 4 cold starter servings on separate plates.
- Meals will be graded by the Contest Committee 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 and vegetable and meat broths.
- Main course has to consist of 5 elements.
- Total weight of main course must be 130g – 180g.
- Max weight of cold starter is 100g
- 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 Committee are allowed in the cooking lab during Contest.

**Any and all contentious issues are resolved by the Contest Committee.**

## Appendix 1 Statement of the Participant

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Participant's name and surname

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Participant's address

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School's name and address

### Statement of the Participant

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.

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Place, date

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Participant's legible signature

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Participant's parent/legal guardian's legible signature