



# **RULES**

AND

# **EVENTS**

**22<sup>nd</sup>-25<sup>th</sup>**

**February 2018**

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## **Entry fees schedule**

Applicable to MCS members – non-members pay an additional 50% (except for the parade of chefs)

CHY	CHEF OF THE YEAR .....	€
JCY	JUNIOR CHEF OF THE YEAR.....	€
PTY	PASTRY CHEF OF THE YEAR.....	€
ST1	TEAM GRAND BUFFET.....	€
ST2	SENIOR PRACTICAL TEAM.....	€
ST3	CHEF'S GRAND PRIX.....	€
ST4	PARADE DE CHEFS.....	€
JPT1	JUNIOR PRACTICAL TEAM.....	€
STTP1	LIVE CENTRE PIECE.....	€
STTP2	LIVE HIGH TEA SET.....	€
STTP3/JTTP1	VEGETERIAN MYSTERY BOX.....	€
STTP4	MYSTERY BOX.....	€
STTP5	COOK & SERVE.....	€
STTP6	LEFTOVERS CHALLENGE.....	€
STTP7	NOSE TO TAIL.....	€
JTTP2	COOK & SERVE JUNIOR.....	€
	INDIVIDUAL PRACTICAL CLASSES SENIORS/JUNIORS.....	€
	INDIVIDUAL PRACTICAL CLASSES ITS STUDENTS.....	€
	SKILLS THEATRE.....	€
	STATIC DISPLAYS.....	€

## **CHY – NATIONAL CHEF OF THE YEAR – 120mins**

The Winner of the Junior Chef of the year competition will have the privilege to represent Malta in the Global Chef Challenge

### **Section A:**

Two hours will be allowed to prepare, cook and present a 3 course meal for 4 persons.

This entry must be accompanied by:

- Brief menu description
- Detailed recipes of each course
- Costings of the whole meal
- Allergen matrix for each course

### **Section B:**

A cold platter (of competitor's choice) for 8 persons, comprising of:

- 3 terrines
- 3 accompanying garnishes
- 3 complimenting sauces, dressing or salsa
- A plated portion of the whole platter

The cold platter must be presented on the following day of the hot kitchen preparation. ATT. No platters will be accepted any later for impartiality reasons.

Participants are to submit, a detailed CV with photograph with the entry form.

The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practising chefs are not allowed.

**(The above entry is open only to Maltese nationals and MCS members only)**

## **JCY - JUNIOR CHEF OF THE YEAR – 120mins**

**The Winner of the Junior Chef of the year competition will have the privilege to represent Malta in the Hans Bueschkens Young Chef Challenge**

Open to chefs who are 23 years or under on February 1<sup>st</sup>, 2018

### **Section A:**

Same conditions apply as for the Senior Chef of the Year competition

### **Section B:**

Junior edible buffet for 8 persons:

- Amuse bouche – cold
- 4 different types of cold tapas
- Soup of competitors' choice with adequate garnishes
- Innovative complex salad starter – can be served either in a bowl or on a platter
- Fish course of competitors' choice
- Main Course using meat as the main ingredient – served hot
- Dessert course – competitors' choice
- Cheese course

It is very important that the portion sizes reflects that of an eight course meal degustation menu. Competitors are allowed to bring all the mis-en-place ready, but they will be given an allocated area where to finish the end product. It is important that hot intended food will be served hot to the judges. All needed equipment is to be provided by the competitor.

The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practising chefs are not allowed. The porter is only allowed to help carrying plates near to the allocated table only.

**(The above entry is open only to Maltese nationals and MCS members only)**



## **PTY – NATIONAL PASTRY CHEF OF THE YEAR -- 120mins**

(The Emmanuel Zarb Trophy)

**Section A:** 120mins will be allowed to prepare, cook and present

- 1 cold dessert (chocolate based) for 3 portions
- 1 cold dessert ( fruit based) for 3 portions
- 1 warm dessert ( competitor's choice) for 3 portions

**Section B:** The competitor is to present a themed centrepiece of competitor's choice with complementing display of 5 petit fours, 6 pieces of each. Not tasted

**Section C:** A decorated celebration cake (sugar paste or rolled fondant). Dummies are permitted. Decorative work may include: Royal Icing, sugar paste, rolled fondant, pastillage or moulded flowers. Artificial and/or non-food related decorations are not permitted.

Participants are to submit, a detailed CV with photograph with the entry form.

The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practicing chefs are not allowed.

**(The above entry is open only to Maltese nationals and MCS members only)**

## **ST – SENIOR TEAMS COMPETITIONS**

### **ST1 – TEAM GRAND BUFFET DISPLAY (Team of 6)**

Category A:

Finger foods and/or Tapas for 6 persons:

- Two different kind of Tapas/finger foods displayed cold intended hot
- Two different kind of Tapas/finger foods displayed cold intended cold

Four restaurant Starters for one person:

- Two restaurant starters displayed cold intended hot
- Two restaurant starters displayed cold intended cold

Festive platter for 8 persons of competitors' choice:

- 3 terrines
- 3 accompanying garnishes
- 3 complimenting sauces, dressing or salsa
- A plated portion of the whole platter

Category B:

Menu of the day

- A 3 course vegetarian menu of the day, including dessert

Or

Restaurant platter

- One restaurant platter for 2 guests

Every effort should be made to select a main piece of protein or vegetable that reflects its total use on the platter and it is also important that all pieces, such as ends are to be presented on the platter.

Festive menu

- A 5 course festive menu for 1 person which must include a dessert course

Category C:

Pastry

- 4 different (Sweet biscuits, chocolates, petit fours or friandes) for 6 persons. Not tasted
- Four different desserts of competitors' choice for one person, individually served
- One themed showpiece of competitors' choice, using edible materials only. Minimum height of 60cm height. The centre piece is judged and a separate medal is awarded

## **ST2 – PRACTICAL TEAM COMPETITION (Team of 3) – 120mins**

Each team is to prepare, cook and present a 3 course menu (Starter – Main course – Dessert) of their own choice for 4 covers.

The teams are allowed to have a kitchen porter during this event. The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practicing chefs are not allowed.

All equipment are to be provided by the teams.

## **ST3 – CHEF’S GRAND PRIX (Team of 3) – 105mins**

Each team is to plan, prepare, cook and present a 3 course menu (Starter – Main course – Dessert) of their own choice for 4 covers, from an identical mystery basket supplied by the organizers to each team.

A written menu must be handed to the judges (written in English) not later than 30 mins from the start of the competitions. Once the menu is handed to the judges no further changes are accepted and what is written must be presented.

The teams are allowed to have a kitchen porter during this event. The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practicing chefs are not allowed.

All equipment are to be provided by the teams.

## **Properties participating in all the three events qualify for.....**

### **The Tony Theuma memorial challenge trophy**

A challenge trophy named after the late Tony Theuma, former president of the MCFA and a pioneer in the local culinary competitions. (Open to MCS members only)

An event split into three sections (ST1-ST2-ST3). Teams may choose to participate in any one of the three events, however only those properties who participate in all the three events are eligible to the final trophy. Separate medals are awarded for each entry.

The team that achieves the highest overall average points from the three events will be declared the winner.

## **ST4 – PARADE DE CHEFS**

The participating Culinary Teams will prepare specialties of their choice. Each culinary team has the following task:

Only the 6 team members are permitted to place items into chillers at indicated time only, 4 other assistances are permitted to carry items into kitchen but are not permitted to un-pack into chillers. These 4 assistances are permitted to polish plates but must be finished when the cooking competition starts.

Written permission must be gained to bring extra equipment, the confirmation of this must be shown to the head juror.

### **Starting time:** Lunch Session

07:30 h placing in of the kitchens

08:30 h start of cooking

12:30 h start of service

15:00 h end of service

### **Starting time:** Dinner Session

15:30 h placing in of the kitchens

16:30 h start of cooking

20:30 h start of service

23.00 h end of service

### **General rules:**

85 menus must be prepared to 100 % during the allocated time:

- 85x Hot appetizers Starter using fish or crustaceans or poultry be served on plates
- 85 x Main courses utilizing either butchers' meat or game to be served on plates
- 85 x Desserts served on plates

In the restaurant, one portion of this menu will be presented on plates in a display case for guests, or three high definition separate photos. If plates are to be presented they should be made a day in advance, preserved with aspic and will be also photographed for our use.

Each team is required to present one complete menu in English along with precise recipes and preparation details for 85 portions. All ingredients must be provided by the team.

### **Explanation in which form foods can be brought in:**

- Salads – cleaned, washed not mixed or cut
- Vegetables – cleaned, peeled, washed, not cut must be raw
- Fish – gutted, scaled but NOT filleted
- Shells should be raw in their shells, but cleaned
- Crustaceans should be raw or boiled, but not peeled
- Meats/Poultry – deboned not portioned, not trimmed,
- Bones may be cut into small pieces

- Stocks – basic stock, not reduced, not seasoned no additional items (garlic, wines etc.)
- Pastry sponge, biscuit, meringue – can be brought in, but not cut
- Basic recipes can be brought in weighed out but no further processing
- Fruit pulps – fruit pulps purees may be brought in but not a finished sauce
- Decor elements – 100% has to be made in the kitchen

.....Cont.

Teams violating these rules will be penalized up to 10% point's deduction of the final score.

Samples of items might be collected for the Health Authorities for further evaluation.

A team assistant (team member) is permitted in the kitchen to wash pots and pans but not permitted to touch any food items!

The menu will be prepared on the plates supplied by the organisers.

1 Team captain

4 Chefs

1 Pastry chef

The team chef is allowed to assist in all sections; one member of the team will do the announcing of the hot kitchen they will step out of the kitchen at start of services precisely or before.

The organizers reimburses the Culinary Teams an amount of EUR 10 per menu that means 85 x EUR 10 = EUR850.

#### **Awards of Points;**

- Hors d'oeuvre 0 - 100 of the possible points
- Main course 0 - 100 of the possible points
- Dessert 0 - 100 of the possible points

Total up to 300 of the possible points

#### **Points table for the Medals in category;**

- 100 – 90 points Gold medal with certificate
- 89 – 80 points Silver medal with certificate
- 79 – 70 points Bronze medal with certificate
- 69 – 50 points Certificate

## **JPT1 – JUNIOR PRACTICAL COMPETITION (Team of 3) – 120mins**

Each team is to prepare, cook and present a 3 course menu (Starter – Main course – Dessert) of their own choice for 4 covers.

The teams are allowed to have a kitchen porter during this event. The use of kitchen porter is allowed solely to clear items from work tops, washing of dishes and other equipment. The porter is not allowed to assist in any preparation of any sort. Practicing chefs are not allowed.

All equipment are to be provided by the teams.

Competing chefs must be 23years, or under, on February 1<sup>st</sup>, 2018

## **TEAM OF TWO COMPETITIONS – STTP/JTTP**

### **STTP1 – LIVE CHOCOLATE CENTRE PIECE –300mins**

Each team shall consist of a Team captain and 1 assistant, and the theme is to be determined by the competitors.

Each team will be given 5 hours to prepare the following:

- 1 chocolate showpiece – must be comprised of chocolate and cocoa products. Minor components can be pre made. The display should not exceed 120cm; points will be deducted if so.
- The showpiece should include at least 4 different techniques (polishing, sculptured, moulded, spraying etc...)
- Sugar work is also permitted but the main focus has to be on chocolate.
- 3 different types of tasted chocolate bonbons/pralines 12 of each. 6 to be displayed with the centre piece and other 6 for judging). 3 different bases are to be prepared (hand dipped, mould ganache and 1 non chocolate filling). Each bonbon should be within 12-15grms per piece. Flavour, filling and shapes are of competitor's choice.

#### **Judging criteria:**

**The chocolate show piece will be judged according to the following criteria:**

Representation of the theme	10points
Degree of difficulty (technicality)	40points
Quality of the work (execution, completeness)	30points
Artistic value (creativity, colour)	10points
Originality	10points

**Each bonbon will be judged according to the following criteria:**

Presentation, exterior appearance, overall impression	20points
Originality of filling	10points
Correct professional preparation and technique	30points
Balance of taste and texture	40points

#### **Notes:**

- All materials used must be edible. Non-edible ingredients are forbidden.
- The base size of the showpiece should not exceed 60cmx60cm. the height must not exceed 120cm(not including the showpiece base height)  
Cleaning of the stations are of the competitors solely responsibility.
- The work stations will be inspected before and after the contest. Any team who leaves the workstation untidy will be penalised 50 point.

#### **Equipment provided:**

- Sink with water supply (hot & cold)
- 2 working tops
- 1 freezer
- 1 fridge
- 1 marble slab

- Two 13-amp power points
- 2 induction stoves
- 1 microwave
- 1 mixer
- 1 chocolate tempering machine

## **STTP2 – LIVE HIGH TEA SET COMPETITION – 90mins**

Each team shall consist of two chefs.

Each team has to prepare two sets of tasted high teas for two people (one set for display and the other for judging). Each set has to consist of 5 different items. Time allocated is 1.5hours:

- Scones (to be made on site from scratch)
- 2 different savoury items
- 1 dessert served in a glass
- 2 different types of innovative high tea desserts of competitors choice

### **Notes:**

- Minor components can be pre-made
- Each team must submit a written menu in English accompanied with all recipes and other important requirements.
- Items are to be display on adequate trays holding all components at one go

### **Judging criteria:**

#### **Mise en place and orderly working area**

**10points**

Wastage and economic factors, safety and hygiene, utilisation of resources and degree of advance preparation will all be considered during judging

#### **Correct preparation**

**10points**

Appropriate preparation, cooking methods, culinary techniques, choice of garnishes and ingredients to achieve balance in presentation and taste will all be considered in the judging

#### **Presentation and setup**

**20points**

#### **Practical and usage of ingredients**

**30points**

Combination of taste, texture and colours, creativity and originality, portion size, practicability of daily usage

#### **Taste**

**30points**



### **STTP3 – VEGETERIAN DISH – 60mins**

To prepare, cook and present 2 hot and 2 cold plated portions of 2 vegetarian dishes. This entry is a mystery basket competition. Competitors are requested to present a menu within 15mins of commencement of the class. Common Larder.

### **STTP4 – MYSTERY BOX MENU - 120mins**

Chefs are to prepare a three course meal for 2 persons of their choice. The competition will be in three distinct stages.

1. The competitors will be presented with a basket with the ingredients for the **starter** and will be allowed 35mins to prepare and present the dish.
2. Upon presentation of the starter the **main course** basket will be presented and 50 mins will be allowed to complete and present the dish.
3. Finally upon presentation of the main course, the **dessert** basket will be presented and 35mins are allowed to prepare and present the final course. Common Larder.

### **STTP5 – COOK & SERVE – 70mins**

Team should be made up of 1 Chef, and 1 Waiter.

70 minutes will be allowed to prepare, cook and present a 3-course menu for 2 covers plus one for the judges. Total of 3 portions served.

Menu of competitor's choice.

Filter coffee and wine must be served.

Teams are to supply their own ingredients and equipment.

Diners will be chosen from the audience.

## **JTTP1 - VEGETARIAN DISH**

**45 mins.**

To prepare, cook and present 2 hot and 2 cold plated portions of 2 vegetarian dishes. This entry is a mystery basket competition. Competitors are requested to present a menu within 15mins of commencement of the class.

## **JTTP2 - THE ITS HOSPITALITY STUDENT COOK & SERVE TROPHY - 70mins**

The team consists of two chefs and one waiter.

70 minutes will be allowed to prepare, cook and present a three course meal for two covers and an additional cover for the judges.

The menu will be based on:

**A Pasta Dish – A Fish Main Course – and a Cold Dessert.**

The appropriate wine will be served with each course.

Coffee to be served at end of meal.

Awards will be presented for:

- The Best Overall team
- The Best Food
- The Best Choice of Wine
- The Best Service.

Teams will provide their own ingredients and equipment.

The diners will be selected from the audience

## **SENIORS INDIVIDUAL ENTRIES - SP**

### **SP1 – VEGAN CHALLENGE – 45mins**

Competitors will be allowed 45mins to produce 2 plated portions of a vegan dish either hot or cold. Competitors can also opt for a dessert course. Judges will be looking for balance in flavours and taste, skills are very important. A typed recipe is to be submitted

### **SP2 – STREET FOOD CHALLENGE – 50mins**

Competitors are given 50mins to create 2 dishes (4 portions of each) using as main protein either fish or shellfish suitable to be served as street food. They will need to be served in takeaway containers that the competitor would wish them to be served in on the street. Competitors are encouraged to show as many skills as possible at the show with minimal mise-en-place completed prior the competition. All ingredients and service containers are the responsibility of the competitors.

### **SP3 – LOCAL CHEESE STARTER – 45mins**

Competitors are given 30mins to produce 2 plated portions of a cheese based starter, served either hot or cold. Judges will be looking for originality in the use of the cheese which should make at least 50% of the dish. A balance of flavour and a good level of skills will be taken into consideration. A written recipe is to be provided

### **SP4 – AMUSE BOUCHE – 45mins**

To prepare, cook and present 6 portions of the same Amuse bouche for the service in a fine dining restaurant. Choice of ingredients is entirely at the discretion of the competitor but judges will look for balance in flavours, textures, preparation/cooking methods and presentation.

### **SP5 – UNDERUTILISED MEDITERANEAN FISH (Trophy) – 60mins**

To prepare two portions of a fish main course of the competitor's choice of **Seasonal underutilised** fish (Pesce Azzuro). Only local fish may be used for this event. Recipes are to be provided  
Examples of underutilised fish: - Cintorin, Hamiema, Sardine, Kavalli, Gallina etc.

### **SP6 – TRADITIONAL MALTESE MENU (Trophy) – 120mins**

Competitors are given 120mins to prepare a Maltese menu (starter, main & dessert) for 2 portions. Entries must be supplied with a written menu, recipes and a menu rationale with detailed info of the chosen courses and their origin. The Original recipe must also be presented with the menu for comparison with the presented dishes by the Judges. Local seasonal produce are to be used with proof of purchase. **This entry is open only to Maltese nationals only.**

### **SP7-LOCAL PORK DISH – 45mins**

To prepare, cook and present 2 plated portions of main course with pork as the main protein.

### **SP8 – ASIAN FUSION DISH – 45mins**

To prepare, cook and present 2 plated portions of Asian fusion dish of the competitor's choice. Entries must be supplied with a written menu, recipes and a menu rationale with detailed info of the chosen courses and their Origin.

### **SP10 – BEEF CHALLENGE – 60mins**

60 minutes are allowed to prepare, cook and present 4 identical main course using beef as the main ingredient. Any cut of beef can be used with the exception of **Tenderloin, Rib eye or Sirloin.**

## **JUNIOR INDIVIDUAL ENTRIES – JP**

### **JP 1 – FIRST COURSE DISHES – 55mins**

To prepare, cook and present 2 portions of a cold starter and a hot starter of the competitor's choice

### **JP2 – MEDITERENEAN UNDERUTILISED FISH (Trophy) – 60mins**

To prepare two portions of a fish main course of the competitor's choice of **Seasonal underutilised** fish (Pesce Azzuro). Only local fish may be used for this event. Recipes are to be provided

Examples of underutilised fish: - Cintorin, Hamiema, Sardine, Kavalli, Gallina etc.

### **JP3 – TRADITIONAL MALTESE MENU (Trophy) – 120mins**

Competitors are given 120mins to prepare a Maltese menu (starter, main & dessert) for 2 portions. Entries must be supplied with a written menu, recipes and a menu rationale with detailed info of the chosen courses and their origin. Local seasonal produce are to be used with proof of purchase. This entry is open to Maltese nationals only.

### **JP4 – PASTRY CHALLENGE – 60mins**

60mins will be allowed to prepare, cook and present 2 portions of a hot dessert and 2 portions of a cold dessert of the competitor's choice. Only basic sponges and basic doughs can be brought ready but all other preparation is to be done during the allocated time. All entries are to be supplied with menus and recipes.

### **JP6 – PASTA DISH – 30mins**

To prepare, cook and present 2 portions of pasta dish of the competitor's choice. As a pasta class the judges will be looking for at least 50% of the dish to be pasta. Pasta dough can be brought ready but not shaped or ready cut.

### **JP7 – MALTESE GBEJNA AND MALTESE SAUSAGE – 45mins**

To prepare cook and present two portions of a main course with the main ingredient being the local Gbejna and the traditional Maltese sausage.

### **JP8 – LOCAL PORK – 45mins**

To prepare, cook and present 2 plated portions of main course with pork as the main protein

## **SENIOR INDIVIDUAL ENTRIES – SIP**

### **SIP1 – BANQUET PLATED DESSERT – 120mins**

To present and display 6 (Six) identical cold plated dessert for a large banquet service (250pax +).

Each submission must present an original and creative plated dessert based on dark chocolate above 60% of cocoa solids.

Competitors will have 2 hours to complete their desserts and have them plated for the judges.

There is no additional plating time.

Applications must also include the following information;

- Brief menu description
- Full recipe
- Information of the chocolate percentage used

Allowable mis-en-place;

- No pre-cooked sponge/cake is allowed
- Pre-made raw paste (cigarette paste, choux, sable, sweet paste, puff, tuille mix etc) can be brought in and cooked during the competition.
- Chocolate tempering must be done on site

### **SIP2 – ENTREMENTS/GATEAUX – 90mins**

The entremets must include at least three different textures.

The cake must be prepared and decorated during the competition and only sponge base is allowed to be prepared in advance.

The cake must weigh not more than 1100 grams (23 cm) including the decoration.

The shape, dimensions and theme can be chosen freely.

Competitors will have 1 hour and 30 minutes to complete their cake and have them ready for the judges.

### **SP7 – DESSERT CHALLENGE- 60mins**

60mins will be allowed to prepare, cook and present 2 portions of a hot dessert and 2 portions of a cold dessert of the competitor's choice. Only basic sponges and basic doughs can be brought ready but all other preparation is to be done during the allocated time. All entries are to be supplied with menus and recipes.

## **SKILLS THEATRE – ST**

(Open for ITS students and Junior chefs age 23 or under on the 1<sup>st</sup>, February 2018)

### **ST1 – BEST END OF LAMB – 30mins** **(sponsored)**

Butcher a pair of best end of lamb which will be provided by the sponsor on the bone. The skill test will be to remove the lamb racks clearly from the chime bone using a saw not a cleaver. 1 best end to be French trimmed to a six bone rack, the other to be presented as removed from the chime bone

### **ST4 – SEABASS & SALMON PREPERATION – 30mins** **(sponsored)**

1 whole gutted Sea bass will be provided by the sponsor and needs to be filleted, trimmed, pin boned, equally portioned and trimmings finely chopped as for tartar.

1 whole salmon will be provided by the sponsor to be filleted, skinned, trimmed and pin boned

### **ST5 – TEA PASTRY DECORATIONS -30mins**

To decorate 4 different pieces of afternoon tea pastries, 1 piece of each. Points will be considered on amount of work completed on site

### **ST6 – LIVE GATEAUX DECORATING – 30mins**

Decorate an 8-10inch gateaux starting with a plain sponge base. It can be filled in/or any way. All garnishes must be edible and marks will be awarded for amount of work completed on site.

## **COLD DISPLAY CLASSES - SENIOR**

### **SCD-1 A SHOW PLATTER OF FISH (team of two)**

To present a festive cold platter of fish, minimum 8 portions, suitably decorated, glazed and garnished.

### **SCD- 2 A SHOW PLATTER OF MEAT / POULTRY – team of two**

A dish of pork, veal, beef, poultry, game or lamb, minimum of 8 portions, decorated, glazed and garnished.

### **SCD- 3 FOUR MAIN COURSE RESTAURANT PLATES**

Four different plated main course portions, using any of the following: meat, poultry, fish, game offal or vegetarian, suitably accompanied with vegetables / potatoes/ garnish. Dishes to be glazed with aspic to enhance presentation

### **SCD – 4 FOUR PLATED RESTAURANT SWEETS**

4 different individual sweets – must include one cold intended hot. Not tasted.

### **SCD – 5 BREAD**

A selection of breads containing 2x 850 gram. Loaves, 6 rolls of different varieties, and a centerpiece of the competitor's choice

### **SCD 6 - 3 COURSE MEAL**

A 3-course meal presented cold but intended hot for one person. Starter to include fish, main course to include meat, and dessert to include fresh fruit.

### **SCD-7 PETITS FOURS**

A display of petit fours with centrepiece of a theme chosen by the competitor. Display to contain 5 different varieties of petit fours, 6 pieces of each a total of 30 pieces. Not tasted. Weight 6 to 14 grams

### **SCD-8.AFTERNOON TEA CAKES.**

5 Varieties of Tea Pastries ( 3 of each) 15pieces in all.

### **SCD-9 BANQUET DESSERT**

6 Identical desserts plates to be practical served at Banquet for large events (200 covers).



## **CULINARY ART CLASSES - Individual open**

### **SCA-1 WORKS IN PASTILLAGE**

A decorative piece of pastillage work within a maximum area display (76cms.) including base. This piece must be purely artistic in construction. No external supports are allowed. Judges are allowed to break any part of the exhibit to make sure that the exhibit is made of pastillage.

### **SCA-2 WORKS IN FAT**

A decorative work in fat with a maximum area of display (76cms.). No external supports are allowed. The use of colouring is permitted.

### **SCA-3 WORKS IN CHOCOLATE**

An exhibition of chocolate work with a maximum area display (76cms.).  
No varnish or external support is allowed.

### **SCA-4 WORKS IN MARZIPAN**

Works in marzipan with a maximum display area of 46cms x 46cms. Paint work only permitted to highlight but must not predominate. No varnish or external supports are allowed.

### **SCA-5 DECORATED CELEBRATION CAKE (sugar paste or rolled fondant)**

A celebration cake of any shape with sugar, paste or rolled fondant with a maximum display area of 38cms x 38cms. Dummies are permitted. Decorative work may include Royal Icing, Sugar Paste, Rolled Fondant, Pastillage or Moulded Flowers. Wired stems, artificial stamens, ribbon and tulle may also be used.

### **SCA-6 VEGETABLE AND FRUIT CARVINGS**

An open theme of competitor's choice, of vegetable or fruit carving display, in the form of a table centre piece decoration. An assortment of products can be displayed in one piece. 50% of the work can be brought ready and 1 (one) hour will be allowed to prepare and execute the remaining 50% of the work, to be displayed as the finished product, in the practical theatre.

### **SCA-8 MINIATURES**

A miniatures exhibit using pastillage and/or royal icing. The dimensions including base or stand must not exceed 152 mm. (6 ins.) and should fit within a 156 mm. (6 1/8 ins.) cube. No artificial stamens or taped wire allowed.

### **SCA-10 FLORAL SUGARCRAFT**

An edible floral spray bouquet or arrangement featuring 4 varieties with a minimum of 3 flowers each type. Flowers should be presented with a suitable background which may be a container, plaque or board. Artificial stamens, ribbons and wires permitted.

Exhibits must fit within a 25 1/2 cm. Square.

## **COLD DISPLAY SECTION –JUNIOR**

### **JCD-1 A SHOW PLATTER OF FISH – team of two**

To present a festive cold platter of fish, minimum 8 portions, suitable decorated, glazed and garnished

### **JCD-2 A SHOW PLATTER OF MEAT / POULTRY – team of two**

A dish of pork, veal, beef, poultry, game or lamb, minimum of 8 portions, decorated, glazed and garnished.

### **JCD-3 FOUR MAIN COURSE RESTAURANT PLATES**

Four different plated main course portions, using any of the following: meat, poultry, fish, game offal or vegetarian, suitably accompanied with vegetables / potatoes/ garnish. Dishes to be glazed with aspic to enhance presentation

### **JCD-4 FOUR PLATED RESTAURANT SWEETS**

4 different individual sweets – must include one cold intended hot. Not tasted

### **JCD-5 PETITS FOURS**

A display of friandes or sweet meats, 36 pieces in all. Display to contain 6 different varieties, 6 pieces of each. Contrast is essential in variety and texture.

**SUGARCRAFT – RESTRICTED CLASSES FOR THE NON PROFESSIONAL  
ENTHUSIAST - EC**

(THIS CLASS IS OPEN TO NON-PROFESSIONAL SUGARCRAFT ENTHUSIASTS WHO ARE NOT EMPLOYED  
WITH A HOTEL OR CATERING ESTABLISHMENT.)

**EC-1 FLORAL SUGARCRAFT**

An edible floral spray bouquet or arrangement featuring 4 varieties with a minimum of 3 flowers each type. Flowers should be presented with a suitable background which may be a container, plaque or board. Artificial stamens, ribbons and wires permitted.

Exhibits must fit within a 25 1/2 cm. Square.

**EC-2 DECORATED CELEBRATION CAKE (sugar paste or rolled fondant)**

A celebration cake of any shape with sugar, paste or rolled fondant with a maximum display area of 38cms. X 38cms. Dummies are permitted. Decorative work may include Royal Icing, Sugar Paste, Rolled Fondant, Pastillage or Moulded Flowers. Wired stems, artificial stamen, ribbon and tulle may also be used.

**EC-3 CAKE TOP ORNAMENT**

A completely edible sugar top ornament, suitable for any occasion.

Must not exceed 25 cm. – in round, square or oval form.

**EC-4 WEDDING CAKE**

To exhibit a three –tier wedding cake, within a maximum area of display not exceeding 76 cm x 76 cm.

Dummies will be permitted

**EC-5 NOVELTY CAKE**

An imaginative creation in shape and design within an area of 61cm. X 61cm.

Dummies are permitted

## General rules for all competitions

### Dress codes:

- Chef's jacket – all chefs must enter the competition arena wearing a clean and pressed chef's jacket.
- Chef's hat – normal chef's hat is required, baseball cap style will not be accepted.
- Apron – apron length can be determined by the team and butcher stripe apron can be used.
- Teams must change aprons prior to service.
- Black trousers.
- Shoes – a non-slip safety style shoe is to be worn.
- Neckties – are optional.
- Jewellery - no visible jewellery is to be worn except for a wedding ring, ear stud.

### PERSONAL HYGIENE:

- Male chefs should be clean shaven.
- Chefs with beards must wear a beard net.
- Sleeves of chef's jacket must not be rolled up past the elbow.
- Chefs should be clean and showered with good personal hygiene.
- After shave and perfumes must not be overpowering.

### FOOD & DRINK DURING COMPETITION:

- Industrially bottled and packaged beverages can **only** be consumed at the competition outside the kitchen.
- Industrially produced and packaged nutrition, like energy bars or gels, can **only** be consumed outside the competition's kitchen.
- Prepared and cooked foods, like sandwiches or salads, can only be consumed during breaks and outside the kitchen.

### FOOD HANDLING REQUIREMENTS:

- Basic principles of Hazard Analysis Critical Control Points (HACCP) adopted for restaurants, must be adhered to.
- Temperature recording of perishable food items must be recorded when leaving preparation kitchen.
- Temperature recording of perishable food items must be recorded when entering competition kitchen.
- Food items to be stored correctly between -18° C to +4° C.
- Chefs must wash their hands prior to starting in a competition.

- Chefs must wash their hands when they change tasks.
- Chefs must wash their hands upon return to the kitchen if they are required to leave the competition kitchen for any reason.
- Food items should not be held at 65o C for longer than 2 hours.
- Tasting food must be carried out with single use disposable utensils or utensils that are washed after each tasting.
- Double dipping into sauces or food items with the same spoon is not acceptable.
- Food items in transport and in storage must be covered with clear plastic or a lid.
- Gloves can be worn if working with dirty items or items that stain, for example beetroot, etc.
- Ready to eat food (RTE) that is not at 65o C should not be handled with bare hands.
- RTE foods must be handled from a plate, using tongs, chop sticks, tweezers or with hands covered with gloves.
- Gloves do not give an automatic exemption to proper food handling techniques.
- Once the food item is changed, you must change your gloves.
- Basic spills should be cleaned up immediately.
- Ensure that knives are kept clean at all times.

### **STORAGE OF FOOD:**

- Food items should be on trays or in containers and covered.
- When setting up your chiller/refrigeration, ensure items do not drip on items stored below.
- Food trimmings from your mise en place that are to be used later should be kept separate and not mixed together.
- Food trimmings should be identified, covered and labelled to avoid cross-contamination.
- Do not store raw food with cooked food items.

### **SANITATION:**

- Hands are to be washed frequently.
- Hand paper towels are to be used for bench wiping and hands.
- Cloth towels are only to be used for hot items.
- Benches should be sanitized prior to commencing the competition, after each task is completed and at the end of the competition.
- Cutting boards in PEHD materials are preferred and should be clean and have the appropriate colour used for each task.
- The standard colour usage is: green for vegetable, red for meat, blue for fish and brown for cooked meats.
- Otherwise, white is acceptable as a neutral colour for all tasks, cutting boards should not be made of wood.
- Work areas should always be clear of unnecessary items.

## **General rules for all live heats (Teams, Juniors & Seniors)**

### **EXPLANATION (Foods that are permitted to be brought in the kitchen)**

- Salads - cleaned, washed, not portioned. Vegetables/fruits - cleaned, peeled, washed, cut, not cooked (tomatoes may be blanched and peeled and broad beans may be shelled), no vegetable purées.
- Pastas/doughs – prepared, not cooked.
- Fish/seafood/shellfish - cleaned, no filleted, not portioned, not cooked.
- Meats/poultry – deboned, not portioned, not trimmed, sausages has to be done in the kitchen, no grinded meat can be brought in, bones may be cut into small pieces.
- Mousses - minced items allowed, mousses must be made during the competition.
- Marinated Proteins – pre-marinating permitted.
- Sauces – reduced, not finished or seasoned.
- Stocks – allowed nto seasoned.
- Dressings – must be made during the competition.
- Coulis – puree allowed, must be finished during the competition.
- Pastry sponge – can be brought in but not cut or shaped.

### **TIMING**

- Participants or teams who arrive late will have points deducted.
- Note: As this is a time-limited competition, you are expected to show cooking skills.
- Your entry must not be completed with more than 10 minutes left on the clock of your allowed time.