



malta kulinarja

CULINARY CHAMPIONSHIP

RULES & EVENTS

12th – 14th April 2024

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ENTRY FEES SCHEDULE

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

EVENT	PRICE
CHY – CHEF OF THE YEAR	€225
JCY – JUNIOR CHEF OF THE YEAR	€195
PTY – NATIONAL PASTRY CHEF OF THE YEAR	€225
ST1 – TEAM GRAND EDIBLE BUFFET (Team of 3)	€350
ST2/JPT1 – PRACTICAL TEAM COMPETITION (Team of 3)	€150
ST3 – CHEF’S GRAND PRIX (Team of 3)	€225
ST4 – PARADE DE CHEFS (Team of 6)	€395
STTP2 – LIVE HIGH TEA SET COMPETITION (Team of 2)	€150
STTP3/JTTP1 – VEGETERIAN DISH (Team of 2)	€195
STTP4 – MYSTERY BOX MENU (Team of 2)	€195
STTP5 – COOK & SERVE (Team of 2)	€195
JTTP2 – THE I.T.S. HOSPITALITY STUDENT COOK & SERVE TROPHY (Team of 2)	€150
SP1 – VEGAN CHALLENGE	€95
SP2 – STREET FOOD CHALLENGE	€95
SP3 – LOCAL CHEESE STARTER	€95
SP4 – AMUSE BOUCHE	€95
SP5/JP2 – UNDERUTILISED MEDITERRENEAN FISH (Trophy and Prize money)	€125
SP6/JP3 – TRADITIONAL MALTESE MENU (Trophy and Prize money)	€125
SP7/JP8 – LOCAL PORK DISH (Trophy and Prize money)	€125
SP9/JP9 – Variety Meats (Offals) Challenge (Trophy and Prize money)	€125
SP8 – ASIAN FUSION DISH	€95
JP1 – FIRST COURSE DISHES	€95
JP4 – PASTRY CHALLENGE	€95
JP6 – PASTA DISH	€95
JP7 – MALTESE GBEJNA AND MALTESE SAUSAGE	€95
SIP1 – BANQUET PLATED DESSERT	€95
SIP2 – ENTREMENTS/GATEAUX	€95
SIP7 – DESSERT CHALLENGE	€95

SCD1/JCD1 – A SHOW PLATTER OF FISH (Team of 2)	€95
SCD2/JCD2 – A SHOW PLATTER OF MEAT / POULTRY (Team of 2)	€95
SCD3/JCD3 – FOUR MAIN COURSE RESTAURANT PLATES	€95
SCD4/JCD4 – FOUR PLATED RESTAURANT SWEETS	€95
SCD5 – BREAD	€80
SCD6 – 3 COURSE MEAL	€80
SCD7/JCD5 – PETITS FOURS	€80
SCD8 – AFTERNOON TEA CAKES	€80
SCD9 – BANQUET DESSERT	€80
SCA1 – WORKS IN PASTILLAGE	€80
SCA2 – WORKS IN FAT	€80
SCA3 – WORKS IN CHOCOLATE	€80
SCA4 – WORKS IN MARZIPAN	€80
SCA5 – DECORATED CELEBRATION CAKE (sugar paste or rolled fondant)	€80
SCA6 – VEGETABLE AND FRUIT CARVINGS	€80
SCA8 – MINIATURES	€80
SCA10 – FLORAL SUGARCRAFT	€80
EC1 – FLORAL SUGARCRAFT	€80
EC2 – DECORATED CELEBRATION CAKE (sugar paste or rolled fondant)	€80
EC3 – CAKE TOP ORNAMENT	€80
EC4 – WEDDING CAK	€80
EC5 – NOVELTY CAKE	€80

CHY – NATIONAL CHEF OF THE YEAR (120 mins)

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:

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 reflect that of an eight-course meal degustation menu. Competitors are allowed to bring all the mise 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 a 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 carry plates near the allocated table.

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

JCY – JUNIOR CHEF OF THE YEAR (120 mins)

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

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 reflect 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 a 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 carry plates near the allocated table.

(The above entry is open only to Maltese nationals and MCS members only. It's only open to chefs who are 23 years or under by end February 2023)

PTY – NATIONAL PASTRY CHEF OF THE YEAR (120 mins)

(The Emmanuel Zarb Trophy)

Section A:

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

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

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. 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.

The use of a 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.

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

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

ST – SENIOR TEAMS COMPETITIONS

ST1 – TEAM GRAND EDIBLE BUFFET (Team of 3) (240 mins)

Menu Composition:

1. Dip/butter typical for the country:
 - 2 different types have to be made by the team in the kitchen
 - Bread will be offered by the organizer.
2. Finger food - cold and hot:
 - 6 (4 cold and 2 hot) various kinds of finger food served on platters directly at the “Chef’s Table”. 30 pieces presented equally on two platters. 6 pieces presented on two plates for the jury. While sitting at the Chef’s Table, the guests need to be able to reach the finger food easily. That is why all required finger food has to be presented equally on two platters on both parts of the table.
 - Weight: between 10g and 20g each
 - To be eaten in one bite
 - 4 different kinds served cold
 - 2 different kinds served hot
3. One cold festive platter for 6 persons with fish and/or shellfish and/or seafood:
 - 3 various preparations
 - 3 garnishes
 - At least 2 accompanying sauces, served separately
 - 1 salad served separately
 - The festive platter must be in one piece and must appear as one unit. It must also be possible to lift and move as one unit
 - No plates, bowls or similar items are allowed on the platter.
4. Intermediate course vegan (as plated service):
 - 1 HOT plated service with main piece, sauce and suitable garnish
5. Hot preparation with lamb saddle and lamb shoulder (as plated service):
 - With side dishes and decorations in accordance with modern nutritional standards
6. One dessert assortment:
 - With 3 main components
 - One of them hot (sauce and decorations at your choice). Sauce is not considered as a component (as a plated service).

7. 3 Petit fours:

- For 6 persons. Therefore $6 \times 3 = 18$ pieces
- Weight 6g - 14 g/piece

The use of a 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 carry plates near the allocated table.

All equipment is to be provided by the teams.

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

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 a 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 is to be provided by the teams.

ST3 – CHEF'S GRAND PRIX (Team of 3) (105 mins)

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 competition. 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 a 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 is 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 for 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 (Team of 6)

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 assistants are permitted to carry items into kitchen but are not permitted to unpack into chillers. These 4 assistants are permitted to polish plates but must be finished when the cooking competition starts.

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

Starting time:	Lunch Session		Starting time:	Dinner Session
07:30	Entry and storing of ingredients		15:30	Entry and storing of ingredients
08:30	Start of cooking		16:30	Start of cooking
12:30	Start of service		20:30	Start of service
15:00	End of service		23:00	End of service

100% of the preparation must be done during the allocated time:

- 85 x Hot Appetizer Starter using fish, crustaceans or poultry, to 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

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 where they will step out of the kitchen at precisely start of services or before.

The organizers reimburse the Culinary Teams an amount of €10.00 per menu (85 x €10.00 = €850.00).

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

JP – JUNIOR PRACTICAL COMPETITIONS

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

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 a 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 is to be provided by the teams.

(Competing chefs must be 23 years or under by end December 2019)

STTP/JTTP – TEAM OF TWO COMPETITIONS

STTP2 – LIVE HIGH TEA SET COMPETITION (90 mins)

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 1.5 hours:

- 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 displayed on adequate trays holding all components at one go

Judging criteria:

Mise en place and orderly working area: 10 points

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

Correct preparation: 10 points

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: 20 points

Practical and usage of ingredients: 30 points

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

Taste: 30 points

STTP3 – VEGETERIAN DISH (60 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 15 mins of commencement of the class. Common Larder.

STTP4 – MYSTERY BOX MENU (120 mins)

Chefs are to prepare a 3-course meal of their choice for 2 persons. 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 35 mins 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 35 mins are allowed to prepare and present the final course. Common Larder.

STTP5 – COOK & SERVE (70 mins)

The team consists of one chef and one waiter.

70 minutes will be allowed to prepare, cook and present a 3-course meal for two covers and an additional cover for the judges. Total of 3 portions served.

The menu is of competitor's choice.

The appropriate wine will be served with each course. Coffee to be served at end of meal.

Teams will provide their own ingredients and equipment. The diners will be selected 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 15 mins of commencement of the class. Common Larder.

JTTP2 – THE I.T.S. HOSPITALITY STUDENT COOK & SERVE TROPHY (70 mins)

The team consists of two chefs and one waiter.

70 minutes will be allowed to prepare, cook and present a 3-course meal for two covers and an additional cover for the judges. Total of 3 portions served.

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.

SP – SENIORS PRACTICAL ENTRIES

SP1 – VEGAN CHALLENGE (45 mins)

Competitors will be allowed 45 mins 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 (50 mins)

Competitors are given 50 mins to create 2 dishes (4 portions of each) using either fish or shellfish as main protein 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 to the competition. All ingredients and service containers are the responsibility of the competitors.

SP3 – LOCAL CHEESE STARTER (45mins)

Competitors are given 45 mins 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 up 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 (45 mins)

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 MEDITERRENEAN FISH (Trophy) (60 mins)

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) (120 mins)

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

SP7 – LOCAL PORK DISH (45 mins)

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

SP9 – Variety Meats (Offals) (60 mins)

To prepare, cook and present 2 plated portions of main course with offals as the main protein. (Local Beef and/or Pork and/or Sheep and/or Goat offals may be used)

SP8 – ASIAN FUSION DISH (45 mins)

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

JP – JUNIOR PRACTICAL ENTRIES

JP1 – FIRST COURSE DISHES (55 mins)

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

JP2 – MEDITERRENEAN UNDERUTILISED FISH (Trophy) (60 mins)

To prepare 2 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) (120 mins)

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

JP4 – PASTRY CHALLENGE (60 mins)

60 mins 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 (45 mins)

To prepare, cook and present 2 portions of a **2 tone/flavour** 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.

(2 tone/flavour pasta means that the actual pasta must be made of 2 colours)

JP7 – MALTESE GBEJNA AND MALTESE SAUSAGE (45 mins)

To prepare, cook and present 2 portions of a main course with the main ingredient being the local Gbejna and the traditional Maltese sausage.

JP8 – LOCAL PORK (45 mins)

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

JP9 – Variety Meats (Offals) (60 mins)

To prepare, cook and present 2 plated portions of main course with offals as the main protein. (Local Beef and/or Pork and/or Sheep and/or Goat offals may be used)

SIP – SENIORS INDIVIDUAL ENTRIES

SIP1 – BANQUET PLATED DESSERT (120 mins)

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

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 (90 mins)

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.

SIP7 – DESSERT CHALLENGE (60 mins)

60 mins 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 recipe.

SCD – COLD DISPLAY CLASSES - SENIOR

SCD1 – A SHOW PLATTER OF FISH (Team of 2)

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

SCD2 – A SHOW PLATTER OF MEAT / POULTRY (Team of 2)

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

SCD3 – FOUR MAIN COURSE RESTAURANT PLATES

4 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.

SCD4 – FOUR PLATED RESTAURANT SWEETS

4 different individual sweets – must include one cold intended hot.

SCD5 – BREAD

A selection of breads containing 2 x 850g loaves, 6 rolls of different varieties, and a centrepiece of the competitor's choice.

SCD6 – 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.

SCD7 – 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 (30 pieces total). Tasted. Weight 6-14g.

SCD8 – AFTERNOON TEA CAKES

4 varieties of Tea Pastries, 3 pieces of each (total of 15 pieces).

SCD9 – BANQUET DESSERT

4 identical dessert plates which are practical enough to be served at a banquet for large events (200 covers).

SCA – CULINARY ART CLASSES - Individual open

SCA1 – WORKS IN PASTILLAGE

A decorative piece of pastillage work within a max. area display (76cm) incl. 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.

SCA2 – WORKS IN FAT

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

SCA3 – WORKS IN CHOCOLATE

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

SCA4 – WORKS IN MARZIPAN

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

SCA5 – 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 38cm x 38cm. 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.

SCA6 – VEGETABLE AND FRUIT CARVINGS

An open theme of competitor's choice of vegetable or fruit carving display, in the form of a table centrepiece decoration. An assortment of products can be displayed in one piece. 50% of the work can be brought ready and 1 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.

SCA8 – MINIATURES

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

SCA10 – 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.

JCD – COLD DISPLAY SECTION – JUNIOR

JCD1 – A SHOW PLATTER OF FISH (Team of 2)

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

JCD2 – A SHOW PLATTER OF MEAT / POULTRY (Team of 2)

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

JCD3 – 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.

JCD4 – FOUR PLATED RESTAURANT SWEETS

4 different individual sweets – must include one cold intended hot. Tasted.

JCD5 – PETITS FOURS

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

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

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

EC1 – 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 are permitted.

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

EC2 – 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 38cm X 38cm. 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.

EC3 – CAKE TOP ORNAMENT

A completely edible sugar top ornament, suitable for any occasion. Must not exceed 25 cm – in round, square or oval form.

EC4 – WEDDING CAKE

To exhibit a 3-tier wedding cake, within a maximum area of display not exceeding 76 cm x 76 cm. Dummies are permitted.

EC5 – 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.
- Aftershave 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 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 65°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 65°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 have to be done in the kitchen, no ground 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, but not 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 mins left on the clock of your allowed time.