



## **RULES OF INTERNATIONAL CONTEST OF YOUNG COOKS**

### **‘Healthy Food on the table’**

#### **I. General organization matters.**

- 1.1 The contest is organized by The School of Gastronomy and Hotel Industry in Bytom.
- 1.2 The contest will be held in The School of Gastronomy and Hotel Industry on 9<sup>th</sup> March, 2012.

#### **II. Terms of participation.**

- 2.1. Students of gastronomic schools from abroad and students of The School of Gastronomy and Hotel Industry ZSGH are invited to participate in the contest.
- 2.2. The participants comprise teams of two people.
- 2.3. Students can prepare themselves for the contest under the supervision of professionals / chefs of selected restaurants.
- 2.4. It is indispensable to sign up (for the contest) on the form by 17 February, 2012. The forms need to be forwarded to *Mrs Malgorzata Niewrzela*: [margherita.nie@hotmail.com](mailto:margherita.nie@hotmail.com)
- 2.5. The form must be typed, with clear names and surnames and the chef of the team and a full name of the plant supporting the participants.

#### **III. Organizational rules.**

- 3.1 A specific equipment which is necessary in order to make dishes should be arranged independently by every team.
- 3.2 The dishes will be served on the same tableware prepared by ZSGH in Bytom.
- 3.3 If more than 9 teams sign up, the administrator / organizer reserves the right to the appointment of selectional jury members, the task of whose will be selecting teams which are accepted to participate in the contest on the basis of participation cards (recipes).

#### **IV Execution of the contest – rules.**

- 4.1 The presented dish will be regarded as work prepared just for the contest and will not be remade from other contests of the kind.
- 4.2 Each team will be required to prepare 4 portions of appetizer ( from the products chosen by the team) and 4 portions of the main course ( it must contain fish) from within 150 minutes (from the moment of preparing the stand for the presentation).
- 4.3 Not making it ion time means adding punitive / penal points and the participants who surpass the time limit will be prevented from working and their work will be evaluated in the actual condition.
- 4.4 The time between placing all the products and the equipment before the competition which will not be counted by the jury is 10 minutes.
- 4.5 The teams will be evaluated by 2 independent Juries: technical and professional.

The technical jury will be evaluating:  
the preparation of the post and the cleanliness at work  
the application of the products  
the technology of the preparation of the dishes

The professional jury will be evaluating:  
the appearance and the arrangements  
the selection of the ingredients  
the flavour of the dishes  
the originality of the recipe

4.6 Before the competition, there will be a discharge of all the participants with the leader of the Jury (drawing of the posts and the order of the performance of the particular teams, the discussion of the rules of the evaluation).

4.7 The posts of work will be equipped with the working tables, gas cookers and the basis gastronomic equipment.

4.8 The ready made dishes will be presented to the audience.

4.9 All the dishes must consist of edible products, it also concerns a decoration.

4.10 All the teams show up for the official presentation at 9.00 in the morning in the conference room. The beginning of the contest will take place at 10.00 on 9<sup>th</sup> March, 2012.

#### **V. Additional assumptions**

5.1 The organizer of the contest reserves the right for the publication of the recipes and the photographs of the dishes regardless of the evaluation.

5.2 All the work should be inventive and rich in the form and content, served professionally at the high level of creativity.