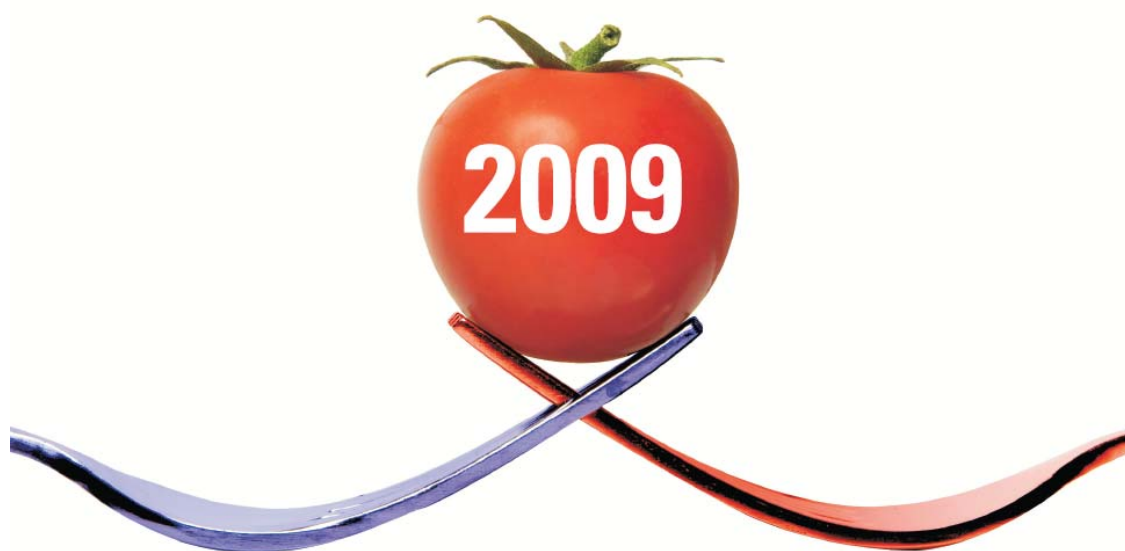


Concours Cuisine



Rulebook



Concours Cuisine 2009

is a friendly culinary competition bringing together young aspiring chefs and/or trainees, under the age of 25. It also provides a creative and competitive environment for youths to learn from each other, and to improve in their skills. Beside, the **Concours Cuisine 2009** would provide a venue for aspiring chefs to interact and learn about French Cuisine.

In addition, this competition would be held to select the winner, who would be representing Singapore in the next **SIAL Shanghai, (Escoffier Disciples) Youth Hope Contest 2010**, allowing our Chefs of tomorrow with a platform to be exposed to and appreciate French Cuisine, and at the same time an opportunity to compete internationally.

The **Concours Cuisine 2009** would be held:-

Date of Competition: 21 November 2009, Saturday

Venue of Competition: SHATEC Institutes

Components of the Event

1. Seminar: An insight of the World of French Cuisine

Prior to the competition, all candidates who submit an entry would be allowed to attend the seminar, covering the topic on French Cuisine. The purpose of the seminar would be to give candidates a better understanding and knowledge of French Cuisine.

2. Competition: **Concours Cuisine 2009**

It is required that all candidates are Singapore citizens (with a valid Singapore passport), to be able to take part in the competition, as the winner will have the chance to compete in the **Escoffier Disciples, Youth Hope Contest** in SIAL Shanghai.

Participation Criteria

All candidates have to be Singapore citizen (and hold a valid Singapore passport).

This competition is opening to all chefs, cooks and/or trainees, under the age of 25 years old (as of November 2009).

Competition Description

The competition requires candidates to prepare a set of **Two (2) dishes**, namely an **Appetizer** as well as a **Main Course**. Candidates can choose between preparing seafood, fish or meats, for the main course.

Six (6) portions of each dish would have to be prepared: Five (5) for judging and one (1) for display & photography.

1. Competitors would be selected through the recipes (with photos), as well as the write-ups.
2. Plan and prepare six (6) portions of two (2) dishes: appetizer and main course.
3. Competitors would have to prepare and present their dishes in 3 hours.
4. Half an hour (½ hour) would be given for the competitors to clean up their work stations, after presenting their dishes.
5. Competitors are only allowed to bring in 40% preparation items (e.g. basic trimmed vegetables, stock/dressing/sauces/seasonings, butchered and marinated meat – to be presented to the Kitchen judge prior to the commencement of the competition. etc). 60% on the spot cooking.
6. Competitors are to present their dishes at the allocated time slots.
7. Display and or photography items must be edible and must be the same of that presented for judging.

Rules and Regulation

1. By submission of a completed application form, competitors agree to abide by the Rules and Regulations of the competition as set by SOPEXA.
2. Competitors must be present at the briefing session, and at least 20 minutes before their allocated start time. Competitors who are not present at their scheduled time slot will be deemed as no-show, and would be disqualified.
3. Competitors are to note that marking criteria, such as deduction of points for late submission, or may be disqualified, should they not abide with the rules.
4. The organizer reserves all rights to the recipes submitted and used, and photographs taken at the competition. Any publication, reproduction or copying of the recipes can only be made with their approval.
5. Ingredients bought and used by competitors are at their own expense, and reimbursement (of up to \$50.00) and would require supporting proof of purchases/receipts.
6. All candidates/competitors are to be present at all formal meetings/briefing, and prize presentation/ceremony.
7. Only standard kitchen equipment (stove, oven, etc) would be provided. All additional equipments that would be used can be brought into the kitchen. More information would be given during briefing.
8. Competitors are to keep their work stations clean and proper during preparation and after cooking, and are required to ensure cleanliness of their work station before leaving the competition venue.

Judging Criteria

Kitchen Scoring	
S/N	DESCRIPTION
1	Attitude/Uniform Clean and tidy uniform
2	Food Safety and Hygiene Working cleanly especially during food transition, storing food safely, avoiding poor hygiene practice
3	Product Utilisation/wastage Reduce waste to a minimum, and maximising the use of all product
4	Peeling/Cut & Turn skill Skilful use of hand tools, using appropriate tool for the job.
5	Manual Dexterity Uniform workmanship or skill
6	Cooking Technique Preparing and cooking food with the accepted technique, use appropriate cooking method for the food item used/selected.
7	Working Organisation Having available detailed plan, cooking and preparation timing organization, organize work environment: table, stove, storage
8	Usage of materials and time Effective usage of time, and ability to work within given timeframe
9	Assembling & Decoration Practical approach of plating
10	Cleaning place after work To ensure that work station is properly wiped down.

Taste Scoring	
S/N	DESCRIPTION
1	Basic Taste/balance Balance of basic taste
2	Harmony of Flavours/seasoning Flavours must work in harmony, no overpowering flavours, appropriate seasoning, avoid competition of flavours on plate
3	Accurate Cooking Accurate cooked food ingredients: Fish, vegetable and sauce
4	Serving temperature Hot food must be served at the right hot temperature, and cold ingredients served cold.
5	Texture Texture must reflect the cooking technique
6	Plating - Presentation Visual appealing presentation that show creativity and innovation.
7	Plating - Clean & clear Clean plating, rims
8	Creativity Appealing presentation that show creativity and innovation
9	Skill using/technique Vegetables are cut/turned uniformly and correspond with description on the menu
10	Ingredient proportion Consistent proportioning, proportional sauce and garnish to main piece

Prizes and Awards

- Champion
 - Trophy/plaque
 - Certificate
 - Paid trip to Shanghai, to compete in **Escoffier Disciples, Youth Hope Contest SIAL** Shanghai
 - Possible short intern stint at a local French Restaurant
- 1st Runner-up
 - Trophy/plaque
 - Certificate
- 2nd Runner-up
 - Trophy/plaque
 - Certificate

APPLICATION DETAILS

1. Application form, found within, must be accompanied by Indemnity form and official recipes, and a copy of your passport.
2. Acceptance is on a first-come-first served basis. Do note that application may be filled up well before the closing date.
3. All individual participants have to be Singaporeans and aged 25 years and below as of 1st November 2009.
4. Application details that are submitted must be based on your identification certificate.

APPLICATION FORM
Details of Participant

(Please ensure that all fields are clearly filled.)

<p>Name: _____</p> <p>Age: _____</p> <p>Gender: Male / Female</p> <p>Contact Number:</p> <p>_____ (Mobile)</p> <p>_____ (Residential)</p> <p>Address:</p> <p>_____</p> <p>_____</p> <p>Organization/Institution:</p> <p>_____</p> <p>Job Title: _____</p>
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INDEMNITY FORM

I _____, IC No _____
agree to take all necessary precautions to ensure the safety of the
equipment and property belonging to SHATEC Institutes training
kitchen and to ensure that they are properly operated and used
during the course of the Competition.

I agree to reimburse and indemnify SHATEC Institutes training
kitchen for any loss or damage to equipment or property arising from
my use of the said facilities.

Signature of Competitor

Name/Signature of Witness

Date: _____

Date: _____