

2nd Mediterranean Chef's Competition

RULES AND REGULATIONS



Live Teams Competition Category [B]



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Live Teams Competition Category [B]

Mediterranean Team of the Year [B1]

3 participants involved: 2 chefs and 1 pastry chef

Duration: 2 hours

Contestants are invited to present a 4 course menu for 3 people:
appetizer, Salad, Main dish, Dessert

Contestants are responsible for bringing all raw materials (ingredients)
Contestants must obtain approval from the organization committee for
any specialized equipment they wish to bring.

Contestants must have their recipes (ingredients and preparation)
written in 4 copies in Greek and English.

Contestants must cook the dishes as described in the recipe.

Contestants are required to have read the "General Rules", the "Live
Cooking Rules" and the "Live Pastry Rules".



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Live Teams Competition Category [B]

Mediterranean Breakfast [B2]

3 participants involved: 2 chefs and 1 pastry chef

Duration: 1 hour & 30 minutes

Contestants are invited to present:

One yoghurt or tahini based dish proposition, incorporating honey, dried fruits and Mediterranean nuts for 3 people

One egg dish proposition with local cheese, local cold cuts and vegetables for 3 people

One sweet proposition with Mediterranean nuts for 3 people

One pie for 3 people. Contestants may bring ready-made phyllo sheet

All dishes must showcase locality of recipe and ingredients

Contestants are responsible for bringing all raw materials (ingredients)

Contestants must obtain approval from the organization committee for any specialized equipment they wish to bring.

Contestants must have their recipes (ingredients and preparation) written in 4 copies in Greek and English.

Contestants must cook the dishes as described in the recipe

Contestants are required to have read the "General Rules", the "Live Cooking Rules" and the "Live Pastry Rules".



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Live Teams Competition Category [B]

Vegan Menu [B3]

3 participants involved: 2 chefs and 1 pastry chef
Duration: 2 hours

Contestants are invited to present a 4 course menu for 3 people: appetizer, Salad, Main dish, Dessert

Contestants are responsible for bringing all raw materials (ingredients). Raw materials (suitable for vegans) should come in their original packaging which should be sealed. Then, after being monitored by supervisors, they will either be covered or transported to the appropriate containers.

Contestants must obtain approval from the organization committee for any specialized equipment they wish to bring.

Contestants must have their recipes (ingredients and preparation) written in 4 copies in Greek and English.

Contestants must cook the dishes as described in the recipe
Contestants are required to have read the "General Rules", the "Live Cooking Rules" and the "Live Pastry Rules".