

2nd Mediterranean Chef's Competition
RULES AND REGULATIONS



Live Schools Category [C]



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Mediterranean School of the year [C1]

4 participants involved: 3 cooking students, 1 pastry student, 1 team coach

Duration: 2 h

Contestants are invited to present a 4 course menu of their choice, for 3 covers:

Appetizer, Salad, Main dish, Dessert

All ingredients should be brought by the competitors in unprepared state, not trimmed, cut or sliced. In order to bring special equipment, the competitors need to get written approval by the organization. Competitors have to submit their recipes in English in 4 copies, which includes the ingredients and method of preparation of the dishes. The competitors, have to prepare the dishes, as described in the recipes. The team coach is proposed by the school with a formal letter to the organizer. The coach is allowed to be outside of the kitchen, and direct his/her team members in low voice, respecting other competitors. Entrance in the kitchen premises is forbidden for the coach. Not respecting this rule, equals to teams' exclusion. Competitors are forbidden to present in any way the school's logo or country of origin. Competitors are obliged to compete in a white chef's jacket, black chef's trousers, white or black apron and black chef's shoes. The organization will be providing hats. In the award ceremony, teams are permitted to wear their schools' official uniform. Maximum participation of 10 schools. Order of priority will be given, according to online registration at the official competition site <https://medchefscompetition.com/>

Competitors are obliged to have read the "General Regulations", the "General Regulations for Live Cooking" and the "General Regulations for Pastry"

Participation cost: 200 euro



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Live Schools Category [C]

Black Box [C2]

3 participants involved: 2 cooking students, 1 team coach

Duration: 1 hour

Participants are invited to prepare 1 main dish for 3 covers, using all ingredients in the black box. The black box will be presented to the participants in a special room, 20 minutes prior to the competition start. In this time frame, competitors will have to write the recipe they will present and give it to the judges.

The competitors cannot deviate from the original recipe he/she has submitted, otherwise there will be a penalty. The participants are not allowed to use any extra ingredient than the ones found in the basket.

The team coach is proposed by the school with a formal letter to the organizer. The coach is allowed to be outside of the kitchen, and direct his/her team members in low voice, respecting other competitors. Entrance in the kitchen premises is forbidden for the coach. Not respecting this rule, equals to teams' exclusion.

Competitors are forbidden to present in any way the school's logo or country of origin.

Competitors are obliged to compete in a white chef's jacket, black chef's trousers, white or black apron and black chef's shoes. The organization will be providing hats.

In the award ceremony, teams are permitted to wear their schools' official uniform

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