

2nd Mediterranean Chef's Competition  
**RULES AND REGULATIONS**



Live Students Category [D]



# 2nd Mediterranean Chef's Competition

## **RULES AND REGULATIONS**

Live Students Category [D]

### Salad / meal [D1]

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2 participants involved, both cooking students  
Duration: 45 minutes

The contestants should prepare 2 different presentations for a salad meal (consisting of vegetables, beans, pasta, protein, etc.) for 3 people  
One gluten free salad and one salad with old-time ingredients from the Mediterranean region (like carob, flax seed, etc.), beans and super foods  
Max net weight of the salad 200 gr

The contestants are responsible for bringing all the raw materials  
The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

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



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## **RULES AND REGULATIONS**

Live Students Category [D]

### Seafood / fish [D2]

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2 participants involved, both cooking students  
Duration: 45 minutes

The contestants should prepare a main dish of seafood and / or fish of his choice, accompanied by the appropriate vegetables, starch and garnish for 3 people.

The contestants are responsible for bringing all the raw materials

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

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



# 2nd Mediterranean Chef's Competition

## **RULES AND REGULATIONS**

Live Students Category [D]

### Chicken [D3]

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2 participants involved, both cooking students  
Duration: 45 minutes

The contestants should prepare a main dish of chicken, accompanied by the appropriate vegetables, starch and garnish for 3 people.

The contestants are responsible for bringing all the raw materials

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

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



## 2nd Mediterranean Chef's Competition

# RULES AND REGULATIONS

Live Students Category [D]

## Plated Dessert [D4]

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2 participants involved: both pastry students

Duration: 1 h

The contestants should prepare a restaurant sweet hot or cold, up to 140 gr, for 3 people.

The contestants is responsible for bringing all the raw materials (ingredients).

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring their recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided. All materials should be edible. Free decorating theme

Contestants are required to have read the "General Rules" and the "Live Confectionery Rules".