

3rd Mediterranean Chef's Competition
RULES AND REGULATIONS



Live Chef's Category [A]



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Live Chef's Category [A]

Black Box [A1]

Individual Participation
Competition time: 1 hour

The contestant prepares a main dish for 3 people, using the materials in the secret basket.

The secret basket will be given to the contestants in a specially designed area, 20 minutes before the competition starts. Contestants should write their recipe and hand it over to the judges within this time.

The contestant cannot deviate from the recipe he has delivered, otherwise he / she will be subjected to a penalty.

The contestant is strictly prohibited from using any extra ingredients other than those contained in the basket.

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



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Live Chef's Category [A]

Fish & Seafood [A2]

Individual Participation

Competition time: 45 minutes

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

The contestant 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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Live Chef's Category [A]

Meat Premium Cuts [A3]

Individual Participation
Competition time: 1 hour

The contestant should prepare a main course of meat premium cuts of his choice, accompanied by suitable vegetables, starch and garnish for 3 people.

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

The contestant 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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Live Chef's Category [A]

Chicken [A4]

Individual Participation

Competition time: 45 minutes

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

The contestant is responsible for bringing all the raw materials

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

The contestant 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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Live Chef's Category [A]

Vegan Dish [A5]

Individual Participation

Competition time: 45 minutes

The contestant should prepare 1 dish appropriate for vegan nutrition for 3 people.

The contestant is responsible for bringing all the 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.

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

The contestant 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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Live Chef's Category [A]

Finger Food [A6]

Individual Participation

Competition time: 1 hour

The contestant should prepare 3 different types of finger food (wark or cold), each recipe served for 3 people.

The contestant is responsible for bringing all the raw materials and appropriate dishes.

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

The contestant 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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Live Chef's Category [A]

Live carving [A7]

Competition time: 2 hours
Individual participation

Contestants must carve at least 6 fruits and / or vegetables. All materials, knives and sculpture tools are provided by the contestants. Any basis in creation is permitted. 80x80 cm exhibition area. Toothpicks and wooden skewers are allowed, but should not be visible. Height limit 75 centimeters. Subject: Free

Contestants should bring their own tools, fresh fruits and vegetables (clean - washed).

Frames, molds, tableware, and other decorative items are prohibited.

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

Evaluation criteria: Degree of difficulty 0 - 20 points / Artistic creation 0 - 40 points / Work required 0-20 points / Carving detail 0-10 points / Total presentation 0-10 points