

3rd Mediterranean Chef's Competition
RULES AND REGULATIONS



Live Teams Category [C]



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Mediterranean Team of the year [C1]

2 participants involved

Competition time: 1 h 30 min

The contestant should prepare a 3 course menu of his choice (appetizer, main course, dessert) for 3 people, showcasing a Mediterranean character through all the dishes.

The contestant is responsible for bringing all raw materials.

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

The contestant must bring his 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*", the "*General Rules of Cooking Live*" and the "*Live Confectionery Rules*".



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Live Teams Category [C]

Yacht Chef & Steward [C2]

Participation of 1 chef and 1 steward/stewardess
Competition time: 1 hour

The contestants should prepare 1 type of seafood/fish street food for three persons and an appropriate accompanying cocktail, which will bring out all the dish's aromas.

The contestant is responsible for bringing all the raw materials and every equipment needed to prepare and serve the cocktail.

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".