

3rd Mediterranean Chef's Competition
RULES AND REGULATIONS



Live Culinary Schools Category [D]



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Live Culinary Schools Category [D]

Mediterranean School of the year [D1]

2Participants: 3 students, 1 team coach

Duration: 1 h 30 min

Contestants are invited to present a 3 course menu of their choice, for 3 covers: Appetizer, Main dish, Dessert.

All ingredients should be brought by the competitors. 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 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. In the award ceremony, teams are permitted to wear their schools' official uniform. Competitors are obliged to have read the "General Regulations", the "General Regulations for Live Cooking" and the "General Regulations for Pastry"



2nd Mediterranean Chef's Competition

RULES AND REGULATIONS

Live Students Category [D]

Black Box [D2]

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

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

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