

3rd Mediterranean Chef's Competition
RULES AND REGULATIONS



Live Students Category [F]



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Live Students Category [F]

Salad / meal [F1]

Individual Participation

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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Live Students Category [F]

Chicken [F2]

Individual Participation

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*".



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Live Students Category [F]

Plated Dessert [F3]

Individual Participation

Duration: 45 min

The contestants should prepare a chocolate dessert warm or cold, up to 140 gr each, for 3 people.

The contestant 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".