



RULES FOR NOMINATION: COOKING

TASKS

Task 1	<p>Cold snacks: prepare 3 plates consisting of set of 3 different cold snacks (minimum 30 g. and maximum 35 g. per snack, maximum 100 g. per portion).</p> <ul style="list-style-type: none"> • Serving details: 3 portions served on plates (2 for judges, 1 for presentation); • Mandatory products: cold smoked mackerel, rye bread. Minimum 3 ingredients must be included in the dish; • Mandatory: secret product from mystery basket; • Basic ingredients: use ingredients from common table; • Special equipment required: 3 white presentation plates 27 cm.
Task 2	<p>Hot seafood appetizer: prepare hot seafood appetizer (minimum 80 g. and maximum 110 g. per person, minimum 1 warm sauce).</p> <ul style="list-style-type: none"> • Serving details: 3 portions served on plates (2 for judges, 1 for presentation); • Mandatory products: sea scallops, shallot. Minimum 5 ingredients must be included in the dish; • Mandatory: secret product from mystery basket; • Basic ingredients: use ingredients from common table; • Special equipment required: 3 white presentation plates 27 cm.
Task 3	<p>Poultry main dish: prepare main course from poultry (2 different types of vegetables, one variety starch, minimum 1 warm sauce).</p> <ul style="list-style-type: none"> • Serving details: 3 portions served on plates (2 for judges, 1 for presentation); • Mandatory products: duck fillet; frozen cherry. • Mandatory: secret product from mystery basket; • Basic ingredients: use ingredients from common table; • Special equipment required: 3 white presentation plates 27 cm.
Task 4	<p>Dessert: prepare dessert of Your choice (minimum 80 g. and maximum 120 g. for portion).</p> <ul style="list-style-type: none"> • Serving details: 3 portions served on plates (2 for judges, 1 for presentation); • Mandatory products: white chocolate 31,4 (Reno concerto bianco), blackcurrant puree (frozen). • Mandatory: secret product from mystery basket; • Basic ingredients: use ingredients from common table; • Special equipment required: 3 white presentation plates 27 cm.

Time for completing the tasks are 4 hours during the first day; 3 hours during the second day.

IMPLEMENTATION PROGRESS

The participant's serial number is determined by lot.

For tasting and sensory evaluation of the dish, the participant's number is coded.

* All participants start working every 5 minutes.

Time	Activities
Day 1	
9:00 – 9:10	Meeting with judges and participants. Brief instructions on the tasks and the course of competition.
9:10 – 9:20	Presentation of the first and second days of tasks and working time
9:20 – 9:45	Writing of recipes
9:45 – 10:00	Workplace, inventory preparation and product assembly
10:00 – 14:00 *	Completion of tasks No. 1 and No. 2. Preparing semi products for other tasks.
14:00	Serving
14:00 – 14:15 *	Workplace arrangement
Day 2	
9:00 – 9:15	Workplace, inventory preparation and product assembly
9:15 – 12:15 *	Completion of tasks No. 3 and No. 4.
12:15	Serving tasks
12:15 – 12:30	Workplace arrangement
12:30	Reflection, feedback with judges

MATERIALS

Ingredients	Notes	Measuring unit	Quantity
<i>CHICHEN</i>			
Duck fillet	0,5 kg for each participant	kg	
<i>FISH</i>			
Cold smoked mackerel	1 unit for each participant (about 0,4- 0,5 kg/fish)	units	
<i>GROCERIES</i>			
Black pepper		kg	
White pepper		kg	
Brown sugar		kg	
Sugar		kg	
Salt		kg	
Flour	Wheat 550	kg	
Honey	Natural	kg	
Bulgur		kg	
Rice	Basmati	kg	
Corn grains		kg	



Pearl barley		kg	
Almond flour		kg	
Red paprika powder		kg	
Bay leaves		kg	
Thyme		kg	
Mystery basket	6 units for each participant	kg	
Mystery basket	0,02 kg for each participant	kg	
<i>OIL and VINEGAR</i>			
Olive oil	Extra Virgin	litre	
Sunflower oil	Refined	litre	
White wine vinegar		litre	
Apple vinegar		litre	
Balsamic vinegar		litre	
<i>FRUITS, BERRIES, VEGETABLES, HERBS</i>			
Lime		kg	
Lemons		kg	
Oranges		kg	
Cranberries frozen		kg	
Mystery basket	0,2 kg for each participant	kg	
Apples		kg	
Pears		kg	
Parsnips		kg	
Potatoes		kg	
Mystery basket	1,00 kg for each participant	kg	
Shallots		kg	
Onion		kg	
Leeks		kg	
Beetroots		kg	
Carrots		kg	
Garlic		kg	
Cherry tomato		kg	
Spinach (baby)		kg	
Mushrooms frozen		kg	
Dills	fresh	units	
Mint	fresh	units	
Micro greens	fresh		
<i>DAIRY PRODUCTS</i>			
Milk	2,5 % fat	litre	
Butter	82 % fat	kg	
Cream	35 % fat	litre	
Philadelphia fresh cheese		kg	
Yogurt Greek style		kg	
Hard cheese Parmesan type	24 months	kg	
<i>OTHER PRODUCTS</i>			
Eggs	L size	units	
White chocolate	0,2 kg for each participant	kg	
Agar		kg	



Gelatine leaves		kg	
Lecithin		kg	
Xanthan gum		kg	
White wine		litre	
Red wine		litre	

EQUIPMENT

No.	Equipment	Notes
1.	Convection oven	
2.	Baking trays	
3.	Refrigerator	
4.	Freezer	
5.	Electric scales	
6.	Induction cooker, portable	
7.	Electric stove 6 with 4 hotplates	
8.	Blender „Pacojet“	
9.	Hand blender	
10.	Termomix	
11.	Gastronomic slicer	
12.	Circulator	
13.	Vacuum apparatus	
14.	Vacuum bags	
15.	Meat grinder	
16.	Fryer	
17.	Microwave	
18.	Cutting board set	
19.	Serving plates	

Note. Necessary small inventory is brought by the participants.