



DECATHLON COOKING COMPETITION

Competition details

Objective

This competition reveals your skills as an upcoming Chef. The participants show their skills as one of the members of a team in front of a public.

Team & Language

Language

It is compulsory that English (oral and written) is the language to be used in all the competition phases and communication with teammate & judges during the different tasks. Minimum level of English A2 (according to EQF).

Teams:

Teams will consist of three students from different schools and countries and will be drawn by the jury.

It may happen that there is a team of two or four students in one of the following cases:

- o The final number of candidates is pair;
- o Disqualification of one of the competitors;
- o Competitors last minute abandonment.

Day of the briefing

- o Competitors briefing & announcement of the teams by the Head Judge;
- o Presentation of the Mystery basket ingredients. During this time external contact is prohibited;
- o After the presentation of the Mystery basket, each team will have one hour to write down a recipe from the Mystery basket of ingredients and make a short brief description of the show plate. During this time external contact is prohibited;
- o Research is limited to students' own textbooks and personal notes. No books will be supplied;
- o As soon as the recipe is completed it must be submitted to the Head Judge with a brief description of the show plate. It will then be signed by both the competitors and the Head Judge;
- o The submitted recipes are final and may not be modified;
- o Once the recipes are submitted, the team will draw their starting number, and competitors are encouraged to liaise with their tutors;
- o Competitors will be allowed to familiarize themselves with the competition area.



Day of the competition

- o Total time of the practical part of the competition: 2 hours. Timetable for each task will be provided and must be respected;
- o All participants of the team will execute two different tasks individually and four Team Events:

Amuse Bouche 1

Mandatory: Cappellacci di Zucca Ferraresi

Mandatory task: Making the Cappellacci

Amuse Bouche 2

Follow the chef (Traditional Italian dish)

Main course

Mandatory products: Rabbit saddle with Pancetta

Mandatory vegetables: Spinach, black garlic

Mandatory liqueur: Sangiovese di Romagna

Sauce: Jus de Lapin

The rest of the ingredients list will be provided in a mystery basket on briefing day.

1. Making pasta dough and start follow the chef on mandatory products (14 minutes) **Team Event**
2. Fillet/ cut up the rabbit saddle (10 minutes)
3. Starting up the rabbit jus (6 minutes)
4. Knife handling; cutting vegetables (7 minutes)
5. Free garnish and method (10 minutes) **Team Event**

-5 min break

6. Method of cooking the Rabbit (9 minutes) **Team Event**
7. Cooking vegetables (8 minutes)
8. Free garnish and method (8 minutes)
9. Finalize Follow the chef dish (10 minutes)

-5 min Break

10. Making identical dishes; 4 amuse bouche nr 1, 4 amuse bouche nr 2, 4 plates a la carte style based on the submitted recipe (20 minutes) **Team Event**



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- o Competitors must wear their full professional uniform and safety shoes;
- o All equipment will be provided for with the exception of professional knives which must be brought by each of the competitors;
- o Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected;
- o All elements of the finished dishes must be edible.

Important notes

- o Teams will be assessed according to their work hygiene, aesthetics / presentation, interpersonal skills & teamwork and tasting;
- o Immediately after the announcement of the teams, team members should check whether correct communication in English within the team is possible. If there is serious doubt, the team should report this to the Head Judge immediately. Complaints about language problems will not be accepted when the recipe formulation has started;
- o The use of cell phones or any other electronic device is not allowed during the competition;
- o All rules and regulations must be adhered including the General AEHT Competition Rules;
- o The (Head) judge's decision is final.