

## General Rules of the Live Cooking Competitions

### Live Cooking Competition

Will take place at the HORECA JORDAN exhibition scheduled to take place from 21 – 23 of October at the ZARA Expo center (Grand Hyatt Hotel Amman). The Jordanian Chefs Association (JCA) will notify each competitor of exact day and time of competition once registrations are completed. Competitors should show up on time specified by JCA for the competition. Late arrivals will lead to disqualification from competition.

Competitors should wear complete chef's uniform (chef's jacket, chef's trousers (no jeans allowed), apron and chef's hat or head cover during set-up, while competing and at the award ceremony. Prizes will only be awarded to chefs wearing complete chef's uniform.

### Awards & Certificates

Each participant will receive a certificate of participation.

1st, 2nd and 3rd placement winners will be awarded at each competition and receive award certificates, medals/trophies and money prizes as specified in the rules of each competition category.

JCA Medals will be awarded according to points scored as follows:

Gold medal	90 - 100
Silver medal	80 - 89
Bronze medal	70 - 79

### Registration Fees

Registration fee per competition:

JCA Members JOD 100 inclusive tax

Non-JCA Members JOD 150 inclusive tax

**Note: Limit of Number of Competitors**

Each competition category will allow only a certain number of competitors to be registered, the first comes first serves rule will apply.

**Note: Prize Money**

Prize money as stated at each live cooking competition will only be paid out to winners if they are JCA Members!

**Registration Deadline**

Registration deadline for all competitions is **Wednesday October 8<sup>th</sup> 2014**. Registration should be completed by submitting enclosed form with registration fee to the Ms. Nuran Turk Her email is [admin2@lawrenceconferences.com](mailto:admin2@lawrenceconferences.com) office phone number 0096264642501,2,3 **before the 8<sup>th</sup> of October 2014**. The Horeca &JCA holds the right to refuse any competitor who did not register on time or did not pay the registration fees in full.

**Equipment Live Cooking Kitchens**

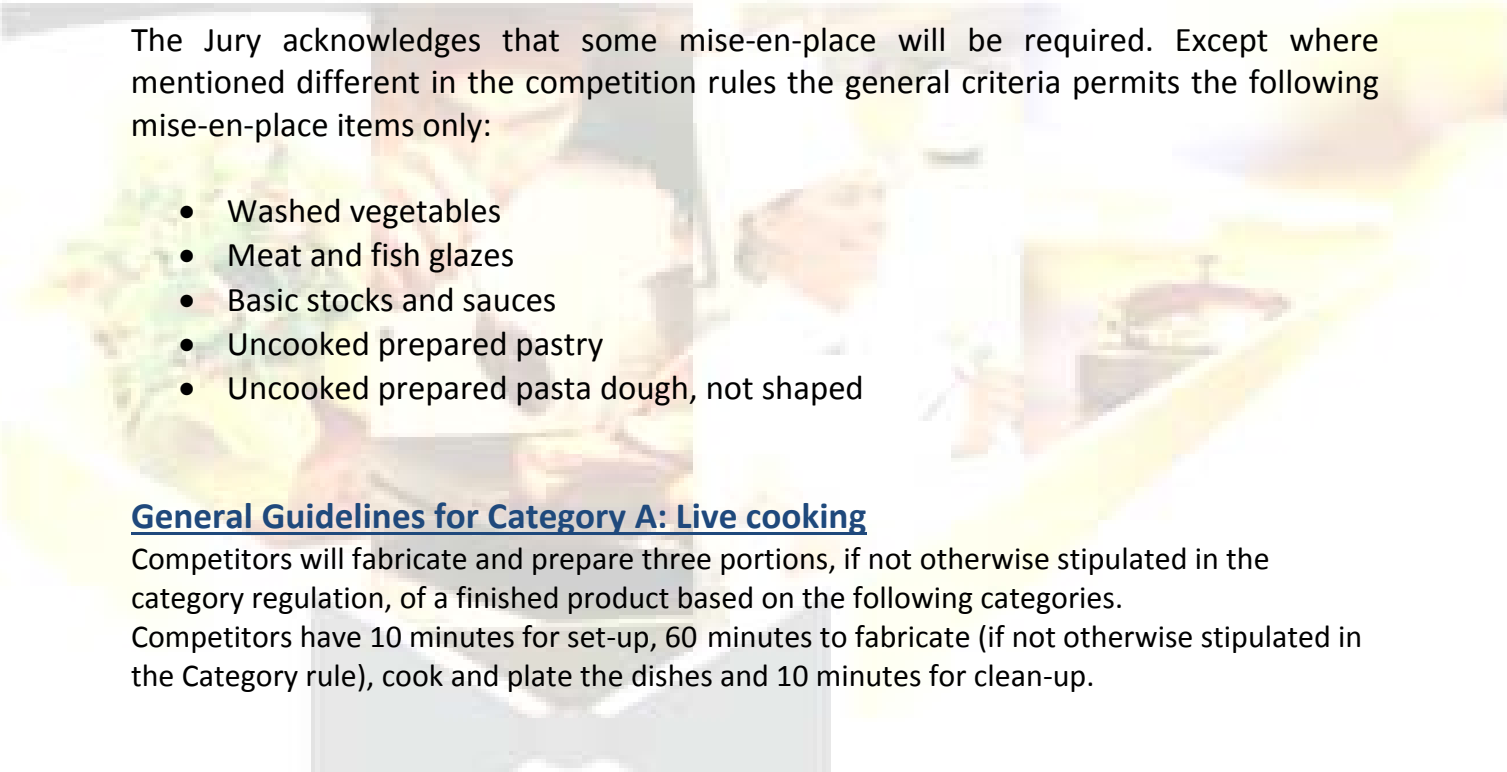
The following equipment will be available for each participant in the live cooking kitchen:

- Work tables with under counter shelves
- Refrigerator
- 4 plate electrical stove
- 1 Blender
- 1 Kitchen Aid mixer
- 1 Sink with Hot & Cold water
- Electrical ovens
- Small trolleys
- 2 electric socket 220v

The participants must bring all needed small equipment and kitchen utensils (such as cutting boards, knives, pots, pans, bowls, plates), as well as any other materials needed to cook and serve.

Extra points will be added or deducted depending on your clean and neat working habit. It is imperative that you return your working area in spotless condition.

Judges will be briefed to mark up competitors who, in their opinion, show the maximum number of craft skills in producing their dishes. It is in the competitor's interest to complete as many tasks, including butchery, filleting and trimming in the time allocated for the competition.



The Jury acknowledges that some mise-en-place will be required. Except where mentioned different in the competition rules the general criteria permits the following mise-en-place items only:

- Washed vegetables
- Meat and fish glazes
- Basic stocks and sauces
- Uncooked prepared pastry
- Uncooked prepared pasta dough, not shaped

### **General Guidelines for Category A: Live cooking**

Competitors will fabricate and prepare three portions, if not otherwise stipulated in the category regulation, of a finished product based on the following categories.

Competitors have 10 minutes for set-up, 60 minutes to fabricate (if not otherwise stipulated in the Category rule), cook and plate the dishes and 10 minutes for clean-up.

- Salad greens may be picked, cleaned and washed, but not portioned
- Vegetables and fruits may be washed, but not peeled and pre-cut but not cooked
- Pasta & Dough can be prepared but not cooked
- Fish or Seafood or Shellfish can be cleaned, filleted but not portioned or cooked
- Lamb or Beef or Chicken can be portioned but not cooked
- Any farces/mousses must be prepared during the competition, but minced items are allowed to be brought in
- Pre-marinating proteins is permitted
- Sauces, coulis and purees must be produced during the competition but Stocks may be brought into the competition, but must be unseasoned and unreduced
- Any dressings are to be prepared during the competition
- Sponges can be pre-made but not cut or shaped
- No supplementary equipment except as specified under Equipment Live Cooking Kitchens will be available, all competitors have to prepare their own cooking utensils and ingredients for the competition
- Competitors must leave the work station in a neat and tidy condition; this is part of the judging criteria.
- The Organizer will not be responsible for any loss or breakage of utensils

**MLA True Chef's Challenge**  
**Sponsored by Meat & Livestock Australia**

**General Rules**

- Chefs representing 5-star hotels, restaurants, hotel and catering schools, clubs and airlines are entitled to enter the competition.
- All chefs are provided a brief on judges' requirements, followed by a technical demonstration involving the meat products to be used.
- After the first round the half highest scoring competitors will enter the second round.
- After the second round the half highest scoring competitors will enter the third and final round.

**1<sup>st</sup> Round**

- All chefs receive a mystery basket with ingredients and have 25 minutes to prepare an appetizer live for three covers by using some of ALL ingredients provided in the mystery basket.

**2<sup>nd</sup> Round**

- All chefs receive a mystery basket with ingredients and have one 35 to prepare a main course for three covers by using some of ALL ingredients provided in the mystery basket.

- 

**3rd Round**

- All chefs receive a mystery basket with ingredients and have 45 minutes to prepare a main course live for three covers by using some of ALL ingredients provided in the mystery basket.

- 

**Note:**

After the second round the four highest scoring competitors will each receive US\$ 500 and enter the 3rd and final round.

US\$ 500 + Award Certificates for the four winners and finalists of the 2<sup>nd</sup> round  
US\$ 1500 + MLA True Chef Trophy + Award Certificate for the overall winner.

JCA medals will be awarded only to competitors who completed the three rounds and achieved an overall average medal score as per WACS rulings and point system.

## A-2

## Seafood

- Competitor will have to prepare on main course or their choice consisting of fish or seafood or a combination of fish and seafood with appropriate vegetable, starch and garnishes for 3 people within 45 min.
- All ingredients should be brought by competitor in unprepared state, not trimmed, cut or sliced.
- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes.
- Recipes should be submitted to the jury on the day of the competition.
- Competitors have to cook the dish according to the recipes submitted to the judges.

## A-3

## Market Basket

- Competitor will have to prepare a starter and main course live for two covers each within one hour by making use of ALL ingredients provided in the market basket.
- Competitor should be present at 14.00 hrs. to receive a market basket with ingredients. Participants will have 1 hour to submit a recipe to the organizer to be handed to the jury for verification of the actual dishes proposed to cook from the ingredients provided within their basket.
- Changing of the dishes after submitting the recipe to the judges is not allowed.
- Competitors will be scheduled for the live cooking.
- Competitors should prepare the dishes within the one hour time limit.
- Competitor must provide all tools, cutting boards, cooking utensils, other small machinery.
- Competitors are not allowed to bring any other ingredients than provided in the live cooking station and their basket.

## A-4

## Contemporary Jordanian Cuisine

- Competitors should prepare, cook and present two Jordanian dishes for two covers within the one hour time limit. Competitors may present the dishes in any preferred format, which can enhance dishes and reflect current trends of modern Cuisine.
- All ingredients should be brought by competitor in unprepared state, not trimmed, cut or sliced.
- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes.
- Recipes should be submitted to the jury on the day of the competition.
- Competitors have to cook the dish according to the recipes submitted to the judges.

## A-5

## Vegetarian

- Competitors should prepare, cook and present one Vegetarian main course dish for 3 covers within 45 minutes.
- All ingredients should be brought by competitor in unprepared state, not trimmed, cut or sliced.
- The vegetarian dish should be nutritional well-balanced and sufficient in quantity to be served as main course dish.
- Pulses such as lentil, chick peas, dried beans can be brought in soaked.
- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes.
- Recipes should be submitted to the jury on the day of the competition.
- Competitors have to cook the vegetarian dish according to the recipes submitted to the judges.

## A-6

## Pasta

- Competitors should prepare, cook and present two different pasta dishes to competitor's own choice for two covers each within one hour time limit.
- The two different pastas should be different in shape, sauces and garnish.
- The pasta should be cooked al dente, overcooked pasta will lead to point reduction.
- Pasta range will be available on the live cooking kitchen. Please contact the JCA for a list of dry pasta products.
- All other ingredients should be brought by competitor in unprepared state
- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes, and name of the type of pasta shape.
- Recipes should be submitted to the jury on the day of the competition.
- Competitors have to cook the two different pasta dishes according to the recipes submitted to the judges.

## A-7

## Daily Sandwiches & Wraps

- Competitors should prepare, cook and present two different sandwiches and/or wraps to competitor's own choice with appropriate garnishes for two covers each within one hour time limit.
- The two different sandwiches should consist of different breads/wraps and fillings
- All ingredients should be brought by competitor in unprepared state, not trimmed, cut or sliced.

- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes.
- Recipes should be submitted to the jury on the day of the competition.

## A-8

## Burger

- Competitors should prepare, cook and present two different Burgers to competitor's own choice with appropriate garnishes for two covers each within one hour time limit.
- The two different sandwiches should consist of different breads and fillings
- All ingredients should be brought by competitor in unprepared state, not trimmed, cut or sliced.
- Competitors have to submit a written recipe in English, which includes the ingredients and method of preparation of the dishes.
- Recipes should be submitted to the jury on the day of the competition.

### Judging criteria for Category A1 – A8

#### **Mise-en-place and Cleanliness 0-10 points**

Planned arrangement of materials for trouble-free working and service. Correct utilization of working time to ensure punctual completion.

#### **Correct Professional Preparation 0-30 points**

Correct basic preparation of food, corresponding to today's modern culinary art. Preparation should be practical, acceptable methods that excluded unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables.

#### **Arrangement and Presentation / Innovation 0-20 points**

Clean arrangement, with no artificial garnishes and no time consuming arrangements. Exemplary plating to ensure an appetizing appearance is required.

#### **Taste 0-40 points**

The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavor and color, the dish should conform to today's standards of nutritional values.

## General Guidelines for Category B Cold Display

- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- The use of a variety of cooking methods and ingredients is encouraged.
- Display of correct cooking, presentation and flavor combination is required.
- Dressing or garnishing the rims of plates results in an unacceptable appearance.
- Meat or fish should be carved properly and cleanly.
- Meat or fish slices should be served with the carved surface upwards and arranged in order and size.
- Numerical harmonizing of meat/fish portions and garnishes is required.
- Fruits and vegetables must be cut or turned uniformly.
- Binding agents may be used for creams.
- The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- Non-edible items are not allowed to be used.
- Sauce boats should only be half full.
- Aspic work should be clean and free of defects.
- Portion size and portion weight should be in line with the norms of accepted practice.
- Clean, crisp workmanship needs to be demonstrated.

### B-1

### Show Platter meat, poultry or fish

Show platters need to be a minimum of eight portions on the platter and one portion on a display plate. The competitor must demonstrate at least two proteins items, two garnishes, one salad and the appropriate sauce.

Menu description of platter without a name, logo or property affiliation must be provided

### B-2

### 3 course menu

One three course menu, displayed cold to represent hot where applicable, comprising of:

- 1 Cold Appetizer, hot appetizer or soup
- 1 Main course dish
- 1 Dessert



To display a variety of 6 different kinds of finger food, 3 are to be hot displayed cold and 3 cold displayed cold.

- 4 portions of each type of finger food (24 pieces total)
- Each portion of finger food should weigh 10-20gm
- Can be on one plated or individually plated
- All food items must be glazed with aspic, with the exception of crisps or baked dough
- Brief description of the display to be available for judges'. The description and display of the Tapas must be without a name, logo or property affiliation

### Judging criteria for Category B-1 to B-3

#### **Presentation and layout — 25 points**

Dishes should be appetizing and tastefully pleasing to the eye. They should show no beads or uneven aspic. Slices should be moderate, portions correctly calculated and easily accessible.

#### **Aspic work — 10 points**

Glazing work should be clean and free of defects.

#### **Composition, innovation and harmony of ingredients — 25 points**

Displays must be nutritionally well-balanced and in keeping with modern trends. Taste and colors should enhance each other. Displays must demonstrate practical craftsmanship.

#### **Correct preparation and Craftsmanship — 25 points**

Classical names should correspond to original recipes and methods of preparation. Preparations must display mastery of basic skills and application of cooking methods

#### **Serving methods and portions — 10 points**

Simple and practical, clean and careful serving with no fuss, or impractical garnishing, and plate and platter arrangement that makes for practical serving while maintaining elegance

## Pastry Cup

A winner will be awarded for each individual category. An overall winner for the Pastry cup will be elected, to be eligible for the overall pastry cup candidates must compete in all 3 categories

## B-4

## Wedding Cake

Competitors are required to display a theme based 3-tier wedding cake.

- All tiers must incorporate a wedding design with the lower tier being edible. The cake must be entirely decorated by hand. All decorations (except tier supporting pillars & Florists' Flowers) must be edible Royal icing, pastillage and other appropriate materials may be used
- A section of the cake must be cut for judges' tasting
- Note: No wires or metal frames are permitted for the support of the cake with the exception of pillars & Florists' Flowers. Points will be deducted for non-compliance

The dimensions of the wedding cake including base or stand should not exceed 90 cm width and one meter height.

- Table space allotted: 80 cm x 100 cm

## JUDGING CRITERIA

### **Technique and degree of difficulty 0-25 points**

The artistry, competence and the expertise involved in the execution of preparation of the exhibit.

### **Presentation and general impression 0-25 points**

The finished exhibits should provide a good impression based on balanced proportions and aesthetically pleasing principles.

### **Taste 0-25 points**

The typical taste of the cake should be preserved, it must have appropriate quality, flavors and colors.

### **Correct professional preparation 0-25 points**

Correct basic culinary preparation corresponding to today's modern patisserie.  
Please note: No political, religious or sexual related themes are allowed.

## B-5

## Sugar & Chocolate Showpiece

Competitors are required to display a showpiece consisting of sugar (any style), or chocolate. No frames, wires or molds are permitted. The maximum height of the showpiece should not exceed 120cm  
Table space allotted: 80cm x 100cm

### JUDGING CRITERIA

<b>Representation of the theme</b>	<b>0-10 points</b>
<b>Degree of difficulty</b> the artistry, competence and the expertise involved in the execution of preparation of the exhibit.	<b>0-40 points</b>
<b>Quality of the work</b> The finished exhibits should provide a good impression based on balanced proportions and aesthetically pleasing principles.	<b>0-30 points</b>
<b>Artistic value</b> Balance, scale, proportion and suitability as a food display exhibit	<b>0-10 points</b>
<b>Originality</b>	<b>0-10 points</b>

## B-6

## Plated Desserts

To prepare and display 3 different desserts, each for one portion of an A la Carte service  
All desserts are to be presented cold. One of the desserts must be produced in duplicate, without aspic glazing, for judges' tasting  
Table space allotted: 100 cm x 80 cm

### JUDGING CRITERIA

<b>Composition and correct preparation 0-25 points</b> Must display correct and basic culinary presentation in accordance with today's culinary practices.
<b>Degree of difficulty and creativity 0-25 points</b> Technique and creativity involved in production, effort spent on decoration.
<b>Practical, up-to-date presentation 0-25 points</b> Combination of tastes, textures and colors, portion size and feasibility of daily usage. The display must be clean and pleasing to the eye.
<b>Taste 0-25 points</b> The typical flavor of the main ingredient should be prevalent without the usage of too many additional flavors. If a mousse dessert is chosen, it is recommended to avoid excessive use of gelatin.

## Fruit / Vegetable Carving

- To present a free style, pre-carved vegetable or fruit carving
- Table space allotted: 80 cmX 100 cm

### JUDGING CRITERIA

#### **Suitability in complementing Food displays 0-15 points**

As the exhibits are designed to be displayed and enhance a buffet, they should be designed to complement food displays.

#### **Presentation and General Impression 0-35 points**

Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles.

#### **Technique and Degree of Difficulty 0-50 points**

This is judged on artistry, competence and expertise in work involved in the execution or preparation of the exhibit

\* Total possible points: 100 (no half points would be given)