

GASTRONOMIA - HO.RE.CA. 2016

FRIDAY 26th of February 2016

CODE	STATIC CLASSES	TIME
SCA1	OPEN - CHOCOLATE WORK	13:00
SCA3	OPEN - SUGAR WORK	13:00
SCA4	OPEN - CELEBRATION CAKE	13:00
SCA5	OPEN - BREAD WORK	13:00
SCA7	OPEN - WEDDING CAKE	13:00
CODE	LIVE COMPETITIONS	TIME
JPH2	HIGH SCHOOL - TWO COURSE MODERN CYPRIOT MENU	08:30 - 09:10
JPC2	COLLEGE - RESTAURANT PLATED DESSERT	09:30 - 10:30
JPH3	HIGH SCHOOL - PASTA & FISH MAIN COURSE	10:50 - 11:30
JPC1	COLLEGE - GRAND PRIX CHALLENGE - COOK AND SERVE	11:50 - 13:05
JPH1	HIGH SCHOOL - CHICKEN & LAMB MAIN COURSE	13:25 - 14:05
JPC3	COLLEGE - TWO COURSE MODERN CYPRIOT MENU	14:25 - 15:05
SP2	OPEN - PASTA AND RISOTTO 1st line	15:30 - 16:10
SP2	OPEN - PASTA AND RISOTTO 2nd line	16:30 - 17:10
SP5	OPEN - PLATED DESSERT	17:30 - 18:30

SATURDAY 27th of Feb 2016

CODE	STATIC CLASSES	TIME
SCA2	OPEN - VEGETABLE CARVING	13:00
SCD1	OPEN - FISH AND SEAFOOD PLATTER	13:00
SCD2	OPEN - MEAT PLATTER	13:00
SCD4	OPEN - RESTAURANT PLATED MAIN COURSE	13:00
CODE	LIVE COMPETITIONS	TIME
SP3	OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE 1st line	08.30 - 09.10
SP3	OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE 2nd line	09.30 - 10.10
SP3	OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE 3rd line	10.30 - 11.10
PTY	OPEN - PASTRY CHEF OF THE YEAR	11.30 -14.30
SP6	OPEN - GRAND PRIX CHALLENGE - COOK AND SERVE	14.50 - 16.05
SP7	OPEN - TWO COURSE MENU	16:30 - 17.10
YCY	YOUNG CHEF OF THE YEAR 1st line	17.30 -20.30

SUNDAY 28th of Feb 2016

CODE	STATIC CLASSES	TIME
SCA6	OPEN - PETIT FOURS	13:00
SCD3	OPEN - FINGER / TAPAS	13:00
SCD5	OPEN - THREE COURSE MENU	13:00
SCD6	OPEN - PLATED DESSERT	13:00
SCD7	OPEN - RESTAURANT PLATE / STARTER	13:00
CODE	LIVE COMPETITIONS	TIME
SP4	OPEN - TRADITIONAL CYPRIOT DISHES WITH VEGETABLES	08.30 - 09.10
SP1	OPEN - SOUS VIDE SALMON APPETIZER AND CHICKEN MAIN COURSE	09.30 - 10.45
YCY	YOUNG CHEF OF THE YEAR 2nd line	11.05 - 14.05
CHY	CHEF OF THE YEAR	14.30 - 17.30

GASTRONOMIA - HO.RE.CA. 2016
STATIC COLD CLASSES AND LIVE COMPETITIONS
RULES AND REGULATIONS

CODE

SCA1 OPEN - CHOCOLATE WORK

Chocolate work using any type of chocolate.

Showpiece no bigger than 60w x 60d x 80h cm.

SCA2 OPEN - VEGETABLE CARVING

A vegetable carving showpiece. Competitor's own choice.

Showpiece no bigger than 60w. x 60d. x 80h. cm.

SCA3 OPEN - SUGAR WORK

A sugar work showpiece.

Showpiece no bigger than 60w x 60d x 80h cm.

SCA4 OPEN - CELEBRATION CAKE

An imaginative creation in shape and design, predominately cake in appearance.

The cake must be within area of 40w x 40d x 60h cm (Artificial base can be used)

SCA5 OPEN - BREAD WORK

An imaginative creation in shape and design, using combination of bread or salt dough.

The bread work must be within area of 40w x 40d x 80h cm

SCA6 OPEN - PETIT FOURS

Each competitor must present a selection of three (3) different petit fours. There must be three (3) pieces weighing between 8 - 12 gr each.

All three (3) petit fours (one of each) must be presented in a plate for observation and tasting.

SCA7 OPEN - WEDDING CAKE

An imaginative creation in shape and design, predominately wedding cake in appearance.

The wedding cake must be within area of 40w x 40d x 60h cm (Artificial base can be used)

SCD1 OPEN - FISH AND SEAFOOD PLATTER

A fish & seafood platter for four (4) persons prepared and presented cold.

Aspic MAY BE USED to enhance the presentation.

SCD2 OPEN - MEAT PLATTER

A platter of (meat, game or poultry) for four (4) persons prepared and presented cold.

Aspic MAY BE USED to enhance the presentation

SCD3 OPEN - FINGER / TAPAS

A display of cocktail items twelve (12) pieces in total. Display to contain four (4) different varieties, three (3) of each type.

Two (2) of them must be cold and two (2) of them must be hot. Aspic MAY BE USED to enhance the presentation.

SCD4 OPEN - RESTAURANT MAIN COURSE

One restaurant plated main course. Chef can use any from the following: fish, shellfish, meat, poultry or game.

The plate must be suitably accompanied with the appropriate vegetable / starch / garnish.

Aspic MAY BE USED to enhance the presentation. Cold intended hot.

SCD5 OPEN - THREE COURSE MENU

A three course menu consisting of an appetizer, a main course and a dessert, prepared hot and presented cold.

Chef can use any from the following: fish, shellfish, meat, poultry or game.

Aspic MAY BE USED to enhance the presentation.

SCD6 OPEN - PLATED DESSERT

One restaurant plated dessert intended to be cold.

Aspic MAY BE USED to enhance the presentation

SCD7 OPEN - RESTAURANT STARTER

One restaurant plated starter. Chef can use any from the following: meat, game, poultry, offal, fish, shellfish or vegetables.

Aspic MAY BE USED to enhance the presentation

JPC1 COLLEGE - GRAND PRIX CHALLENGE - COOK AND SERVE (A TEAM OF 4 STUDENTS - 3 chefs and 1 waiter)

A team of 3 chefs (students) and 1 waiter (student) will be allowed 75 minutes to prepare, cook and serve a three course menu for six (6) covers each, from specific main ingredients chosen from the audience. Teams must provide their own small equipment and ingredients. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

Cypriot Wine must be served. Table set up and service will be judged from approved judges.

Diners will be chosen from the audience.

JPC2 COLLEGE - OPEN RESTAURANT PLATED DESSERT (A TEAM OF 2 STUDENTS)

Sixty (60) minutes will be allowed to prepare, bake and present two (2) garnished plated desserts for two (2) covers each. Ingredients are competitors own choice.

Advanced preparation limited to basic sponges, fruit puree and concentrate pastes.

JPC3 COLLEGE - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for two (2) covers each. Menu must be based on typical Cypriot ingredients.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

JPH1 HIGH SCHOOL - CHICKEN AND LAMB MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished chicken plate and one (1) garnished lamb plate for two (2) covers each. Ingredients are competitors own choice.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

JPH2 HIGH SCHOOL - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for two (2) covers each. Menu must be based on typical Cypriot ingredients.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

JPH3 HIGH SCHOOL - PASTA AND FISH MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished pasta dish and one (1) garnished fish dish for two (2) covers each. Ingredients are competitors own choice.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

Basic pasta dough will be allowed.

CHY CHEF OF THE YEAR

Competition for Cypriots only

Three (3) hours to prepare, cook and present a three course menu for four (4) covers each.

Specific main ingredients will be chosen from the audience. Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

YCY YOUNG CHEF OF THE YEAR

Competition for Cypriots only

Three (3) hours to prepare, cook and present a three course menu for four (4) covers each.

Specific main ingredients will be chosen from the audience. Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

Competitors must be under twenty three (23) years old prior to the competition.

PTY PASTRY CHEF OF THE YEAR

Competition for Cypriots only

Three (3) hours to prepare, cook and present four (4) plated exclusive desserts for two (2) covers each.

Two (2) of them must be cold and two (2) of them must be hot.

Pastry Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to basic sponge, fruit puree and concentrate pastes.

SP1 OPEN SOUS VIDE - SALMON APPETIZER AND CHICKEN MAIN COURSE (A TEAM OF 2 CHEFS)

Seventy five (75) minutes will be allowed to prepare, cook (in sous vide method) and present one (1) garnished salmon appetizer and one (1) garnished chicken main course for two (2) covers each.

Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

SP2 OPEN - PASTA AND RISOTTO (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished pasta dish and one (1) garnished risotto dish for two (2) covers each. Ingredients are competitors own choice.

Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

Basic pasta dough will be allowed.

SP3 OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished fish or shellfish appetizer plate and one (1) garnished lamb main course plate for two (2) covers each. Ingredients are competitors own choice.

Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

SP4 OPEN - TRADITIONAL DISHES WITH CYPRIOT WILD VEGETABLES (A TEAM OF 2 CHEFS) - NEW !!!

Forty (40) minutes will be allowed to prepare, cook and present two (2) garnished plates for two (2) covers each. Ingredients are competitors own choice. The two (2) dishes must be based on typical Cypriot wild vegetables.

Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

SP5 OPEN - PLATED DESSERT (A TEAM OF 2 CHEFS)

Sixty (60) minutes to prepare, cook and serve two (2) exclusive plated desserts for two (2) covers each.

Ingredients are competitors own choice. Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to basic sponge, fruit puree and concentrate pastes.

SP6 OPEN - GRAND PRIX CHALLENGE COOK AND SERVE - CYPRIOT MENU AND CYPRIOT WINE (A TEAM OF 3 CHEFS AND 1 WAITER)

Seventy five (75) minutes to prepare, cook and serve a three course menu for (6) covers each

from a mandatory basket of Cypriot ingredients chosen from the audience.

All mandatory ingredients **must** be used, however teams are also allowed to use ingredients of their own choice.

Cypriot wine **must** be served. Table set up and service will be judged from approved judges. Diners will be chosen from the audience.

Teams are allowed to start service fifteen (15) minutes after the start of the competition, however in between courses must have a correct line, so the judges will be holding time and points will be deducted in case of errors.

Teams must provide their own small equipment and ingredients.

Advanced preparation limited to stocks, mother sauces, peeled washed vegetables.

SP7 OPEN - TWO COURSE MENU (MYSTERY BASKET - OVER THE AGE OF 40) (A TEAM OF 2 CHEFS) - NEW !!!

Competitors must be at the time of the competition over the age of 40 (I.D. needed)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for (2) covers each. Chefs must provide all their small equipment.

The team of two (2) chefs will come through from a draw one (1) hour prior to the competition.

There will be a mystery basket chosen from the audience and it will be presented to the competitors thirty (30) minutes prior the competition.

Fifteen (15) minutes will be given to the competitors to write their menu and fifteen (15) minutes to set up their kitchen.

This competition **can only** accommodate twelve (12) competitors - six (6) teams. If more than twelve competitors apply, there will be a draw to determine the final twelve competitors.

The entry fee will be returned back from the audience to those competitors who will not be selected from the draw.

The judges for the specific competition will be members of the Cyprus National Junior Culinary Team.

They will be guided from the observer of the competition.

The observer will not mark any points.

GENERAL RULES FOR THE PARTICIPANTS

1. All participants must have their entry fee paid for, by the 14th of February 2016
2. All participants must confirm their registration with the secretary's office one (1) hour prior to the competition
3. All participants must wear a professional uniform and professional slip resistant shoes while being on stage and during the award ceremony.
4. All participants must respect the rules of the competition and the final results from the judges.
5. All participants for: **chef of the year, young chef of the year, pastry chef of the year must be fully paid members of the C.C.A.**