

ΥΛΙΚΑ ΔΙΑΓΩΝΙΣΜΩΝ ΑΝΑ ΚΑΤΗΓΟΡΙΑ

Chef of the year 2016 main ingredients

Appetizer:	Main Course:	Dessert:
Seabass	Turkey Breast	Banana

Grand prix 2016 main ingredients

Appetizer:	Main course:	Dessert:
Sea bream	Pork	Honey – Apple

Collage Grand Prix 2016 main ingredients

Appetizer:	Main Course:	Dessert:
Salmon	Chicken	Mango

Young Chef of the Year Grand Prix

Appetizer:	Main Course:	Dessert:
2Dover sole 700/800gr and 8 Tiger prawns 16/20	1 Whole duck 3400gr	1 Fruit berry mix 300gr 1 mascarpone 500gr.

Mandatory ingredients to be used for Young chef of the year grand prix

- 2 Arla whipped cream 1ltr
- 2 Lurpak unsalted butter 250gr.
- 1 minerve olive oil 1ltr.
- 1 dijon mustard 200gr.

Avico potato mashed (Has to be used in both appetizer and main course)

All the above ingredients will be given from the sponsor

Any other ingredient such as vegetables e.t.c. has to be brig in, from the competitors

Notes

As per the announcement of the competition at least 50% of each presented plate should have the main ingredient. All details of each category are in the rules announced under "Gastronomia2106" at the web site of the Cyprus Chefs Association. There will be a meeting announced from the comity of the competition on the of February for clearing any questions. For further details, you can contact on 99213468 Petros Gavriel.