



## General Rules

### Pitta Bread “Revolution”

The competition is organised by the Cyprus Chefs Association and the company Pitta Revolution Limited at the Cyprus Chefs Association premises on the 7<sup>th</sup> and 8<sup>th</sup> of March 2023.

The competition is applied to professional chefs who want to show their creativity and talent within a specific timeline.

The winner will get a cash prize of €2000, the second a cash prize of €1000 and the third a cash prize of €500.

The chefs need to bring with them recipes for 4 persons with a detailed explanation in Greek or English Language. All the recipes must be delivered to the C.C.A office or via email to the [info@cypruschefsassociation.com](mailto:info@cypruschefsassociation.com) no later than the 5<sup>th</sup> of March 23. All the recipes belong to the organisers after the competition. If anyone doesn't deliver the recipes until the 5<sup>th</sup> of March, then the organiser will disqualify him/her.

An hour will be given to prepare, cook and present three out of five of the following stuffed/ wrapped pitta recipes:

1. Meat/ poultry
2. Vegetarian
3. Vegan
4. Fit (to have less calories than a regular pitta meal)
5. Breakfast variant

The contestants need to present one piece of each for the photographer and one piece of each for tasting from the judges. **The pitta creations need to be served on disposable (take away/delivery) packets, pots, wraps, small platter etc without the need of using knife and fork.**

Plates or platters will be used only for set up the pitta creations.

The weight of the food must be between 200 – 250 gr. The Pittas can be any size or shape. Thick, thin, corn, wholemeal, oval, round, Cyprus, Lebanese, Greek, etc.

No other kind of bread is allowed such as tortilla, naan etc. **Only Cyprus, Greek or Lebanese pitta is allowed.**

All the ingredients including the pittas are competitors' own choice. Chefs must provide their own ingredients.

There is no limit to advance preparation. Things such as sauces, cut vegetables, garnishes, marinated meats, marinated vegetables etc, can be part of the preparation however cooking of the main ingredients needs to be on the stage.

The total cost of ingredients per pitta meal must be between €2.50 - €3.50.

The pitta concepts should be suitable for mass production and ingredients to be easily accessible. Pitta must be prepared by grilling, frying or steaming – **no charcoal.**

The organiser will only provide fridge and freezer space, two professional stoves, common blast chiller, common combi oven, common salamander, sink, s/s working tables, "Thermomix", flat top, pasta cooker and vacuum machine.

Chefs must bring any other small equipment such as pans, pots, chopping boards, small blenders, robot coupes, moulds, take away serving dishes etc.

All participants must wear a professional uniform (chefs' jacket and trouser) and professional nonslip resistant shoes whilst being on stage and during the award ceremony.

No Assistant is allowed. If there is a need for washing, then the chefs need to wash their own equipment.

A team of three professional WACS Approved Judges will be responsible for the score. In case of a tie, the president of the judges has the right to decide the winner. The announced result from the judges is final and it doesn't change.

The application form is on the Cyprus Chefs Association Web site under "Competitions". Follow the link [www.cypruschefsassociation.com](http://www.cypruschefsassociation.com) . All the applications must be delivered completed and signed to the C.C.A office or via email to the [info@cypruschefsassociation.com](mailto:info@cypruschefsassociation.com) between the 1<sup>st</sup> until 20th of February 2023.

No other applications will accept after the date mentioned above. All the participants are invited with their professional uniform to the award ceremony.

All the government degrees for Covid-19 such as face mask in closed areas, social distance, maximum people in closed areas and anything else in force at the time of the competition will be followed without exemptions.

On the 23<sup>rd</sup> of February there will be a meeting at the Cyprus Chefs Association office at 15:30 for any questions and answers between the contestants and the team of Judges.

The organiser can accommodate up to two persons in every line so there will be a draw on the same day after the meeting which will show the time and date that they will compete. All the contestants are more than welcome to the meeting and the draw.

Anyone who can't attend at the draw will be informed via Phone from the C.C.A. secretary.

All the contestants need to be 1 hour before the time that they compete for registration at the C.C.A. premises.

**Good Luck, Good Cooking.**

**Enjoy the competition. It's all about the experience!!!!**

**Be proud of participating and not the result.**