

PROPOSITIONS

Category R for the competitions in a la carte food preparation (up to 23)

PROPOSITIONS FOR THE PARTICIPANTS

- a) Participant prepares main course for TWO PERSONS
with garnishes and decorations
- b) During the preparation, participant must use 3 basic ingredients.
- c) Other ingredients, which will be used during the preparation,
will be exposed as a market
- d) Participant provides all necessary working tools
(knives, pots, plates, scoops, etc)
- e) Course has to be made of two compositions (meat or fish, garnish, sauce, decoration)
- f) While working, participant must take care about proper way of food preparation
(roughing, washing, cutting, thermal processing, etc)
- g) Participant has to take care of a good relations between food in the plate
and to harmonize it with modern culinary style
- h) .While working, participant must submit recipe with a brief description of cooking
- k) Participant has 50 minutes available for the following actions:
 - 10 minutes to make a recipe and take the ingredients
 - 5 minutes for the working place preparation
 - 30 minutes for the work
 - 5 minutes for cleaning the working place
- i) Participant prepares two courses, one for the jury,
one for the public presentation

A jury will evaluate the work of the participants in following criteria:

- a) **Taste - 40 points**
Combination of taste and smell
- b) **Prezentacion and appearance of meal - 30 points**
Visual presentation and originality, creativity,
and innovations in meal preparations
- c) **Professional preparation- 20 points**
Proper food preparation and
proper working place usage, cooking methods, job organization
- d) **Working surfcase and working habits - 10 points**

**The fee will be payed with the spot while
getting acreditations.**

Aplications shold be addressed to gastroclub@t-com.me,
no later then 01.04.2013.