



GASTRO ALB '3



Gastro Alb '3

The competition is divided into:

- **School Team Competition (highschool)**
- **Individual and Team Senior Chef's Competition**

*The competitors should fill the application for the competition until **February 20, 2019.***

COMPETITION RULES - TEAM JUNIORS

The ingredients are not provided by the organizer

Team has to prepare, cook and present in 120 minutes three (3) course meal (appetizer, main course and dessert) in two (2) equal portions - one will be served to the jury, and the other will be served on the display table.

First dish has to be presented after 60 minutes, and the other two every 30 minutes.

It is required to display name and recipe of each dish.

*(Competitors are required after the competition in 15 min to clean the work place. If competitors do not clean working place in given time **there will be a 5 points penalty** .)*

Competitors must bring with them all necessary ingredients, cooking tools and other equipment (such as pots and pans) needed for cooking and plates for serving.

Team Junior Competition

- Junior competitors are max 25 years old
- The team is made of **three (3) team members**
- The number of applicants from one school is not limited
- All competitors from one school compete under the same mentor or each team can have it's mentor- Each competitor is required to **wear chef's uniform** during competition, opening and closing ceremony, **the competitors will not be admitted in the kitchen box without a professional uniform.**

PARTICIPATION FEE : 45 EURO

SENIOR INDIVIDUAL AND TEAM COMPETITION

Rules:

- Competition is for individuals only



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- In the application has to be mark senior competition
- The team is made of **three (3) team members**
- Every competitor senior, can participate in one (1) or more categories of their choice
- Each competitor is required to wear chef's uniform during competition, opening and closing Ceremony

Team has to prepare, cook and present in 120 minutes three (3) course meal (appetizer, main course and dessert) in two (2) equal portions - one will be served to the jury, and the other will be served on the display table.

First dish has to be presented after 60 minutes, and the other two every 30 minutes.

It is required to display name and recipe of each dish.

(Competitors are required after the competition in 15 min to clean the work place. If competitors

*do not clean working place in given time **there will be a 5 points penalty** .)*

Competitors must bring with them all necessary ingredients, cooking tools and other equipment (such as pots and pans) needed for cooking and plates for serving.

The ingredients are not provided by the organizer.

PARTICIPATION FEE: 30 EURO INDIVIDUAL / 90 EURO TEAM

CATEGORY MAIN COURSE - Hot cuisine (Individual Juniors)

In 45 minutes, competitor must prepare a main dish with the appropriate garnishes, in two (2)

identical copies, served on a plate, one for the jury and the other for the display table.

Competitors need to put the name of the dish, recipe with the list of ingredients and preparation

procedure next to the dish. It is preferred to recommend a wine that match with the prepared dish.

(Competitors are required after the competition in 15 min to clean the work place. If competitors

*do not clean working place in given time they will get **5 points penalties**)*

PARTICIPATION FEE: 15 EURO



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CATEGORY MAIN COURSE - Hot cuisine (Individual Seniors)

In 45 minutes, competitor must prepare a main dish with the appropriate garnishes, in two (2)

identical copies, served on a plate, one for the jury and the other for the display table.

Competitors need to put the name of the dish, recipe with the list of ingredients and preparation

procedure next to the dish. It is preferred to recommend a wine that match with the prepared dish.

(Competitors are required after the competition in 15 min to clean the work place. If competitors

do not clean working place in given time they will get negative points).

PARTICIPATION FEE: 30 EURO

CATEGORY - Hot cuisine-TEAM COMPETITION (Seniors)

A team of 3 chefs have to prepare, cook and serve **three (3) dishes (appetizer, main dish, and**

dessert) in 70 minutes, in two (2) identical copies, one for the jury, and one for the display table.

Appetizer is presented after 40 minutes from start of cooking main after 55 minutes, dessert after

65 minutes.

The ingredients are not provided by the organizer.

Competitors must bring with them all necessary ingredients, cooking tools and other

equipment (such as pots and pans) needed for cooking and plates for serving.

Competitors need to put the name of the dish, recipe with the list of ingredients and preparation

procedure next to the dish. It is preferred to recommend a wine that goes with the prepared dish.

(Competitors are required after the competition in 15 min to clean the work place. If competitors

do not clean working place in given time they will get **5 points penalties**

PARTICIPATION FEE: 90 EURO



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DISH TOPICS: NATIONAL COUSINE- APPETIZER, MAIN COURSE AND DESSERT -

MODERN PRESENTATION

Competitors must bring with them all necessary ingredients, cooking tools and other equipment (such as pots and pans) needed for cooking and plates for serving.

The ingredients are not provided by the organizer.

Competitors must have all the ingredients arranged in boxes for 15 minutes before the start of the competition. The jury will give special attention to hygiene and cleanliness of the box.

Rules for Individual:

- Every competitor can participate in one (1) or more categories of their choice
- Among the competitors participating in the 3 categories will be selected the **best Chef of 2019** (the one with the highest total score)
- Each competitor is required to wear chef's uniform during competition, opening and closing ceremony

Rules for Team: has to prepare, cook and present in 120 minutes three (3) course meal

(appetizer, main course and dessert) in two (2) equal portions - one will be served to the jury, and the other will be served on the display table.

First dish has to be presented after 60 minutes, and the other two every 30 minutes.

It is required to display name and recipe of each dish.

Each course will be assessed individually and in the end overall winner will be declared.

(Competitors are required after the competition in 15 min to clean the work place. If competitors

do not clean working place in given time they will get 5 points penalties)

Competitors must bring with them all necessary ingredients, cooking tools and other equipment

(such as pots and pans) needed for cooking and plates for serving.

PARTIPACION FEE ON DISH TOPICS: 30 EURO INDIVIDUAL/ 90 EURO TEAM



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CATEGORY - VEGETARIAN DISH (Senior & Junior)

In 45 minutes, competitor must prepare a main dish with the appropriate garnishes, in two (2) identical copies, served on a plate, one for the jury and the other for the display table.

It has to be complete dish; beside the vegetable, it's recommended to use replacement for meat and fish - tofu, soya, tempeh, seitan. If possible, use the sauce. The dish has to be decorative, tasty and nutritionally balanced.

Competitors need to put the name of the dish, recipe with the list of ingredients and preparation procedure next to the dish. It is preferred to recommend a wine that match with the prepared dish.

(Competitors are required after the competition in 15 min to clean the work place. If competitors do not clean working place in given time they will get negative points).

PARTICIPATION FEE: 15 EURO JUNIOR / 30 EURO SENIOR

NOTES FOR PRE-PREPARATION FOR ALL CATEGORIES

- ***Vegetable/fruits - can be peeled but not precooked***
- ***Pastas and dough - can be prepared but not precooked***
- ***Fish/meat - can be portioned and marinated but not thermally processed and not stuffed.***
- ***Chicken can be without bones but not sliced.***
- ***Fish can be cleaned but not filleted.***
- ***Competitors may bring prepared unseasoned fund and basic sauces***
- ***All the ingredients must be brought in the kitchen in an icebox, in vacuum bags or protected container.***
- ***All the ingredients must be looked after, respecting the H.A.C.C.P. rules.***
- ***Everything on plates must be edible***



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Competitors must have all the ingredients arranged in boxes for 15 minutes before the start of the competition. The jury will give special attention to hygiene and cleanliness.

NOTES FOR THE PAYMENT AND APPLICATION

Competitors are required to pay participation fee, on the competition secretary, before compete.

Application: The competitors must fill the application form and send it till **February 25 2019** to the e-mail address: info@chefs.al