



1 - THE EVENTS

The II° edition of the event "TROFEO CITTÀ DI TRIESTE - Esposizione Culinaria" it's an individual hot cooking competition open to cooks and professionals operating in Italy and/or abroad. Monday 12/11/2018 at 8.00 am.

The X° edition of the event "CUOCO DELL'ANNO" it's an individual hot cooking competition open to cooks and professionals operating in the province of Trieste. (This competition it's combined with the competition "TROFEO CITTÀ DI TRIESTE"). Monday 12/11/2018 at 8.00 am.

The VI° edition of the event "TROFEO MADY FAST" it's an individual hot cooking competition open to aspiring cooks from hotel schools around Friuli Venezia Giulia. Saturday 10/11/2018 at 8.00 am.

2 - THEME OF THE EVENT

"THE MEDITERRANEAN CUISINE"

In a classic or modern way.
(The recipe must be presented in Italian and English)

3 - COST OF PARTICIPATION

The participation fee is set at € 30.00 for participant. This fee must be sent by bank transfer to: Associazione Cuochi Trieste
Banca Unicredit agenzia 10
Piazza Cavana - Trieste - Italy
IBAN: IT 87 Y 02008 02210 000104870799
Specify in the reason for payment: "QUOTA ISCRIZIONE CONCORSO CUCINA 2018"
Participant's name and surname.

THE REGISTRATION MUST BE DONE NO LATER THAN THE 31/10/2018

4 - DAYS AND OPENING HOURS

The event will take place on the 12 of November 2018 on the occasion of the "Tergeste Salone del Gusto" at the "Salone degli Incanti", located in Riva Nazario Sauro 1 - 34123 - Trieste.

The event will have the following hours: for visitors open at 08.00 am, closing hours 08:00 pm. For competitors, reserved entry, opening hours 7.00 am. The organization reserves itself the right to cancel the event, to postpone or change its duration or opening time.

5 - REGISTRATION

Written on the official print, accompanied from copy of the bank transfer paid, it must be sent to the following address: e-mail: atctrieste@gmail.com

The participation fee includes: admission at the fair for the competitor plus one companion; diploma of participation. The organization will confirm, to all competitors, admission to the competition and the date of participation assigned to them, is intended simultaneously as acceptance of the conditions of the regulation. Not accepting these guidelines will lead to disqualification.

During the competition all participants are required to wear professional clothes (ie: chef's jacket, hat, cook trousers and shoes according to accident prevention regulations).

In case of cancellation of the event, or non-acceptance of the application registration fee, the participation fee paid, will be returned in full to competitors.

All the resulting rights go to the organization from the use of recipes, photos and videos, of the preparations during the competition. The organization declines any responsibility for any damages or loss of dishes, silverware and every other object of value used in the competition.

6 - GENERAL RULES

The organization makes available to the participants in the Hot Competition an "open laboratory" equipped with conventional systems and equipment.

All the remaining material will have to be carried by competitors.

The laboratories are not equipped with minute and detailed equipment (pots, pans, baking pans, chopping boards, molds, pastry nozzles, aprons, small towels, etc...), neither are provided with special dishes, or particular porcelain, which each "competitor" must provide independently.

Each competitor must deliver before the event a copy of the recipes presented in the competition, written for four portions, (accompanied by a photo) to the Chief of the Jury.

Each competitor participating in this category can present the dish already made and gelatinato (optional) according to the international criteria, in addition to carrying out on-site 2 hot tasting portions for the jury accompanying the presentation with the recipe typewritten and or digital format. The presentation is "al piatto" and in individual portions.

Preparations must be performed in the laboratories set up within the Complex Fair in scheduled times.

The use of already clean raw and portioned materials is allowed but not of materials already cooked or packaged; the use of packaged materials that would require a long time to prepare are allowed (broths, cooking grounds, marinated foods).

Times are established in the following ways: hours 07.00 am entry to the laboratories accommodation of the foodstuffs and equipment within the competition area. 08.00 am meeting with the jury, definition of the day's program and assignment of times to each competitor, [each competitor has 45 minutes available \(including the preparation\), plus 5 minutes for cleaning.](#)

7 - RAW MATERIALS AND COSTS

Raw materials for the exhibition and the decorations are at the expense of the participants.

The participant must comply with the HACCP rules for the transport of foodstuffs.

Every competitor must provide autonomously the supplies necessary for the realization of the recipe.

8 - EVALUATION CRITERIA OF THE INDIVIDUAL HOT PROGRAMS

Presentation of the recipe 0-10

Weight of foods, description of the procedure, presence of the nutritional factors and the calorie count.

Mise-en-place and cleaning points 0-10

Ability to organize your work; respect of execution times, capacity to prepare and reorder the equipment; respect for established programs and timetables; neatness and tidiness during the processing phases;

Professional preparation points 0-25

Proper handling and conservation of food, compliance with hygiene standards; correct cooking of food (meat, fish, vegetables, etc.); correct use of the weights and portions; correct setting of the recipe and effectiveness of the techniques used

Arrangement and presentation points 0-5

Clean and tidy arrangement of foods in the dish without artificial gaskets; use of effective packaging techniques that do not involve useless waste of time; use of dishes and porcelains that are sober and suitable to enhance the food contained in them; ability to stay in set times;

Aesthetic aspects 0-10 points

Nice and elegant chromatic impact;

Olfactory impact and flavor points 0-40

Pleasant olfactory impact, pleasant taste and in harmony with the type of food used; correct use of condiments; correct elaboration of the preparations exposed.

Half points are not allowed.

9 - THE JURY

- 1- The members of the Jury are qualified and selected experts.
- 2- The Jury consists of a commission formed by several Judges.
- 3- The decision of the Judges is final and unappealable.
- 4- Warning: there are not allowed collaborators that in any way can interfere with the performance of the event. The jury will reduce 5% of each individual program if there are collaborators during the event.
- 5- The Jury works throughout the duration of the event and at the end of the award ceremony is available for the competitors for any explanations and / or clarifications.

10 - CONTACTS

For any information the organizing Chefs are available:

Andrea Basilico cell. +39 366 5641252

Claudio Rosso cell. +39 347 7695731

Or via e-mail: (English, Slovenian, Croatian, etc.) atctrieste@gmail.com

11 - THE ORGANIZATION

IS EXCLUDED FROM ANY TYPE OF RESPONSABILITY TOWARDS THE PARTICIPANTS BEFORE, DURING AND AFTER THE EVENT.

12 - AWARDS

Points 100	Gold medal with mention
Points 90 – 99	Gold medal
Points 80 – 89	Silver medal
Points 70 – 79	Bronze medal
Points 01 – 69	Diploma

13 - PHOTOGRAPHIC RIGHTS

The organizer (as well as the invited press from the organizer) has the right to photograph and publish photos of participants' work.

Participants have the right to publish their own work.

Participants and other people do not have the right to publish work from other participants except from an agreement and consent of the participant himself or organizer.

14 - TIPS AND SUGGESTIONS

a) They are considered valuable aspects and therefore, qualifying elements:

- Originality and innovation;
- Correct quantity and number of foods and side dishes;
- Adequate spaces;
- Colors and flavors, correctly combined;
- Natural and appetizing appearance;
- Food presented in the "dish", correctly gelatinate or otherwise correctly arranged for the exhibition.
- Name correctly indicated next to each preparation presented in the "dish";
- To this end it is advisable to check onsite that the reference numbers and tags are placed correctly;
- Presentation and exhibition of dishes in the agreed times;

b) They are considered unpleasant aspects and

therefore, penalizing elements:

- Use of non-edible ingredients;
- Overloaded dishes and trays;
- Sculptures made with the use of shapes or molds;
- File, or advertise, or identify the own plate, before the passage of the jury;
- Use flowers or ornaments in plastic;
- Use damaged crockery, or porcelains, oxidized silver, etc.;
- Use dishes and trays not shown for that type of service;
- Decorating in an ordinary way, with leaves of parsley or lettuce;
- Avoid that any feathers, or any hairs, present in dishes containing wild game animals and wild game birds unplucked or not peeled, touch the food;
- Placing the food on the edges of the dish or tray;
- Use excessively food dyes;
- Presenting hot food on mirrors;

15 - INTERNATIONAL DISPOSITIONS

- Evaluation criteria and judgment techniques used to evaluate the preparations in competition, respect those established for similar "International Competitions".
- These rules establish the following:
 - All preparations presented in the "dish" must be displayed with the exact name shown alongside.
 - The name attributed to each single preparation in competition, it can't be completely abstract, but must summarize the type of ingredients, the cooking technique and / or of packaging used, etc.
 - The ingredients, the garnishes, the side dishes, they must be in harmony with the main element, both in terms of flavor, and color, both the quantity and the nutritional value which must comply with current dietary regulations.
- All preparations have to be made flawlessly and be digestible.
- The size of the plate used must be proportionate to the amount of food and the number of portions contained in it.
- The dish presented must have at least three main elements with two appropriate side dishes.
- It is not allowed the use of non-edible "clogs". Croutons are allowed.
- Cloth and paper napkins are not allowed, except when used to accompany "Fried preparations".
- The edges of the plates and trays must not be cluttered with food, to avoid the sense of disorder and poor hygiene consideration, which would lead to consequences.
- The preparation must be correct and made with the most appropriate culinary techniques.
- The foods must look natural and tasty.
- The use of artificial thickeners is allowed only for the "creams", the "emulsified sauces".
- Vegetables must be cut or turned in an uniform way.
- The meat or vegetable sauces must characterize the dish.
- The fruit used as a garnish must be small, or finely chopped.
- The meat must be cut correctly, clean and regular; red meat must be cooked "to the point".
- The slices of meat must be arranged and / or overlaid neatly, in front of the main piece

(in case of towering) and in any case to always facilitate the service or the consumption.

- For the preparations presented in the "contests" it is allowed the use of a more consistent gelatin than normal.
- With "fish" it must be used "Light fish jelly"; with "white, red meats and wild game" it must be used "meat jelly".
- The vegetables present in the dishes can be partially cooked, to be better preserved.
- Dishes presented in jelly, must be free of drippings and smudges.
- The eggs presented in the dishes must be presented only on glass, or on porcelain, or on jelly mirrors.
- The foods must be packaged and arranged with care and precision to make the service, or consumption, as smooth as possible.
- The Jury takes into consideration the cultural traditions and customs of the participants.
- All preparations must fully comply the theme of the category.
- The dimensions of the accompanying (pralines, tea cakes, miniature pastries, etc.) presented must be proportionate to the size of the products contained in the dish. These subjects must be positioned, preferably, inside the same dish and be made of a natural material (sugar, marzipan, etc.). In some cases, the use of supports (a small iron wire to support the handle of a pulled sugar basket; small sticks to support flower pastillages; etc.) even if it is preferable to avoid such solutions. These subjects are judged and evaluated with the same criteria used for "festive desserts" and must be well combined with the products present in the dish, like: match with a chocolate, etc. combined with a salt paste, bread dough, etc. combined with sugar, etc. combined with marzipan; etc. etc.
- The "creams" (like the Bavarian) presented must be prepared according to the original recipe, however to better preserve the aesthetic aspect, it is allowed the use of extra jelly, or the external gelatin with light gelatin (as wine jelly). It is not allowed the exposure of preparations made only with milk, sugar, jelly and food dye.
- The "mousse" (chocolate mousse, fruit mousse) presented must be prepared according to the original recipe, however to better preserve the aesthetic aspect, it is

allowed the additional use of chocolate, sugar, jelly, etc. It is not allowed the exposure of preparations made only with milk, sugar, jelly and food dye.

- The (like soufflé, puddings, etc.) presented must be made in the most similar way possible as the original recipe, however, to better preserve the aesthetic aspect, it can be added extra sugar, crumbled biscuits, almonds, hazelnuts, etc. Fruit if eventually used it must be pretreated (for example dried or candied). The pastries for cream puffs, those made with beer, wine, etc., can be stabilized with the addition of flour or additional sugar. Under no circumstances however, the "hot desserts, presented cold", should completely vary from the original recipe.

- The presented in "-" must be reproduced in the most natural way possible. For ice cream, it is advisable to use a cream based on milk, eggs, sugar and fat; while for the fruit sorbets and semifreddo is a vegetable cream is recommended, without eggs.

-The presented in "-" must be prepared according to the original recipe, however to better preserve the aesthetic aspect, it is allowed a supplement of gelatin, sugar, etc. If any fruit is used it must be pretreated with sugar. It is not allowed the exposure of packaged preparations simply with an egg-based dough, sugar, food dye and jelly.

-The presented in "-" must recall the original appearance, however to favor the conservation and stability, the use of supplementary thickeners and stabilizers (like soy lecithin) is allowed. - The presented in "-" must contain at least 1/3 of fruit pulp and to better preserve the aesthetic aspect, glucose, jelly, etc. can be added. Under no circumstances fruit sauces without fruit pulp are allowed.

-The presented in "-" must be packaged in the most similar way possible of the original recipe, however, to better preserve the aesthetic aspect, it is allowed to add extra sugar, glucose, gelatin, etc.

-The presentation of "-" must include an assortment of pralines made with different techniques; so not just pralines made with molds, but also glazed pralines, or silk-screened, or cut, etc.

-The presented in the "-" must include an assortment of five different preparations, or of five different fillings. Cookies must

be made with five different pastries. It must also include an assortment of five different preparations based on pastry for puffs, puff pastry, sablée pastry, etc.;

-The presented in the "-" must respect the chosen theme (wedding, anniversary, etc.) and must be presented with a slice of one portion. Pastries, biscuits and creams, must not differ from the original recipe with the exception of "ice cream cakes", for which the rules of ice-creams, sorbets, and semifreddo are valid. The decorations must be made exclusively with edible material, for which pastillage is not permitted.