



*Honorowy Patronat  
Prezydenta  
Miasta Białegostoku*



# Gastronomic Contest Regulations

I edition



**Białystok 2023**

# Gastronomic Contest Regulations

## „Pork on the Podlasie Table”

### I edition

#### I. General Information

1. The Gastronomic Contest (hereinafter referred to as Contest) is organised by the Secondary Cookery School in Białystok (hereinafter referred to as Organiser), 12 Knyszyńska St., with the assistance of institutions, companies and graduates cooperating with the school.
2. The Contest is held by patronage: the Mayor of Białystok Mr. Tadeusz Truskolaski took the honorary patronage and the European Community of Chefs, Cooks and Producers Euro-Toques Poland took the substantive patronage.
3. Participants must be students from schools teaching cookery skills.
4. The Contest is organised in two phases: preliminaries are done online and the finals take place in the buildings of the Organiser.
5. Schedule:
  - a. Application forms with statements are accepted until **18.04.2023** online or by post:

Zespół Szkół Gastronomicznych

ul. Knyszyńska 12

15-702 Białystok

Email: [a.samborska@zsg.bialystok.pl](mailto:a.samborska@zsg.bialystok.pl)

- b. Sent forms will be processed until 22.04.2023.
  - c. The list of qualified students will be published until 24.04.2023 on the Organiser's website [www.zsg.bialystok.pl](http://www.zsg.bialystok.pl) ; additionally, contestants will receive emails regarding qualifications.
  - d. Finals will take place on **22.05.2023** in the Secondary Cookery School in Białystok.
6. Sending the Form and Statement is understood as entering the Contest and agreement to terms.

Mrs Anna Samborska ([a.samborska@zsg.bialystok.pl](mailto:a.samborska@zsg.bialystok.pl)) , Head of the Vocational Subjects' Teachers, is the contact person regarding the Contest.

## II. Aims of the Contest

1. Mastering cookery skills.
2. Promoting Polish regional and traditional products registered in the EU system of Protected Designation of Origin, Protected Geographical Indication list and the Traditional Speciality Guaranteed list.
3. Developing professional interests in students.
4. Encouraging creativity, initiative and out-of-the-box thinking.
5. Integrating cookery schools.

## III. Contest Rules

1. Contestants will be asked to prepare one hot main dish and a cold starter dish based on a unique recipe according to the theme of the Contest.

While preparing the main dish the contestants should use pork and at least one Polish speciality pending registration or already registered as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed from the Podlaskie Voivodeship.

While preparing the cold starter the contestants should use at least one Polish speciality pending registration or already registered as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed from the Podlaskie Voivodeship.

The list of these products is published [here](#) (appendix 1).

2. Teams of two participate in the Contest.
3. Number of teams from each school is not limited.
4. The cost of transport and ingredients (**except pork meat and spices**) is covered by the participating schools.
5. The Organiser provides necessary equipment:
  - a. Gas cooker with 4 burners

- b. Combi steamer
  - c. Basic kitchen utensils
  - d. Basic tableware for presenting dishes (white appetizer plate 20cm dia., white main course plate, 24cm dia.)
6. Pork required for cooking will be provided by the Organiser for each team.
7. Teams are allowed to use own utensils and equipment apart from these provides by the Organiser – for futher details contact the Organiser via email.

## IV. Contest phases

### 1. Phase I

- Applications should include:
  - Application form (**app. 2**),
  - Contest meal application form (**app.3**),
  - Statement signed by the participant or legal guardian in case of underage students (**app.4**),
  - photo of 1 serving of the main dish
  - photo of 1 serving of the cold starter
- Applications are evaluated by the Contest Commitee.
- Key factors during evaluation phase:
  - Recipe (utilising ingredients, creativity)
  - Cooking techniques used,
  - Exposition (how the dish is arranged on the plate, tableware choice),
  - Following the contest main idea,
  - Ingredients from the list found [here](#).

### 2. Phase II

- Teams that have gathered most points will move to phase II of the Contest finals.
- During the finals teams prepare 4 servings of the main dish on separate plates and 10 servings of the cold starter – 8 portions on one plate, 2 portions separately for grading by the Commitee.

- Meals will be graded by the Contest Committee comprising cooking specialists who assess teams work during cooking, and jurors grading the meals based on the taste evaluation sheet.
- All elements of the meals, including decoration, must be edible.
- All elements should be prepared within allotted time.
- It is not allowed to use semi-finished products. The Organiser only accepts demi glace sauce of neutral taste.
- The main course must consist of at least 5 ingredients. Total weight of the main dish: min. 200gr..
- The main dish should be prepared within **150** minutes (cold starter within 90 minutes).
- Each minute behind that time results in penalty points. 15 minutes after that time preparation is over and the dish is taken to the jury as is.
- Pork meal is the main element of the contest.
- Teams begin cooking dressed in own protective garment (apron, waist apron, chef hat).
- Participants use own ingredients (excluding pork and spices).
- Finals take place at the Organiser's cooking lab.
- Only Participants and Contest Committee are allowed in the cooking lab during Contest.
- **Any and all contentious issues are resolved by the Contest Committee.**

## Appendix 1 List of traditional products (Podlaskie Voivodeship)

Pierekaczewnik	Wędzonka (wędzone)
Kruszewski ogórek herbowy	Kump nadbużański z ćwiartki
Ogórki kwaszone narwiańskie	Podlaska samogonka zbożowa
Ser koryciński „swojski”	Miód augustowski
Kartacze	Makowiec z Ejszeryszek
Kiszka ziemniaczana	Pisanka lipska
Babka ziemniaczana	Pierogi wigierskie
Chleb staropolski – chleb żytni	Klinek dąbrowski
Pieczyno obrzędowe weselne - „korowaj lipski” i gąski weselne	Chleb na zakwasie z Sadka
Masło tradycyjne z Filipowa	Sękacz z Suchowoli
Kumpia wieprzowa „z komina”	Ryby słodkowodne wędzone metodą tradycyjną
Śliwowica (mirabelka)	Szynka wędzona z Ejszeryszek
Chleb pytlowy wolski na zakwasie	Kociołek cygański
Chleb żytni wolski	Boczek wędzony z Ejszeryszek
Lipiec białowieski	Kiełbasa chłopska z Ejszeryszek
Ser podlaski	Polędwica wędzona z Ejszeryszek
Ser gouda	Karkówka wędzona z Ejszeryszek
Sękacz sejneński/bankuchen	Golonka faszerowana z Ejszeryszek
Ser podpuszczkowy dojrzewający Wizajny	Kiełbasa z Ejszeryszek
Kołoduny litewskie	Kapusta z beczki kiszanej w główce
Chołodziec litewski (chłodnik)	Masło swojskie
Soczewiaki sejneńskie	Nalewka żenicha
Mód wielokwiat z Sejneńszczyzny	Hajnowski marcinek
Sery białe deserowe litewskie	Augustowska jagodzianka
Chleb domowy na kalmusie z Puńska	Chleb żytni z pieca
Bliny po litewsku	Buza/boza
Kartacze sejneńskie / cepeliny	Kwas buraczany (sok z kiszzonego buraka)
Kindziuk z Puńska	Piwo podlaskie
Sejneński szczupak faszerowany	Masło z Hajnowki
Mrowisko	Mąka z Podlasia
Ser narwiański	Klinek z Łap
Miód kwarciany (dębniak)	Kapusta kiszona z Suwalszczyzny
Kruszewska kapusta kiszona	Mielnicki korowaj weselny
Ser suszony podlaski	Bialys (bialystoker/bialystoker kuchen)
Ser typu szwajcarskiego z Wizajny	Stynka suwalska
Kumpiak podlaski	Rejbak
Nadbużańska kawa żołędziówka	Zaguby
Twaróg hajnowski	Busłowe łapy
Nadbużańskie grzyby marynowane	Karp knyszyński
Nadbużańskie grzyby suszone	Podlaski kisiel owsiany
	Knysz

.....  
School Stamp

**Appendix 2 Application Form**

School Data	
School Name	
School Address	
School Phone Number	
School email address	
Team Supervisor	
Team Supervisor phone numer and email address	

Students' data	
Student's name and surname	
Student's profession, level of qualification	
Student's name and surname	
Student's profession, level of qualification	

.....  
Date and Headteacher's signature

.....  
Date and Supervisor's signature

## Appendix 3 Main Dish Application Form

1. Name of the main dish
2. Name of the ingredient registered or pending registration as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed ( <b>at least one product</b> ):
3. Raw material standard for 4 servings of the main dish
4. Main dish cooking instructions



# Cold starter Application Form

1. Name of the dish
2. Name of the ingredient registered or pending registration as the Protected Designation of Origin, Protected Geographical Indication, or Traditional Speciality Guaranteed ( <b>at least one product</b> ):
3. Raw material standard for 10 servings
4. Cold starter preparation instructions

## Appendix 4 Statement of the Participant or Legal Guardian in case of underage students

.....  
Participant's name and surname

.....

.....  
Participant's address

.....  
School's name and address

### Statement of the Participant/Legal guardian

1. I hereby declare that I have read and understood the Cookery Contest Regulations organised by the Secondary Cookery School in Bialystok and that I fully accept it.
2. I hereby give my consent for my personal data to be processed for the purpose of the Cookery Contest in accordance to the regulations of European Parliament and the Council (EU) 2016/679 from 27.04.2016 regarding the protection of the physical persons in connection with personal data processing and a free flow of such data and repeal of Directive 95/45/WE (General Data Protection Regulation) (Official Journal of the European Union L 119 p.1) – hereinafter referred to as GDPR and regulations of country's law regarding personal data protection.
3. I hereby consent for my son/daughter's image to be used for the purpose of the Cookery Contest.

.....  
Place, date

.....  
Participant's legible signature

.....  
Participant's parent/legal guardian's legible signature