

COOKERY CONTEST REGULATIONS

I. 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.

II. Contest Rules

1. Contestants will be asked to prepare one hot main dish and a cold starter dish based on a unique recipe.
 - While preparing the main dish the contestants should use poultry, dried bay boletes and at least two products from the list (**app. 1**).
- While preparing the cold vegetarian starter the contestants are obliged to use Korycin Cheese
2. Teams of two participate in the Contest.
3. Number of teams applied from each school is not limited.
4. The cost of transport and ingredients is covered by the participating schools.
5. The Organiser provides dried bay boletes and Korycin Cheese in the amount required by all contestants.
6. The Organiser provides necessary equipment:
 - Gas cooker with 4 burners
 - Combi steamer, electric oven
 - Basic cookery equipment
 - Thermomix
 - Blast freezer
 - Basic tableware for presenting dishes (white flat appetizer plate 20cm dia, white dinner plate 24cm dia.)

7. Teams are allowed to use own utensils and equipment apart from these provided by the Organiser – for further details contact the Organiser via email

III. Terms of participating in the Contest

On the first day of the Contest all Participants must have:

- Personal ID
- Current certificate for sanitary and epidemiological purpose
- Complete and clean working uniform (including chef's cap)

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**),
 - At least 2 high-resolution photos of top and side view of 1 serving of the main dish
 - At least 2 high-resolution photos of top and side view of 1 serving of the cold starter
- Applications are evaluated by the Contest Committee
- Key factors during evaluation phase:
 - Recipe (utilising ingredients, creativity)
 - Cookery techniques used,
 - Exposition (how the dish is arranged on the plate, tableware choice),
 - Connection to the contest theme
 - Using obligatory ingredients from the list

2. Phase II

- Teams that have gathered most points will move to the Contest finals.
- During the finals teams prepare 4 main course servings and 4 cold starter servings on separate plates.
- 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 during allotted time.
- It is not allowed to use semi-finished products. The Organiser only accepts demi glace sauce of neutral taste and vegetable and meat broths.
- Main course has to consist of 5 elements.
- Total weight of main course must be 130g – 180g.
- Max weight of cold starter is 100g
- The main course should be prepared within **150** minutes (cold starter served 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.
- Poultry is the key element of the main course.
- Participants use own ingredients.
- 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 products

Masło tradycyjne z Filipowa

Śliwowica (mirabelka)

Ser podpuszczkowy dojrzewający Wizajny

Miód wielokwiat z Sejneńszczyzny

Miód kwarciany (dębniak)

Ser suszony podlaski

Kumpiak podlaski

Nadbużańska kawa żółdziówka

Twaróg hajnowski

Wędzonka (wędzone)

Miód augustowski

Klinek dąbrowski

Chleb na zakwasie z Sadka

Masło swojskie

Piwo podlaskie

Masło z Hajnówki

Mąka z Podlasia

Klinek z Łap

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School Stamp

Appendix 2 Application Form

COOKERY CONTEST	
School Data	
School Name	
School Address	
School Phone Number	
School Email Address	
Team Supervisor	
Team Supervisor Phone Number 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	

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Date and Headteacher's signature

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Date and Supervisor's signature

Appendix 3 Contest Dish Application Form (main course)

1. Name of the main dish
2. Name of the products used from the obligatory ingredients list
3. Material standard for 4 servings of the main course
4. Main course cooking instructions

Appendix 3 Contest Dish Application Form (cold starter)

1. Name of the main dish
2. Material standard for 4 servings of the cold starter
3. Cold starter preparing instructions

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

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Participant's name and surname

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.....
Participant's address

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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.

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Place, date

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Participant's legible signature

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Participant's parent/legal guardian's legible signature