



## GENERAL INFORMATION ABOUT THE COMPETITION AND GUIDELINES

### About the competition:

The competition is organized by the Higher Hotel Institute Cyprus in the framework of the Celebration of the Francophonie 2021. The French Institute of Cyprus (IFC) supports the competition in the framework of the Partnership Agreement between the two institutions. The goal is to celebrate the French language and its use in Culinary Arts. At the same time the competition aims to showcase the excellence and creativity of the French gastronomy while promoting the use of local products in the framework of sustainable development. Furthermore, the competition will give the opportunity to culinary arts students attending a Professional French Course to engage in an academic competitive environment and at the same time employing the French Language. For the first year (2021), the competition is open to HHIC students.

### The Theme:

The theme of the competition is the creation of a three-course menu with local products based on the ingredients included in a Mystery Box. The idea behind choosing the Mystery Box concept was the underpinning mystery and challenge it offers.

### The Ingredients:

The ingredients in the Mystery Box will be the same for each competitive team and will not be revealed in advance. The Mystery Box must be approved by the lead culinary judge prior to the competition.

### The Teams:

The Teams will consist of culinary arts students of all the years of study attending the Professional French Language Course. The teams will be formed prior to the competition and after receiving the applications based on the principle of forming teams with students from all the years of study. A student from each team will be dedicated as 'chef' of the team.

### The Challenge:

The challenge of the competition is to create a three-course gourmet menu, name the dishes and briefly describe their composition in French as well as prepare the main dish. Each team will be given the same Mystery Box, containing ingredients sourced locally, which must be incorporated in the three-course menu.

Quantity:	One portion of the main dish for the judges and one for display and critique.
Set-Up Time:	1 hour Each team will be given 1 hour to decide on their menu, write it down and submit it to the kitchen judges by the end of the set-up time. In that time they should also discuss and share the tasks, allocating duties.

Allocated Cooking Time	1 hour Each team will be given 1 hour to prepare the main dish of the three-course menu based on the ingredients in the Mystery Box.
Clean-up	To start immediately at the end of plate submission
Dress Code	All competitors are required to dress professionally including a white chef jacket, necktie, chef trousers, closed slip resistant black kitchen shoes, apron and chef hat.

**Rules:**

- Ingredients in the mystery box should be used.
- No other food products may be brought in by the competitors.
- At all times during the challenge, the cooking station must be kept clean and tidy.
- Food wastage and messy work will be penalised.
- The judges will reserve the right to identify and, if necessary, confiscate any food being prepared with unsafe cooking methods.
- Competitors violating any guidelines pertaining to foods brought into the kitchen will be penalised.
- Each team is required to finish and present their dishes on allocated time; however, there will be point deductions for exceeding the time limit.
- No mobile phones will be allowed.
- It is forbidden to enter the competition area before the start.

**Assessment process and criteria:**

The assessment is based on a proprietary scoring system that allows all teams to be judged on the same criteria, in a consistent manner. Each entry will be assessed in two main areas: Practical Cooking/Execution (including professionalism, safety and hygiene, cooking methods/technical skills, appearance and taste) and Use of the French Language for professional purposes (oral and written expression), with relevant assessment criteria in each area. There will be two assessing committees, one composed by Culinary Professionals and the other by Teachers/Specialists in French for Specific Purposes.

<b>PRACTICAL COOKING/EXECUTION</b>	
Proper and professional clothing Attitude Personal hygiene and cleanliness Safety habits Work station, floor, and fridge cleanliness Proper food / waste storage methods Cutting board hygiene Individual station and overall kitchen clean-up at the end of competition.	10%
Working area organization Correct task planning Waste management	10%

Energy and water usage Time management	
Proper culinary techniques and methods Professional use of tools and equipment	10%
Portion size Harmonious colors Clean plates Modern and artistic Creativity/Innovation Degree of difficulty	15%
Appetizing Proper textures of foods Degree of doneness Balanced taste and seasonings Taste according to menu presented by competitor	20%
<b>USE OF FRENCH LANGUAGE</b>	
Create a menu, name the dishes and describe their composition Describe the method of preparation of a dish (mise en place, cooking, setting up)	10%
Vocabulary Morphosyntax/Grammar Speaking (fluency, pronunciation)	15%
Professional Posture Organization of the professional speech	10%
<b>Total</b>	<b>100%</b>

### **Certificates:**

All teams will receive a certificate of participation. Gold, Silver and Bronze level certificates are awarded based on the standards achieved by the team. Furthermore, air tickets to France await the winning team!