



## CULINARY ART COMPETITION

### Competition details

#### Objective

Prepare as a team a set menu composed by a **Cold Starter** (Latvian herring) and a **Main Course** for three persons, out of a Mystery Basket of ingredients.

As obligatory ingredients, competitors should use:

- Herring, rye bread, beetroot on the cold starter
- Pork fillet, quince, grey peas on the main course
- All the four (4) mystery ingredients

As obligatory techniques, competitors should:

- Use a pickled technique on Cold Starter
- Have one crispy element technique on the main course
- At least one sauce on the main course

Besides the practical tasks, **competitors will be assessed** on a different task, where they **must identify ingredients and flavours, through a blind mystery criterion**. This component of the competition decorates after the briefing and selection of teams. **Only one of the members of the team represents the teams on this assessment**. (Total time of the practical part of the culinary blind tasting quiz: 15 minutes)

#### Team & Language

##### Language

It is compulsory that English (oral and written) is the language to be used in all the competition phases: briefings, work plan (written), communication with teammates and judges during the different tasks. Minimum level of English B1 (according to EQF).

##### Teams:

Teams will consist of three students from different schools and countries and will be drawn by the jury.

It may happen that there is a team of two or four students in one of the following cases:

- The final number of candidates is pair;
- Disqualification of one of the competitors;
- Competitors last minute abandonment.

#### Day of the briefing

- Competitors briefing & announcement of the teams by the Head Judge;
- Mystery basket ingredients (except main ingredients and proteins) and kitchen equipment will be published on the official AEHT website, two months prior to the competition. Changes of the ingredients published earlier could be possible due to supplying problems;



- The mystery basket ingredients will be announced only at the briefing;
- After the announcement of the mystery basket, each team will have **2 hours** to compile the work plan for a **Cold Starter (Latvian herring) and a Main Course for three persons, out of a Mystery Basket of ingredients**. During this time external contact is prohibited;
- It will not be necessary for the competitor to use all the ingredients provided but a **minimum 50 per cent (%) of the provided food ingredients must be used and be present** to indicate the creativity, balance, and innovation of the dish;
- Research is limited to students' own textbooks and personal notes. No books will be supplied;
- As soon as the menu is completed and written on official menu templates (**CAPITAL LETTERS**) it must be submitted to the Head Judge with a brief menu description (recipe card) and the ingredients claim including quantities needed. It will then be signed by both the competitors and the Head Judge;
- The submitted menus are final and may not be modified;
- Once menus have been submitted competitors are encouraged to liaise with their tutors;
- Competitors will be allowed to familiarize themselves with the competition area.

#### Day of the competition

- Total time of the practical part of the competition: 3 hours. Timetable for each course will be provided and must be respected;
- Total time of the practical part of the culinary blind tasting quiz: 15 minutes;
- Competitors must wear their full professional uniform and safety shoes;
- On the days of each round the competitors are expected to report at the venues 30 minutes before the start of the cooking time that will be informed in advance;
- There will be a 15-minute briefing;
- The judges will have the authority to go across to the contestants at their workstations, ask questions about the work plan and assess the hygiene and organization standard;
- In the unlikely situation of a breakdown of a piece of equipment which is being used by the team, they need to inform one of the judges immediately so that the equipment can be replaced;
- In case there is an unforeseen occurrence during the course of the cooking that may delay the actual process, the time lost will be calculated and appropriate extra time will be given when the process resumes;
- Each team will be required to present 2 samples of each dish created to the team of judges



responsible for the blind tasting, taste, and flavour. The other portion will be for presentation in the Press and VIP areas;

- Thereafter the contestant will wait back at the workstation, in case the judges have some queries or questions regarding the dishes;
- After the judging is over, the team/competitor is expected to leave the workstation clean;
- All equipment will be provided for except for professional knives which must be brought by each of the competitors;
- Competitors are not allowed to bring any specialized cooking or other equipment that could be view as giving the competitor an added advantage over other competitors;
- Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected;
- All elements of the finished dishes must be edible.

#### Important notes

- Teams will be assessed according to their work hygiene, kitchen preparation / presentation, interpersonal skills & teamwork and blind tasting;
- Competitors and judges should wear full uniform during practical competition tasks;
- During the composition of the working plan on the day of the briefing, team members check whether correct communication in English within the team is possible. If there is serious doubt, the team should report this to the Head Judge immediately. Complaints about language problems will not be accepted after submission of the working plan;
- The use of cell phones or any other electronic device is not allowed during the competition;
- All rules and regulations must be adhered including the General AEHT Competition Rules;
- The decisions and judgments of the panel of judges will be final and cannot be challenge.



## CULINARY ARTS COMPETITION

### Additional information

#### INGREDIENTS LIST

Ingredients	Quantities PER TEAM	Unit Mesure	
<b>Beverages</b>			
Red wine	1,000	BOTTLE	COMMON TABLE mystery
white wine	1,000	BOTTLE	COMMON TABLE
<b>Fish</b>			
Herring (lightly salted) - whole fish	0,25	KG	mystery
<b>Meat &amp; poultry</b>			
Pork fillet	0,4	UNIT	
<b>Sausages and Charcuterie</b>			
Bacon	0,150	KG	
Blood pudding (Asinsdesa)	0,200	KG	
<b>Vegetables and fruits</b>			
Chicory	0,100	KG	
Boletus mushrooms (frozen)	0,140	KG	
Quince	0,200	KG	
Potatoes	0,500	KG	
Beetroot (boiled)	0,200	KG	
Beetroot	0,200	KG	
Carrots	0,100	KG	
Leek	0,200	KG	
Onions	0,150	KG	
Shallots	0,150	KG	
Garlic	0,150	KG	
Radish	0,050	KG	
Cherry tomatoes	0,100	KG	
Cucumber	0,150	KG	
Lemon	0,150	KG	
Red chilli pepper	0,010	KG	mystery COMMON TABLE

**Aromatic Herbs**

Dill	0,050	KG	COMMON TABLE
Parsley	0,020	KG	COMMON TABLE
Juniper berry	0,010	KG	COMMON TABLE
Thyme	0,010	KG	COMMON TABLE
Laurel (dry)	0,010	KG	COMMON TABLE
Scallions	0,050	KG	COMMON TABLE
Mixed sprouts	0,050	KG	COMMON TABLE

**Milk Products**

Sour Cream 40%	0,150	LT	
Cream 30%	0,100	LT	
White curd cheese	0,100	KG	
Rucavas Baltais Sviests (butter)	0,100	KG	mistery

**Dry Spices & seasoning**

Black pepper	0,010	KG	COMMON TABLE
Table salt	0,100	KG	COMMON TABLE
Sea salt	0,050	KG	COMMON TABLE
Coriander seeds	0,020	KG	COMMON TABLE
Fennel seeds	0,020	KG	COMMON TABLE
Paprika	0,050	KG	COMMON TABLE

**Oils & vinegar**

Balsamic vinegar	0,150	LT	COMMON TABLE
White wine vinegar	0,100	LT	COMMON TABLE
Extra virgen olive oil	0,200	LT	COMMON TABLE
Canola oil	0,200	LT	COMMON TABLE
Sunflower oil	0,300	LT	COMMON TABLE

**Store**

Sugar	0,100	KG	COMMON TABLE
Flour 00	0,100	KG	COMMON TABLE
Rye bread (Rupjmaize)	0,200	KG	COMMON TABLE
Barley	0,120	KG	COMMON TABLE
Grey peas (Pelēkie zirņi) boiled	0,200	KG	COMMON TABLE
Grey peas flour	0,100	KG	COMMON TABLE

**Eggs**

Quail eggs	10,000	UNIT	
Eggs	6,000	UNIT	

**Textures SOSA**

Agar agar	1	BOX	COMMON TABLE
Gelan	1	BOX	COMMON TABLE



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Lecitine  
Xantana

1  
1

BOX  
BOX

COMMON TABLE  
COMMON TABLE



INFRASTRUTURE LIST PER SHIFT			
	Total Req. Qty per shift	Size	OBS
<b>GENERAL INSTALLATIONS:</b>			
Lockers	25		
Men's bathroom	1		
Women's bathroom	1		
Kitchens	6	400*300	Individual
Clock, large digital display	2		
<b>Meeting room</b>			
Beamer	1	90m2	
Chairs	90		
Tables	27	140*80	
<b>Blind tasting room</b>			
Tables	5	130*90	
Chairs	12		
Flipchart /Writer whiteboard	1		
<b>CLEANING SUPPLIES</b>			
Cleaning set	6		
Paper towels	6		
Recycling bin	6		
Hand sanitizer – solvent free	6		
Dustbin & Lid 70 lts	6		
Kitchen chemicals (for washing and cleaning)	6		
Paper towels (big roll)	6		
Waste paper bin	6		
<b>HEALTH &amp; SAFETY</b>			
Fire extinguisher ABC	2		
First aid kit	1		
Fire extinguisher blanket	2		
Handwashing sink with sanitizing antibacterial soap	2		
<b>WORKSHOP INSTALLATIONS</b>			
Work tables, stainless steel with 2 shelves underneath	12	1200*600	
Double sink with hot and cold water	6		
Fridge (multiple normed shelving)	2		
Combi steamer, GN 1/1 with multiple shelving	6		
Stove (with 6 rings)	6		
Plastic box with lid, disposable different size	20		20 per team
Thermometer competition digital	6		
Scale 4 kg	1		
Sieve set (16, 20 cm)	6		
GN baking silicone sheet/slipat	6		



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Whip siphon 250 ml + charges	6	
Pasta cutting wheel with smooth and toothed blade	1	
Pasta machine	2	1 per 3 teams
Icecube machine	1	
Deepfryer, tabletop version	2	1 per 3 teams
Profesional mixer/per team with diferent attachemnts	2	1 per 3 teams
Tong, stainless steel	2	
Slicing machine	1	
Pro mincer	1	
Professional multifunctional food processor for Horeca	2	1 per 3 teams
Microwave oven	1	
Blast freezing unit	1	
Vaccum pack machine (+ vaccum bags)	1	
Butcher string, twine	1	
Piping bag, disposable, with tips	6	
Ronner machine (sous vide basin and sous-vide clip)	6	
Sous-Vide stick	6	
Foil products – cling film, aluminium foil, silicone paper, greaseproof paper	6	
Latex glove box	6	1 per team
Keep warm lamp set	6	
Pakojet	1	
Torch burner cassette	3	1 per 2 teams
Smoker machine/smoking gun	2	1 per 3 teams
Orange juicer (plastic)	2	1 per 3 teams
<b>GENERAL INSTALLATION FOR EACH WORK STATION (<u>per team</u>)</b>		
Frying pan set (26cm, 32 cm)	1	
Sautese set ( 1,7 Lt, 2,5Lt)	1	
Cooking pot set (1 Lt, 2 Lt, 4 Lt)	1	
Fridge	1	
General purpose bowl 0,5 lt	1	
General purpose bowl 1,5 lt	1	
Whisk set (20cm, 24cm)	1	
Teflon kitchen scoop	1	
Flexible spatula	1	
Electronic scale (with 5gr increment)	1	
Hand blender	1	
Flexible spatula Maryse	1	
chinois 20 cm	1	





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Baking tray gastronorm (cm 53x32,5)	2		
Gastronorm pan 1/2 GN	2		
Baking rack GN 1/2 GN flat	2		
Skimmer	1		
Small Ladle	1		
Medium ladle	1		
Sieve set (12, 16 cm)	1		
Tinned conical strainer 14 cm	1		
Large spoon	1		
Measuring jug 1 Lt	1		
10" wooden	1		
Pasta fork	1		
Soupe spoons	12		
Forks	6		
Cutting board 30*40 cm green (vegetables)	1		
Cutting board 30*40 cm red (raw meat)	1		
Cutting board 30*40 cm yellow (cooked meats)	1		
Cutting board 30*40 cm blue (fish)	1		
Cutting board 30*40 cm white (dairy products)	1		
Rectangle plate 32*26cm	20		
Round plate 30 cm	20		
Mini sauce boat 120 ml	20		
Forks	100		
Knives	100		
Spoons	100		
Disposable plastic spoons	500		
Chefs hats	50		



## Competition Timetable Graphic

### D1 - November 4<sup>th</sup> - Judges Briefing

20H30 / 21H30 Judges Briefing - Hotel Pullman  
Teams Draw  
Judges draw  
Other issues

### D2 - November 5<sup>th</sup> - Competitors Masterclasses, Briefing and written work plan

13H30	15H00	15H30	16H00	16H15	16H45	18H45
Masterclass by Chef Marcus Hallgren	Competitors Briefing (30 minutes)		Language Knowledge test (15 minutes) <b>BETWEEN TEAM</b>	Visit to the kitchens and check all equipment and ingredients	Work plan (2 hours) - Write the 2 course menu ( <b>CAPITAL letters</b> )	

### D3 - November 6<sup>th</sup> - Practical tasks

08H00	08H15	08H15	08H30	08H30	10H45	11H00	11H10	11H20	11H20	11H30	12H00
Briefing - Teams 1 to 6	Setup of the kitchen		Start competition		1st service time - Cold Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team
12H00	12H15	12H15	12H30	12H30	14H45	15H00	15H10	15H20	15H20	15H30	16H00
Briefing - Teams 7 to 12	Setup of the kitchen		Start competition		1st service time - Cold Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team

### D4 - November 7<sup>th</sup> - Practical tasks

08H00	08H15	08H15	08H30	08H30	10H45	11H00	11H10	11H20	11H20	11H30	12H00
Briefing - Teams 13 to 18	Setup of the kitchen		Start competition		1st service time - Cold Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team
12H00	12H15	12H15	12H30	12H30	14H45	15H00	15H10	15H20	15H20	15H30	16H00
Briefing - Teams 19 to 24	Setup of the kitchen		Start competition		1st service time - Cold Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team



**Marking Sheet**



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Team number

Kitchen number

Work Hygiene	10	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		Personal Hygiene	3			
Uniforms (correct and clean)						
Hands	(0 - 3)					
Tasting with fingers						
Bad habits						
Work Station Hygiene	7					
Benches & floor - clean and tidy						
Wastage - energy - fuel, enviro wastage, recycling	(0 - 7)					
Burnt & spoilage						
Sub-total		0	0	0	0	0

JURI PRESIDENT

JURI 1

JURI 2

JURI 3

JURI 4

JURI 5

JURI 6

JURI 7

JURI 8

JURI 9

JURI 10

Kitchen Preparation/Presentation	25	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		Culinary skills demonstrated	(0 - 6)			
Food preparations skills	(0 - 5)					
Organisational skills	(0 - 5)					
Correct elements ( mandatory ingredients)	(0 - 4)					
Correct portion size	(0 - 3)					
Clean plates (no spills, fingerprints)	(0 - 2)					
Sub-total		0	0	0	0	0

Interpersonal skills - Teamwork	10	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		Communication between participants	(0 - 4)			
Equal distribution of tasks in the team	(0 - 4)					
Motivation of the team	(0 - 2)					
Sub-total		0	0	0	0	0

Blind Tasting	20	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		1 <sup>st</sup> Course - Cold Starter				
Presentation and Visual Appeal	(0 - 4)					
Style and Creativity	(0 - 6)					
Taste - Individual flavours	(0 - 3)					
Taste - Combined harmony	(0 - 4)					
Texture - all components	(0 - 3)					
Sub-total		0	0	0	0	0

TOTAL MARKS

**0,00**

Blind Tasting	25	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		2 <sup>nd</sup> Course - MAIN COURSE				
Presentation and Visual Appeal	(0 - 4)					
Style and Creativity	(0 - 6)					
Taste - Individual flavours	(0 - 3)					
Taste - Combined harmony	(0 - 4)					
Texture - all components	(0 - 3)					
Sub-total		0	0	0	0	0

CulinaryBlind Tasting Quiz	10	ING 1	ING 2	ING 3	ING 4	ING 5	ING 6	ING 7	ING 8	ING 9	ING 10
		0	0	0	0	0	0	0	0	0	0



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**Additional Information**





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