



## VEGETARIAN OVO/LACTO CULINARY ART COMPETITION

### Competition details

#### Objective

Prepare as a team (2 competitors per team) a 2 (two) course **VEGETARIAN OVO/LACTO** menu composed by a **Starter** and a **Main Course (both vegetarian)** for 3 (three) persons, out of a basket of ingredients, there will be 4 mystery ingredients which need to be used as part of the menu, these ingredients will be announced at the competition briefing in Riga.

As obligatory ingredients, competitors should use:

- Latvian rye bread and Sauerkraut on the cold starter.
- Lingonberries and grey peas which will be pre boiled (carling peas) as the protein the main course.
- All of the 4 (four) mystery ingredients (2 in the starter and 2 in the main course)

As obligatory techniques, competitors should:

- Minimum of 1 (one) cooking techniques on the Cold Starter.
- least 2 different cooking techniques and have one crispy element technique on the main course.
- At least 1 (one) sauce on the main course.

#### Team & Language

##### Language

It is compulsory that English (oral and written) is the language to be use 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 2 (two) competitors from different schools and countries and will be drawn by the jury.

It may occur that there is a team of 3 (three) competitors in a team in one of the following cases:

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

**In such a case, the practical cooking time frame for the affected team will be reduced by 15 minutes.**

#### Day of the briefing

- Competitors briefing & announcement of the teams by the Head Judge.
- Basket ingredients (except the compulsory and mystery ingredients) and kitchen equipment will be published on the official AEHT website, two months prior to the competition. Changes



to the ingredients and equipment published, could be possible due to supply issues.

- Each team will have **2 hours** to compile the work plan for a **Cold Starter and a Main Course for three persons , which should include the mystery ingredients which will be announced.** During this time external contact is prohibited.
- It will not be necessary for the competitor to use all the published 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. It should be declared where the 4 compulsory mystery ingredients are incorporated.
- 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.
- 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 prior to the commencement of the competition.
- 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 competition 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 3 (three) portions of each dish, 2 (two) of these dishes



of each course will be for the team of judges responsible for the blind tasting. The other portion (one) 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 completed, the team/competitors are expected to leave the workstation clean and tidy as found.
- 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 hygienic preparation 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 smart phones, watches, tablets 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 challenged.



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### **Vegetables and fruits**

Chicory  
Boletus mushrooms (frozen)  
Quince  
Potatoes  
Beetroot (boiled)  
Beetroot  
Carrots  
Leek  
Onions  
Shallots  
Garlic  
Radish  
Cherry tomatoes  
Cucumber  
Lemon  
Red chilli pepper

### **Aromatic Herbs**

Dill  
Parsley  
Juniper berry  
Thyme  
Laurel (dry)  
Chives  
Mixed sprouts

### **Milk Products**

Sour Cream 40%  
Cream 30%  
White curd cheese  
Rucavas Baltais Sviests (butter)

### **Dry Spices & seasoning**

Black pepper  
Table salt  
Sea salt  
Coriander seeds  
Fennel seeds  
Paprika

### **Oils & vinegar**

Balsamic vinegar  
White wine vinegar  
Extra virgen olive oil  
Canola oil

Sunflower oil

### **Store**

Sugar

Flour 00

Rye bread (Rupjmaize)

Barley

Grey peas (Pelēkie zirņi) boiled

Grey peas flour

### **Eggs**

Quail eggs

Eggs

### **Textures SOSA**

Agar agar

Gelan

Lecitine

Xantana