



9th International
Abilympics
Bordeaux 2016

Vocational Skills Contest

V15 Cooking

1. Task Assignment

The task consists in cooking 3 dishes for one person.

- Dish n°1: Using 1 carrot, some radishes, 1 red beet, some cauliflower, 1 turnip, 1 cucumber and other ingredients to be revealed on the day of the competition, contestants will have to prepare one cold first dish. The goal is to decorate the plate using the provided ingredients. Contestants may shape and sculpt the ingredients in any way they like, and will have to season a part of the dish.

- Dish n°2: One stuffed boneless quail with gravy or sauce, with a side of seasonal vegetables. The degree of doneness is left to each contestant's discretion.

Contestants will select and cook 5 vegetables from the contents of a basket to be revealed on the day of the competition.

- Dish n°3: One dessert and its presentation, freely chosen by each contestant. However, contestants must pick ingredients from a basket containing fruits, flour, butter, eggs and other elements to be revealed on the day of the competition to prepare the dessert of their choice. Each contestant may bring some personal tools and materials in order to complete the presentation of their dessert.

2. Allocated time: 5:00

5 hours of competition.



3. Requirements

- Contestants must respect the rules of safety and hygiene.
- Contestants may only bring the tools listed on chart n°6. The jury will perform an inspection before the competition and any non-compliant element will be removed.
- Any contestant caught cheating, talking to someone from the public or using a communication device will suffer a penalty of 5 points for the first transgression. A second transgression will lead to an exclusion from the contest.

4. Procedure





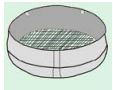


Day -1 (March 24th): On the day before the competition, contestants will be welcomed by the members of the jury. A briefing about the organization of the competition and the safety rules will be arranged. Due to the large number of registered contestants, the competition will be organized in two groups. Contestants from a same delegation will inevitably be placed in the same group. Each contestant will receive a schedule with the detailed working hours. Contestants will draw lots to be assigned to a work station, where they may drop off their tools.

Day 1 (March 25th): The group 1 will have 5 hours to complete the task. Group n°2 will go on an organized trip.

Day 2 (March 26th): The group 2 will have 5 hours to complete the task. Group n°1 will go on an organized trip.




5. List of the provided equipment

Non-exhaustive list.

N°	Equipment	Photo	Qty per contestant	Notes
1	Small frying pans		2	
2	Roaster		1	
3	Metallic tray		1	
4	Mixing bowls		2	1 large and 1 small
5	Sieve for the stuffing		1	Small
6	Saucepan		2	1 small, 1 medium
7	Plastic container		10	











6. List of tools to be brought for each contestant




N°	Tool	Photo	Qty	Notes
01	Cooking briefcase		1	Contestant's choice
02	Knives		1 set	Contestant's choice of models
03	Spatulas		1 set	Contestant's choice of models
04	Peeler		1	Contestant's choice
05	Whisk		1 set	Contestant's choice of models
06	Ladles		1 set	Contestant's choice of models
07	Curd ladles		1 set	Contestant's choice of models
08	Skimming ladles		1 set	Contestant's choice of models

09	Strainer		1	Contestant's choice
10	Rolling pin		1	Contestant's choice








7. List of facilities installed at the contest site









N°	Equipment	Photo	Qty	Notes
01	Fridge		1 for every 2 contestants	
02	Worktable		1	
03	Sink + water source		1 for every 2 contestants	
04	Bakery rack		1 for every 2 contestants	
05	Trashcan		1 for every 3 contestants	

06	Electric hotplate or induction plate		1	
07	Oven		1	
08	Weighing scale		1	
09	Microwave oven		1 for every 5 contestants	
10	Table-top cutter-mixer		1	Small size
11	Baking tray		1	
12	Oven shelf		1	
13	Cutting board		1	

14	Plate for the first dish		2	Round, medium size
15	Square plate for main course		1	
16	Dessert plate, or slate plate		1	

7. List of the principal cooking materials

N°	Product	Photo
01	Carrots	
02	Radishes (long and round varieties)	
03	Red beets	
04	Cauliflower	
05	Long turnips	
06	Cucumbers	
07	Quails	

08	Chicken liver	
09	Chicken breasts	
10	Portobello mushroom	
11	Wheat flour	
12	Butter	
13	Eggs	
14	Salt & pepper	
15	Rapeseed oil	

8. Evaluation criteria



N°	Items to be evaluated	Scoring scale
01	Respect of the hygiene and safety rules	05
02	Optimization of raw materials, waste management	05
03	Preparation and techniques used	20
04	Respect of taste and flavors	25
05	Respect the temperatures, quality of the cooking	20
06	Originality, creativity, general appearance of the dishes	25
Total		100