

V15 Cooking



1. Final Task Assignment

The task consists in cooking 3 dishes for one person.

- Dish n°1: cold first dish composed of raw vegetables. Contestants will use 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. The goal is to decorate the plate using the provided ingredients. Contestants may use any technique of their choosing.

- Dish n°2: One quail to bone and stuff, with gravy or sauce. With a side of seasonal vegetables. Free choice of doneness. 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 equipment in order to complete the presentation of their dessert.

2. Allocated time: 5h00

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 in the pre-task assignment. 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 members of the jury on the contest stand. 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.

Each group will go on a mandatory organized trip while the other is competing.

Caution: any contestants from group n°2 caught observing contestants from group n°1 as they compete will suffer a minimum penalty of 5 points.

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

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

Abilympics France has drawn lots in order to determine the composition of the two groups.

GROUP 1 : 8 contestants	GROUP 2 : 7 contestants
France, 2 contestants	China, 1 contestant
Canada, 2 contestants	Ghana, 1 contestant
Hong Kong, 1 contestant	Korea, 1 contestant
Malaysia, 2 contestants	Philippines, 1 contestant
Taiwan, 1 contestant	Russia, 1 contestant
	Slovakia, 1 contestant
	Mongolia, 1 contestant

N°	5. Evaluation criteria	Scoring scale
General		12
01	Respect of the safety and hygiene rules	6
02	Optimization of raw materials, waste management	6
Raw Vegetables		20
03	Originality – creativity of the first course	3
04	Completion and execution of cutting the vegetables	5
05	Harmony of colors and of the presentation	3
06	Balance of the taste of the vinaigrette	5
07	Respect of the imposed theme	4
08	Neatness and presentation	
The quail		40
08	Deboning of the quail	10
10	Quality of the interior stuffing	5
11	Respect of temperatures, quality of the cooking	5
12	Flavors and taste of the sauce or of the juice	3
13	Harmony and quantity of the side dish (5)	5
14	Balance of taste of the entire dish	5
15	Originality, creativity	7
Dessert - Presentation		10
16	Quality of the dessert's shape	5
17	Originality, creativity	5
Dessert - Tasting		18
18	Cooking on the various kitchen appliances and dough	5
19	Balance of taste of the whole dessert	10
20	Respect of the time schedule for sending out plates	3
TOTAL POINTS		100



Abi wishes you a good competition!