

## COMPETITOR GUIDELINES

1. **Closing date for entries** is **Friday 28<sup>th</sup> August, 2009**. Please complete a separate entry form for each team or individual.
2. **Entry fee is \$10.00 per team and/or individual**, with a maximum payable of \$60.00 per school. Each school may enter 2 teams and/or 2 individuals and/or 2 Coffee Entries. Please clearly state team name and student names on the entry form.
3. **ALL school teams, individuals and trades people MUST** supply and wear **a name badge** to clearly **identify themselves, their school or organisation**.
4. **Blank certificates of participation** will be available from the **registration desk** and it is the **responsibility of the teacher in charge to collect them**.
5. **Competitors must arrive 1 hour prior to their section** start time unless prior arrangement has been made with Competition Organisers.
6. It is **highly recommend** that **competitors** in all sections use **Seasonal Regional produce** where available, and points will be awarded for this.
7. It is strongly suggested that recipes are created around **NOT USING AN OVEN**. However, **two communal ovens will be available one set at 200C and one set at 180C** but delicate dishes such as soufflé are not recommended due to other competitors using the ovens.  
**Competitors will have access to 2 water Stations with Urns for hot water, cold water .1 sink for draining/rinsing rice/pasta Salamander, 2 Robo Coup, 1 commercial deep fryer, 2 microwaves, 1 refrigerator, 1 upright freezer with 5 drawers, on the competition floor.**
8. **Competitors are NOT permitted to bring/supply their own burner.**
  - Team and Trade Section Competitors will be supplied with 2 butane gas burners.
  - Grade 9/10 and 11/12 individuals will be issued with one butane burner.
9. **All ingredients** are to be supplied by each team and individual.
10. **All equipment** such as chopping boards, tea towels, gloves, serving gloves, cling wrap/foils, bowls, spoons, tongs, food slides, trays, pans, pots, knives etc **must be supplied by competitors**.
11. **Stocks, major sauces and reductions** can be **prepared prior** to competition. **All other mise en plus must be prepared on the day**.
12. All meals will be presented on an **8 inch and 12 inch white round plate only, supplied by Organisers**. No food/elevation props to be used (judging is on food only).
13. **Two serves of each dish must be presented**. One will be used **for judging** purposes; the other will be for display on the main presentation competitor area for **public viewing**.
14. **Strictly no coaching allowed in competition time**. All teachers, parents, supervising chef will be asked to sit upstairs or stand behind the roped off sections.
15. Competitors are encouraged to display their entry with promotional materials for their Organisation / School. Display areas are to be set up by each individual competitor when presenting their final dish.
16. **Two (2) copies of recipes used (on the day) are to be supplied to organisers** for the judges and for further development promotional purposes of the competition.
17. **Judging criteria** will include: **Personal Presentation, Hygiene, Taste & Flavour, Degree of Difficulty** and the use of **local NSW seasonal** produce.
18. All debriefing and registration will be held in the **Briefing room** as marked on your map.
19. Car Parking is available in **areas marked on map which will be distributed once we have your entry**
20. The Bathurst Memorial Entertainment Centre building is a **STRICTLY NON SMOKING AREA**.

**Competitors are not expected to wash up in competition time. They will be moved off the competition floor into a commercial scullery once their section is finished.**

# CATEGORIES FOR 2009: **Three prizes will be awarded in each section**

## **Open Category (Chefs)**

### **Competitors are required to prepare and present:**

Chefs will be given a mystery box of ingredients. It will consist of basic pantry stock with selected ingredients from the competition coordinators

Time allowed: 40 minutes

## **3rd/4th Year Apprentice**

### **Competitors are required to prepare and present:**

- 4 Varieties of canapés, One must be warm/hot ( 3 serves of each canapé= 12 serves in total)

Time allowed: 40 minutes

## **1st/2nd Year Apprentice**

### **Competitors are required to prepare and present:**

- main course of own choice featuring fresh regional seasonal vegetables

Time allowed: 45 minutes

## **Year 9/10 Teams (4 students per team)**

### **Competitors are required to prepare and present:**

- a warm entrée featuring fresh regional produce and
- a dessert featuring fresh seasonal apples

Time allowed: 45 minutes

## **Grade 11/12 Teams (4 students per team)**

### **Competitors are required to prepare and present:**

- a warm entrée featuring fresh regional produce and
- a dessert featuring fresh seasonal apples

Time allowed: 45 minutes

## **Grade 9/10 Individual**

### **Competitors are required to prepare and present:**

- an entrée (hot or cold) featuring local spring lamb and fresh regional seasonal vegetables

Time allowed: 40 minutes

## **Grade 11/12 Individual**

### **Competitors are required to prepare and present:**

- an entrée (hot or cold) featuring local spring lamb and fresh regional seasonal vegetables

Time allowed: 40 minutes

## **Trade Coffee- Grinder. Coffee Machine and Coffee provided. You may bring own coffee**

### **Competitors are required to prepare and present:**

- Two x espresso/short black
- Two x cappuccino
- Two x flat white
- Two x espresso based Signature drink (hot or cold, may use own glass/cup)

Time allowed: 15 minutes

## **School Coffee Individual- Grinder. Coffee Machine and Coffee provided**

### **Competitors are required to prepare and present:**

Two x espresso/short black

Two x cappuccino or latte (glass and cups provided)

**Time allowed: 15 minutes = 10 minutes set up, practice, prepare and serve 4 coffees to judges. 5 minutes feedback from judges and cleanup**

Overall **Merit Prize** allocation for the day:

**Highest points receiver from all Individual categories.**

## **Gateau's**

- a gateau of competitor's choice. Single layer cake (no piers or stacking of cakes) Cake must be presented with a portion removed for display and for judges to sample.

### **1. Trade - static display**

### **2.School Section – static display**



## Central west nsw **youth transition services** Inc.

INDIVIDUAL OR TEAM NAME: \_\_\_\_\_

PHONE (home): \_\_\_\_\_ PHONE (work): \_\_\_\_\_

MOBILE: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COMPANY/SCHOOL: \_\_\_\_\_

STUDENT NAMES \_\_\_\_\_

ENTRY FEE: \$10.00 per team or individual, with a maximum payable of \$100.00 per school.

(Schools may enter 2 individuals and/or 2 teams, plus two students in the coffee section)

*Receipts issued on the day.*

ENTRY CATEGORY: (please tick)

- Open – Qualified Chef
- Apprentice 3rd/4th year
- Apprentice 1st/2nd year
- Grade 9/10 Team (limited to two teams per school)
- Grade 11/12 Team (limited to two teams per school)
- Grade 9/10 Individual (limited to two individuals per school)
- Grade 11/12 Individual (limited to two individuals per school)
- Coffee Trade
- Coffee School, Individual (limited to two individuals per school)
- Gateau                      Trade                       School

### AFFIRMATION:

I, \_\_\_\_\_ agree to abide by the following conditions of entry:

- I am, at the time of entry, a legitimate entrant in the category selected above.
- I will follow all instructions, written and verbal, issued to me by the organisers of this competition.
- I will abide by and accept the judges' decision in relation to first and second place winners in this competition.
- I will provide a copy of recipe/recipes used in the competition to the organisers to be used for promotional purposes.

SIGNED (Competitor): \_\_\_\_\_

DATE: \_\_\_\_\_

Further information regarding this competition will be sent to competitors upon receipt of this entry form.

Entries must be received no later than close of business on **Friday 28<sup>th</sup> August, 2009**. Entry forms are to be posted with entry fee to:

Kris Rybak Whirlpool Coordinator CWYTS Inc. 86 Bentinck St BATHURST NSW 2795

Or Ph: Kris Rybak at CWYTS Inc on 63319911 or email [k.rybak@cwys.com.au](mailto:k.rybak@cwys.com.au)