

COMPETITION GUIDELINES REGIONAL & METRO COOK OFFS

It is essential to use the same set of rules and guidelines across all regions. The assessment of the Nestlé Golden Chef's Hat Award reflects hot competition guidelines set by the Australian Culinary Federation for junior chefs – as the national representative of Worldchefs in Australia. The objectives of the Australian Culinary Federation and Worldchefs guidelines are to determine a universal set of criteria that could be easily understood and practically implemented to achieve a national and global standard.

The composition must be well balanced in a correct proportion of fat, carbohydrates, proteins and fibre. It is also important that the colours harmonise and the dish shows practical application. Menu descriptions are to be supplied and all dishes must be of edible materials.

Competitors are required to bring the following:

- Clean uniform and footwear
- Note pad and pen
- Toolkit
- Basic small equipment that would normally fit in a toolbox such as dessert moulds, bar mix, piping bags, tongs, etc.
- Competitors may bring in White China plates (standard plates will be provided at host venues but can vary in quality/style).

NO unauthorized untagged equipment will be allowed into the kitchen.

Entrants will be given 60 minutes to set up & 2.5 hours to prepare, cook and present 2 portions of a 2-course meal (main course and dessert course) in all Regional and Metro Heats.

It is mandatory for competitors to use a minimum of three (3) Nestlé products (NOT including dariole moulds).

Judging Guidelines

Each entrant starts with 100 points and points are deducted in accordance with the following measurable elements: see page 2

Medals will be awarded to the following levels:

Bronze 70-79 points

Silver 80-89 points

Gold 90-99 points

Gold with distinction 100 points confirmed by **3 judges**

COMPETITION GUIDELINES NATIONAL FINAL

The National Finals will only be won by the person who demonstrates:

Absolute attention to every detail including wears perfect uniforms (from head to toe), has clean sharp tools, applies creative thinking, correctly plans and spells menus, demonstrates correct technical application, competes as an organised individual, demonstrates systematic and clean preparation, presents quality practical dishes on time and finishes by cleaning down

You will be required to prepare, cook & serve four (4) portions of a three (3) course menu in 3.5 hours consisting of vegan entrée, main course using Protein TBC and a dessert. Three (3) plates for tasting, one (1) plate is for photography.

Ingredients are to be selected from the supplied pantry & Nestlé Professional product list & NO substitutions are allowed. It is mandatory for competitors to use a minimum of four (4) Nestlé products (NOT including dariole moulds).

Judging Guidelines

Each entrant starts with 100 points and points are deducted in accordance with the following measurable element

Medals will be awarded to the following levels for each course:

Bronze 70-79 points

Silver 80-89 points

Gold 90-99 points

Gold with distinction 100 points confirmed by 3 judges

JUDGING MARKS FOR REGIONAL & NATIONAL COMPETITIONS

MIS EN PLACE	5 points
Personal Presentation	1
Set up workstation	1
Correct Mise en place level	3
Hygiene & Food Waste	10 Points
Correct Sanitation Processes	5
Correct Food Waste Separation	2
Utilising Trim & Offcuts	3
Professional Preparation	20 Points
Technical skills displayed	6
Correct methods of preparation	8
Efficient utilisation of time/organisation skills	6
Service	5 Points
Timeline adhered to, penalised one point for each minute delayed	
Presentation	10 Points
Suitable temperature	1
Originality/flair	2
Appropriate too class/true to menu description	2
Portion size	1
Clean arrangement & dish	2
Nutritional balance	2
Taste	50 Points
Does the major component taste good	8
Balance of textures	6
Does the sauce/garnish taste good	6
Balance of flavours	6
Do the complements add to the taste of the major component	6
Seasoning	6
Is there harmony of flavour combinations in the menu	6
Taste of food preserved	6