

100% Rule

Food permitted to be prepared prior to the commencement of competition.

- Basic stock – can be brought in, but not reduced, seasoned or thickened Samples for tasting
- Salads
 - cleaned, washed but not mixed or cut
- Vegetables, fruits, potatoes, onions
 - cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves
 - onions can be halved to check quality
 - vegetables like tomatoes may be blanched and peeled
 - broad beans may be shelled
 - vegetable/fruit purées can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on competition day. Samples for tasting
- Fish
 - gutted, scaled not filleted
- Shells
 - cleaned, raw in their shells
- Crustaceans
 - raw or boiled, not peeled
- Meat/Poultry
 - deboned, not portioned, meat not trimmed, minced or ground
 - sausages have to be made on competition day
 - raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen but not seasoned or marinated
- Pastry, sponge, biscuit, meringue
 - can be brought in, but not cut, sliced or chopped
 - macarons cannot be brought in
 - meringue as a décor has to be dried on competition day
- Fruit/vegetable pulps and fruit/vegetable purees
 - can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on competition day. Samples for tasting.
- Decor elements
 - 100 % done on competition day
- Bones for stock
 - bones (including extra) can be brought in cut into small pieces
- Eggs
 - can be separated and pasteurised, but not processed in any other way
- Dry ingredients
 - can be weighed and measured

Judging GC & GYC

Each team starts with 100 points and points are deducted in accordance with the following measurable elements:

Mis En Place	10 points
Personal Presentation	3
Set up work station	4
Correct Mise en place level	3
Professional Preparation	30 Points
Hygiene Practices	5
Technical skills displayed	5
Correct methods of preparation	5
Wastage	5
Efficient utilisation of time/organisation skills	5
Service	5
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	6
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	8
Is there harmony of flavour combinations in the menu	6
Taste of food preserved	6

Medals will be awarded to the following levels for each Menu

Bronze, 70-79 points

Silver, 80-89 points

Gold, 90-99 points

Gold with distinction, 100 points

Medals & Trophies & Prizes

Will be awarded on Tuesday 25th June at a reception venue TBC 7pm

Judging GPC

Centre Piece

Design & Composition 30

Piece must be presented on time

Piece must be between 60cm & 100cm tall

Display should be elegantly coloured

Theme must be inoffensive & non-violent

There must be a clear focal point

Use of moulds is limited to 20-25%

Centrepiece should be fragile & well balanced

Display should be light, proportionate, well balanced

Piece must be 3 dimensional & appealing from all angles

More than 3 techniques must be used on each centrepiece

Design must be elegant, sophisticated, sober, peaceful & joyfull

Theme must be cleverly interpreted, well researched & clearly understood

Technical Skill & Degree of Difficulty 50

Anatomically correct (when applicable)

All colouring elements must be food safe.

If a centrepiece is designed to be a realistic representation of an object, animal or person, etc.

or a combination of such items, these features should proportional to one another and anatomically correct.

Symmetrical pieces should be precisely reversed identical.

Centrepiece's should be properly assembled: pieces fit perfectly, no visible seams, no finger marks.

Nougatine and/or caramel must be perfectly cooked (not burnt)

Colours should be true to nature, refined and blended. Air brushing should be delicate and sophisticated.

Painting and/or silk screen must be clean and free of smudges. Brush strokes must be precise and smooth.

Expert assembling may not require any binder (i.e. Chocolate, sugar, fondant, royal icing).

Creativity & Originality 20

Piece should be original and creative, innovative technique should be used.

New or innovative tools should be used.

Degree of difficulty should be high.

Centrepiece should take many hours to plan and create.

Dessert

Mis En Place	10 points
Personal Presentation	3
Correct Mise en place level	3
Set up work station	4

Professional Preparation 30 Points

Hygiene Practices	5
Technical skills displayed	5
Correct methods of preparation	5
Wastage	5
Efficient utilisation of time/organisation skills	5
Service	5

Presentation	10 Points
Suitable temperature	1
Originality/flair	2
Appropriate to class/true to menu description	2
Portion size	1
Clean arrangement & dish	2
Nutritional balance	2

Taste 50 Points

Does the main item taste good	6
Balance of textures	6
Does the sauce/garnish taste good	6
Balance of flavours	6
Is the garnish appropriate & complimentary	6
Seasoning? Not over sweet	8
Harmony of flavour combinations	6
Taste of food preserved	6

CAKE

Presentation	25
Does it have a clean and clear concept	7
Does the dessert look appetising	7
Is it presented tastefully, attractively & elegantly	7
Are the colours sensible	4

Composition	25
Does it appear light & easily digestible	6
Is there a balance in textures apparent	5
Is it appropriate for modern tastes & trends	5
Do flavours and colours harmonise	5
Are sauce & accompaniments suitable	4

Correct Professional Preparation	25
Is the correct preparation evident	7
Is the quality of the work consistent	5
Does the preparation involve a variety of skills	5
Does it show any degree of difficulty	5
Does the description correspond with the dish	3

Arrangement/Serving	25
Is the arrangement clear & exact	7
Is practical serving possible	5
Are the portions of appropriate size	7
Are sauces of correct quantity	3
Is there a new concept	3