

GASTRONOMIA - HO.RE.CA. 2017

THURSDAY 23th of November 2017

CODE	STATIC CLASSES	TIME
SCWT1	OPEN - CHOCOLATE WORK	13:00
SSWT2	OPEN - SUGAR WORK	13:00
SFST3	OPEN - FISH AND SEAFOOD PLATTER	13:00
SFTT4	OPEN - FINGER / TAPAS	13:00
CODE	LIVE COMPETITIONS	TIME
LYCYET1	YOUNG CHEF OF THE YEAR - FOR EUROSILLS - <u>PART 1</u> (Competition for Cypriots only) (REVIEW PAPER) New!!!	13:00 - 13:45
LHST2	HIGH SCHOOL - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 STUDENTS)	14:00 - 14:40
LHSPT3	HIGH SCHOOL - PASTA & FISH MAIN COURSE (A TEAM OF 2 STUDENTS)	15:10 - 15:50
OPENING CEREMONY		16:00
LYCYET2	YOUNG CHEF OF THE YEAR - FOR EUROSILLS - <u>PART 2</u> (Competition for Cypriots only) (Group A+B=12 CHEFS)	16:15 - 19:15

FRIDAY 24th of November 2017

CODE	STATIC CLASSES	TIME
SVCF1	OPEN - VEGETABLE CARVING	12:00
SMPF2	OPEN - MEAT PLATTER	12:00
SRMF3	OPEN - RESTAURANT PLATED MAIN COURSE	12:00
S5CF4	OPEN - 5 COURSE MENU New!!!	12:00
CODE	LIVE COMPETITIONS	TIME
LFLF1	OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE (A TEAM OF 2 CHEFS)	09:00 - 09:40
LPCYF2	OPEN - PASTRY CHEF OF THE YEAR (Competition for Cypriots only)	10:00 - 13:00
LGPF3	OPEN - GRAND PRIX CHALLENGE-COOK AND SERVE {Cypriot Three (3) Course Menu & Cypriot Wine} (A TEAM OF 3 CHEFS AND 1 WAITER)	13:20 - 14:35
LVCDF4	OPEN - TRADITIONAL DISHES WITH CYPRIOT WILD VEGETABLES (A TEAM OF 2 CHEFS)	14:55 - 15:35
LTC40F5	OPEN - TWO COURSE MENU - (MYSTERY BASKET - OVER THE AGE OF 40) (A TEAM OF 2 CHEFS)	15:55 - 16:35
LLCF6	LADIES CHEFS - (TEAM OF TWO) MAIN COURSE AND DESSERT (Competition for Ladies Chefs only) New!!!	17:00 - 18:30

SATURDAY 25th of November 2017

CODE	STATIC CLASSES	TIME
SPFS1	OPEN - PETIT FOURS	12:00
STCS2	OPEN - THREE COURSE MENU	12:00
SPDS3	OPEN - PLATED DESSERT	12:00
CODE	LIVE COMPETITIONS	TIME
LYCYES3	YOUNG CHEF OF THE YEAR - FOR EUROSILLS - <u>PART 3</u> (Competition for Cypriots only) (6 FINALISTS)	09:00 - 12:00
LTCS1	OPEN - TWO COURSE MENU (MYSTERY BASKET) New!!!	12:20 - 13:35
LCTCS2	COLLEGE - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 CHEFS)	14:00 - 14:40
LPRS3	OPEN - PASTA AND RISOTTO (A TEAM OF 2 CHEFS)	15:00 - 15:40
LPDS4	OPEN - PLATED DESSERT (A TEAM OF 2 CHEFS)	16:00 - 17:00
LRMS5	OPEN - RESTAURANT MAIN COURSE CHALLENGE New!!!	17:20 - 18:05

SUNDAY 26th of November 2017

CODE	STATIC CLASSES	TIME
SWCSU1	OPEN - WEDDING CAKE	12:00
SCCSU2	OPEN - CELEBRATION CAKE	12:00
SBWSU3	OPEN - BREAD WORK	12:00
SRSSU4	OPEN - RESTAURANT PLATED STARTER	12:00
SCFSU5	OPEN - CHRISTMAS FESTIVE 3 COURSE MENU New!!!	12:00
CODE	LIVE COMPETITIONS	TIME
LCBBSU1	CYPRIOT BREAKFAST BUFFET New!!! (A TEAM OF 3 CHEFS) New!!!	09:00 - 11:00
LHCLSU2	HIGH SCHOOL - CHICKEN & LAMB MAIN COURSE (A TEAM OF 2 CHEFS)	11:30 - 12:10
LCGPSU3	COLLEGE - GRAND PRIX CHALLENGE - COOK AND SERVE (A TEAM OF 4 STUDENTS - 3 CHEFS and 1 WAITER)	12:35 - 13:50
LCYSU4	CHEF OF THE YEAR (Competition for Cypriots only)	14:25 - 17:25

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STATIC COLD CLASSES COMPETITIONS RULES AND REGULATIONS

SCWT1	OPEN - CHOCOLATE WORK Chocolate work using any type of chocolate. Showpiece no bigger than 60w x 60d x 80h cm.
SSWT2	OPEN - SUGAR WORK A sugar work showpiece. Showpiece no bigger than 60w x 60d x 80h cm.
SFST3	OPEN - FISH AND SEAFOOD PLATTER A fish & seafood platter for four (4) persons prepared and presented cold. Aspic MAY BE USED to enhance the presentation.
SFTT4	OPEN - FINGER / TAPAS A display of cocktail items twelve (12) pieces in total. Display to contain four (4) different varieties, three (3) of each type. Two (2) of them must be cold and two (2) of them must be hot. Aspic MAY BE USED to enhance the presentation.
SVCF1	OPEN - VEGETABLE CARVING A vegetable carving showpiece. Competitor's own choice. Showpiece no bigger than 60w x 60d x 80h cm.
SMPF2	OPEN - MEAT PLATTER A platter of (meat, game or poultry) for four (4) persons prepared and presented cold. Aspic MAY BE USED to enhance the presentation
SRMF3	OPEN - RESTAURANT PLATED MAIN COURSE One restaurant plated main course. Chef can use any from the following: fish, shellfish, meat, poultry or game. The plate must be suitably accompanied with the appropriate vegetable / starch / garnish. Aspic MAY BE USED to enhance the presentation. Cold intended hot.
S5CF4	OPEN - 5 COURSE MENU New!!! New!!! A five course menu consisting of a cold appetizer, a hot appetizer (hot presented cold), a main course, cheese and a dessert. Chef can use any from the following: fish, shellfish, meat, poultry or game. Aspic MAY BE USED to enhance the presentation.
SPFS1	OPEN - PETIT FOURS Each competitor must present a selection of three (3) different petit fours. There must be three (3) pieces weighing between 8 - 12 gr each. All three (3) petit fours (one of each) must be presented in a plate for observation and tasting. Aspic MAY BE USED to enhance the presentation.
STCS2	OPEN - THREE COURSE MENU A three course menu consisting of an appetizer, a main course and a dessert, prepared hot and presented cold. Chef can use any from the following: fish, shellfish, meat, poultry or game. Aspic MAY BE USED to enhance the presentation.
SPDS3	OPEN - PLATED DESSERT One restaurant plated dessert intended to be cold. Aspic MAY BE USED to enhance the presentation
SWCSU1	OPEN - WEDDING CAKE An imaginative creation in shape and design, predominately wedding cake in appearance. The wedding cake must be within area of 40w x 40d x 60h cm (Artificial base can be used)
SCCSU2	OPEN - CELEBRATION CAKE An imaginative creation in shape and design, predominately cake in appearance. The cake must be within area of 40w x 40d x 60h cm (Artificial base can be used)
SBWSU3	OPEN - BREAD WORK An imaginative creation in shape and design, using combination of bread or salt dough. The bread work must be within area of 40w x 40d x 80h cm
SRSSU4	OPEN - RESTAURANT PLATED STARTER One restaurant plated starter. Chef can use any from the following: meat, game, poultry, offal, fish, shellfish or vegetables. Aspic MAY BE USED to enhance the presentation
SCFSU5	OPEN - CHRISTMAS FESTIVE 3 COURSE MENU New!!! A Christmas Festive Three Course Menu consisting of an Appetizer, a Main Course and a Dessert. Appetizer can be hot or cold - presented cold. Main Course must be hot - presented cold. Dessert can be hot or cold - presented cold. Ingredients are competitors own choice. Aspic MAY BE USED to enhance the presentation.

YOUNG CHEF OF THE YEAR COMPETITION (FOR EUROSKILLS)

RULES AND REGULATIONS

LYCYET1 YOUNG CHEF OF THE YEAR - FOR EUROSKILLS - PART 1 (Competition for Cypriots only) (REVIEW PAPER) New!!!

Forty five (45) minutes to answer a review paper.
The 12 chefs with the highest score will continue to part 2.
Competitors must be between 1/1/93 and 31/12/01 of age to take part.

LYCYET2 YOUNG CHEF OF THE YEAR - FOR EUROSKILLS - PART 2 (Competition for Cypriots only) (Group A+B=12 CHEFS) New!!!

Mysteri Box.
The competitors will be split into two groups which will be given a mystery basket.
Only Competitors that past the first challenge can participate.
Six (6) finalists will continue to the final stage.

LYCYES3 YOUNG CHEF OF THE YEAR - FOR EUROSKILLS - PART 3 (Competition for Cypriots only) (6 FINALISTS) New!!!

Three (3) hours to prepare, cook and present a three course menu for four (4) covers each.
Specific main ingredients will be chosen from the audience. Chefs must provide their own ingredients and small equipment.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.
Only Competitors that past the second challenge can participate.

LIVE COMPETITIONS RULES AND REGULATIONS

LHST2 HIGH SCHOOL - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for two (2) covers each. Menu must be based on typical Cypriot ingredients.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LHSPT3 HIGH SCHOOL - PASTA & FISH MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished pasta dish and one (1) garnished fish dish for two (2) covers each. Ingredients are competitors own choice.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.
Basic pasta dough will be allowed.

LFLF1 OPEN - FISH OR SHELLFISH APPETIZER AND LAMB MAIN COURSE (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished fish or shellfish appetizer plate, and one (1) garnished lamb main course plate for two (2) covers each. Ingredients are competitors own choice.
Mandatory ingredients to be used in these two plates is bacon, tomato, asparagus and figs.
Chefs must provide their own ingredients and small equipment.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LPCYF2 OPEN - PASTRY CHEF OF THE YEAR (Competition for Cypriots only)

Three (3) hours to prepare, cook and present four (4) plated exclusive desserts for two (2) covers each.
Two (2) of them must be cold and two (2) of them must be hot.
One of the desserts should include two of the following ingredients: dark chocolate / milk Chocolate / white chocolate / orange / banana
Pastry Chefs must provide their own ingredients and small equipment.
Advanced preparation limited to basic sponge, fruit puree and concentrate pastes.

LGPF3 OPEN - GRAND PRIX CHALLENGE-COOK AND SERVE {Cypriot Three (3) Course Menu & Cypriot Wine} (A TEAM OF 3 CHEFS AND 1 WAITER)

Seventy five (75) minutes to prepare, cook and serve a three course menu for (6) covers each from a mandatory basket of Cypriot ingredients. (known ingredients halloumi and carob syrup)
All mandatory ingredients **must** be used, however teams are also allowed to use ingredients of their own choice.
Cypriot wine **must** be served. Table set up and service will be judged from approved judges. Diners will be chosen from the audience.

Teams are allowed to start service fifteen (15) minutes after the start of the competition, however in between courses must have a correct line,
so the judges will be holding time and points will be deducted in case of errors.
Teams must provide their own small equipment and ingredients.
Advanced preparation limited to stocks, mother sauces, peeled washed vegetables.

LVCDF4 OPEN - TRADITIONAL DISHES WITH CYPRIOT WILD VEGETABLES (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present two (2) garnished plates for two (2) covers each.
Ingredients are competitors own choice. The two (2) dishes must be based on typical Cypriot wild vegetables.
Mandatory ingredient to use Kolokasi (Tarot root)
Chefs must provide their own ingredients and small equipment.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LTC40F5 OPEN - TWO COURSE MENU - (MYSTERY BASKET - OVER THE AGE OF 40) (A TEAM OF 2 CHEFS)

Competitors must be at the time of the competition over the age of 40 (I.D. needed)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for (2) covers each. Chefs must provide all their small equipment.

The team of two (2) chefs will come through a draw one (1) hour prior to the competition.

There will be a mystery basket chosen from the audience and it will be presented to the competitors thirty (30) minutes prior the competition.

Fifteen (15) minutes will be given to the competitors to write their menu and fifteen (15) minutes to set up their kitchen.

This competition **can only** accommodate twelve (12) competitors - six (6) teams. If more than twelve competitors apply, there will be

a draw to determine the final twelve competitors.

The entry fee will be returned back from the audience to those competitors who will not be selected from the draw.

The judges for the specific competition will be members of the Cyprus National Junior Culinary Team.

They will be guided from the observer of the competition.

The observer will not mark any points.

**LLCF6 LADIES CHEFS - (TEAM OF TWO) MAIN COURSE AND DESSERT (Competition for Ladies Chefs only) New!!!
New!!!**

(Competition Strictly for Ladies Chefs only!)

Ninety (90) minutes will be allowed to prepare, cook and present one (1) garnished main course and one (1) garnished dessert for (2) covers each. Ladies Chefs must provide all their small equipment.

The team of two (2) ladies chefs will come through a draw one (1) hour prior to the competition.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables, basic sponge, fruit puree and concentrate pastes.

**LTCS1 OPEN - TWO COURSE MENU (MYSTERY BASKET) New!!!
New!!!**

Seventy five (75) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for (2) covers each. Chefs must provide all their small equipment.

There will be a mystery basket presented to the competitors thirty (30) minutes prior the competition.

This competition **can only** accommodate twelve (12) competitors - six (6) teams. If more than twelve competitors apply, priority will

apply (first to register will take part).

LCTCS2 COLLEGE - TWO COURSE MODERN CYPRIOT MENU (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished appetizer and one (1) garnished main course for two (2) covers each. Menu must be based on typical Cypriot ingredients.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LPRS3 OPEN - PASTA AND RISOTTO (A TEAM OF 2 CHEFS)

Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished pasta dish and one (1) garnished risotto dish for two (2) covers each. Ingredients are competitors own choice.

Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

Basic pasta dough will be allowed.

LPDS4 OPEN - PLATED DESSERT (A TEAM OF 2 CHEFS)

Sixty (60) minutes to prepare, cook and serve two (2) exclusive plated desserts for two (2) covers each.

Ingredients are competitors own choice. Chefs must provide their own ingredients and small equipment.

Advanced preparation limited to basic sponge, fruit puree and concentrate pastes.

LRMS5 OPEN - RESTAURANT MAIN COURSE CHALLENGE **New!!!**
New!!!
Open for restaurant chefs only. Each competitor must present the restaurant menu approved and stamped from CTO prepare a main course of their choice from the menu to serve 3 persons.
Forty five (45) minutes will be allowed to prepare, cook and present one (1) garnished plated Main course for three (3) covers
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LCBBSU1 CYPRIOT BREAKFAST BUFFET **New!!!** **(A TEAM OF 3 CHEFS)**
New!!!
Two (2) hours to prepare, cook and present a Cypriot Breakfast Buffet consists of the following:
Three (3) Cold Breakfast items, Three (3) Warm Breakfast items and Three (3) Sweet Breakfast items.
Quantity of the presented items must be enough for six (6) persons.
For example if there are any individualy items on the buffet, the competitors must present six (6) pcs of each item.
If there are in any items in other type or form (as creamy etc) the quantity must be enough for six (6) persons. (at least 500grams in total of each)
A round table of 120cm diameter, will be available separate for each team for the presentation of the buffet.
Chefs must provide their own platters,bowls,glasses,wooden boards,spoons,ladels,decorations,small equipment etc for the presentation of the Buffet.
Basic dough will be allowed.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.
Advanced preparation limited to basic sponge, fruit puree and concentrate pastes.
Mantatory **Traditional** ingredients to be used for the Buffet in any type and quantity: Halloumi Cheese, Anari Cheese (Goats cheese),
Cypriot Traditional Pork Sausage, Smoked Pork Chiomeri, Fresh Mint Leaves, Semolina, Commandaria, Carob Syrop, Dry Figs and Fresh Orange.
All mandatory ingredients must be used, however teams are also allowed to use any other ingredients of their own choice.
Chefs must provide their own ingredients and small equipment.
Representatives of Cyprus Tourism Organisation (CTO) will be there for tasting with the Judges.
Menu must be based on typical Cypriot ingredients.

LHCLSU2 HIGH SCHOOL - CHICKEN & LAMB MAIN COURSE **(A TEAM OF 2 CHEFS)**
Forty (40) minutes will be allowed to prepare, cook and present one (1) garnished chicken plate and one (1) garnished lamb plate for two (2) covers each. Ingredients are competitors own choice.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

LCGPSU3 COLLEGE - GRAND PRIX CHALLENGE - COOK AND SERVE **(A TEAM OF 4 STUDENTS - 3 CHEFS and 1 WAITER)**
A team of 3 chefs (students) and 1 waiter (student) will be allowed 75 minutes to prepare, cook and serve a three course menu for six (6) covers each, from specific main ingredients chosen from the audience. Teams must provide their own small equipment and ingredients. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.
Cypriot Wine must be served. Table set up and service will be judged from approved judges.
Diners will be chosen from the audience.

LCYSU4 CHEF OF THE YEAR (Competition for Cypriots only)
Three (3) hours to prepare, cook and present a three course menu for four (4) covers each.
Specific main ingredients will be chosen from the audience. Chefs must provide their own ingredients and small equipment.
Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.
Can participate only chefs, sous chefs from any hotel and restaurant with class of CTO A and B and they have minimum three (3) employees under.

GENERAL RULES FOR THE PARTICIPANTS

1. All participants must have their entry fee paid for, by the 5th of October 2017.
2. All participants must confirm their registration with the secretary's office one (1) hour prior to the competition.
3. All participants must wear a professional uniform and professional slip resistant shoes while being on stage and during the award ceremony.
4. All participants must respect the rules of the competition and the final results from the judges.
5. All participants **must be fully paid members of the C.C.A**
 6. All participants from schools and colleges must be fully paid members of the juniors club except the technical schools.

