



The East-Coast Salon Competition 2019

Resume of Classes for Entry

<u>Class No.</u>	<u>Class Description</u>
01	Three-Course Gourmet Dinner Menu
02	Three – Course Arabic Dinner Menu
03	Three-Course Vegetarian Menu
04	Tapas, Finger Food & Canapés
05	Arabian Feast Edible Buffet
06	Cake Decoration- Practical
07	Wedding Cake Three-Tier
08	Four Plates of Desserts
09	Bread Loaves & Showpiece
10	Friandise/Petite Four/Pralines & Nougatines
11	Open Showpiece
12	Fruits & Vegetable Carving Showpiece
13	Practical Fruits & Vegetable Carving
14	Beef- Practical Cookery {By US Beef}
15	Chicken - Practical Cookery {By US Poultry}
16	Arabic Mezzeh - Practical Cookery
17	Cocktail Championship
18	Live Sandwich
19	Dressed Chicken (Supplementary Class only for Junior Chef 25yrs below)

NB: Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.



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Gastronomic Creation

Class 01: Three - Course Gourmet Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. The meal consist of:
 - An appetizer or soup
 - A main course
 - A dessert
4. To be prepared in advance and displayed cold on appropriate plates.
5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
 - A **mezzeh**
 - A main course
 - A dessert
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area w60cmx d60cm.

Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for lunch service.
3. The meal consist of:
 - An appetizer or soup
 - A main course
 - A dessert
4. To be prepared in advance and displayed cold on appropriate plates.
5. No Meat, Chicken, Seafood, Fish or Egg to be used (meat-based gelatin glazed to enhance presentation is accepted)
6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.



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Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (10-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area w60cm x d75 cm

Class 05: Arabian Feast

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 10 people.
3. Free-style presentation
4. A team of two chefs and 1 helper are permitted. For buffet set up of decoration and equipment placement, 3 additional helpers are permitted, but no more than a total of 6 people. The 2 chefs and 1 helper are only permitted in the kitchen and for placement of food on the buffets.
5. The presentation to comprise the following dishes, cold food cold and hot food served hot
6. Six cold mezzeh
7. Three hot mezzeh
8. Bread and accompaniments
9. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi style
10. A Poultry main course (Emirati Cuisine)
11. A fish main course (Emirati Cuisine)
12. A lamb main course
13. A vegetable dish
14. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
15. One hot dessert
16. Three cold desserts.
17. Two of the above desserts (competitors choice) must be typically Emirati
18. Only the above dishes are to be presented, no other dishes are to be added.
19. Competitors must ensure their exhibit is presented neatly so as to fit the available space



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Practical Pastry

Class 06: Cake Decoration

1. Two hours duration.
2. Free-style shapes.
3. Decorate a pre-baked single cake base of the competitor's choice.
4. The cake base must a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level.
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.

Pastry Display

Class 07: Wedding Cake Three-Tier

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.
6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)

Class 08: Four Plates of Dessert

1. Prepare four different desserts, each for one person.
2. Display cold, each portion for one person, suitable for ala-carte service.
 - a). 1x Hot dessert
 - b). 1x Sugar free dessert
 - c). 1x Arabic dessert
 - d). 1x Free style dessert
3. Each dessert presented individually on an appropriated plate.
4. Total food weight of one plate should be 80/100gms.
5. Typewritten description and recipes are required.
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
7. Maximum area w60cm x d75cm.



Class 09: Bread Loaf & Baked Bakery Showpiece–

The entire exhibit must comprise baked goods and must include the following:

1. A Baked bread showpiece.
2. Two types of bread loaves 200-300gms (competitor's choice) two pieces of each loaf To be displayed.
3. Two types of bread roll 25-40gms (competitor's choice) three pieces of each roll To be displayed.
4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces Of each item to be displayed.
5. Two types of baked savory breakfast items 25-50gms (competitor's choice) three pieces Of each item to be displayed.
6. One extra piece of each variety to be display in separate platter for judge's tasting
7. All the bread & dough must be baked at own work place and deliver to competition Venue for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area w75cm x d90cm.
11. Maximum height 75cm.
12. The focus of this class is on quality & Flavor of the bakery items. The center piece Will be judged.

Class 10: Friandises Petites-Four Pralines Nougatines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety On a separate small platter for judges' tasting. Each piece weight between 06-14gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.
8. Maximum area w70cm x d75 cm.

Artistic Display

Class 11: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area w60cm x d60cm.
5. Maximum height 75 cm. (including base or socle).



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Class 12: Fruits & Vegetable Carving Showpiece

1. To bring already prepared one display of fruits and / or vegetable carving, no visible Supports are permitted.
2. Free style presentation
3. Maximum area w60cm x d60cm.
4. Maximum height 75 cm. (including base or socle).

Class 13: Practical Fruits & Vegetable Carving

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits /vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in Disqualification.
7. Each competitor will be supplied with a standard buffet table on which to work.



Notes on the Practical Cookery Classes

These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

1. The preparation, production and cooking skills of each competitor must be demonstrated during her/his Time in the kitchen
2. Waste and over-production will be closely monitored.
3. Penalty deduction of **05 points** for waste and over-production.
4. Timing closely monitored. **02 points** deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or Equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g Total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS Guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.
 - Dough can be pre-prepared.
 - Basic stocks can be pre-prepared.
 - Meat may be de-boned and the bones cut up.
 - Pastry sponge, biscuit, meringue- can be brought but no cut
 - Fruits pulps- fruits purees may be brought but not as finished sauce
 - Décor elements- 100% made in the salon
 - Basic ingredients may be pre-weighed or measured out ready for use.
15. No pre-cooking, poaching etc. is allowed.
16. No ready-made products are allowed.
17. No pork products are allowed.
18. No alcohol is allowed.
19. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce Must be prepared in front of the judges to show the competitor's skill
20. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly Cleaned and tidied and ready for the next competitor to use.
21. Two copies of the recipes typewritten are always required.
22. Submit one copy of the recipe to the duty marshal at the cooking station.



Practical Cookery

Class 14: Beef- Practical Cookery

1. **Maximum 04 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only Beef** as the main protein item.
4. Any cut of beef with the exception of tenderloin, Rib eye and Sirloin can be use.
5. Weight of the beef per portion on the plate to be 150 gms.
6. Present the main courses on individual plates with appropriate garnish and accoutrements.
7. Typewritten recipes are required.

Class 15: Chicken - Practical Cookery

1. **Maximum 04 entry per Hotel**
2. Time allowed for 40 minutes.
3. Prepare and present two identical main courses using **only chicken** as the main protein item.
4. Weight of the chicken per portion on the plate to be 150 gms.
5. Present the main courses on individual plates with appropriate garnish and Accompaniments.
6. Typewritten recipes are required.

Class 16: Arabic Mezzeh - Practical Cookery

1. **Maximum 04 entry per Hotel**
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (**Hummus/Tabbouleh/Baba ghanoug/ Fattoush**)
6. The Mezzeh can be representative of any of following countries:
 - Egypt
 - Lebanon
 - Syria
 - Morocco
 - Tunisia
 - Jordan
7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal portions
9. Typewritten recipes are required.

Class 17: Cocktail Championship

We'll be sending the full detail this event once the sponsors finalized with organizers
Prior to the event



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Class 18: Live Sandwich

1. Time allowed 30 mins
2. To prepare and present 2 different sandwiches, 2 portions each one for judge & one for Display
3. 1 Vegetarian & 1 Non-Veg
4. Minimum of 3 above products to be used for sandwich preparation.
5. Suitable for light lunch service/ can be HOT or COLD.
6. One power connection will be available.
7. Plates, equipments & all other ingredients must be bought by competitors
8. Type written recipes are required.

Class 19: Dressed Chicken – Supplementary Class (Junior chef below 25 yrs.)

1. Competitors are to supply their own whole chicken and other utensils like chopping boards, etc which will BE USED
2. Time allowed 30 minutes sections as below:
Chicken:
3. Time allowed 20 minutes
4. Take a whole fresh chicken and prepare from it the following:
5. One breast skinless.
6. One breast skin-on.
7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
8. One thigh boneless.
9. One drumstick.
10. Two wings prepared for pan frying/grilling.
11. Carcass prepared for stock.

After 20 minutes:

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Addendum: - East-Coast Salon Competition 2019

Venue & Entry:

1. East- Coast Salon Competition will held on 7th & 8th of July, 2019
2. The venue is "Miramar Beach Resort, Fujairah- "Al-Farha Ballroom"
3. Entry Fee for single entries 50Aed {per person/ per class}
4. Entry Fee for Best Categories (250Aed)per person
 - **Best Gastronomic Chef/ Chef Alan Thong Trophy**
 - **Best Arabic Cuisinier**
 - **Best Pastry Chef**
 - **Best Kitchen Artist**

5. Accept the live Beef, Chicken, Arabic Mezzeh & Cocktail any single person can repeat the same class on next day. {For best cuisinier awards or the best in class the highest meddle will calculate}

Closing Date:

6. Closing date for entries is 15th of June 2019. However, many are often fully subscribed and closed Before the closing date



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TROPHY ENTREES: (will be given during award ceremony on 8th July)

7. Entrance to best trophy awards, must enter and finished all mentioned classes. Trophies are Awarded on the highest aggregate points from all three classes.
8. Best individual awards, Highest Medal points in mentioned category
9. Champions Trophy: Best Effort by Individual Establishments
- 10.

Best Gastronomic Chef/ Chef Alan Thong Trophy: (Maximum 04 entries per hotel)

- Class # 01: Three course gourmet dinner menu
- Class # 14: Beef Practical cookery
- Class # 15: Chicken Practical cookery

In-order to qualify for inclusion in the points tally for Best Gastronomic Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Arabic Cuisinier: (Maximum 04 entries per hotel)

- Class # 02: Three course Arabic dinner menu
- Class # 05: Arabian Feast
- Class # 16: Practical Mezzeh

In order to qualify for inclusion in the points tally for Best Arabic Cuisinier Trophy, competitor must win minimum 02 medals.

Best Pastry Chef: (Maximum 04 entries per hotel)

- Class # 06: Practical Cake decoration
- Class # 08: Four Plates of Desserts
- Class # 10: Friandise/ Petit Four/ Pralines & Nougatines

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Kitchen Artist: (Maximum 04 entries per hotel)

- Class # 11: Open Showpiece
- Class # 12: Fruits & Vegetable Carving showpiece
- Class # 13: Practical Fruits & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Kitchen Artist Trophy, competitor must win medals for all three classes. One of which must be Gold or Silver medal.

Best hygienic Chef:

- Class # 14: Beef Practical Cookery
- Class # 15: Chicken Practical cookery

Best Hygienic Trophy will awarded to heights points winner of Beef or Chicken Practical cookery

Highest Medal points awards for Individual Classes

- **Class # 03: Three Course Vegetarian Menu**
- **Class # 04: Tapas, Finger Food & Canapés**
- **Class # 07: Wedding Cake Three-Tier**
- **Class # 09: Bread Loaves & Showpiece**
- **Class # 17: Best Bartender**
- **Class # 18: Live Sandwich**
- **Best Hygiene Trophy**



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1st & 2nd Runners up Trophy:

- **02nd Runners us trophy awarded to the establishment whose competitors gain the third Highest Total combined medal points.**
- **01st Runners us trophy awarded to the establishment whose competitors gain the second highest Total combined medal points.**

Champions Trophy:

- **Champion's trophy awarded to the establishment whose competitors gain the highest Total combined medal points.**

Judging Guidelines and Awarding System

A team of WACS Approved Judges will adjudicate at all the classes of competition. After each judging session, the judges will hold a debriefing sessions at which each decision.

Competitors will not be competing against each other rather they will be striving to reach The best possible standard. Judges will then apportion marks that accord with their perception Of the standard reached. The competitor will then receive an award commensurate with His/her points tally for the classes.

In theory, therefore, everyone in the particular class could be awarded with gold medal. Conversely, it could be possible that no awards at all are made.

The scaling for awarding all classes is as follows:

Points

100 - Gold Medal with Distinction & Certificate.

99 – 90 - Gold Medal with Certificate

89 – 80 - Silver Medal with Certificate

79 – 70 - Bronze Medal with Certificate

60 – 70- Certificate of Merit

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