

Test Project

Cooking

Independent Test Project Designer: Shaun Smith
Independent Test Project Validator: Henrik Jonsson

Contents

Contents.....	2
Introduction to the Test Project.....	3
Description of project and tasks	4
<i>Module 1</i>	<i>4</i>
<i>Module 2</i>	<i>7</i>
<i>Module 3</i>	<i>9</i>
<i>Module 4</i>	<i>13</i>
Glossary.....	14
Instructions to the Competitor	17
Appendix 1	18
<i>Communal shared table ingredients Compulsory ingredients per competitor.....</i>	<i>18</i>
Appendix 2	19
<i>Black Box ingredients.....</i>	<i>19</i>
Equipment, machinery, installations and materials required	20

Introduction to the Test Project

The Test Project (TP) tasks have been structured in a way that reflect the standards expected of a chef working in a variety of sectors in industry. This TP will give the Competitors the best chance of producing and delivering high quality plates, showing capacity to undertake a variety of food production, displaying skills with both accuracy and speed. This will produce a more robust and industry realistic competition whilst at the same time showcasing our skill area and industry at the competition.

The Test Project for Cooking will be carried out in rotating modular format over a four (4) day period, total project time is 20 hours.

The competition kitchen module rotation system will be finalized by means of a draw by the WSI prior to the commencement of the competition. Competitors will be drawn in four groups (1, 2, 3, and 4)

All Competitors compete in all four (4) modules over the four (4) days as per the Skills Management Plan (SMP).

The four groups of Competitors will all have the same mystery ingredients supplied for each module on each competition day. The mystery ingredients or recipes of the modules will be confirmed two (2) days before competition (C-2) by the Experts. Each of the four groups will rotate through the three (3) kitchens undertaking all four (4) modules.

Module 1 involves a 7-hour mise-en-place, production and presentation hot service component in the Hot Kitchen.

Module 2 involves a 5-and-a-half-hour production component for cold service in the Cold Kitchen.

Module 3 involves a 5-and-a-half-hour live a-la-carte service component in the Casual Dining Bistro Kitchen.

Module 4 involves a 2-hour mystery skills accuracy and speed-test component held also in the Casual Dining Bistro Kitchen.

All four modules together constitute 20 hours in total.

A limited shared common table of ingredients will be available for all four days of the competition. Each Competitor will receive the same Black Box of set ingredients and will also be required to choose five Host-Specific Ingredients on Day C-2, which will be supplied on Day C1 to the Competitors.

Each Competitor will be given TWO plastic boxes of approx. 50 L, to store their mise-en-place and other Black Box ingredients. One box will be for refrigerated ingredients, and the other for ambient temperature ingredients. These boxes are each Competitor's own responsibility, and they are responsible for how it is packed and arranged, and in which storage area it is held. The boxes will be labelled by country code and will be locked away in a separate fridge for storage, in the periods between each competition day.

The competitors in Groups 1, 2 and 3 can choose to remove any ingredients (except the local Host Specific ingredients) not required from the storage boxes, on the first day of the competition (or on Day 2 for those in the group that starts with Module 4).

Mystery components will be provided where needed.

Description of project and tasks

Module 1

MODULE 1 – HOT KITCHEN SERVICE		
7 hours	Preparation/Mise en Place Production Presentation	Hot Kitchen Oven, four induction hobs and Sous Vide station
Task Description	<p>Prepare, produce and present the following, served hot:</p> <p>A menu for the plated food must be submitted before commencing this module.</p> <p>Entrée/Starter Prepare four (4) individual starters of Parisian Gnocchi with individual edible garnish, suitable for <u>a la carte service</u> for four (4) persons. The Entrée/Starter must be served hot.</p> <p>Soup Prepare four (4) individual bowls of Cream of Onion soup with individual edible garnish, suitable for <u>a la carte service</u> for four (4) persons. The soup must be served hot with a minimum portion of 150 ml.</p> <p>Prepare one (1) soup tureen of Cream of Onion Soup for <u>buffet service</u> with edible garnish. The soup must be served hot with a minimum portion of 1.8 litres (1800ml).</p> <p>Main Course Prepare four (4) individual main course plates of Duck with individual edible garnish, a minimum of two (2) types of vegetables including Brussel Sprouts and Carrots, mashed potato/pommes purée as the starch, and a minimum of one (1) type of brown sauce served on the plate, suitable for <u>a la carte service</u> for four (4) persons.</p> <p>Prepare one (1) platter for <u>buffet service</u> with one (1) whole roasted Duck, and one (1) portioned (not sliced, not chopped) Duck for four (4) persons with edible garnish and two (2) types of vegetables, Brussel Sprouts and Carrots, for eight (8) persons, a minimum of 250 ml mashed potato/pommes purée served in a cocotte, and a minimum of 180 ml of brown sauce served in a sauce boat, suitable for buffet service.</p> <p>Dessert Prepare four (4) individual dessert plates, suitable for <u>a la carte service</u> for four (4) persons, containing Choux paste as one of the main elements, with individual garnish, and a minimum of one (1) type of sauce, appropriate to the dish. The dessert must be served hot.</p>	

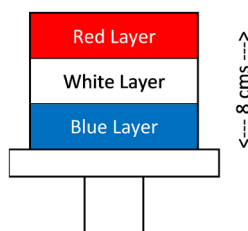
MODULE 1 – HOT KITCHEN SERVICE

Basic Ingredients	<ul style="list-style-type: none"> On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients from ten (10) Host-Specific Ingredients, which will be supplied to competitors on Day C1. On Day C-2 the Main Mystery Ingredients will be revealed and supplied at the the day of Module 1, not before. There is a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table ingredients.</i> Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. <i>See Appendix 2 at the end of this document for the Black Box.</i> There is a Penalty Ordering form for ordering any more ingredients required.
Compulsory Ingredients additionally supplied for this module	<p>These ingredients will only be supplied at the start of the day of Module 1, not before:</p> <ul style="list-style-type: none"> 3 Ducks 1 kg Ratte Potatoes 1 kg Onion 1 kg Carrots 800g Brussel Sprouts 100g Veal Stock Paste Fruit (Mystery) The mystery fruit is 4 Plums
Plates and Crockery	<p>Plates per course</p> <ul style="list-style-type: none"> Two plates will go for Blind Tasting Judging One plate will go for Measurement Judging One plate will go for Public Display Soup Tureen, Buffet Platter, Cocotte of Mashed Potato and Sauce Boat will all go for Judging, and a portion served from the Buffet Platter will be compared against the a la carte plates. <p>Crockery</p> <ul style="list-style-type: none"> Entrée/Starter is served in four (4) slanted bowls 18cmx14cmx9cm The Soup is served in four (4) soup bowls 22cm(outer)/13.5cm(inner), and a two-litre tureen. The Main Course is served on four (4) 26(inner)/31cm(outer) plates with four (4) 26cmx9cm cloches, one (1) platter 48cmx32cm, one (1) cocotte 200ml for the mashed potato/pommes purée, and one (1) 200ml sauce boat. The Dessert is served on four (4) 26(inner)/31cm(outer) plates.

MODULE 1 – HOT KITCHEN SERVICE

Module Timing	<p>The total module time is seven (7) hours, made up of 6 hours 30 minutes of preparation, production and presentation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at seven (7) hours.</p> <p>The competitor may step out of the workstation to eat something should they wish to do so, but may not eat inside the workstation. They may not communicate with anyone whilst eating. No extra time will be given for any of these snack breaks taken. Lunch will be served to the competitor at the end of the seven (7) hour module. Competitors may consume water from a water bottle whilst in the workstation to keep hydrated.</p>
Service Window	<p>The service window opens five (5) minutes before service time and closes five (5) minutes after service time.</p> <p>There is a further five (5) minutes penalty period, thereafter dishes will not be accepted for tasting judging.</p> <p>The dishes need to be loaded onto the service trolley at their kitchen and then the Competitor needs to raise their hand to indicate that they are ready for service. They may call out "Service" to attract the attention of the experts when they are ready to serve.</p> <ul style="list-style-type: none"> • The Entrée/Starter is served at 5 hours and 15 minutes (with a 10 minute service window of 5 minutes before and 5 minutes after). • The Soup is served at 5 hours and 30 minutes (with a 10 minute service window of 5 minutes before and 5 minutes after) • The Main Course is served at 6 hours (with a 10 minute service window of 5 minutes before and 5 minutes after) • The Dessert is served at 6 hours and 30 minutes (with a 10 minute service window of 5 minutes before and 5 minutes after)
Waste	<p>Pots, pans and bowls must be scraped out of all residual preparations before being sent to the sink. Waste in the waste bins may not be discarded. When emptied, full bin/trash bags need to be retained next to the bins in the kitchen. On completion of the module, the bin bags will be labelled and collected for weighing and assessment. Bin/trash bags may not be removed by the competitor from the kitchen as they need to be weighed and assessed.</p>
Ingredient Storage	<p>The Competitor must leave the kitchen at seven (7) hours together with their two ingredient storage boxes, which will be collected for placement for storage in the fridge overnight.</p>

Module 2

MODULE 2 – COLD KITCHEN PRODUCTION		
5 ½ hours	Preparation/Mise en Place Production Presentation	Oven, two induction hobs and Sous Vide station
Task Description	<p>Prepare, produce and present the following items for buffet service, served cold:</p> <p>A menu must be submitted on the morning that this module is produced.</p> <p>Two (2) Breads – One (1) kept whole and served on a separate plate, one (1) sliced with a minimum total of twelve (12) slices served with a minimum of six (6) slices (as bread or toasts) on each of the two (2) terrine platters.</p> <p>Four (4) identical un-sliced Chicken Terrines trimmed to a minimum 12cm long - served on two (2) platters, with 2 terrines on each, accompanied by a minimum of six (6) sliced breads or toasts on each platter. A fruit-based relish to be served on the two (2) platters – two (2) ramekins will be provided. (30% change)</p> <p>Three (3) Cocottes of Duck Liver Pâté/Mousse with a minimum portion of 140 ml each, topped with set melted butter and an edible decorative garnish.</p> <p>Two (2) 23cm Gateaux with two (2) layers and a filling with a minimum finished height of 8cm. Blue-coloured bottom layer, Red-coloured top layer, and a White-coloured filling layer of icing/crème in the middle - as well as the cake iced outside on both the top and sides. The cakes to be served on the provided cake stands. The cakes are to be served un-sliced.</p> <div data-bbox="850 1276 1098 1505" data-label="Diagram">  <p>The diagram shows a cross-section of a cake on a stand. It has three distinct horizontal layers. The top layer is red and labeled 'Red Layer'. The middle layer is white and labeled 'White Layer'. The bottom layer is blue and labeled 'Blue Layer'. To the right of the layers, a vertical double-headed arrow indicates the total height of the three layers is 8 cm.</p> </div> <p>Visible components must include:</p> <ul style="list-style-type: none"> Chocolate garnish for the cake 	
Basic Ingredients	<ul style="list-style-type: none"> On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients, which will be supplied to competitors on Day C1. On Day C-2 the Main Mystery Ingredients will be revealed and supplied at the the day of Module 1, not before. There is a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table ingredients.</i> Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. <i>See Appendix 2 at the end of this document for the Black Box.</i> There is a Penalty Ordering form for ordering any more ingredients required. 	

MODULE 2 – COLD KITCHEN PRODUCTION	
Compulsory Ingredients additionally supplied	<p>These ingredients will only be supplied at the start of Module 2, not before:</p> <ul style="list-style-type: none"> • 1 kg Minced/Ground Chicken • 500 g Smoked Chicken Breast • 500 g Duck Livers • 500 g Dark Chocolate
Crockery	<ul style="list-style-type: none"> • Two (2) Platters 21cm x 21cm • Two (2) Terrine moulds 30cm (l) x 40mm (w) x 60mm (h) • Three (3) 200ml Cocottes with lid • One (1) Bread Plate 22.5cm x 13.5cm • Two (2) 6.5cm x 6.5cm Ramekins (30% change) • Two (2) 36cm Cake stands
Module Timing	<p>The total module time is 5 ½ hours, made up of 5 hours of preparation, production and presentation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at five and a half hours (5h 30m).</p> <p>The competitor may step out of the workstation to eat something should they wish to do so, but may not eat inside the workstation. They may not communicate with anyone whilst eating. No extra time will be given for any of these snack breaks taken. Lunch will be served to the competitor at the end of the five and a half (5.5) hour module. Competitors may consume water from a water bottle whilst in the workstation to keep hydrated.</p>
Service Window	<p>The service window opens five (5) minutes before service time and closes five (5) minutes after service time. There is a further five (5) minutes penalty period, thereafter dishes will not be accepted for tasting judging. The dishes need to be loaded onto the service trolley at their kitchen and then the Competitor needs to raise their hand to indicate that they are ready for service. They may call out "Service" to attract the attention of the experts when they are ready to serve.</p> <ul style="list-style-type: none"> • Service is at 5 hours (with a 10 minute service window of five (5) minutes before and 5 minutes after).
Waste	<p>Pots, pans and bowls must be scraped out of all residual preparations before being sent to the sink. Waste in the waste bins may not be discarded. When emptied, full trash bags need to be retained next to the bins in the kitchen. On completion of the module, the bin bags will be labelled and collected for weighing and assessment. Bin bags may not be removed by the competitor from the kitchen as they need to be weighed and assessed.</p>
Ingredient Storage	<p>The Competitor must leave the kitchen at five and a half hours (5h 30m), together with their two ingredient storage boxes, which will be collected for placement for storage in the fridge overnight.</p>

Module 3

MODULE 3 – CASUAL DINING BISTRO KITCHEN LIVE SERVICE		
5 ½ hours	Preparation/Mise en Place Production Presentation	NO OVEN - two induction hobs, Salamander and Sous Vide station
Task Description	<p>Prepare, produce and present the following bistro lunch menu items for live a la carte service, for 16 persons in total, served to tables of 2, 4, 4, and 6 persons, as ordered:</p> <p>No menu is required to be submitted as the Menu is supplied.</p> <p>Amuse Bouche (30% change) 16 pieces of Beef Canapés, using the offcuts of the baguettes or pain de mie bread as a base and the offcuts of the ribeye as a topping. Garnish as per competitor's creativity. To be served on four (4) square plates for 2, 4, 4 and 6 persons accordingly. Must be on the pass ready for service at 3 hours and 15 minutes.</p> <p>Special Item Two (2) cheese boards for six (6) persons – including a minimum of three (3) cheeses, some bread, a pickled item and a cut mystery fruit item. (mystery fruit is 1 Kiwi). Cheeseboard to be served on two (2) rectangular platters. Must be on the pass ready for service at 3 hours and 15 minutes.</p> <p>Casual Dining Bistro Lunch Menu:</p> <p>Main Course</p> <ol style="list-style-type: none"> RED ITEM. Unsliced/uncut-open Beef Ribeye Steak (ordered Rare, Medium or Well Done) and Hollandaise, served with side slaw. Competitor to insert skewer flag indicating degree of doneness of meat as ordered. (Prepare a minimum of five (5) portions). BLUE ITEM. Fish and Beurre Noir, served with side slaw. (Prepare a minimum of five (5) portions). WHITE ITEM. Croque Monsieur with Turkey Ham, Bechamel, Emmental Cheese, Parmesan cheese and Wholegrain Mustard, served with side slaw. (Prepare a minimum of five (5) portions). YELLOW ITEM. Half-Baguette with Chicken Mayonnaise, Wholegrain Mustard, Pickled cucumbers, Lettuce and Tomato, served with side slaw. (Prepare a minimum of five (5) portions). (30% change) GREEN ITEM Egg-free Vegetarian Alternative. Adapt a baguette to include an egg-free vegetarian filling, served with egg-free side slaw. <p><u>Side Slaw</u>: Chiffonade of Green Cabbage and Red Cabbage, Shredded Carrot and thinly sliced Red Onion. <u>Dressing</u>: Mayonnaise. Side salad to be served on the plate.</p>	

Dessert

6. ORANGE ITEM. Crêpes/Pancakes with Orange Segments, served with Chantilly Cream. (Prepare a minimum of eight (8) portions).
7. BROWN ITEM. Pain Perdu (French Toast) with honey, served with Chantilly Cream. (Prepare a minimum of eight (8) portions).

Orders are placed with colour-coded order cards to overcome any language barrier.

Mains Order Card	
Beef	Rare / Med / Well
Fish	
Croque Monsieur	
Chicken Baguette	
Vegetarian Baguette	

Dessert Order Card	
Crêpes / Pancakes	
Pain Perdu / French Toast	

Service, of all the correct dishes on the pass, is required within a maximum of ten (10) minutes from the receipt of the order on the pass. When the dishes are on the pass and ready to be served, the competitor must ping the service bell to attract the attention of the service staff. The competitor must ping the service bell within ten (10) minutes of the order being placed by the service staff. A timer for 10 minutes will be set everytime an order is submitted to the kitchen for preparing. Randomly selected plates will be removed for judging, the balance will go to live customers.

Any customer plates sent back to the kitchen for not being cooked correctly, and found to be raw or extremely undercooked (eg. Ordered Well Done and received Rare) or extremely overcooked (eg. Ordered Rare and received Well Done) will be penalised.

At the end of service, the 4 portions of remaining main course food needs to be cooked and served within a maximum of ten (10) minutes, and presented in plastic take-away packaging provided (1400ml volume) as take-away meals. **30% CHANGE**

Module Timing

The total module time is five and a half hours (5h 30m), made up of three and a quarter hours (3h 15m) of preparation, one and a quarter hours (1h 45m) of production and presentation, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at five and a half (5.5) hours.

The competitor may step out of the workstation to eat something should they wish to do so, but may not eat inside the workstation. They may not communicate with anyone whilst eating. No extra time will be given for any of these snack breaks taken. Lunch will be served to the competitor at the end of the five and a half (5.5) hour module. Competitors may consume water from a water bottle whilst in the workstation to keep hydrated.

Crockery

- 32 rectangular plates (16 for main course, 16 for dessert)
- **Three (3) square plates (amuse bouche for 2, 4, 4 pax) 30% CHANGE**
- **One (1) rectangular plate (amuse bouche for 6 pax) 30% CHANGE**
- Two (2) rectangular platters

Basic Ingredients	<ul style="list-style-type: none"> On Day C-2 every Competitor will be required to choose five (5) Host-Specific Ingredients, which will be supplied to competitors on Day C1. On Day C-2 the Main Mystery Ingredients will be revealed and supplied at the the day of Module 1, not before. There is a Common Table available from Day C1 to C4. <i>See Appendix 1 at the end of this document for the Common Table ingredients.</i> Every Competitor will receive the same Black Box of set ingredients for use over the whole competition. <i>See Appendix 2 at the end of this document for the Black Box.</i> There is a Penalty Ordering form for ordering any more ingredients required.
Compulsory Ingredients additionally supplied for this module	<p>These ingredients will only be supplied at the start of Module 3, not before:</p> <ul style="list-style-type: none"> 1 kg Beef Ribeye, clean and create 5 portions, offcuts to be used for canapés 5 Fish Fillet portions, 180 g each 600 g Chicken Breasts 16 Turkey Ham Slices for Croque Monsieur 480 g Pickled Gherkins 5 standard Baguettes (2 stale), offcuts can be used for canapés One (1) loaf Pain de mie (minimum 18 slices) for Croque Monsieur 250 g Emmental for Croque Monsieur 200 g Parmesan for Croque Monsieur 50 ml Wholegrain Mustard 500 g salted Butter 125 ml Honey for Pain Perdu Four (4) Oranges for Crêpes One (1) Green Cabbage for Slaw One (1) Red Cabbage for Slaw Three (3) Carrots for Slaw Three (3) Red Onions for Slaw Three (3) Tomatoes Half (½) Lettuce
Service Window	<p>The service window opens at three and a quarter hours (3h 15m) with the delivery on the pass of the two (2) platters of cheeseboards and the 4 plates of Amuse Bouche (30% CHANGE)</p> <p>The main course service window opens at three hours and twenty minutes (3h 20m) for the duration of fifty (50) minutes. First order delivery at 3h 30m.</p> <p>The dessert course service window opens at four hours (4h 00m) for the duration of 50 minutes.</p>

	<p>Orders are placed with colour-coded order cards to overcome any language barrier. On receipt of a table's order, the kitchen has to send all the correct dishes within ten (10) minutes of receiving the order, thereafter there is a penalty period for that table. Penalties are applied to all late table orders. The experts will call the order, place it on the pass, and set the timer for ten (10) minutes. Only one table order is processed at a time in the kitchen.</p> <p>Amuse Bouche (30% CHANGE) and cheese boards to be served at 12:15 p.m. Mains orders to be served from 12:30 p.m., and around 12:40 12:55 13:10 Dessert orders to be served from 1:20 p.m., and around 13:30 13:40 13:50 Last Main Course Order (Take Away) at 13:50 Kitchen closes at 2 p.m. Cleandown till 2.30 p.m.</p> <p>Fixed times: 12:15 p.m. - Cheese boards and Amuse Bouche (30% CHANGE) to be served. 12:20 p.m. - First main order placed. 12:30 p.m. - First main order served on pass. 13:50 p.m. - Last main order (take-away) placed. 14:00 p.m. - Kitchen Closed.</p> <p>Thereafter, timings approximate and subject to when the server places the order. Orders to be produced in the kitchen and on the pass and ready for service within ten (10) minutes from the time of order being placed.</p>
Waste	Pots, pans and bowls must be scraped out of all residual preparations before being sent to the sink. Waste in the waste bins may not be discarded. When emptied, full trash bags need to be retained next to the bins in the kitchen. On completion of the module, the bin bags will be labelled and collected for weighing and assessment. Bin bags may not be removed by the competitor from the kitchen as they need to be weighed and assessed.
Ingredient Storage	The Competitor must leave the kitchen at five and a half hours (5h 30m), together with their two ingredient storage boxes, which will be collected for placement for storage in the fridge overnight.

Storage Box Wastage	On the last day of competition (other than module 4) the competitor's two ingredient storage boxes will be assessed for overall wastage.
FINAL DAY	All prepared products are weighed. All Host-Specific products are weighed. All compulsory ingredients are weighed. Any remaining dry goods and un-used fresh products are separated out and not weighed.

Module 4

MODULE 4 – SKILLS TEST		
2 hours	Mystery Skills Accuracy and Speed Tests	NO OVEN, Only induction hobs
Description	<p>Prepare various skills tasks, to be released on C-2 30% CHANGE</p> <ul style="list-style-type: none"> Task 1 - Given 15 eggs, separate as many eggs as possible into yolks and whites in two (2) minutes with no shells in either mixture. The yolks must be whole and not broken. Task 2 - Given 120 g castor sugar, whisk by hand 120 g egg whites with castor sugar to Stiff Peak Meringue within five (5) minutes, to hold for five (5) seconds on a whisk without falling off. Task 3 - Fill a piping bag with the meringue mixture and pipe as many meringues on to a template within three (3) minutes. The pipéd meringues must be bigger than the inner circle (the inner line may not be visible), but not larger than the outer circle on the template (the outer line must be visible). Task 4 - Given an egg yolk and 100 ml Oil, fix a split/broken Mayonnaise emulsion within sixty (60) seconds. Task 5 - Given one (1) large peeled clove of garlic, produce a minimum of 25 whole (not half) slices of garlic, in thirty (30) seconds. When completed use the slices towards the next task. Task 6 - Given three (3) large peeled cloves of garlic, produce, within three (3) minutes with minimal wastage, a minimum of three (3) g evenly chopped garlic, a minimum of three (3) g evenly crushed garlic, and a minimum of three (3) g evenly minced garlic minced to a fine paste. Task 7 - Given 500g of Carrots and one (1) kg of potatoes, fully peel as many carrots and potatoes as possible, with minimal wastage, within three (3) minutes. Only fully peeled potatoes/carrots will be weighed. Points are awarded based on peeled weight. Task 8 - Peel and clean as many raw intact Prawns as possible within six (6) minutes, removing the black vein/intestinal tract, the head, and all of the shell, except for the tail. The prawns must remain intact, and not be broken. Task 9 - Use two (2) egg yolks to prepare minimum 100 ml Sauce Hollandaise within five (5) minutes. Given 20 ml water, 15 ml Vinegar, three (3) Black Peppercorns, one (1) bay leaf, 125 g butter, ½ Lemon, cayenne pepper, salt. No whisk allowed - only a fork will be supplied. Task 10 - Use six (6) egg yolks and 180g egg whites, with 25g of butter, salt, pepper, and a fork and spatula, to make 2 French omelettes within four (4) minutes. 	
Timing Details	<p>Points are awarded based on speed, accuracy, quality and quantity. Total module time is 2 hours, made up of 90 minutes of skills tests, and 30 minutes of compulsory clean down. The Competitor must leave the kitchen at two (2) hours.</p>	
Equipment	<p>Competitors must bring their own chefs/cooks knife, paring knife and peeler. Competitors can bring their own whisk, thermometers, timers, measuring cups, measuring spoons, tongs/tweezers etc that they think they will need.</p>	

Glossary

Bechamel (White Sauce)	White Sauce made from heated milk infused with a clouté half-onion (studded with bay leaf and cloves), thickened with a white roux of equal quantities by weight of melted butter and flour. The usual ratio being 50g flour, 50g butter/fat to 500ml infused milk. The whisked sauce is finished with salt, white pepper and nutmeg, and passed through a sieve. Derivatives include Sauce Mornay (cheese sauce), Sauce Soubise (sweated onion), Nantua Sauce (crayfish praprika butter), Sauce Moutarde (wholegrain mustard) and Parsley Sauce (blanched parsley and garlic).
Beurre Noisette	Brown Butter Sauce made by slowly heating butter over a low heat until the milk solids start to brown, and the butter turns light golden brown in colour and has a toasted nutty aroma. Remove from the heat and transfer immediately to halt any continued browning. Strain through a sieve.
Beurre Noir	Burnt Butter Sauce made by slowly heating butter over a low heat until the milk solids start to burn, and the butter turns dark brown in colour and is slightly bitter. It is usually finished with a squeeze of lemon juice. Strain through a sieve. Particularly good when served with fish.
Brown sauce	Brown Sauce is traditionally known as an Espagnole Sauce before finishing, and usually called a Demi-glace when it is finished and reduced by half. It is made by reducing brown stock, made from roasted bones and roasted mirepoix of vegetables, flavoured with a Bouquet Garni, thickened with a brown roux of equal quantities by weight of browned butter and flour, and with added tomato paste. Derivatives include Sauce Bordelaise (marrowbone and red wine), Sauce Lyonnaise (onions and white wine), Sauce Chasseur (mushrooms and tomato), Sauce Robert (mustard, onions and white wine), Marchand de Vin (shallots and red wine) and Sauce Poivrade (black pepper). Not to be confused with tomato and tamarind-based UK HP brown sauce.
Canapés	Small, decorative, open-faced, one-bite snacks that are usually eaten with the fingers. They are usually bread-based, single, bite-sized cocktail snack appetisers. Canapés usually consist of a starchy base (bread, toast, croûton or biscuit), a spread or crème, a main topping and a garnish.
Chicken Mayonnaise	Cut up cooked chicken mixed with mayonnaise and used as a filling for sandwiches
Choux paste	Pâte à Choux is an egg-enriched panade made by cooking flour and butter with water, or sometimes half milk and half water, until a thick dough/paste is formed. Eggs are then beaten in and the mixture is piped and either baked as éclairs (long), profiteroles (round), paris-brest (circles), or fried (churros, chouquettes). Savoury flavours can also be added and the mixture piped and poached (Parisian Gnocchi) or baked (gougères) or crumbed, stuffed and fried (fritters/beignets). Literally means "cabbage paste", it gets its name from looking like little cabbages when baked, and the puff is created when the liquid content of the paste expands and turns into steam on cooking, leaving a soft, hollow centre.

Cream soup	Cream soups are also known as Crèmes (thickened with Béchamel/White Sauce made with milk and roux) or Veloutés (thickened with stock and roux), and finished with cream or a liaison of cream and egg yolks.
Crêpes/Pancakes	A thin batter of roughly 150g flour, 25g sugar, 50g melted salted butter, 3 eggs and 500ml milk, cooked quickly on a flat pan over a medium heat. Often served with orange segments in a sticky orange liqueur and with whipped cream.
Croque Monsieur	The original Ham and Cheese toasted sandwich, literally translates as “Mr Crunch” and is traditionally made with layers of sliced bread topped with cheese (typically Gruyere, Emmental, Parmesan), Béchamel sauce, ham and Dijon mustard, and then toasted under a salamander grill. When topped with an egg, it is known as a Croque Madam.
Egg-free Vegetarian	Also called a Lacto Vegetarian. Someone who only eats plant-based foods and dairy products (but no eggs).
Garnish:	A decorative/ornamental item, small in size, and not simply raw herbs, flowers or leaves.
Gateaux/Cake:	A baked preparation involving a mixture of flour, sugar, butter/fat, eggs and/or baking powder.
Hollandaise	A butter sauce, made by first clarifying the butter, and then reducing water, white wine/vinegar and peppercorns, and then adding this strained reduction to egg yolks, and then slowly beating in the clarified butter whilst whisking until a creamy emulsion is formed. The sauce is finished with salt, a dash of Cayenne pepper and a squeeze of lemon juice.
Mayonnaise	A cold emulsion sauce of egg yolk, mustard, vinegar, garlic, salt and pepper, with oil slowly drizzled in whilst whisking until thickened and emulsified.
Mousse	Literally means ‘foam’. A mousse can be sweet or savoury and can range from light and fluffy to thick and creamy. Chocolate dessert mousses are made with melted chocolate, egg yolks, gelatine and cream. Fruit mousses are purees of fruit bound with creme anglaise (egg yolks, sugar and hot milk or cream) and gelatine. A savoury Mousse is a cold preparation of pureed meat, fish, poultry, game, fruit or vegetables, similar to a Pâté, but incorporates air bubbles to give it a light and airy texture, using either whipped egg whites or whipped cream, and is usually stabilised by the addition of gelatine.
Pain Perdu (French Toast)	Literally means “Lost Bread”, and refers to how to minimize wastage by reusing, and not “losing”, old stale bread. The slices of stale bread are soaked in a mixture of milk or cream, with beaten eggs, then pan-fried, and dusted in cinnamon sugar, and finally drizzled with honey or syrup, and served with whipped cream.
Parisian Gnocchi	Savoury Choux paste is piped in short lengths into a pot of slow-boiling water. Once cooked, they rise to the surface and float and can be skimmed out of the pot into a well buttered bowl. Finish by topping with finely grated parmesan cheese.
Pâté	A forcemeat mixture of pre-cooked meat or offal (usually liver) and fat blended into a smooth spreadable paste that is set in a mould. It is then covered with fat (usually melted butter) or sometimes aspic (gelatine) to keep it fresh and moist. A savoury Parfait is more akin to a mousseline terrine, and refers to a preparation

similar to Pâté. In Chicken Liver parfait, however, the livers are not pre-cooked, but are blended raw with eggs and butter together with a pre-cooked mixture of brandy, port, onion, garlic, and thyme, and then passed through a sieve to make the texture extra fine. The mixture is placed in a mould or tin and then poached in a bain marie water bath in the oven until cooked. It is then set in the fridge once cooled.

Pommes purée

Mashed potatoes, puréed with butter and then cooked with added cream until smooth and silky.

Relish

A relish is a chunky, chopped vegetable and/or fruit sauce, that is pickled, spiced, and cooked to varying degrees. A relish has a tangy flavour profile, slightly sweet and tart and usually spicy or piquant. In a relish, the fruit/sugar is balanced against the sourness of the vinegar, and contrasted with herbs and spices. It is typically used as a condiment to enhance the flavour and texture of a dish. A *pickle* is an example of a more chunky and less-cooked down relish, and a *chutney* is an example of a more cooked down relish that is softened and disintegrated. Other relishes can be less-cooked down and more uniformly chopped. Either way, a relish is not smooth and uniform in texture like a sauce.

Side slaw

A small side portion of a coleslaw salad, made with chiffonade of green cabbage, red/purple cabbage, grated carrot and thinly sliced onion bound with Mayonnaise.

Terrines

Traditionally forcemeat loaves, similar to a Pâté, but made with more coarsely chopped ingredients. Terrines are decoratively set in a loaf tin often lined with overlapping slices of bacon or leeks and bound with eggs or cream. They are then poached in a bain marie water bath in the oven. While it is a cooked preparation, it is served cold and in slices. When slicing terrines, especially smooth-textured ones, warming the knife blade in very hot water gives a cleaner cut. A Mousseline Terrine is a forcemeat terrine loaf made with egg whites blended into the mixture, and then whipped cream is gently folded through before cooking. It has a very fine and light texture similar to a mousse. A mousseline is generally any preparation which has egg white and whipped cream added to it prior to cooking.

Instructions to the Competitor

- You must show evidence of working to a workplan/prep-list.
- Counters, sink and fridges must be organized and uncluttered.
- You must be clean, neat, well-groomed and presentable. You must wash hands at the start, between tasks, and at the end after cleaning.
- You must work clean, neatly and efficiently. Any spills need to be cleaned up within five minutes.
- You must work safe, using the correct PPE - any dangerous activities will be penalized.
- There must be no time-temperature abuse, no cross-contamination faults and tasting spoon protocols must be followed.
- There must be no drip-contamination, foods stored separately, and all preparation must be wrapped/covered and labelled.
- There must be no excessive wastage. Wastage must be separated between compostable and non-compostable bins.

Black Box

- All Competitors will be given a standard Black Box of ingredients.
- You may choose to use as many, or as few, ingredients as you require.
- Only the pre-set prescribed quantities of ingredients will be given – nothing more, nothing less.
- You will be judged on wastage, so it is important to remember to think in an economic and environmentally friendly way.
- After C1, your Black Box will be stored in TWO plastic boxes, of approx. 50 L. This box is your own responsibility, and you are responsible for how it is packed and arranged. The box will be labelled by country code and name and will be locked away in a separate fridge for the periods between each competition day.

Ordering of extra Black Box Ingredients

- All Competitors can request a substitution of an ingredient if it is deemed to not be of satisfactory quality, below the standard of what all other Competitors have received. However, if all Competitors are equally disadvantaged by the generic quality of a specific ingredient, there will be no substitution allowed. Rotten eggs, curdled milk and sour cream can all be swapped out for fresh products, provided the Competitor has followed correct storage procedures and no time-temperature abuse.
- All Competitors will be given an opportunity to order extra Black Box ingredients if they so wish during the competition. This could be because of a mistake, a spill or if ingredients get burnt.
- All Competitors can order extra Black Box ingredients subject to a penalty of **one point per ingredient** re-ordered. The original pre-set amounts may only be ordered, and only if the ingredient is available in the workshop.

Order list for Host Specific Ingredients

- All Competitors will be given a presentation on the Host Specific ingredients on Day C-2.
- All Competitors (not experts) will choose five out of the ten Host Specific ingredients on Day C-2.
- The Host Specific ingredients order list will be given to each Competitor to request the pre-set quantities of the Host Specific ingredients on Day C-2. The Host Specific ingredients will be given to each Competitor at the start of the competition on Day C1 for use throughout the competition. Non-use will be penalized.

Appendix 1

Communal shared table ingredients

Available in unlimited quantities

Compulsory ingredients per competitor

Available only on the day of competition

<p><u>Spices</u></p> <p>Curry powder Whole Black pepper corns White pepper, ground Cayenne pepper Marjoram/Oregano Cumin seeds Coriander seeds Fennel seeds Paprika, powder Turmeric, powder Cinnamon, powder Cinnamon, sticks/scrolls Cardamom, green Star Anise Cloves Bay Leaves Nutmeg</p> <p><u>Fresh Herbs</u></p> <p>Coriander Dill Mint Curly Parsley Thyme Basil Rosemary</p> <p><u>Dry Goods</u></p> <p>Cake Flour, white Bread Flour, white Salt, fine Salt, coarse Sugar, white Isomalt Food Colouring – Red and Blue</p> <p><u>Alcohol</u></p> <p>Wine, white Wine, red Cognac Oloroso Sherry Ricard Cointreau Beer - Ale/larger</p>	<p><u>Module 1</u></p> <p>3x Ducks (1.8kg ea) 1kg Ratte Potatoes 1kg Brown Onions 1kg Carrots 800g Brussel Sprouts 4 Plums SECRET</p> <p><u>Module 2</u></p> <p>1kg Minced/Ground Chicken 500g Smoked Chicken Breast 500g Duck Livers 500g Dark Chocolate</p> <p><u>Module 3</u></p> <p>1 Kiwi SECRET 1kg Beef Ribeye 600g Chicken Breast 5x 180g Fish portions, no bones 16x slices Turkey Ham 125ml Honey 250g Emmental Cheese 200g Parmesan Cheese ½ Lettuce 1 Green Cabbage 1 Red Cabbage 3 Red Onions 3 Carrots 3 Tomatoes, round 4 Oranges 480g Pickled Gherkins 50ml Wholegrain Mustard 500g Butter, salted 5 Baguettes (2 stale) 1 loaf Pain de mie (min. 18 slices)</p> <p><u>5 Host-Specific Ingredients</u></p> <p>Item 1 500g Brittany Guerande Butter Item 2 100g Comté cheese Item 3 50g Mustard Method Ancienne Item 4 4x Mirabelle plums Item 5 200g Grenoble's walnuts Item 6 100g Cerfeuil parsley Item 7 150g Cornichons Item 8 125g Tomme de Savoy cheese Item 9 100g Preserved Cardoons Item 10 100g Carmague Rice</p>	<p><u>Module 4</u></p> <p>15 eggs 120g Castor Sugar Piping bag 100ml oil 4 (3g) cloves garlic 500g carrots 1kg potatoes 400g prawns, heads & tails on</p> <p>20ml water 15ml vinegar 3 black peppercorns 1 bay leaf 125g butter ½ Lemon ½ tsp Cayenne Pepper ½ tsp Salt</p> <p>1 fork 25g butter ½ tsp Salt ½ tsp Pepper</p>
---	---	---

Appendix 2

Black Box ingredients

Available only in these preset quantities

Spices	QTY	Unit	Dry Goods	QTY	Unit
Salt Grinder	50g	each	Sugar, white *	1000	g
Black Pepper Grinder	50g	each	Sugar brown	200	g
Vanilla Pod	1	each	Icing Sugar	2000	g
Fresh Herbs	QTY	Unit	Flour, white cake *	500	g
Wild Rocket/Arugula	100	g	Flour, white bread *	1000	g
Baby Leaf	100	g	Semolina	200	g
Vegetables	QTY	Unit	Corn Flour	100	g
Aubergine	1	each	Breadcrumbs	200	g
Beetroot	2	each	Couscous	100	g
Button mushrooms	200	g	Polenta	100	g
Carrots	1.5	Kg	Baking powder	150	g
Celery	1	each	Yeast instant	30	g
Cepes	2	each	Gelatine (beef)	30	g
Courgette, medium	4	each	Glucose	100	ml
Cucumber, small-medium	1	each	Vanilla Essence	100	ml
Fennel root	2	each	Eggs, 60g	60	each
Garlic heads	5	heads	Hazelnuts	200	g
Leeks	4	each	Walnuts	200	g
Onion, brown	2	Kg	Flaked Almonds	200	g
Onion, red	500	g	Ground Almond Powder	200	g
Potatoes	500	g	Sesame Seeds, white	100	g
Red Bell Peppers	2	each	Dijon Mustard	100	ml
Spinach, baby leaves	200	g	Tomato Paste	200	g
Tomatoes, round	500	g	Soya Sauce	150	ml
			Vinegar, White	250	ml
			Vinegar, Balsamic	250	ml
			Sunflower oil	2000	ml
			Sesame oil	100	ml
			Olive oil, virgin	250	ml
Fruit	QTY	Unit	Dairy	QTY	Unit
Apples, Reinette	4	each	Butter, unsalted doux	3000	g
Figs	2	each	Butter, salted sel	500	g
Lemons	3	each	Milk *	3	L
Oranges	2	each	Cream *	2	L
Pears	4	each	Yoghurt	250	ml
Peaches	4	each	Cream Cheese	300	g
Raspberries, fresh	100	g	Parmesan Cheese	250	g
Blueberries, fresh	100	g	Mozzarella Cheese	250	g
Blackberries, fresh	100	g			

* DENOTES EXTRA AVAILABLE ON THE COMMON TABLE

Equipment, machinery, installations and materials required

It is expected that all Test Projects can be done by Competitors based on the equipment and materials specified in the Infrastructure List.

It is not allowed to use any kind of similar equipment from your own Toolbox that's already listed in the IL.

Also be aware that it's the chef making the food, not the equipment. We encourage you all to bring as few tools as possible.

Suggested tools to bring include:

Timers, thermometers, measuring cups, measuring spoons, grater/microplane, chefs/cooks knife, paring knife, peeler, tongs/tweezers.