



## Rules and Regulations

- 1.The competition is open to all school students who will be under 20 years as on October 1st 2015. Therefore date of birth should be 1st October 1996 or later.
- 2.The competition is aimed at recognizing your ability to plan, prepare and present a menu based on your knowledge of local produce grown.
- 3.All entrants must prepare any dish at their homes and send us the picture of the dish prepared along with the recipe.
- 4.All entries will be given 20 days to send a picture of their prepared dish along with recipe.
- 5.Shortlisted candidates should bring all necessary food ingredients with them. Prior preparation is discouraged, as marks will be awarded for the ability to work methodically & demonstrate technical skill.
- 6.All entries are presumed to be the work of the competitor and the judges expect professional honesty at all stages of the competition.
- 7.All fixed equipment will be supplied by the institute. You are required to bring your own knives, trays and bowls. Crockery will be available, however, it is strongly recommended that you bring your own so that you can achieve the overall presentation you desire.
- 8.A maximum of 2.5 hours will be allowed for cooking at the final, although unpacking and setting up time will be given beforehand.

9.You should be properly attired and dressed in chef whites when attending the competition.

10.Judging of the final will incorporate hygiene and preparation methods as well as cooking and presentation skills, therefore as much of the preparation and cooking as possible should be done on the day.

11.You should prepare and present 2 portions of each dish – one for presentation and one for tasting. Consistency of presentation is expected.

12.Dishes for tasting need to be presented in menu sequence. These times will be advised on the day.

13.Prizes are as stated. There will be no cash alternative.

14.The judges' decision is final.

15.Essential Cuisine reserves the right to publish all recipes.