



NECTA HOSPITALITY SALON

SCHEDULE OF CLASSES

30TH APRIL – 1ST MAY 2019

HILTON HOTEL

NEWCASTLE GATESHEAD

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SCHEDULE OF COMPETITION 30TH APRIL – 1ST MAY 2019
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The NECTA Salon is open on Tuesday and Wednesday 08.30 to 17.30

Further information is available from:

NECTA Chairman

Douglas Jordan

Tel no. 0191 4477117

Mobile: 07538405492

E-mail: douglas.jordan@nectachef.org

Special Notes for Competitors

1. All competitors must carefully read the rules, conditions and specifications for those classes in which they wish to compete.
2. All entries must be submitted on the appropriate form, either by post or online and a separate form must be made out for each entry.
3. Each entry must be accompanied by the appropriate fee, payable online or by cheque:

JUNIOR:	£10	per person
SENIOR:	£15	per person
CHEF OF THE YEAR	£25	per person
SUGARCRAFT	£5	per person

Each entry for sugarcraft classes must be accompanied by a £5 entry fee.
Entrants will not be allowed to compete unless the appropriate fee has been paid.

Junior competitors must be 23 years of age or under on 1st January 2019.

Cheques and postal orders should be made payable to NECTA. Payment can also be made via the website: www.necta-chef.org. Entry forms sent to Susan Jordan, 41 Kingsley Avenue, Newcastle upon Tyne NE3 5QN or by e-mail to: susan.jordan@nectachef.org. Telephone no. 07714457515

4. **SUGARCRAFT:** Entry forms can be obtained from and should be submitted to Allison Wilkinson, 2 Newburgh Ave, Seaton Delaval, Whitley Bay, Tyne & Wear. NE25 0JW or e mail to allisonwilkinson@hotmail.co.uk
Contact tel no. 0191 2595659/07753267819.
Cheques should be made payable to Allison Wilkinson and submitted with entry form.
5. ENTRIES SHOULD BE SUBMITTED AS SOON AS POSSIBLE.

Rules and Conditions

1. ENTRIES

Competitors must complete an entry form for EACH ENTRY, send it to Susan Jordan at the address shown. Entry forms are available online or from the Chairman of Judges, Douglas Jordan, 01914477117/Mobile: 07538405492/E-mail: douglas.jordan@nectachef.org

2. ENTRY FEE

Each entry must be accompanied by the correct fee.

3. LIVE CLASSES

All entries for Live Classes must be accompanied by a brief description of the dish.

All competitors must bring a description of the dish to be displayed on the work station during the competition.

Competitors should leave work stations in good order. This will be judged.

4. LIVE COMPETITION

Competitors for live classes must register their attendance at the NECTA office AT LEAST ONE HOUR prior to the timed start for the class. All equipment and ingredients must be in the place allocated as quickly as possible and cleared when instructed.

All competitors should provide a written description of the dish for display during the class.

5. PROFESSIONAL INTEGRITY

It is the responsibility of competitors to assure the judges that their work is unaided and is completed within the spirit of fair competition.

6. SALON DISPLAY

All competitors should register at the NECTA office on arrival.

7. DELIVERY OF EXHIBITS

All exhibits must be presented at the time stated, on the day specified. Competitors must arrange for their entries to be placed for judging in the position allocated.

8. COMPETITOR'S REFERENCE

SALON DISPLAY EXHIBITS: labels will be issued to be attached to the top, visual side of each entry. A second label will be attached underneath.

9. SECURITY OF DISHES

Whilst all reasonable care will be taken for the security of the dishes and equipment, the Committee of Management will NOT be responsible for any loss or damage to exhibits, dishes, equipment or personal effects. It is the individual's responsibility to cover this personal risk.

10. REMOVAL OF DISHES

All exhibits MUST be removed at the time stated – and NOT before. The Committee of Management have the right to remove and destroy exhibits remaining after such time. The Committee of Management may remove any exhibit deemed to be unhygienic or below standard.

11. JUDGING

All judges in the Live and Display Classes will mark independently. All judging in Display is blind, using reference numbers.

Competitors are asked to seek feedback from judges once results are known. All perishable exhibits will be judged on the day of entry.

12. RESULTS

Results will be displayed on the Competitor's Results notice board as soon as possible after judging is completed and on the award cards in Display alongside exhibits.

13. PRIZES

Gold, silver and bronze prizes will be awarded. All prizewinners will be presented with their award at approx 17.30 each day.

AWARDS CEREMONY

Competitors who will be attending to collect their awards should ensure that they are dressed in clean chefs' whites or, in respect of restaurant service, correct uniform. This is important for presentation purposes and for the sake of class sponsors and photographs.



INTER-COLLEGE HOSPITALITY SALON FOR PRE-SELECTED COLLEGES

ICC1 VEGETARIAN: 30 minutes will be allowed to prepare and present two portions of the same original hot vegetarian dish suitable for a main course. All ingredients to the competitor's choice.

ICC2 LARDER: CHICKEN PREPARATION: 30 minutes will be allowed to prepare and present 2 chickens @ 2 ½ lbs each, 1 for sauté and 1 for supreme. The removal and preparation of sauté and supremes, arranged and presented all according to NECTA specification. Competitor to provide chicken. Completed portions to be used in class ICC4

ICC3 SUGARCRAFT: 35 minutes will be allowed to assemble and decorate an 8" round 3 layered sponge gateau coated with cream or buttercream. All decorations must be edible. Competitors must provide the sponge base and all their own materials, tools and equipment. To be displayed on a 10" round board. Competitors to use Pritchitt's products i.e. Millac or Millac gold. Judged 50% on taste and 50% on decoration. Theme: Competitor's choice

ICC4 CHICKEN DISH: 30 minutes will be allowed to cook and present two portions of the same restaurant dish, original or classical, using the chicken supreme prepared in class 2. The leg meat can also be used. All other ingredients are to the competitor's choice. No pre-preparation by the competitor is allowed except pre-washed and peeled vegetables. Pre-prepared stocks and reductions will be allowed. No other assistance is to be given to the competitor during the class.

ICC5 LARDER: FISH: 25 minutes will be allowed to prepare two whole lemon sole approx. 500g raw weight. Fish will be provided. Lemon sole to be prepared as Cesarani & Kinton's Practical Cookery. Cuts to be prepared in the following manner:

- 2 x Fillet for grilling
- 2 x Fillets for goujons
- 2 x Fillets for paupiette
- 2 x Fillets for delice

Farce for the paupiette may be brought pre-prepared. List of ingredients and method of farce to be displayed. Cuts and trimmings to be presented on a tray.

ICC6 MILLE FEUILLE: 30 minutes will be allowed to prepare and present 2 portions of the same individual mille feuille. Base, layer and filling to competitor's choice.

ICC7 KNIFE SKILLS: Restricted to 1st year students. 25 minutes will be allowed to produce and present 6 different cuts of vegetable according to NECTA specification. Peeled and prepared vegetables to be provided by competitor.

ICC8 HOT STARTER: 30 minutes will be allowed to prepare and present a hot starter of the same dish for two people. Ingredients to the competitor's choice. No preparation will be allowed.

ICC9 ORIGINAL HOT DESSERT: 30 minutes will be allowed to produce, decorate and present two portions of the same original dessert. Ingredients are to competitor's choice. No preparation allowed.

ICC10 TEAM EVENT Sponsored by **Koppertcress:** 65 minutes will be allowed to cook and serve a starter, a main course, a flambé dessert and coffee to two guests at the table. Team to comprise one lecturer, one commis student and one student waiter. Ingredients will be from a surprise box of ingredients.

LCH1 FUTURE CHEF Sponsored by **Sous Vide Tools**

Open to preselected college students from the North East of England. Competitors will be allowed 60 minutes to prepare one main course, 2 covers of the same original dish.

INTER-COLLEGE HOSPITALITY SALON FOR PRE-SELECTED COLLEGES

DISPLAY PROGRAMME

ICDC1	Schools Linked Scone	1 days	09.00	30.4.19	17.00	1.5.19
ICDC2	Restaurant Table Setting	1 days	09.00	30.4.19	17.00	1.5.19

ICDC1 SCHOOLS LINK PLATED SCONE: A plate of 4 scones of the same variety. Tasted

ICDC2 RESTAURANT TABLE SETTING: 20 minutes will be allowed to prepare a themed table setting of competitor's choice for 2 covers

HOT LIVE THEATRE

TUESDAY 30TH APRIL 2019		
09.00 – 09.30	ICC1	VEGETARIAN
09.40 – 10.10	ICC2	LARDER: CHICKEN PREPARATION
10.20 – 10.50	ICC4	CHICKEN DISH
11.00 – 11.25	ICC5	LARDER: FISH
11.35 – 12.00	ICC7	KNIFE SKILLS
12.10 – 12.40	ICC8	HOT STARTER
12.50 – 13.20	ICC9	ORIGINAL HOT DESSERT
13.30 – 14.30	LCH1	FUTURE CHEF SPONSORED BY SOUS VIDE TOOLS
14.40 – 15.45	ICC10	TEAM EVENT: COOK AND SERVE SPONSORED BY KOPPERTCFRESS
16.00	AWARDS CEREMONY	

SUGARCRAFT THEATRE

TUESDAY 30TH APRIL 2019		
10.00 – 10.35	ICC3	SUGARCRAFT CLASS I
11.10 – 11.40	ICC6	MILLE FEUILLE



Hilton Newcastle Gateshead
Bottle Bank, Gateshead
NE8 2AR

Tuesday 30th April 2019

NECTA is expanding its categories to include a
professional floristry section



Class	Class Content	
Class 1	Level 2 Arrangement	For students who have achieved or are studying at Level 2. Design and construct a reception arrangement for a local restaurant of your choice. Restaurant name must be stated. Fresh flowers and foliage must predominate
Class 2	Level 2 Table setting	For students who have achieved or are studying at Level 2 Design a themed table setting must include plate cutlery and glass and at least one fresh design Fresh flowers and foliage must predominate
Class 3	Level 2 Floral Design Live	For students who have achieved or are studying at Level 2. Create a design with the materials provided.
Class 4	Level 3 Arrangement	For students who have achieved or are studying at Level 3. Design and construct a themed table design for a charity ball Design must include a minimum of two techniques. Fresh flowers and foliage must predominate
Class 5	Level 3 Wired or glued	For students who have achieved or are studying at Level 3. Design and construct a design to be worn for the charity ball. Fresh flowers and foliage must predominate
Class 6	Level 3 Live Floral Display Live	For students who have achieved or are studying at Level 3. Create a design with the materials provided.

OPEN DISPLAY PROGRAMME

CLASS DESCRIPTION		PERIOD OF DISPLAY	DELIVER EXHIBITS FROM		COLLECT EXHIBITS	
DC1	Restaurant Meat Plate	2 days	09.00	30.4.19	17.00	1.5.19
DC2	Restaurant Fish Plate	2 days	09.00	30.4.19	17.00	1.5.19
DC3	Restaurant Dessert Plate	2 days	09.00	30.4.19	17.00	1.5.19
DC4	Restaurant Canapes	2 days	09.00	30.4.19	17.00	1.5.19
DC5	Galantine of Chicken	2 days	09.00	30.4.19	17.00	1.5.19
DC6	Artisan Bread	2 days	09.00	30.4.19	17.00	1.5.19
OPEN EXCLUSIVELY TO STUDENTS LEVEL 4 CULINARY ARTS DEGREE CLASS						
DC7	Decorated meat platter	2 days	09.00	30.4.19	17.00	1.5.19
OPEN EXCLUSIVELY TO STUDENTS WITH SPECIAL NEEDS						
DC8	Savoury flan	2 days	09.00	30.4.19	17.00	1.5.19

DC1 RESTAURANT MEAT PLATE

Two restaurant plates of the same. A suitable setting glaze may be used to enhance the presentation.

DC2 RESTAURANT FISH PLATE

Two restaurant plates of the same. A suitable setting glaze may be used to enhance the presentation.

DC3 RESTAURANT DESSERT PLATE

Two restaurant plates of the same dessert. A suitable setting glaze may be used to enhance the presentation.

DC4 CANAPES

A display of canapés, 4 x 6 varieties, 24 pieces total. Not tasted. Some canapés can be prepared cold intended hot, therefore can be glazed.

DC5 GALANTINE OF CHICKEN

A classical galantine of chicken to be glazed and decorated to competitor's choice.

DC6 SPECIALITY BREAD

A variety of artisan bread. Tasted.

DC7 LEVEL 4 CULINARY ARTS DEGREE CLASS

Decorated meat platter. Cold intended hot for 2 covers

DC8 SAVOURY FLAN: OPEN EXCLUSIVELY TO STUDENTS WITH SPECIAL NEEDS

A savoury flan, filling and garnish to competitor's choice

Judging

Invited judges will be marking on the following guidelines: -

Craft skills, originality, proportion and balance, presentation and artistry.

NECTA SUGARCRAFT

CLASS DESCRIPTION		PERIOD OF DISPLAY	TASTED	DELIVER EXHIBITS FROM		COLLECT EXHIBITS	
SGA	Freestyle	2 days	No	09.00	30.4.19	17.00	1.5.19
SGB	Wedding Cake	2 days	No	09.00	30.4.19	17.00	1.5.19
SGC	Modelling	2 days	No	09.00	30.4.19	17.00	1.5.19
SGD	Floral	2 days	No	09.00	30.4.19	17.00	1.5.19
SGE	Celebration Cake	2 days	No	09.00	30.4.19	17.00	1.5.19
SGF	Royal Iced Cake Back to Basics	2 days	No	09.00	30.4.19	17.00	1.5.19
SGG	Floral	2 days	No	09.00	30.4.19	17.00	1.5.19
SGI/ICC3	Live Class: Students only	2 days	No	09.00	30.4.19	17.00	1.5.19
CHILDRENS CLASSE							
SGCA	Decorated Cupcakes	2 days	No	09.00	30.4.19	17.00	1.5.19
SGCB	Decorated Board	2 days	No	09.00	30.4.19	17.00	1.5.19
SGCC	Sugarwork	2 days	No	09.00	30.4.19	17.00	1.5.19

Sugarcraft Classes:

Entry forms can be obtained from, and should be submitted with £5 entry fee to, Allison Wilkinson, 2 Newburgh Ave, Seaton Delaval, Whitley Bay, Tyne & Wear. NE25 0JW. Contact tel no. 0191 2595659/07753267819

E-mail: allisonwilkinson@hotmail.co.uk

No entry fee is payable for Children's Classes

OPEN CLASSES Open Classes are open to all skill levels

CLASS SGA Freestyle

Free style

An imaginative piece of edible artistry. Can be a cake, model or flowers or any combination of all three. Any edible mediums are permitted for covering and decoration. Non-edible mediums may also be used in moderation at the competitor's discretion, but please remember this is a sugar piece. Dummies and inedible supports allowed.

The exhibit must fit within 36" (90cm) sq base No height restrictions.

Theme: There is no theme just as far as your imagination takes you

CLASS SGB Wedding Cake

A multi-tiered cake covered in Sugarpaste. Any edible medium is permitted for decoration. Non-edible materials are not permitted with the exception of wires, tape, stamens, ribbons and dummies.

Stands, pillars and separators are permitted but must fit within the 18" (46cm) sq base. No height restriction

Theme: A Wedding Cake

CLASS SGC Modelling

A display of at least three pieces of at least three types of marzipan fruit or vegetables or a mix of both. Only marzipan may be used. Edible glaze permitted. Edible supports only permitted

The Exhibit must fit within a 14" (35.5cm) sq base. No height restrictions.

Theme: Fruit and Vegetable display

CLASS SGD Floral

A display of sugar flowers and foliage. Wires, tape, stamens, ribbon permitted.

The exhibit must fit within an 18" (46cm) sq base. No height restriction.

Cold porcelain may be used in this class but must be declared on entry form and at staging of exhibit

Theme: An arrangement of flowers which grow in the tropics.

CLASS SGE Celebration Cake

A single tier Celebration cake covered and decorated in Sugarpaste only
Non-edible mediums are not permitted with the exception of dummies.
The exhibit must fit within a 14" (35.5cm) sq base. No height restrictions
Theme: A Musical Era or Genre

CLASS SGF Royal Iced Cake Back to Basics

A single tier Celebration cake (either dummy or marzipaned cake) covered and decorated in Royal Icing only
Dummies are permitted.
The exhibit must fit within a 14" (35.5cm) sq base. No height restrictions.
Theme: Competitors Choice

CLASS SGG Floral:

A potted plant or a display of potted plants made from flower paste.
Wires, stamens, tape permitted. To be displayed in a suitable container.
Container does not have to be made of sugar. All mechanics need to be covered
The exhibit must fit within a 14" (35.5cm) sq base. No height restrictions.
Theme: A potted plant or a display of potted plants.

CLASS SGJ/ICC3 LIVE CLASS: STUDENTS ONLY

35mins will be allowed to assemble and decorate an 8" (20cms) round 3 layered sponge gateau coated with buttercream or cream. All decorations must be edible. Competitors must provide the sponge base and all their own materials, tools and equipment. Finished gateaux to be displayed on a 10" (25cms) round board. Gateaux will be judged 50% on taste and 50% on decoration.
Theme: Competitors Choice

NECTA SUGARCRAFTER OF THE YEAR

All competitors in the open classes with are eligible for this award.
This prize will be presented at the Awards Dinner on the Evening of 1st May at the Hilton.
The winner and a guest will be given tickets to this prestigious black tie event.

CHILDRENS CLASSES

All work must be the child's own

Class SGCA - 6 years and under old at time of exhibition.

3 Decorated Cupcakes. Cakes do not have to have been made by competitors, but all of the decoration must be done by them. No non edible mediums allowed.
Exhibit to fit within a 10" (25cms) sq base.
Theme: Competitors Choice

Class SGCB - 7 to 10 years old at time of exhibition.

An 8" (20cms) decorated Board. All covering and decoration to be made of sugar.
No non edible medium allowed.
Theme: My Favourite animal

Class SGCC – 11 to 16 years old at time of exhibition.

A Piece of sugar work. Can be a Cake or model. No non edible mediums allowed.
Exhibit to fit within a 12" (30cms) Square
Theme: My Favourite Cartoon

OPEN CLASSES IN THE HOT LIVE THEATRE

THURSDAY 1ST MAY		
09.00 – 10.00	LCH2	TEAM CLASS Sponsored by Taylor Foods COOK AND SERVE
10.15 – 13.00	LCH3	NECTA NORTH EAST CHEF OF THE YEAR Sponsored by Roller Grill
13.15 – 14.15	LCH4	ASIAN CHEF OF THE YEAR Sponsored by Saathi Restaurant
14.30 – 15.10	LCH5	APPRENTICE CLASS Sponsored by MCS Technical Products

LIVE THEATRE

Invited judges will be marking on the following guidelines:-

Craft skills, hygiene, originality/method, presentation and taste.

In order to properly train and prepare young students and apprentices, the same standards will be applied to their exhibits/dishes. This will eliminate a dilution effect and help keep all scores and awards in proper perspective.



LCH2 TEAM CLASS **Sponsored by Taylor Foods**

Entries are invited from teams of 2 chefs 1 front of house from any hospitality establishment. 60 minutes will be allowed to prepare, cook and present 2 courses for 4 persons: starter and main course. The main course to include fish which can be ordered from Taylor foods. Other ingredients to be chosen and provided by the competitors. No pre-preparation by the competitor is allowed except pre washed and peeled vegetables, puff paste, pate a bric and pre-prepared stocks/reductions. The waiter to set table, napkin fold, match wine to the courses.



LCH3 NECTA NORTH EAST CHEF OF THE YEAR **Sponsored by Roller Grill**

Chosen finalists will be allowed 2 ¾ hours to prepare, cook and present three courses of four covers. No pre-preparation by the competitor is allowed except pre washed and peeled vegetables, puff paste and pre-prepared stocks/reductions. Apart from some permitted light equipment no other equipment will be allowed.

Chefs wishing to enter should submit a proposed menu for 3 courses of 4 covers using ingredients stipulated on the entry form.



LCH4 ORIGINAL INDIAN CUISINE Sponsored by Saathi Restaurant

1 hour will be allowed to prepare, cook and present a main course, 2 plates each of the same. No pre-preparation by the competitor is allowed except pre-washed and peeled vegetables, and pre-prepared stocks/reductions. All ingredients to competitor's choice. Ingredients may be brought in marinated. Apart from some permitted light equipment no other equipment will be allowed.



LCH5 NORTH EAST COLLEGE APPRENTICE CLASS: COMMIS CHEF YEAR 1

Sponsored by MSC Technical Products

Competitors will be allowed 40 minutes to prepare one main course, 2 covers of the same original dish. To include lamb, any part or parts, all other ingredients to competitors choice.



BARISTA THEATRE

SPONSORED BY BEWLEYS COFFEE COMPANY

INTERCOLLEGE BARISTA CLASS 10 am TUESDAY 1ST MAY

Closed class.

Intercollege competition students

10 minutes allowed time in which you will:

- Present two espressos to the judges.
- Present two milk beverages to the judges.
- Present two signature drinks to the judges
- Explain what you are doing, the coffee you are using and engage with the judges.

You will be awarded points in the following areas:

- Technical

These points come from your technical ability and the process you use whilst making your drinks.

You are also judged on cleanliness throughout your routine.

- Sensory

These points are awarded based on the drinks that you serve, including temperature, taste and visual appearance.

- Overall impression

Awarded for your standard of professionalism, attention to detail and your presentation.

BARISTA CLASS

10 am WEDNESDAY 2ND MAY Open class

10 minutes will be allowed to prepare 2 espressos, 2 cappuccinos and 2 signature beverages in accordance with Bewleys specification.

All coffee machinery and tableware will be supplied by **BEWLEYS COFFEE COMPANY**

COCKTAIL THEATRE



HOSTED BY ANTONY PEARMAN AND CHRIS FUMOLEAU

INTERCOLLEGE COCKTAIL CLASS 10.30 am TUESDAY 1ST MAY Students only

COCKTAIL CLASS 10.30 am WEDNESDAY 2ND MAY Open class

Making a cocktail is a creation and sometimes it is the experience we remember rather than the actual drink itself. We want you guys to create a cocktail that has an experience behind it. This can be done in whatever way you like. To give an example why not create a drink that reminds one of mums baked apple pie or tap into those other senses by blindfolding the judges

Please remember this quote " Cocktails are small concept bombs"

You can use whatever ingredients you would like and create in whatever way you would like. Two judges on the day and marks out of 100.

Experience - 50

Taste - 40

Fragrance - 10

LIVE THEATRE GUIDELINES

All competitors for live competitions should report to the NECTA office at least 1 hour before the start of the class.

Unless otherwise stated, competitors must supply all food items and the necessary equipment to prepare cook and serve, including all pans, light equipment and presentation equipment.

Work stations in the Hot Live Theatre will have two induction hobs, one electric oven, one adjustable salamander, one small fryer – all supplied by Rollergrill.

Work surfaces, shelving and sufficient sockets for light equipment will also be available. Refrigeration and freezer facilities are not on the station but will be available.

A brief menu description card should be provided for all appropriate live theatre classes and placed on your work station.

Competitors are requested to show as many craft skills as possible in front of the judges as time allows. Competitors will be judged on working methods, professional techniques, craft skills, originality, hygiene, timing, balance and quality of flavours and textures and presentation.

Competitors are encouraged to seek feedback after the results are announced.

GUIDANCE NOTES TO COMPETITORS

BEFORE THE DAY

Read the rules carefully and understand them thoroughly.
Ensure ingredients are of the best quality.
Check timings during practice and try to plan in a space at the end to taste.
Check service presentation.
Be careful with mise-en-place – do not over prepare.

Weigh and measure all ingredients.
Show as many craft skills that are feasible within the competition time.
Before leaving for the venue check that everything has been packed including service plates and dishes and any equipment that is required.
Ensure that all equipment, knives etc. are clean.
Do not set up for competition using dirty equipment or with dirty uniform and footwear.
Hygiene, although not a major source of marks, will be a consideration of the judges.

ON THE DAY

On arrival at the venue check out the working area and ensure that you are familiar with where cooking equipment is sited.
Look at the equipment available and if you are unsure how it works ask before you start.

THE COMPETITION

Lay out all ingredients and equipment neatly.
Refrigerate if necessary and unwrap goods from packaging.
Ensure your working methods are carried out in a professional manner.
Judges will be checking technical and craft skills, the correct knife being used, the way you hold and use your knives.
Hygiene and safety methods are important.
The food on the plate is important but in a live competition the methods used are also very important.
Remember to taste your food early for seasoning and flavour.
Ensure you have a supply of tasting spoons in clean water for this purpose.
Do not taste with your fingers.
Be aware of waste. Do not throw anything away that could be used again. Your marks will often reflect this.
Presentation is very important. Hot food on hot plates. Cold food on cold plates. Check before service.
Make sure plates and service equipment is spotlessly clean.
When saucing hot plates do not use plates that are too hot as the sauce will dry up very quickly. Take extra care with garnishing. The use of raw herbs in excess should be discouraged. Generally, if you cannot eat it should not be on the plate (apart from bones)

AFTER THE COMPETITION

When the result has been announced, successful or otherwise, do not disappear, ask a judge for a critique. All judges will be more than happy to talk to you and offer constructive comments on your working methods and finished dishes. It is important to you and to the future of your competition work to gather as much information as possible.