



## **31<sup>st</sup> ANNUAL BAHAMAS SENIOR HIGH SCHOOL YOUNG CHEF CULINARY COMPETITION**

### **Rules and Regulations**

1. Each entry must be an ORIGINAL DISH not presented before and prepared specifically for this competition.
2. ALL students must be the event at least HALF AN HOUR prior to the start of the competition.
3. The half hour pre – preparation time is allowed for tasks such as lining and greasing of pans, opening of tins, arranging of work area and decorating display table. Slicing, shopping etc. Is not allowed at this time. N.B. tasks such as grating of coconut should be done at home.
4. During the TWO HOUR COOKING TIME the dishes must be prepared and ALL clean up completed.
5. Participants must wear appropriate attire during the competitions, including shoes, apron and head covering.
6. Dishes may be sweet (dessert) and or/savory (salads, soups, entrée', or bread). Each dish should be prepared to serve four persons.
7. Each dish should be served in individual serving portions on separate dish with garnish/decoration.
8. Participants must maintain high safety and sanitation standards during preparation and service tasks.
9. Attention should be given to nutritional value, preparation methods, aesthetic appeal, flavor and taste of each dish. (White rice is not an original dish and requires very little skill; therefore it will gain few marks.) In addition, cost effectiveness, times and energy saving techniques should be demonstrated.
10. An identification card (3 x 5) must be presented upon entry to the lab. It must state:
  - The name of student.
  - The name of the school.
  - The name of the island.
  - The name of the dish.
11. A Profile folder should be submitted by each participant. It should include table of contents, brief introduction of student with a photo and description of each dish. The recipe for each dish should also be attached with Mahatma Rice and Robin Hood Flour ingredients highlighted when ever utilized. Students need to provide at least 5 folders. A detailed time plan must also be presented in the folder outlining how the dishes will be prepared.