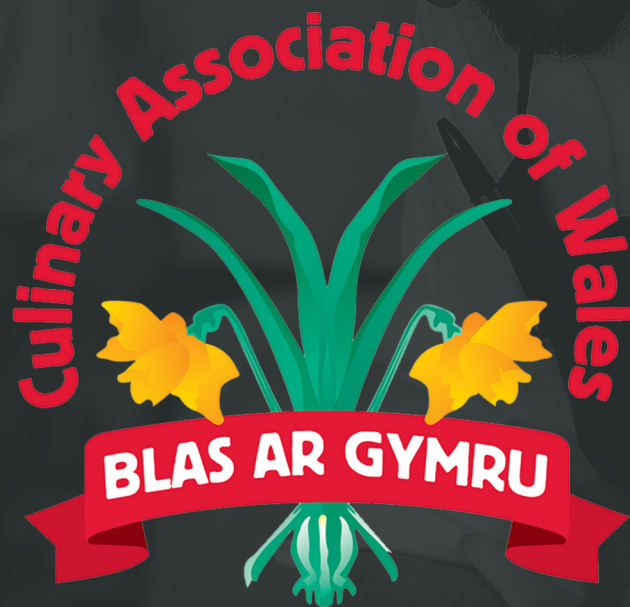


Welsh International Culinary Championships

national chef of wales

junior chef of wales



YOUR ESSENTIAL GUIDE

Coleg Llandrillo, Rhos on Sea
February 22nd-24th 2022



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Welcome

Welcome to the 2022 Welsh International Culinary Championships organised by The Culinary Association of Wales.

The Championships have been running successfully for 24 years only taking a breather for the COVID pandemic, but now we are back and raring to go again.

The week kicks off in style with the Welsh Chef of the year and Junior Welsh Chef of the year Finals on Tuesday, Wednesday and Thursday with great chefs from across Wales competing for the ultimate chef trophy in Wales.

We once again look forward to seeing all of our local and national students and apprentices competing in hot, cold and front of house competitions, good luck to you all and thank you to all the tutors, mentors, lecturers and assessors who give up a great deal of their own time to encourage their students and learners.

I am grateful to the support of the association committee featuring Chris Bason, Colin Gray, Jason Thacker, Mark Robertson, Mike Evans, Nick Davies and Darren Creed, for reviewing the competition classes, and for giving up their time to ensure the continued success of the event year on year.

Finally a warm thanks to all our sponsors, as without their continued support the competition simply wouldn't be possible.

We look forward to welcoming you to Coleg Llandrillo for what promises to be an exciting event.

Best of wishes for the competition.



Kind Regards
Arwyn Watkins OBE
President of The Culinary Association of Wales

www.culinaryassociation.wales



All forms available at:

<https://www.culinaryassociation.wales/>



Welsh International Culinary Championships 2022

How to Enter

All entry forms are available on the Association's website; culinaryassociation.wales and you can apply via email to; office@culinaryassociation.wales or return applications in the post to;

Ceri Nicholls, WICC/Cambrian Training,
Tŷ Cambrian, Unit 10 Offas Dyke Business Park,
Fisher Road, Buttington, Welshpool, SY21 8JF.

All forms should be returned by: Monday 31st January 2022

Entry Fees

Junior/Learner Class	£10.00 per entry/per class
Open Classes	£12.50 per entry/per class
Junior Team of 2	£20.00 per entry/per class



Culinary championships information

To avoid disqualification please read these carefully

Professional Honesty

It is the responsibility of competitors to assure the Judges that their work is unaided and is completed within the spirit of fair competition. Canvassing of Judges will disqualify a competitor.

Deliveries of Exhibitions

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.

Live Competitions Registration

Competitors for live classes must register at the registration desk at least ONE HOUR prior to the start time of their first class with the exception of the first class of the day when ½ hour is accepted.

All equipment and ingredients must be in the allocated place as quickly as possible and cleaned when instructed.

Competitors Reference (Static Display)

Labels will be issued to be attached to the top and visual side of each entry.

Security of Dishes

Whilst all reasonable care will be taken for the security of dishes and equipment, the Culinary Championship Committee WILL NOT BE RESPONSIBLE FOR ANY LOSS OR DAMAGE TO ANY exhibits, dishes, equipment or personal effects.

Competitors are advised to suitably insure dishes for display. It is the competitor's responsibility to cover this personal risk.

Removal of Dishes

All non perishable Static Classes MUST REMAIN ON DISPLAY UNTIL 14.00 HRS on Thursday 24th February 2022.

Results

Results will be announced at the discretion of the Chairman of Judges. Competitors are then encouraged to seek the advice and guidance of the Chairman of the Judges. Any dish deemed Not to Schedule will be marked "No award made".

Award of Prizes

Awards will be made to the standard achieved. Where a standard is not reached, no award will be made.

GOLD AWARD 90% or more

SILVER AWARD 75% or more

BRONZE AWARD 65% or more

CERTIFICATE OF MERIT 55% or more

For example: If the best entry in one Class is awarded 76% (or a Silver award), then no Gold award will be presented for that Class. However, it will qualify as the Winner of the Class.

Best in Class

Best in Class commemorative Churchill plates will be awarded for gold or silver medal winners only. Award Ceremony Live Class Competitors who will be attending to collect their awards, should ensure that they are dressed in CLEAN CHEFS WHITES.

This is important for presentation and photographic purposes and for the sake of Sponsors.

Winners will be awarded at The Presentation Dinner - Thursday 24th February at Coleg Llandrillo. Tickets (£30 each) are available to book directly with Ceri Nicholls, office@culinaryassociation.wales

Best College Award

Best overall college will be awarded on a point system where only the two best awards per college per class are taken into account, to be awarded at presentation dinner.

Major Chicken Challenge

The overall winner of this competition goes forward to HRC Show 2022 to compete in the Major Grand Final. The highest scoring runner up from all of the U.K heats will also go forward to the final.

Overall Salon Awards

BEST COLLEGE AWARD

BEST JUNIOR / LEARNER LIVE

BEST OPEN LIVE

BEST HYGIENE - "Ecolab are extremely pleased to be able to support this prestigious event. The purpose of our judging part is to promote good hygiene practices demonstrated during the individual competitions. Ecolab work closely within the hospitality industry to ensure all areas are clean and sanitized to keep our customers' premises to highest achievable hygiene standards".

All Best in Class and Overall Salon Awards will be announced and presented at the Presentation Dinner.

Important Notes for Live Class Entrants

1. It is an essential requirement that competitors provide a brief dish description that will be displayed on the table for judging purposes. It would also be helpful if you would list brief details about yourself, i.e. age, present position etc.
2. You are required to clean and vacate your working area within five (5) minutes in order to allow the next heat to start on time.
3. A four ring induction stove, oven, small salamander and work-station will be provided.
4. If more entries than places are received for each live competition class, the panel of Judges will select the final entrants for each class, based on the information supplied by the competitor as required in the schedule.
5. Mise-en-place: ONLY washed vegetables, basic stocks and basic doughs/pastes will be allowed (unless stated otherwise), excessive mise-en-place will lose marks





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Judges Guidelines

Cold Not Tasted

Presentation / Innovation

Appetising, appealing, modern, correct portion size, clean and neat presentation.

Composition

Nutritionally well balanced, textures, colours and flavours that will complement each other.

Professional Preparation

Correct cooking methods, food at correct temperatures. Classic name to correspond to original recipes, mastery of basic skills, application of knowledge and practices.

Service practical, not over elaborate, no impractical or irrelevant garnish, stylish and clean.

Hot & Cold Tasted Classes

Presentation / Innovation

Appetising, tasteful, appealing, modern, correct portion size.

Flavour / Taste

Good discernible flavours, correct seasoning, good combination of tastes and flavours that complement each other.

Composition

Nutritionally well balanced, complementary textures and colours that enhance each other.

Professional Preparation

Classic name to correspond to original recipes, mastery of basic skills, application of correct cooking methods, food at correct temperatures. Up to date display of hygiene knowledge and practices.

Service

Practical, not over elaborate, no impractical or irrelevant garnish, stylish and clean.

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competition schedule

Day 1 - tuesday 22nd February

National Chef of Wales
Times TBC

Class H03 Major Main Course Challenge
Heat 1 - 12:00-12:50
Heat 2 - 13:00-13:50

Class H09 Riso Gallo Risotto Challenge
Heat 1 - 14:00-15:30
Heat 2 - 15:40-17:10

Day 2 - Wednesday 23rd February

National Chef of Wales
Times TBC

Class H01 Omelettes
Heat 1 - 9:00-9:10
Heat 2 - 9:20-9:30

Class H02 Spanish Inspired Dish
Heat 1 - 9:40-9:55
Heat 2 - 10:05-10:20

Class H04 Welsh Lamb Main Course
Heat 1 - 10:30-11:00
Heat 2 - 11:10-11:40
Heat 3 - 11:50-12:20

Class C06a & H05a Butchery Skills - Prepare & Cook Chicken for Sauté
Heat 1 - 12:30-13:30
Heat 2 - 13:40-14:40
Heat 3 - 14:50-15:50

Class C01a Knife Skills & Piping Skills - Veg cuts / soup making
Heat 1 - 9:00-9:45
Heat 2 - 9:55-10:40
Heat 3 - 10:50-11:35
Heat 4 - 11:45-12:30

Class C02a Knife Skills - Fruit Cuts
Heat 1 - 12:40-12:55
Heat 2 - 13:05-13:20
Heat 3 - 13:30-13:45

Class C03 Bistro Sandwich
Heat 1 - 13:55-14:20
Heat 2 - 14:30-14:55

Class C04 Ultimate Cupcakes
Heat 1 - 15:05-15:30

Class C05 Main Course Flambe
Heat 1 - 15:40-16:10
Heat 2 - 16:20-16:50

Class R01a Restaurant Skills Challenge
Heat 1 - 9:30-10:00

Day 3 - Thursday 24th February

Junior Chef of Wales
Times TBC

Class H06 Shellfish and Seafood Dish
Heat 1 - 8:45-9:05
Heat 2 - 9:15-9:35

Class H07 Hot Plant-Based Main Course
Heat 1 - 9:45-10:05
Heat 2 - 10:15-10:35
Heat 3 - 10:45-11:05

Class C06b & H05b Butchery Skills - Prepare & Cook Chicken for Sauté
Heat 1 - 11:15-12:15
Heat 2 - 12:25-13:25

Class H08 Welsh Beef Main Course
Heat 1 - 13:35-14:00
Heat 2 - 14:10 - 14:35
Heat 3 - 14:45-15:10

Class C02b Knife Skills - Fruit Cuts
Heat 1 - 8:45-9:00
Heat 2 - 9:10-9:25
Heat 3 - 9:35-9:50

C01b Knife Skills / Piping Skills - Veg cuts/soup making
Heat 1 - 10:00-10:45
Heat 2 - 10:55-11:40
Heat 3 - 11:50-12:35

Class C07 Gateau Making
Heat 1 - 12:45-13:10
Heat 2 - 13:20-13:45

Class C08 Salads with a twist
Heat 1 - 13:55-14:10
Heat 2 - 14:20-14:35

Class C09 Modern Cold Desserts
Heat 1 - 14:45-15:10

Class C10 Dessert Flambe
Heat 1 - 15:20-15:45
Heat 2 - 15:55-16:20

Class R01b Restaurant Skills Challenge
Heat 1 - 9:30-10:00



Culinary classes

Tuesday 22nd February 2022

National Chef of Wales

times tbc

The entry must be the competitor's own creative menu for a THREE course dinner for TWELVE persons [soup is not to be used for the first course].

The starter must be suitable for vegans, the main course must use 2 different cuts of Welsh Lamb, and the dessert must feature seasonal fruits, an ice cream, chocolate and biscuit or tuille.

Competitors must use a majority of Welsh products and this will form part of the marking schedule.

More information: culinaryassociation.wales/competitions

Class H03 Major Main Course Challenge

Heat 1 - 12:00-12:50 | Heat 2 - 13:00-13:50

FIFTY (50) Minutes will be allowed to prepare, cook and present two portions of the same plated main course dish suitable for a fine dining / Brasserie menu.

All competitors MUST use a Major Product and be served with a suitable starch and vegetable accompaniment for a main course. Competitors must use ONE of the Major Mari Bases as the Main Flavour of their dish. One portion must be presented for judging the other will be kept for photography. Pre-marination of protein with the Major products, peeled vegetables and raw pastry are the ONLY preparation permitted.

Competitors to provide all their own ingredients and equipment. Please be aware we are using induction technology only this year. A well balanced use of Major product(s) is vital in this competition and competitors must not use any other stocks or marinades.

Dishes which do not use/incorporate a Major Product will not be awarded a medal. The judges are looking for perfectly cooked protein accompanied by a suitable starch, vegetable and sauce.

Class H09 Riso Gallo Risotto Challenge

Heat 1 - 14:00-15:30 | Heat 2 - 15:40-17:10

NINETY (90) Minutes will be allowed to produce a stunning, imaginative and perfectly cooked risotto within a set time frame which showcases your skill, versatility and presentation skills.

Competitors to supply all ingredients and equipment. Please note you can bring a pre-made stock if you wish.

Please write a maximum of 150 words on why you have chosen your dish and why you would like to win this competition, and bring this along with you on the day. Keep the titles simple – don't overcomplicate.

Tell us your story! Are you focusing on local ingredients or Italian ingredients, is there a personal connection with Italy – family connection with Italy, childhood holidays, recipe from grandmother etc. Ideally write out your recipe in your own words.

Please provide the right quantity of ingredients for 2 people – don't cook more than you need to save wastage. You have 30 minutes of prep time and an hour to cook and present your final dish to the judges.



Culinary classes

Wednesday 23rd February 2022

National Chef of Wales

times tbc

The entry must be the competitor's own creative menu for a THREE course dinner for TWELVE persons, [Soup is not to be used for the first course].

The starter must be suitable for vegans, the main course must use 2 different cuts of Welsh Lamb, and the dessert must feature seasonal fruits, an ice cream, chocolate and biscuit or tuille.

Competitors must use a majority of Welsh products and this will form part of the marking schedule.

More information: culinaryassociation.wales/competitions

Class H01 Omelettes

Heat 1 - 9:00-9:10 | Heat 2 - 9:20-9:30

TEN (10) minutes will be allowed to prepare, cook and present THREE (3) omelettes. One folded, one flat and one sweet.

Fillings/toppings to competitor's choice. Judges will be looking for the competitor's knowledge and skills in omelette making. Competitors to provide all ingredients and equipment. Please be aware we are using Induction technology only this year.

Class H02 Spanish Inspired Dish

Heat 1 - 9:40-9:55 | Heat 2 - 10:05-10:20

FIFTEEN (15) minutes will be allowed to prepare, cook and present TWO (2) portions of a hot Spanish inspired dish. Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Basic preparation of meat/fish will be allowed however the judges will be looking for the best use of the time available.

Competitors to provide all ingredients and equipment. Please be aware we are using Induction technology only this year.

Class H04 Welsh Lamb Main Course

Heat 1 - 10:30-11:00 | Heat 2 - 11:10-11:40 |

Heat 3 - 11:50-12:20

THIRTY (30) minutes will be allowed to prepare, cook and present a garnished dish of Welsh Lamb for TWO (2) covers to the competitor's own choice. Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Basic preparation of meat will be allowed however the judges will be looking for the best use of the time available.

Competitors must provide all ingredients and small equipment. Please be aware we are using Induction technology only this year.

Class C06a & H05a Butchery Skills - Prepare & Cook Chicken for Saute

Heat 1 - 12:30-13:30 | Heat 2 - 13:40-14:40 |

Heat 3 - 14:50-15:50

This is a two part, team challenge for Class C06a and H05a present the chicken cut for sauté.

Part ONE (1) is preparation Class C06a

Part TWO (2) Hot Kitchen, Class H05a.

Part ONE - C06a Fifteen (15) minutes will be allowed for team member 1 to butcher/cut and present a 1¼ -1½ kilo (2½ - 3lb) chicken for sauté in the classical manner. This end product is then used for class H06a for the 2nd team member to use.

Part TWO - H06a Team member 2 to produce a Chicken Chasseur in the classic style, using a pre-prepared Chasseur sauce. Teams to supply their own food and equipment.

Please be aware we are using Induction technology only this year.

Class C01a Knife Skills & Piping Skills - Veg Cuts / Soup Making

Heat 1 - 9:00-9:45 | Heat 2 - 9:55-10:40 |

Heat 3 - 10:50-11:35 | Heat 4 11:45-12:30

This is a three part challenge.

Part ONE - produce 60 grams (approximately) of each of the following; A) Carrots cut into Julienne B) Swede into Jardinière C) Carrots into Paysanné D) Swede into Brunoisé E) TWO (2) Chateau & TWO (2) Cocotte Potatoes To be prepared in the above order = A to E Competitors to supply all their ingredients and equipment

Part TWO - Cooking and presenting of soup, utilising the veg cuts, suitable for vegetarians with the option to blend

Part THREE - Piping prepare THREE (3) varieties of piped mashed potato, designs to include Duchess, Marquis and a plait. FOUR (4) of each variety must be displayed on a suitable platter.

Competitors to supply all their equipment and mashed potato. Although awards will be posted, no Best in Class will be announced until after the last heat on Thursday has taken place. NOTE: Judges are looking at the competitor's knife skills. No mandolin or cutting aids to be used.



Culinary classes

Wednesday 23rd February 2022

Class C02a Knife Skills - Fruit Cuts

Heat 1 - 12:40-12:55 | Heat 2 - 13:05-13:20 |
Heat 3 - 13:30-13:45

FIFTEEN (15) minutes will be allowed to complete the following - order of work and presentation as listed below;

2 Oranges, peeled and segmented using only conventional knives

2 Apples, peeled, cored and quartered cut into slices lengthwise, suitable for fresh fruit salad. No peelers or corers to be used.

1 Banana, remove skin and thinly slice, using only a knife.

2 Kiwi fruit, peel and thinly slice using only a knife.

The prepared fruit and waste is to be presented separately without garnish or dressing. Competitors to supply all ingredients and equipment

NOTE: Judges are looking at the competitor's knife skill and consistency of cutting. No mandolin or cutting aids to be used.

Although awards will be posted, no Best in Class will be announced until after the last heat on Thursday has taken place.

Class C03 Bistro Sandwich

Heat 1 - 13:50-14:20 | Heat 2 - 14:30-14:55

TWENTY FIVE (25) minutes will be allowed to prepare and present TWO (2) varieties of cold sandwiches (1 to be vegetarian) suitable for service in a bistro or gastro pub. Judges will be looking for creativity and the use of homemade and unusual breads or bases. Advanced preparation can include breads, bases and the cooking of proteins.

Competitors to supply all their ingredients and equipment. This is a cold class so no cooking facilities will be available.

Class C04 Ultimate Cupcakes

Heat 1 - 14:05-15:30

TWENTY FIVE (25) minutes will be allowed to present 16 cupcakes in four (4) different styles. All cupcake bases (4x4), topping and decorations can be brought in, however these must be assembled at the competition and must be fit for consumption on the day.

Judges will be looking for flavours, originality, style of presentation and assembly of product. Cupcakes must be displayed in a theme - display items can be brought but must be no larger than 45x45cm.

Competitors to supply all their ingredients and equipment.

Class C05 Main Course Flambé

Heat 1 - 15:40-16:10 | Heat 2 - 16:20-16:50

TWENTY FIVE (25) minutes are allowed to prepare, cook and present TWO (2) portions of a main course flambé dish. Judges will be looking for creativity as well as the confidence to cook and explain the dish at the table.

Competitors to provide all ingredients and equipment.

Class R01a Restaurant Skills Challenge

Heat 1 - 9:30-10:00

THIRTY (30) Minutes will be allowed to complete the following elements: -

2 Types of linen napkin folds; 1 Suitable for fine dining and 1 Suitable for banqueting.

A themed table lay-out for a prize giving ceremony.

A non-alcoholic cocktail.

Additional Information for this class and some examples of napkin folds are available online at: www.napkinfoldingguide.com. Judges will be looking at the complexity of the napkin folding, the techniques used and if an additional napkin fold was used during the table lay-out.

The table lay-out must include a 3 course menu, including wine choices and a cocktail to be served. Pre-folded napkins are allowed. Imagination should be shown in the theme of the table lay-out and the complementing menu/wine choice. Good knowledge of glassware on the table lay-out should also be shown.

The Cocktail should be presented for two people and must incorporate a Fruit Base. The cocktail element will be partially judged on how well the Fruit Base use been used within the cocktail and if measuring was used.



Culinary classes

Thursday 24th February 2022

Junior Chef of Wales
times tbc

The entry must be the competitor's own creative menu for a three-course dinner for four persons, [Soup is not to be used for the first course].

Competitors must use a majority of Welsh products and this will form part of the marking schedule.

More information: culinaryassociation.wales/competitions

Class H06 Shellfish and Seafood Dish
Heat 1 - 8:45-9:05 | Heat 2 - 9:15-9:35

TWENTY (20) minutes will be allowed to prepare, cook and present TWO (2) portions of shellfish or seafood dish. Judges will be looking for good storage of raw ingredients as well as use of more unusual and sustainable fish types. Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Clean, washed shellfish is acceptable.

Competitors to provide all necessary ingredients and equipment. Please be aware we are using Induction technology only this year

Class H07 Hot Plant-Based Main Course
Heat 1 - 9:45-10:05 | Heat 2 - 10:15-10:35 |
Heat 3 - 10:45-11:05

TWENTY (20) minutes will be allowed to produce TWO (2) portions of a hot main course vegetarian dish suitable for a luncheon menu. Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Basic preparation of meat/fish will be allowed however the judges will be looking for the best use of the time available.

All ingredients and small equipment are to be supplied by the competitors. Please be aware we are using Induction technology only this year.

Class C06b & H05b Butchery Skills - Prepare & Cook Chicken for Sauté
Heat 1 - 11:15-12:15 | Heat 2 - 12:25-13:25

This is a two part challenge for Class C06a and H05a present the chicken cut for sauté.

Part ONE (1) is preparation Class C06a

Part TWO (2) Hot Kitchen, Class H05a.

Part ONE - C06a Fifteen (15) minutes will be allowed for team member 1 to butcher/cut and present a 1¼ - 1½ kilo (2½ - 3lb) chicken for sauté in the classical manner. This end product is then used for class H06a for the 2nd team member to use.

Part TWO - H06a Team member 2 to produce a Chicken Chasseur in the classic style, using a pre-prepared Chasseur sauce. Teams to supply their own food and equipment.

Please be aware we are using Induction technology only this year.

Class H08 Welsh Beef Main Course
Heat 1 - 13:35-14:00 | Heat 2 - 14:10 - 14:35 |
Heat 3 - 14:45-15:10

TWENTY FIVE (25) minutes will be allowed to prepare cook and present TWO (2) plated main course portions using Welsh Beef.

The plates must include substantial appropriate accompaniments, garnishes and sauces. This class is focussing on creative and imaginative use of Welsh Beef. Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough.

Competitors to supply all ingredients and equipment. Please be aware we are using Induction technology only this year.

Class C02b Knife Skills - Fruit Cuts
Heat 1 - 8:45-9:00 | Heat 2 - 9:10-9:25 |
Heat 3 - 9:35-9:50

FIFTEEN (15) minutes will be allowed to complete the following - order of work and presentation as listed below;

2 Oranges, peeled and segmented using only conventional knives

2 Apples, peeled, cored and quartered cut into slices lengthwise, suitable for fresh fruit salad. No peelers or corers to be used.

1 Banana, remove skin and thinly slice, using only a knife.

2 Kiwi fruit, peel and thinly slice using only a knife.

The prepared fruit and waste is to be presented separately without garnish or dressing. Competitors to supply all ingredients and equipment NOTE: Judges are looking at the competitor's knife skill and consistency of cutting. No mandolin or cutting aids to be used.

Although awards will be posted, no Best in Class will be announced until after the last heat on Thursday has taken place.



Culinary classes

Thursday 24th February 2022

C01b Knife Skills / Piping Skills - Veg cuts/soup making

Heat 1 - 10:00-10:45 | Heat 2 - 10:55-11:40 | Heat 3 - 11:50-12:35

This is a three part challenge.

Part ONE - produce 60 grams (approximately) of each of the following; A) Carrots cut into Julienne B) Swede into Jardinière C) Carrots into Paysanné D) Swede into Brunoisé E) TWO (2) Chateau & TWO (2) Cocotte Potatoes To be prepared in the above order = A to E Competitors to supply all their ingredients and equipment

Part TWO - Preparation of soup utilising the veg cuts, suitable for vegetarians,

Part THREE - Piping prepare THREE (3) varieties of piped mashed potato, designs to include Duchess, Marquis and a plait. FOUR (4) of each variety must be displayed on a suitable platter.

Competitors to supply all their equipment and mashed potato. Although awards will be posted, no Best in Class will be announced until after the last heat on Thursday has taken place. NOTE: Judges are looking at the competitor's knife skills. No mandolin or cutting aids to be used.

Class C07 Gateau Making

Heat 1 - 12:45-13:10 | Heat 2 - 13:20-13:45

TWENTY FIVE (25) minutes will be allowed to assemble and decorate a 25cm (10") Gateau. No pre-prepared or artificial decorations to be used. Advance preparation limited to gateau base and any unflavoured creams. To be presented whole and will be cut and tasted by judges.

Competitors to supply all their ingredients and equipment. This is a cold class so no cooking facilities will be available.

Class C08 Salads with a twist

Heat 1 - 13:55-14:10 | Heat 2 - 14:20-14:35

FIFTEEN (15) minutes will be allowed to prepare and present TWO (2) portions of Salad Nicoise and TWO (2) portions of Salad Waldorf with a modern twist. Advanced preparation can include washing of vegetables and salads, pre-cooking of proteins and garnishes. Judges will be looking for the classical ingredients with modern influences from your college or workplace. As this class allows for plenty of preparation judges will also be looking for good use of the time available.

Competitors to supply all their ingredients and equipment. This is a cold class so no cooking facilities will be available

Class C09 Modern Cold Desserts

Heat 1 - 14:45-15:10

TWENTY FIVE (25) minutes will be allowed to prepare and present TWO (2) portions of a modern cold dessert suitable for a restaurant. The plates must include appropriate accompaniments, garnishes and sauces. Advanced preparation is limited to basic sauces, washed & peeled fruits, cooked meringue, pastries and baked doughs. No pre set mousses or cheesecakes will be allowed.

Competitors to supply all ingredients and equipment. This is a cold class so no cooking or refrigeration facilities will be available

Class C10 Dessert Flambe

Heat 1 - 15:20-15:45 | Heat 2 - 15:55-16:20

TWENTY FIVE (25) minutes are allowed to prepare, cook and present TWO (2) portions of a dessert course flambé dish. Judges will be looking for creativity as well as the confidence to cook and explain the dish at the table. Competitors to provide all ingredients and equipment

Class R01b Restaurant Skills Challenge

Heat 1 - 9:30-10:00

THIRTY (30) Minutes will be allowed to complete the following elements: -

2 Types of linen napkin folds; 1 Suitable for fine dining and 1 Suitable for banqueting.

A themed table lay-out for a prize giving ceremony.

A non-alcoholic cocktail.

Additional Information for this class and some examples of napkin folds are available online at: www.napkinfoldingguide.com. Judges will be looking at the complexity of the napkin folding, the techniques used and if an additional napkin fold was used during the table lay-out.

The table lay-out must include a 3 course menu, including wine choices and a cocktail to be served. Pre-folded napkins are allowed. Imagination should be shown in the theme of the table lay-out and the complementing menu/wine choice. Good knowledge of glassware on the table lay-out should also be shown.

The Cocktail should be presented for two people and must incorporate a Fruit Base. The cocktail element will be partially judged on how well the Fruit Base use been used within the cocktail and if measuring was used.



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There is lamb and there is Welsh Lamb. Natural, versatile and packed with outstanding flavour gained from centuries of traditional farming practices. This is lamb as it should be. And with a diet of grass and plenty of fresh air, you can taste the natural goodness in every mouthful.

And while Welsh Lamb is often reserved for a traditional Sunday roast, its versatility does not end there.

Welsh Lamb can also carry many flavours, so lends itself beautifully to cuisines from around the world such as curries and stir-fries. This, coupled with its limitless versatility, has made Welsh Lamb a firm favourite among top chefs and connoisseurs alike. It's a delicious all-rounder.



LEG OF WELSH LAMB WITH COCONUT, CHILLI AND CORIANDER

Prep time: 10 minutes

Cook time: 50 minutes

Serves: 5+

1 leg of PGI Welsh Lamb,
boneless

400ml can of reduced fat
coconut milk

2 red chillies, deseeded and
finely chopped

2 garlic cloves, crushed

Fresh coriander, roughly
chopped

1 lime, grated rind and juice

1. Remove the strings and flatten out the lamb, then place into a shallow dish and add the marinade ingredients. Thoroughly combine, cover and place in the fridge for 1 hour.
2. Remove from the marinade and thread metal skewers criss-crossing through the meat to keep it flat.
3. Cook on a lidded or covered barbecue – place flat onto the barbecue grid (not too close to the coals), turning frequently for about 40-50 minutes.
4. Alternatively, place directly onto the shelf in a preheated oven at 180°C / 160°C fan / Gas 4-5 for about 40-50 minutes until browned on the outside and still a little pink in the centre. Remember to place a tray underneath to catch the drips.
5. Take the reserved marinade and boil thoroughly until thickened slightly – about 5 minutes, and serve drizzled over the lamb. Serve with Chinese stir-fry vegetables.



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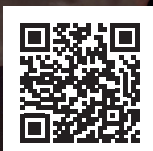
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