

WELSH INTERNATIONAL CULINARY CHAMPIONSHIPS 2024

FEATURING

NATIONAL CHEF OF WALES

JUNIOR CHEF OF WALES

WELSH BUTCHER OF THE YEAR

GREEN CHEF OF THE YEAR



YOUR ESSENTIAL GUIDE

International Convention Centre Wales
Monday 22nd January - Wednesday 24th January 2024



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES



Bwyd a Diod Cymru
Food & Drink Wales



Llywodraeth Cymru
Welsh Government

Welcome

WELCOME TO THE 2024 WELSH INTERNATIONAL CULINARY CHAMPIONSHIPS 2024.

With a change of venue and a new date in the calendar we really hope that you will support us in our ambition in making the 22nd -24th January 2024 the launch pad for our Road to hosting the Worldchefs Congress and Expo 2026.

We will be hosting the finals of skills competition Wales alongside our National, Junior and our brand new WICC Green Chef of the Year these 3 days will become the annual Hospitality Hub open to the public and the hospitality trade, a showcase of talent and a real opportunity to have a conversation.

To finish off the 3-day event we will be hosting an Industry Awards Dinner on Wednesday 24th January 2024 showcasing some of the best Welsh Food and Drink that Wales has to offer as we crown the Culinary and Craft Butchery Champions.

We look forward to receiving your entries and catching up with you all in the New Year so that we can work and bring together the talent and the industry in one place the Welsh International Culinary Championship 2024 at ICC Wales Newport.



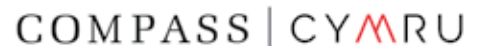
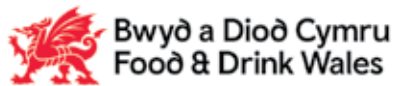
Kind Regards
Arwyn Watkins OBE
President of The Culinary Association of Wales

www.culinaryassociation.wales



THANK YOU TO OUR PARTNERS

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WELSH INTERNATIONAL CULINARY CHAMPIONSHIPS 2024

How to Enter

Complete the entry forms on the Association's website;
www.culinaryassociation.wales
For more information or questions please email;
office@culinaryassociation.wales

Closing date for entries is:
Friday, 12th January 2024

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

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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.

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 - Wednesday, 24th January at The ICC Wales, Newport.

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.

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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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 - MONDAY, 22ND JANUARY

LIVE THEATRE 1	
National Chef of Wales	4 hours

LIVE THEATRE 2	
Pub Chef of the Year	45 mins
Skills Competition Wales - Patisserie & Confectionery	3.5 hours
H01a Glazed Grilled Fish Dish	20 mins
H02a - Riso Gallo, Risotto challenge	45 mins

SKILLS THEATRE	
Welsh Butcher of the Year	2 hours
C01a - Knife Skills - Veg Cuts	25 mins
C02a - Knife Skills - Fruit Cuts	15 mins
C03a - Caesar Salad Challenge	20 mins
C04a - Cocktail Mixology	20 mins
C05a - Modern Cold Desserts	25 mins

RESTAURANT SKILLS	
R01a - Restaurant Skills Challenge	30 mins

DAY 2 - TUESDAY, 23RD JANUARY

LIVE THEATRE 1	
Skills Competition Wales - Culinary Arts	3.5 hours
Junior Chef of Wales	3 hours
H01b Glazed Grilled Fish Dish	20 mins
H02b - Riso Gallo, Risotto challenge	45 mins

LIVE THEATRE 2	
Skills Competition Wales - Patisserie & Confectionery	3.5 hours
H03a - Omelettes	10 mins
H04a - Welsh Beef Main Course	30 mins
H05a - Welsh Lamb Main Course	30 mins
H06a - Game Class	30 mins
H07a - Prepare & Cook Chicken for Sauté (Part of C06a)	45 mins
H08a - Major Chef's Culinary Challenge	60 mins

SKILLS THEATRE	
C01b - Knife Skills - Veg Cuts	25 mins
C02b - Knife Skills - Fruit Cuts	15 mins
C03b - Caesar Salad Challenge	20 mins
C04b - Cocktail Mixology	20 mins
C05b - Modern Cold Desserts	25 mins
C06a - Butchery Skills (Part of H07a)	15 mins

RESTAURANT SKILLS	
R01b - Restaurant Skills Challenge	30 mins

DAY 3 - WEDNESDAY, 24TH JANUARY

LIVE THEATRE 1	
Skills Competition Wales - Culinary Arts	3.5 hours
Green Chef of the Year	3 hours
H01c Glazed Grilled Fish Dish	20 mins
H02c - Riso Gallo, Risotto challenge	45 mins

LIVE THEATRE 2	
Skills Competition Wales - Patisserie & Confectionery	3.5 hours
H03b - Omelettes	10 mins
H04b - Welsh Beef Main Course	30 mins
H05b - Welsh Lamb Main Course	30 mins
H06b - Game Class	30 mins
H07b - Prepare & Cook Chicken for Sauté (Part of C06b)	45 mins
H08b - Major Chef's Culinary Challenge	60 mins

SKILLS THEATRE	
C01c - Knife Skills - Veg Cuts	25 mins
C02c - Knife Skills - Fruit Cuts	15 mins
C03c - Caesar Salad Challenge	20 mins
C04c - Cocktail Mixology	20 mins
C05c - Modern Cold Desserts	25 mins
C06b - Butchery Skills (Part of H06b)	15 mins

RESTAURANT SKILLS	
Skills Competition Wales - Restaurant Services	3.5 hours



TECHNICAL PRODUCTS

MCS TECHNICAL PRODUCTS was formed in 1997 by our founder, owner and MD Steve Snow, who with many years' experience in the catering industry, spotted the potential of INDUCTION as a cooking medium. With access to the product range from the American company, CookTek, Steve secured exclusive rights to import and distribute CookTek products into the UK and Ireland. The range at that time included counter top and drop in cooking units, the innovative Induction buffet systems, (Incogneeto and Silenzcio) and the food delivery system (PTDS). These early products, with their design, innovation and reliability soon established CookTek as a premium product, and with MCS adding a 5 year parts and labour warranty to the products, the industry recognised the value of dealing with a responsible company. The products were soon being used by companies such as Dominoes, Papa Johns, hotel groups Thistle, Hilton, Holiday In and many independent hotels and pizza shops.

MCS developed fabricated units using CookTek induction including fully suited kitchen units, an Asian style Cooking station and a fully self-ventilating work station.

CookTek's range has increased since the early days to include three phase units, including free standing and built in Stockpot burner, and an Induction plancha.

With the increased awareness of green issues and the fast growing Induction market, MCS have invested in product, still with the company's core values of ENERGY SAVING, and FOOD SAFETY .we now import into UK and Ireland product from the Italian company ZERNIKE, these include a unique and patented GRIDDLE/PLANCHA, FLASHGRILL, and a range of meat ageing cabinets, KLIMA again with several USP's for the catering industry.

MCS are proud to have been supporting the Welsh Culinary Association for over 12 years, supplying CookTek induction units for use in culinary competitions and salons. And look forward to continuing our association long into the future.



www.mcstechnicalproducts.co.uk

Tel: 01793 538308 | Email: sales@mcstechproducts.co.uk

CULINARY CLASSES

Monday 22nd January 2024

NATIONAL CHEF OF WALES

FOUR (4) HOURS

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 GI Welsh Lamb, and the dessert must feature Denbigh plumbs, an ice cream, chocolate ad biscuit or tuille. Competitors must use a minimum of 6 Welsh GI products within the menu (including the two stipulated above).
More information & to apply: culinaryassociation.wales/competitions
Deadline for entry: 30th November 2023

PUB CHEF OF THE YEAR

FORTY FIVE (45) MINUTES

Create a main course with a pie as the star of the show for 2 covers, individual or for sharing. It can be a closed or open pie but the preparation must be completed within the 45 minute allocation and no pre-made fillings will be allowed. Suitable garnish and sauce will need to be served with the dish, with the emphasis paid to the dish being suitable to serve in a pub environment. Judges will be looking for creativity, ease of service in a busy operation, therefore not over intricate garnishing and a realistic seasonal ingredient list giving the ability to sell at a competitive price. Pre made pastry can be brought into the kitchen, however must NOT be rolled, shaped or pre-cooked.

SKILLS COMPETITION WALES - PATISSERIE & CONFECTIONARY

3.5 HOURS

Task 1 - Chocolate snacking bars

Task 2 - Marzipan Models

Task 3 - A plated dessert

More information and register from 20th November:

<https://inspiringskills.gov.wales/skills-competition-wales>

CLASS H01B - GLAZED GRILLED FISH DISH - SPONSORED BY ROLLER GRILL

TWENTY (20) minutes

2 portions of a fish or seafood dish to the competitors own choice. The finished dish MUST be glazed or gratinated under the electric Roller-Grill provided on each work station. Ideally a modern twist on a classic glazed fish dish is what the judges will be looking for. Competitors to provide all ingredients

CLASS H02A - RISO GALLO, RISOTTO CHALLENGE

FORTY FIVE (45) Minutes

Will be allowed for this competition

15 minutes of prep time and 30 minutes of cook time will be allowed to produce TWO identical portions of a stunning, imaginative, and perfectly cooked risotto starter course which showcases your skill, versatility, and presentation skills. Your risotto should feature at least one ingredient native to Wales, and this can be cheese, meat or vegetables - whichever best suits your recipe. Riso Gallo will supply rice and olive oil from Filippo Berio for each competitor, and various stocks from Essential Cuisine can be made available as required. Please advise at least 3 weeks prior to the event if needed. Please note you can bring pre-made stocks if you wish. All other ingredients and equipment for the dish will need to be supplied by the competitor.

The presentation is totally up to the competitor and you can use a bowl / plate of your own choice to help make the dish as exciting as possible. 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 title of your dish simple - don't overcomplicate. Tell us your story, is there a personal connection with the dish? Remember to focus on local Welsh ingredients. Please provide the right quantity of ingredients for a starter dish for 2 people - Don't cook more than you need to, try to have as little waste as possible.

WELSH BUTCHER OF THE YEAR

TWO (2) HOURS

Task 1 - Butchery - Competitors must cut the Whole Lamb into Primal Joints the way you would normally cut them in your own shop/place of education. **Task 2** - Produce a visually exciting display showcasing skills and creativity

More details and to enter -

www.culinaryassociation.wales/welsh-butcher-of-the-year-2024

CLASS C01A - KNIFE SKILLS - VEG CUTS

TWENTY FIVE (25) MINUTES

Using pre-peeled vegetables where applicable for preparation on the following:
2 Fondant potatoes with flat top and bottom oval ends approx 80gms each
50gms paysanne of carrots, leek, and swede combined
4 turned carrots approx 25gms each
50gms jardiniere of swede, carrot and celaric combined
50gms julienne, leek, and celery combined
Vegetables to be provided by the competitor.

CLASS C02A - KNIFE SKILLS - FRUIT CUTS

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 peeler's 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 & 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 Wednesday has taken place.

CLASS C03A - CAESAR SALAD CHALLENGE

TWENTY (20) minutes will be allowed to prepare and produce a

Traditional Caesar salad to the competitor's choice of recipe.

Dressing and salad to be prepared in front of the judges as this will be a tasted class. All ingredients are to be provided by the competitor.

CLASS C04A - COCKTAIL MIXOLOGY - SPONSORED BY CYGNET GIN

TWENTY (20) minutes will be allowed to make 2 Gin based cocktails of their choice. The competitor should provide a recipe card to accompany the cocktails.

The Gin will be provided to the competitor by Cygnet Gin, competitor should bring all other ingredients and equipment with them.

CLASS C05A MODERN COLD DESSERTS - SPONSORED BY TERRY'S PATISSERIE

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.

The dessert must incorporate an element of chocolate which will be provided by the class sponsor Terry's patisserie.

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 except for the chocolate. This is a cold class so no cooking or refrigeration facilities will be available.

CLASS R01A RESTAURANT SKILLS CHALLENGE

THIRTY (30) minutes will be allowed to complete the following;

Task 1 - Create 2 different napkin folds, one fold should use a linen napkin, the other must use a linen and paper napkin. Competitors need to produce 2 of each napkin fold

Judges will be looking at the complexity and creativity of the folds

Task 2 - A 'Dragon' themed table lay up.

The lay up should be suitable for a 3 course meal for 2 people.

Competitors should use one of the napkins from Task 1 on the table lay up.

Competitors should produce a menu and include a wine choice to match the menu. The lay up should include suitable glasswear.

Task 3 - A Mocktail

Competitors should produce 2 identical fruit based mocktails

All equipment and ingredients should be provided by the competitor



CULINARY CLASSES

Tuesday 23rd January 2024

SKILLS COMPETITION WALES - CULINARY ARTS

3.5 HOURS

Task 1 - Skills Battle

Task 2 - Starter - Riso Gallo, Risotto Challenge

Task 3 - Main Course - Classical Lamb Main Course

Task 4 - Dessert - Modern Interpretation of "Welsh Cakes" served with ice cream or parfait.

More information and register from 20th November:

www.inspiringskills.gov.wales/skills-competition-wales

Deadline for entry: 4th December 2023



JUNIOR CHEF OF WALES

THREE (3) HOURS

The entry must be the competitor's own creative menu for a TWO course dinner for SIX persons [soup is not to be used for the first course]. The starter must be suitable for a vegetarian diet - soup is not to be used, the main course must use 2 different cuts of GI Welsh Beef. Competitors must use a minimum of 4 Welsh GI products within the menu (including the two stipulated above) More information and to apply:

culinaryassociation.wales/competitions

Deadline for entry: 30th November 2023

CLASS H01B - GLAZED GRILLED FISH DISH - SPONSORED BY ROLLER GRILL

TWENTY (20) minutes

2 portions of a fish or seafood dish to the competitors own choice. The finished dish MUST be glazed or gratinated under the electric Roller-Grill provided on each work station. Ideally a modern twist on a classic glazed fish dish is what the judges will be looking for. Competitors to provide all ingredients



CLASS H02B - RISO GALLO, RISOTTO CHALLENGE

FORTY FIVE (45) Minutes

Will be allowed for this competition

15 minutes of prep time and 30 minutes of cook time will be allowed to produce TWO identical portions of a stunning, imaginative, and perfectly cooked risotto starter course which showcases your skill, versatility, and presentation skills. Your risotto should feature at least one ingredient native to Wales, and this can be cheese, meat or vegetables - whichever best suits your recipe. Riso Gallo will supply rice and olive oil from Filippo Berio for each competitor, and various stocks from Essential Cuisine can be made available as required. Please advise at least 3 weeks prior to the event if needed. Please note you can bring pre-made stocks if you wish. All other ingredients and equipment for the dish will need to be supplied by the competitor.

The presentation is totally up to the competitor and you can use a bowl / plate of your own choice to help make the dish as exciting as possible. 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 title of your dish simple - don't overcomplicate. Tell us your story, is there a personal connection with the dish? Remember to focus on local Welsh ingredients. Please provide the right quantity of ingredients for a starter dish for 2 people - Don't cook more than you need to, try to have as little waste as possible.



SKILLS COMPETITION WALES - PATISSERIE & CONFECTIONERY

3.5 HOURS

Task 1 - Chocolate snacking bars

Task 2 - Marzipan Models

Task 3 - A plated dessert

More information and register from 20th November:

<https://inspiringskills.gov.wales/skills-competition-wales>

Deadline for entry: 4th December 2023



CLASS H03A OMELETTES

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 H04A WELSH BEEF MAIN COURSE

THIRTY (30) 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 H05A WELSH LAMB MAIN COURSE

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 H06A GAME CLASS SPONSORED BY WILD & GAME

THIRTY (30) minutes will be allowed to prepare, cook and present a garnished main course dish of Welsh Venison Loin for TWO (2) covers to the competitors own choice.

Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables (not cut/trimmed), basic pastry doughs. Competitors must provide all ingredients (except for the Venison loin) and small equipment. Please be aware we are using induction technology only this year.



CLASS C06A & H07A BUTCHERY SKILLS - PREPARE & COOK CHICKEN FOR SAUTÉ

This is a two part challenge for Class C06a (15 mins) and H07a (45 mins) present the chicken cut for sauté.

Part ONE (1) is preparation Class C06b

Part TWO (2) Hot Kitchen, Class H06b.

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 H08A MAJOR CHEF'S CULINARY CHALLENGE

ONE (1) HOUR

Prepare, cook, and present 3 portions of the same plated main course dish suitable for fine dining/brasserie menu within 60 minutes. At least one Major product from any of the Major ranges MUST be used and it MUST be presented, with suitable starch and vegetable accompaniments.

Competitors are responsible for supplying all food and small equipment. Competitors are required to have a printed menu with allergens and a complete printed recipe of the main course on their workstations, stating which of the Major products has been used and why.

Any pre-marinated meats MUST be marinated with Major Mari Bases ONLY.

Acceptable mis-en-place: Peeled vegetables only, pre-marinated meats (Major Mari Base) raw uncooked fresh pastry (puff, filo, and short). No pre-prepared sauces or stocks are allowed, only Major products are to be used.





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CULINARY CLASSES

Tuesday 23rd January 2024

CLASS C01B - KNIFE SKILLS - VEG CUTS

TWENTY FIVE (25) MINUTES

Using pre-peeled vegetables where applicable for preparation on the following:

2 Fondant potatoes with flat top and bottom oval ends approx 80gms each

50gms paysanne of carrots, leek, and swede combined

4 turned carrots approx 25gms each

50gms jardiniere of swede, carrot and celeriac combined

50gms julienne, leek, and celery combined

Vegetables to be provided by the competitor.

CLASS C02B - KNIFE SKILLS - FRUIT CUTS

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 peeler's 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 Wednesday has taken place.

CLASS C03B - CAESAR SALAD CHALLENGE

TWENTY (20) minutes will be allowed to prepare and produce a

Traditional Caesar salad to the competitor's choice of recipe.

Dressing and salad to be prepared in front of the judges as this will be a tasted class. All ingredients are to be provided by the competitor.

CLASS C04B - COCKTAIL MIXOLOGY - SPONSORED BY CYGNET GIN

TWENTY (20) minutes will be allowed to make 2 Gin based

Cocktails of their choice. The competitor should provide a recipe card to accompany the cocktails.

The Gin will be provided to the competitor by Cygnet Gin, Competitor should bring all other ingredients and equipment with them.

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CLASS C05A MODERN COLD DESSERTS - SPONSORED BY TERRY'S PATISSERIE



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.

The dessert must incorporate an element of chocolate which will be provided by the class sponsor Terry's patisserie.

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 except for the chocolate. This is a cold class so no cooking or refrigeration facilities will be available.

SKILLS COMPETITION WALES - RESTAURANT SERVICES



3.5 HOURS

Task 1 - Boxing a table

Task 2 - Napkin Folding

Task 3 - Cocktail Making

Task 4 - Banana Flambé

Task 5 - Table layup for a luncheon

Task 6 - Luncheon service to 2 live customers

More information and register from 20th November:

<https://inspiringskills.gov.wales/skills-competition-wales>

CLASS R01A RESTAURANT SKILLS CHALLENGE

THIRTY (30) minutes will be allowed to complete the following;

Task 1 - Create 2 different napkin folds, one fold should use a linen napkin, the other must use a linen and paper napkin.

Competitors need to produce 2 of each napkin fold. Judges will be looking at the complexity and creativity of the folds

Task 2 - A 'Dragon' themed table lay up.

The lay up should be suitable for a 3 course meal for 2 people.

Competitors should use one of the napkins from Task 1 on the table lay up.

Competitors should produce a menu and include a wine choice to match the menu. The lay up should include suitable glasswear.

Task 3 - A Mocktail

Competitors should produce 2 identical fruit based mocktails

All equipment and ingredients should be provided by the competitor.





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CULINARY CLASSES

Wednesday 24th January 2024

SKILLS COMPETITION WALES - CULINARY ARTS

3.5 HOURS

Task 1 - Skills Battle

Task 2 - Starter - Riso Gallo, Risotto Challenge

Task 3 - Main Course - Classical Lamb Main Course

Task 4 - Dessert - Modern Interpretation of "Welsh Cakes" served with ice cream or parfait.

More information and register from 20th November:

www.inspiringskills.gov.wales/skills-competition-wales



GREEN CHEF CHALLENGE

THREE (3) HOURS

This is an open competition for any UK based chefs to enter as a team of 2 One Senior Chef and a commi chef under the age of 25 on the day of the competition. Create a THREE course menu for SIX guests in THREE hours. The winning team will be crowned the WICC 2024 Green Chef of the Year.

The THREE courses must be predominately vegetable based.

The starter should be "taco style" - a wrapped item, take away style.

Cabbage, chickpeas & thyme must be part of this dish.

Main course must include potatoes, wild mushroom & leek.

Dessert must include pears, lemon verbena & white chocolate.

Deadline for entry: 15th January 2024



CLASS H01B - GLAZED GRILLED FISH DISH

- SPONSORED BY ROLLER GRILL

TWENTY (20) minutes

2 portions of a fish or seafood dish to the competitors own choice.

The finished dish MUST be glazed or gratinated under the electric Roller-Grill provided on each work station. Ideally a modern twist on a classic glazed fish dish is what the judges will be looking for. Competitors to provide all ingredients



CLASS H02B - RISO GALLO, RISOTTO CHALLENGE

FORTY FIVE (45) Minutes

Will be allowed for this competition

15 minutes of prep time and 30 minutes of cook time will be allowed to produce TWO identical portions of a stunning, imaginative, and perfectly cooked risotto starter course which showcases your skill, versatility, and presentation skills. Your risotto should feature at least one ingredient native to Wales, and this can be cheese, meat or vegetables - whichever best suits your recipe. Riso Gallo will supply rice and olive oil from Filippo Berio for each competitor, and various stocks from Essential Cuisine can be made available as required.

Please advise at least 3 weeks prior to the event if needed. Please note you can bring pre-made stocks if you wish. All other ingredients and equipment for the dish will need to be supplied by the competitor.

The presentation is totally up to the competitor and you can use a bowl / plate of your own choice to help make the dish as exciting as possible. 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 title of your dish simple - don't overcomplicate. Tell us your story, is there a personal connection with the dish? Remember to focus on local Welsh ingredients. Please provide the right quantity of ingredients for a starter dish for 2 people - Don't cook more than you need to, try to have as little waste as possible.



SKILLS COMPETITION WALES - PATISSERIE & CONFECTIONARY

3.5 HOURS

Task 1 - Chocolate snacking bars

Task 2 - Marzipan Models

Task 3 - A plated dessert

More information and register from 20th November:

<https://inspiringskills.gov.wales/skills-competition-wales>



CLASS H03B OMELETTES

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 H04B WELSH BEEF MAIN COURSE

THIRTY (30) 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 H05B WELSH LAMB MAIN COURSE

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 H06B GAME CLASS - SPONSORED BY WILD & GAME

THIRTY (30) minutes will be allowed to prepare, cook and present a garnished main course dish of Welsh Venison Loin for TWO (2) covers to the competitors own choice.

Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables (not cut/trimmed), basic pastry doughs.

Competitors must provide all ingredients (except for the Venison loin) and small equipment. Please be aware we are using induction technology only this year.



CLASS C06B & H07B BUTCHERY SKILLS - PREPARE & COOK CHICKEN FOR SAUTÉ

This is a two part challenge for Class C06b and H05b present the chicken cut for sauté.

Part ONE (1) is preparation Class C06b

Part TWO (2) Hot Kitchen, Class H06b.

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.





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CULINARY CLASSES

Wednesday, 24th January 2024

CLASS H08A MAJOR CHEF'S CULINARY CHALLENGE



ONE (1) HOUR

Prepare, cook, and present 3 portions of the same plated main course dish suitable for fine dining/brasserie menu within 60 minutes. At least one Major product from any of the Major ranges MUST be used and it MUST be presented, with suitable starch and vegetable accompaniments.

Competitors are responsible for supplying all food and small equipment. Competitors are required to have a printed menu with allergens and a complete printed recipe of the main course on their workstations, stating which of the Major products has been used and why.

Any pre-marinated meats MUST be marinated with Major Mari Bases ONLY.

Acceptable mis-en-place: Peeled vegetables only, pre-marinated meats (Major Mari Base) raw uncooked fresh pastry (puff, filo, and short). No pre-prepared sauces or stocks are allowed, only Major products are to be used.

CLASS C01C - KNIFE SKILLS - VEG CUTS

TWENTY FIVE (25) MINUTES

Using pre-peeled vegetables where applicable for preparation on the following:

2 Fondant potatoes with flat top and bottom oval ends approx 80gms each

50gms paysanne of carrots, leek, and swede combined

4 turned carrots approx 25gms each

50gms jardiniere of swede, carrot and celeriac combined

50gms julienne, leek, and celery combined

Vegetables to be provided by the competitor.

SKILLS COMPETITION WALES - RESTAURANT SERVICES



3.5 HOURS

Task 1 - Boxing a table

Task 2 - Napkin Folding

Task 3 - Cocktail Making

Task 4 - Banana Flambé

Task 5 - Table layup for a luncheon

Task 6 - Luncheon service to 2 live customers

More information and register from 20th November:

<https://inspiringskills.gov.wales/skills-competition-wales>

CLASS C02C - KNIFE SKILLS - FRUIT CUTS

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 peeler's 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 C03C - CAESAR SALAD CHALLENGE

TWENTY (20) minutes will be allowed to prepare and produce a Traditional Caesar salad to the competitor's choice of recipe.

Dressing and salad to be prepared in front of the judges as this will be a tasted class. All ingredients are to be provided by the Competitor.

CLASS C04C - COCKTAIL MIXOLOGY - SPONSORED BY CYGNET GIN



TWENTY (20) minutes will be allowed to make 2 Gin based cocktails of their choice. The competitor should provide a recipe card to accompany the cocktails.

The Gin will be provided to the competitor by Cygnet Gin, Competitor should bring all other ingredients and equipment with them.

CLASS C05A MODERN COLD DESSERTS - SPONSORED BY TERRYS PATISSERIE



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.

The dessert must incorporate an element of chocolate which will be provided by the class sponsor Terry's patisserie.

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 except for the chocolate. This is a cold class so no cooking or refrigeration facilities will be available.





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