



STATE HEAT - SOUTH AUSTRALIA 2018

Wednesday 27th June 2018

TAFE SA



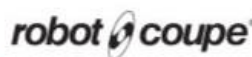
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REGENCY PARK, SA

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COMPETITION RULES - CONDITIONS OF ENTRY

COMPETITORS AND SUPERVISORS: READ THESE POINTS VERY CAREFULLY!

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules and the Rules of the Host competition establishment. A briefing will be held prior to entering the Host competition kitchens. All food safety must be implemented prior to, during and after the competition.
2. The Australian Culinary Federation South Australia Chapter (ACFSA) and the Competition Management shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
3. All entries must be on an official entry form & become the property of ACFSA. All competition work, food and dishes, must comply with current health regulations. The judges have the right to refuse to taste the competitors' food pending hygiene implementation.
4. The judges have the right to inspect, cut, open, test and taste all competitors prepared dishes.
5. All judges' decisions will be final and no correspondence will be entered into.
6. ACFSA and the Chairperson of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions and their interpretation shall be final.
7. ALL ELECTRICAL EQUIPMENT PERMITTED TO BE BROUGHT INTO THE COMPETITION MUST BE **TAGGED BY A CERTIFIED ELECTRICIAN**. Non-complying equipment will not be permitted. Any equipment that is deemed non-compliant will be removed by the competition director, securely stored and returned to the competitor after the competition.
8. The winning competitors will represent South Australia in the National Competition for the following four categories:
 - 1st year Apprentice Cook
 - 2nd year Apprentice Cook
 - 3rd/ 4th year Apprentice Cook
 - Culinary student

A culinary student is deemed as studying a full time/ Part-time Cert III in Commercial Cookery (SIT30816)
9. All ingredients will be provided for this competition. No ingredients may be brought in. Instant disqualification will apply to competitors if not adhered to.

COMPETITION ENTRIES

APPRENTICES – SECTIONS 1, 2, 3

Applicants must be:

- Employed as Apprentice cooks and under a contract of training
- Enrolled at a TAFE Institute
- Enrolled with a Registered Training Organisation

CULINARY STUDENTS - SECTION 4

Applicants must be:

- Studying full time CERTIFICATE III in Commercial Cookery
- Students must be enrolled in a TAFE or PRIVATE R.T.O. course

COMPETITION TIMES:

The competition will be held on 27th June, 2018 **TIME TO BE CONFIRMED**

AWARDS, CRITERIA and JUDGES:

- **Judging panel:** Accredited ACF Judges
- **Assessment:** Conducted in accordance with WORLDCHEFS [Rules](#)
- **Certificates:** All Competitors will receive a certificate of participation
- **Winners in each section will represent South Australia in the 2018 National Competition, date and venue to be confirmed.**

UNIFORM:

All competitors **must** comply with the following to compete:

- Cook's uniform - long sleeved cook's jackets, cook's trousers (black or checked), hat, neck tie, non-slip shoes.
- Uniforms must be clean, pressed
- Footwear – kitchen approved, clean and safe (no sneakers sandals will be permitted)
- Hair and beards – must be covered. Cooks hats and hairnet, beard-net, no sports caps
- No jewellery with the exception of wedding band
Any jewellery that cannot be removed must be securely managed and taped.

Contact information

Competition Director

Chris Codell 0408 857 293

chris.codell7@gmail.com

All Venue enquiries

Darren White 0403 607 705

JUDGING CRITERIA

All four sections will be judged on the following:

MIS EN PLACE **10 points**

Personal Presentation	3
Set up work station	4
Correct Mise en place level	3

PROFESSIONAL PREPARATION **30 Points**

Hygiene Practices	5
Technical skills displayed	5
Correct methods of preparation	5
Wastage	5
Efficient utilisation of time/organisation skills	5
Service	5

Presentation **10 Points**

Suitable temperature	1
Originality/flair	2
Appropriate too class/true to menu description	2
Portion size	1
Clean arrangement & dish	2
Nutritional balance	2

Taste **50 Points**

Does the major component taste good	8
Does the sauce/garnish taste good	6
Do the complements add to the taste of the major ingredient	6
Balance of textures	6
Balance of flavours	6
Seasoning	6
Is there harmony of flavour combinations in menu	6
Taste of Food preserved	6

Medals will be awarded to the following levels

Bronze, 70-79 points

Silver, 80-89 points

Gold, 90-99 points

Gold with distinction, 100 points

SECTION 1- 1st Year Apprentices

Each competitor to:

- Prepare, cook and display a 2 egg omelette, recipe last page
- Prepare, cook and display two (2) servings of one hot main dish
- Provide 2 copies of dish description and 1 copy of recipes including food costs using templates provided, typed and presented in 1 x A4 clear plastic pocket

DO NOT PRESENT IN ANY OTHER WAY

Time allocation:

- 30 minutes setting up
- 15 Minutes to prepare and cook omelette
- 60 Minutes to prepare and cook main dish
- 30 minutes cleaning up

Total: 2.25 Hours

Each competitor to present two (2) individually plated main course portions using hanger steak with a jus or a sauce

Each plate/serve must include:

- 1 portion appropriate starch/pulse
- A selection of vegetables

Special Points:

- Each dish should not exceed \$10.00 food cost, excluding omelette
- No deep frying allowed
- No pre preparation of food is allowed all must be prepared during the competition times
- Ingredient list and the equipment provided is listed at end of document
- Plates will be provided as stipulated below, competitors may provide their own plates

WHITE CHINA PLATES ONLY

SECTION 2 - 2nd Year Apprentices

Each competitor to:

- Prepare, cook and display two (2) servings of one entree using salmon and two (2) servings of one hot main dish
- Provide 2 copies of dish description and 1 copy of recipes including food costs using templates provided, typed and presented in 1x A4 clear plastic pocket

DO NOT PRESENT IN ANY OTHER WAY

Time allocation:

- 30 minutes setting up
- 120 Minutes to prepare and cook entrée and main dishes
- 30 minutes cleaning up

Total: 3 Hours

Each competitor to present two (2) individually plated portions of an entree and two (2) individually plated portions of a main course, using hanger steak, with a jus or a sauce

Menu must include:

- Appropriate starch/pulses
- A selection of suitable vegetables

Special Points:

- Total food cost for 1 entrée and 1 main not to exceed \$15.00
- No deep frying allowed
- No pre-preparation of food is allowed all must be prepared during the competition times
- Ingredient list and the equipment provided is listed at end of document
- Plates will be provided as stipulated below, competitors may provide their own plates

WHITE CHINA PLATES ONLY

SECTION 3 – Final Year Apprentices

Each competitor to:

- Prepare, cook and display two (2) servings of one hot or cold entrée, using Salmon two (2) servings of one hot main dish and two (2) servings of one dessert
- Provide 2 copies of dish description and 1 copy of recipes including food costs using templates provided, typed and presented in 1 x A4 clear plastic pocket

DO NOT PRESENT IN ANY OTHER WAY

Time allocation:

- 30 minutes setting up.
- 120 Minutes to prepare and cook entrée, main and dessert dishes
- 30 minutes cleaning up

Total: 3 Hours

Each competitor to present two (2) individually plated portions of entrée, two (2) individually plated portions of a main, using hanger steak, with jus or a sauce and two (2) individually plated desserts

Menu must include:

- Appropriate starch/pulses
- A selection of suitable vegetables

Special Points:

- Total food cost for 1 entrée and 1 main and 1 dessert not to exceed \$20.00
- No deep frying allowed.
- No pre preparation of food is allowed all must be prepared during the competition times
- Ingredient list and the equipment provided is listed at end of document
- Plates will be provided as stipulated below, competitors may provide their own plates

WHITE CHINA PLATES ONLY

SECTION 4 – Culinary Student

Each competitor to:

- Prepare, cook and display two (2) servings of one entree using Salmon and two (2) servings of one hot main dish
- Provide 2 copies of dish description and recipes including food costs using templates provided, typed 1 x A4 clear plastic pocket

DO NOT PRESENT ANY OTHER WAY

Time allocation:

- 30 minutes setting up
- 120 Minutes to prepare and cook entrée and main dishes
- 30 minutes cleaning up

Total: 3 Hours

Each competitor to present two (2) individually plated portions of an entrée and two (2) individually plated portions of a main, using hanger steak, with a jus or a sauce

Menu must include:

- Appropriate starch/pulse
- A selection of suitable vegetables

Special Points:

- Total food cost for 1 entrée and 1 main not to exceed \$15.00
- No deep frying allowed
- No pre preparation of food is allowed all must be prepared during the competition times
- Ingredient list and the equipment provided is listed at end of document
- Plates will be provided as stipulated below, competitors may provide their own plates

WHITE CHINA PLATES ONLY

Equipment

Competitors will have access to the following equipment:

Chopping Boards
Small Mixing Bowls
Medium Mixing Bowls
Large Mixing Bowls
Assorted Small Saucepans
Assorted Medium Saucepans
Small Frypans
Medium Frypans
Oven Trays
Assorted Ladles
Large Metal Spoons
Large Metal Spoons with holes
Rolling Pins
Sieves
Graters
Roasting Trays
Measuring Jugs
Electronic Scales
Electronic Mixer
Fan Forced Oven
Stainless Steel Work Bench
Fridge
Sink
Washing Detergent
Robot Coupe
Microwave
Salamanders
Vac Packer

Other items available

Tea Towels
Cling Wrap, Alfoil, Twine, Baking Paper
290 mm Round Plate(s)
255 mm Round Plate(s)
230 mm Soup Plate(s)
Soup Bowls

You may bring in the following items:

Tongs
Wooden Spoons
Moulds
Cream Guns
Tool Kit
Baking Sheets
Small Glasses/Ramekins
Small Stick blender with attachment (tagged and tested)
Battery operated scales
Pasta machine
Assorted Ramekins/Shot Glasses/Gratins
Plastic takeaway containers/ spoons
Gloves
Plates
Sous vide machine (tagged and tested)
Stick blenders tagged and tested)
Chux Cloths

You may not bring in any other equipment without prior clarification, and all electrical equipment must be tagged.

OMELETTE

RECIPE

2 extra-large eggs

Fine salt

Freshly ground white pepper

30 grams of butter

METHOD

Break the eggs into a bowl, Season with salt and pepper.

Beat the eggs with a fork until just mixed.

Heat a large frying pan over medium-high heat. Add the butter and allow it to melt and bubble slightly. Add the beaten eggs. Use the flat side of the fork to stir the eggs until they start to set. Smooth the top and leave the eggs to cook. Fold the omelette into thirds, cigar shaped, and flip it onto a heated serving plate. Lightly brush the outside of the omelette with warm butter

THE OMELETTES WILL BE JUDGED ON THE FOLLOWING

- Cooked baveuse 2 marks
 - Lightly and evenly coloured 1 mark
 - Cigar shaped 1 mark
 - Omelette should not be tough 1 mark
 - No cracks or folds on surface 1 mark
 - Served hot on warmed plate 1 mark
 - Lightly brushed with warm butter 1 mark
 - Appropriate taste and seasoning 2 marks
- Total 10

Ingredient List

MEAT

Each competitor will be provided with Hanger Steak for the main course.

2nd year, final year apprentices & culinary students will be provided with salmon for the entree

The other ingredients, dry goods, herbs & spices, and alcohol will be available for selection on a communal table.

Dairy

Unsalted Butter

Milk

Cream

Eggs

Fruit & Vegetables

Large Brown Onions

Leeks

Large Washed Potatoes

Baby Fennel Bulb

Celery Sticks

Oyster Mushroom

Medium Carrots

Red Capsicum

Green Beans

Green Zucchini

Chinese Cabbage

Baby corn

Thyme

Oregano

Coriander

Mint

Chives

Rosemary

Lemongrass

Garlic

Ginger

Kaffir Lime Leaves

Red Chillies

Pears

Strawberries

Bananas

Lemons

Dry Goods

Gelatine Sheets

Arrowroot

Balsamic Vinegar

White Wine Vinegar

Chinese Black Vinegar

Mirin

Wholegrain Mustard

Dijon Mustard

SR Flour

Plain Flour

Corn Flour

Hazelnuts

Cous Cous

Vanilla essence

Castor Sugar

Brown Sugar

Maple Syrup

Red Currant Jelly

Shredded Coconut

Cocoa Powder

Raisins

Olive oil

Vegetable oil

Cooking Spray

Worcestershire Sauce

Horseradish paste

Red Miso Paste

Capers

Herbs & Spices

Salt
Ground Black Pepper
Ground White Pepper
Whole Black peppercorns
Paprika
Bay leaves
Ground Cumin
Cinnamon Quills
Juniper Berries
Ground Nutmeg
Star Anise

Alcohol

Red wine
White wine
Port

Nestlé Professional products

Cooking Sauces

MAGGI Classic Thick & Chunky Mild Salsa
MAGGI Fish Sauce

BUITONI

BUITONI Sugo al Pomodoro (Tomato Coulis)

Side Dishes

MAGGI Natural Mashed Potato

MAGGI TASTE OF ASIA Pastes

MAGGI TASTE OF ASIA Green Curry Paste
MAGGI TASTE OF ASIA Tom Yum Paste
MAGGI TASTE OF ASIA Laksa Paste

Coconut Milk Powder

MAGGI Coconut Milk Powder Mix

Dehydrated Sauce Mixes

MAGGI Classic Demi-Glace Sauce Mix
MAGGI Classic Béchamel Sauce Mix

Ground Cardamon
Cloves
Garlic Powder Pure
Paprika Smokey
Chilli Powder
Chinese Five Spice
Garamasala
Allspice Ground
Cayenne Pepper
Hickory Smoke
Ground Mustard

Stocks

CHEF Reduced Veal Stock

NESTLÉ DOCELLO Dessert Mixes

NESTLÉ DOCELLO Crème Patisserie Dessert Mix
NESTLÉ DOCELLO No Bake Egg Custard Mix
NESTLÉ DOCELLO French Vanilla Flavoured Mousse Mix
NESTLÉ DOCELLO Dariole Moulds

Chocolate - Compound and Couverture

NESTLÉ DOCELLO Morsels
NESTLÉ DOCELLO Continental Bitter (Couverture - Dark)
NESTLÉ DOCELLO Arctic (Couverture - White)

Milks and Dairy

CARNATION Creamy Evaporated Milk
NESTLÉ Sweetened Condensed Milk
NESCAFÉ Gold Original
UNCLE TOBYS Traditional Oats

APPLICATION FORM

Chef Details

First Name

Surname

DOB

Address

City

State

Postcode

Email

Mobile

Work

ACF Membership Number

Emergency Contact

Name

Relationship

Phone Number

Medical Conditions

Dietary Requirements

Employment Details

Your Title

Company

Address

City

State

Postcode

Phone

I permit my name and any photographs of myself to be released to the media for promotional purposes.

Signed

Date

A Parent or Guardian must give permission and sign below if the student is under 18 years of age.

I, _____ give permission for

To enter and compete in the Australian Culinary Federation National Apprentice Competition & permit any photographs of them to be released to the media for promotional purposes.

Parent or Guardian Signature:

Date:
