

# 2018



## STATES FINALS

### SPONSORS



Overall winners will compete in the National  
Apprentice of the Year  
As part of the Western Australia Squad

# COMPETITION OVERVIEW 2018

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## INTRODUCTION

Firstly!!!

Congratulations on becoming a finalist of this year's state finals please read the whole document as you will need to bring some paper work with you on the day

The aim of the A.C.F WA (Australian Culinary Federation, WA Chapter) is to lift the profile of our Industry and to unite the Industry.

ACF W.A. believes that Cooking Competitions are a vital part of any Apprentice's Training. Through these Competitions we are assisting Apprentices to gain confidence in their Culinary Skills whilst enhancing personal development.

ACF W.A. and it's Apprentices of the Year Competitions, receives support of Industry, Suppliers, TAFE Colleges and Private training providers.

The competition is endorsed by The Australian Culinary Federation.

We encourage all Apprentices to enter this Competition and at the same time request Employers, TAFE Colleges and Private training providers to Support their Apprentices in their Endeavours.

**Finals Sunday 9<sup>th</sup> September**

**7.45 arrive – 8.30am start**

**North Metropolitan TAFE**  
35 Kendrew Crescent (formerly west coast)  
Joondalup

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# COMPETITION RULES - CONDITIONS OF ENTRY

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## **TO COMPETITORS & SUPERVISORS: READ THESE POINTS VERY CAREFULLY!**

1. The Australian Culinary Federation (ACF) and the Competition Committee shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
2. Competitors are advised to consider appropriate insurance protection.
3. All entries must be on an official entry form and signed/verified by your local competition convenor.
4. All competition work, food and dishes, must comply with current health regulations.
5. The judges have the right to inspect, cut, open, test and taste all entries.
6. All judges' decisions will be final and no correspondence entered into.
7. ACF and the Chairman 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.
8. All electrical equipment permitted to be brought into the competition must be tagged by a certified electrician. Non complying equipment will not be permitted. Equipment that is still in warranty does not have to be tagged and tested, but you must show proof of warranty.
9. Competitors will be grouped in:
  - **1st Year Apprentice Chef**
  - **2nd Year Apprentice Chef**
  - **Final Year Apprentice Chef**
  - **Commercial Cookery**
10. All food given in the competition is listed, no added food with the exception of the desserts
11. You will be required to prepare, cook and serve **a three-course menu for the finals.**
12. **Finals: All competitors** you will be required to use the format attached at the back of this document and bring 3 (three) copies typed on the day of the competition.
13. There will be the set ingredients and nothing else will be given out on the day. Plan your menu on what is listed.
14. Your dessert is the only food items you can bring in, penalties may occur if rules are not adhered to.

# FINALS

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Each competitor to:

**Entrée** - Prepare, cook & display three (3) servings of one entrée

The main component to be Ovo vegetarian Inspired Dish... (this is eggs but no dairy)

**Mains** - Prepare, cook and display Three (3) servings of one hot main dish using

You will be given a whole chicken – must use white and dark meat in your main, serve with starch and 2 vegetables

**Desserts** - Prepare, cook and display Three (3) servings of one dessert dish using *Pastry item of your choice but must be the main component of the dish (bring your own ingredients for this course)*

## Criteria

**Entrée:** Each competitor to present Three (3) individually plated entrees

**Each plate/serve must include:**

- Ovo vegetarian inspired dish as the main component

**Main** -: Each competitor to present Three (3) individually plated main course using (Chicken) as the main component along with - **Each plate/serve must include**

- Chicken - white & dark meat
- 1 portion appropriate starch
- A selection of vegetables
- A sauce

**Dessert:** Each competitor to present Three (3) individually plated desserts (hot or cold)

- using Pastry item –as the main component
- All food for this can be brought in for these dishes ...

The time allocation: **these times may vary slightly however will still get total cooking time 4 hours**

<b>Set UP</b>	30 minutes – 8.30-9.00am
<b>Start Time</b>	<b>9.00am</b>
<b>Entrée served at</b>	<b>12:00pm</b>
<b>Mains served at</b>	<b>12:40 pm</b>
<b>Dessert served at</b>	<b>13:00 pm</b>
<b>Clean UP</b>	30 minutes 13.00-13.30
	14.00 (2pm finish) Presentation Time is Approx. 3.30pm

## Special Points:

- Deep fryers available but are shared
- Blast Chiller available but share
- Croyvac machine available
- No pre preparation of food is allowed all must be prepared during the competition times.
- Dessert items brought are only to be utilized in the dessert only
- Equipment provided is listed
- Plates supplied you may bring your own as long as white.
- **Provide 3 copies of Dish description & Recipes using templates provided.**
- **To be typed & each copy in A4 clear plastic pocket.**
- **Equipment allowed along as tagged and tested**

# COMPETITION INGREDIENTS

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All ingredients will be provided based on the recipes submitted by the finalists. You will be required to use some of the sponsored products as stipulated above.

**Dessert – Bring your own ingredients** nothing can be pre-made however can be pre-weighed

## ON YOUR TRAY

**Zimbulas Fruit and Vegetables – you will get a tray with these items on....**

- |                         |                            |
|-------------------------|----------------------------|
| 1 Whole Chicken size 12 | 1 Red Chillies             |
| 2 Large Brown Onions    | ½ cauliflower              |
| 2 Leeks                 | 1 Whole Corn               |
| 2 Medium Carrots        | 1 Avocado                  |
| 4 Large Washed Potatoes | 1 Red onion                |
| 3 Celery Sticks         | 100gm Rockette             |
| 250g Button Mushrooms   | 1 Apple                    |
| 1 Red Capsicum          | ¼ bunch of English spinach |
| 200g Green Beans        | 1 large Sweet Poatato      |
| 2 Shallots small        |                            |
| ½ Bulb Garlic cloves    |                            |
| 2 Tomatoes              |                            |
| 300 g Pumpkin           |                            |
| 2 Lemons                |                            |
| 30g Ginger              |                            |

## DAIRY

- 500 ml Cream
- 6 eggs
- 500 Butter – Western Star
- 500ml Milk

**Fresh-** small bunch of the following will be added to your tray

- Basil
- Chives
- Continental parsley
- Mint
- Rosemary
- Thyme

**Common Ingredients that will be available to you.....**

**DRY – Herbs & Spices**

Ground Cardamom  
Ground Chillies Mild  
Cinnamon Quills  
Ground Coriander  
Fennel Seeds  
Five Spice  
Ground Ginger

Ground Nutmeg  
Sesame Seeds  
Fine Kibbled Black Pepper  
Ground White Pepper  
Sea salt Flakes  
Cumin  
Turmeric

**DRY GOODS**

Self-Raising flour  
Plain flour  
Corn flour  
Castor sugar  
Arborio rice  
Polenta  
Honey  
Red Wine Vinegar  
Cider vinegar

Seeded Mustard  
Olive oil  
Vegetable oil  
Red wine  
White wine  
Tomato Paste  
Brown Sugar  
Soya Sauce – Dark – Light

# Equipment for you to Bring

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## Uniform

Chef's Hat or Flat Top Cap (White)  
Neck Tie (White)  
White Chefs Jacket (White buttons)  
White Chefs Aprons  
Chefs Trousers (small black checked)  
Black Shoes (fully enclosed toe caped – non slip)

## You're Knife Kit – Only bring what you are using if equipment is there no need to bring all....

Cooks Knife	Sharpening Steel
Serrated Carving Knife	Pallet Knife
Boning Knife	Paring Knife
Turning Knife	Parisienne Cutter (melon baller)
Piping Bags	Plain and Star Piping Tubes
Pastry Brush	Wooden Spoon
Bench Scraper / Cutter	Peeler
Measuring Cups	Tasting Spoon- (teaspoon or table spoon)

Tea towels- **MUST BRING YOUR OWN**

## Note:

This is just an example you may bring equipment as long as it is able to fit into a standard tool kit or wrap and any electrical equipment is tag and tested Judges will inspect tool kit. All tools should be clean and well maintained

## **Cutlery/ Plates:**

You may bring your own plates, jugs, jars etc. However only be **white plates ONLY**, and you are responsible for them.



## **FINALS SCORING MEDALS**

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**Final Medals** Will be awarded to any entry which attains the following points:

Gold with honours (Super Gold)	100%
Gold	90% – 99%
Silver	80% – 89%
Bronze	70% – 79%

**Certificates:** All Competitors will receive a certificate of participation

**Prizes:** will be awarded to the winner in each section & the overall best apprentice, prizes can include any of the following...trophies, cash, vouchers, gifts.

**Note: Non-conforming competitors will not be allowed to compete.**

# Judging Criteria

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All four sections will be judged on the following.

## **Mis En Place**

**10%**

Planned arrangement of materials for trouble free working & service  
Clean full uniform  
Clean & maintained tools  
Correct hygiene practices  
Excessive selection or undue waste of ingredients (sustainability)

## **Preparation**

**20%**

Correct preparation of food corresponding to today's modern culinary art  
Appropriate cooking techniques used  
Correct knife techniques  
Complexity of skills/dish, technical ability  
Punctual delivery of final product  
Storage of products during preparation  
Gastronomically appropriate use of sponsored products  
Time management/ work flow.  
Wastage

## **Presentation**

**30%**

Clean & colorful  
Looks appetizing  
Correct portion size  
Stylistic but commercially practical  
Followed criteria  
Correct ingredients  
Does dish correspond to menu description?

## **Taste**

**40%**

Typical taste of food to be preserved  
Appropriate taste & seasoning  
Flavor  
Conform to today's nutritional standards in quality flavor & color  
Texture  
Correctly cooked

## EQUIPMENT LIST

Competitors will have access to the following equipment on a shared basis		
<b>Quantity</b>	<b>Equipment</b>	
	Vacuum packer	
	Freezers	
	Combi Ovens in each kitchen	
	Bak Bar ovens in each kitchen	
	Mandolins	
	Pasta Machines	
	Mincer	
	Blast chiller	
	Electronic scales in each kitchen	
	Prover	
<b>Each competitor will have:-</b>		
1	3 Litre Pot	
1	1 Litre Pot	
2	fry pan/saucepan	
4	Bowls	
4	Gas Burners	
1	Shelves in an upright refrigerator	
	Sink each	
	Bench each	
	Chopping Board	
1	Small Baking Tray	
1	Large Baking Tray	
Your assigned station will have 2 slotted spoons, 2 plain spoons, 2 ladles, 1 tongs, 1 measuring jug, Cleaning Chemicals sanitiser and washing up liquid		
Cling Wrap, Alfoil, Twine		
White Plates Available		
Baking Paper		
Gloves		

# STUDENTS LIST THEY CAN BRING

You may also bring in the following items:-	Check List
Molds	
Pressure Cooker and/or additional pots	
Cream Guns	
Tool Kit	
Baking Sheets	
Small Glasses/Ramekins	
Small Stick blender with attachment,	
Electronic scales	
Pasta machine	
Assorted Ramekins/Shot Glasses/Gratins	

**You need to print out your recipe 3 copies of each –**

- Entrée
- Mains
- Dessert

**Menu is for :**

- 1- To Judges
- 1- To Display
- 1- To for you in kitchen



