

# FOOD & BEVERAGE COMPETITION 2019

8am-4pm  
17 June 2019

U Block  
City campus  
Madras Street



[ara.ac.nz](http://ara.ac.nz)

CHRISTCHURCH | ASHBURTON | TIMARU | OAMARU | ONLINE



**Ara**

Institute of Canterbury

Ara rau, taumata rau

# 2019 competition events

Class	Kitchen Live Events	Room	Schools, Ara students or Open	Duration	Starts
Class 1	Soup	K1	School or Ara students	60 minutes	8am Heat 1 9.30am Heat 2
Class 2	Pasta	K4	School or Ara students	60 minutes	8am
Class 3	Pizza	B1	School or Ara students	60 minutes	8am
Class 4	Savoury Scones	K5	School or Ara students	60 minutes	8am
Class 5	Knife Skills	K4	School or Ara students	30 minutes	9.30am
Class 6	Macarons and Chocolate Petit Fours	B1	School or Ara students	90 minutes	9.30am
Class 7	Gateau Decorating	K5	School or Ara students	60 minutes	9.30am
Class 8	Omelette	K1	School or Ara students	45 minutes	11am Heat 1 12pm Heat 2
Class 9	Café Sandwich or Choice of Burger	K4	School or Ara students	60 minutes	11am
Class 10	Gluten-free Afternoon Tea Cake	B1	Open	60 minutes	11am
Class 11	Live Plated Dessert	K5	Open	60 minutes	11am
Class 12	National Secondary Schools Culinary Challenge (NSSCC) (Year 12-13)	K1	School only	60 minutes	1.30 pm
Class 13	Café-style Vegan Dish	K4	Open	60 minutes	1pm
Class 14	Cup Cakes Decorating	B1	School or Ara students	60 minutes	1pm
Class 15	Dumplings	K5	School or Ara students	60 minutes	2pm
Class 16	Salmon Dish Entree	K4	School or Ara students	60 minutes	2.30pm
Class 17	Fruit Flan - Live practical	B1	School or Ara students	120 minutes	2.30pm
Class 18	Live Beef or Lamb	K1	Open	60 minutes	3.30pm
Class 19	Pasta Mac	K4	School or Ara students	45 minutes	4pm
Class 20	Café Waiter	Rest 1 U109	School or Ara students 4 per heat	45 minutes	9.30am Heat 1 11am Heat 2 1pm Heat 3
Class 21	Junior Barista	U108	School or Ara students 2 per heat	30 minutes	9am Heat 1 10am Heat 2 11am Heat 3 12pm Heat 4 1pm Heat 5 2pm Heat 6

## Key

Open	School only	School or Ara students
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**Open to the public at 8am**

# Welcome

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We're proud to be hosting the 2019 Ara Food and Beverage competition at our City campus on Monday 17 June.

A collaboration between Ara Institute of Canterbury, schools and the food and hospitality industry, this prestigious event promotes excellence within the industry.

The competition features live kitchen and restaurant events and is open to school students, trainee chefs and all levels of the hospitality industry. In order to assist competitors to gain consistency in their work skills and competitiveness, the rules, judging and awards criteria are in line with the New Zealand Hospitality Championships standards.

Enter to compete or come along and watch the action. Bring your friends, your enthusiasm and your skills.

## Sponsors

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The Department of Hospitality and Services Industries greatly appreciates the support given by our sponsors, not only at this event but throughout the year. These businesses are always willing to do that little extra to assist us with our goal of delivering quality training to our students. Without the generosity of sponsors, this event would not be possible. Thank you.

## Judges

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This year's judges have been selected from New Zealand Chefs Association, industry professionals and the Department of Hospitality and Service Industries.

**Cooking Events Chief Judge:** **Mark Sycamore**

**Restaurant Service Chief Judge:** **Adrian Hilhorst**

## Contact

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If you have any questions regarding the classes, please contact:

**Events co-ordinator & cookery area:** **Stuart Goodall, [stuart.goodall@ara.ac.nz](mailto:stuart.goodall@ara.ac.nz), 021 169 7491**

**Restaurant service:** **Heather Dyksma, [heather.dyksma@ara.ac.nz](mailto:heather.dyksma@ara.ac.nz)**

# Conditions of entry

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Entries will be accepted on a 'first-in' basis. Please read the rules and conditions carefully. If exhibits do not comply with rules for their class, they may be disqualified. Entry fees are non-refundable. No correspondence will be entered into.

## Entry fees

<b>Open entry (any age group)</b>	<b>\$20 per class</b>	
<b>Training</b>	<b>\$10 per class</b>	Anyone training and working toward a recognised cookery, bakery or front-of-house qualification
<b>Schools</b>	<b>\$10 per class</b>	Open to Junior (Years 1-8) and Senior (Years 11-13)

**Note:** if a trainee enters an open class, they cannot then enter any training classes.

# Applications for entry

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All entries must be received and paid for by 5pm on Wednesday 12 June and be on the official entry form. Email entries are also accepted but a place cannot be confirmed until payment is received. Only one entry per competitor per class is permitted. A confirmation email will be sent to you on acceptance of your entry.

# Results

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Results will be available within two hours of the completion of each event. Some of the events will run the training classes in conjunction with the open classes, however there will be one top award between these shared classes.

# Awards

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All awards will receive a statement of achievement. The prize giving will be held on Tuesday 18 June at Visions Restaurant, City campus, Madras Street at 5.30pm.

All award recipients must wear the appropriate professional uniform. School competitors are to wear their school uniform.

Medal awards follow the World Association of Cooks Society (WACS) guidelines.

<b>Gold medal - with distinction</b>	<b>100 marks</b>
<b>Gold medal</b>	<b>90-99 marks</b>
<b>Silver medal</b>	<b>80-89 marks</b>
<b>Bronze medal</b>	<b>70-79 marks</b>

# Kitchen – live events

## Class 1 Soup

**Start time: Heat 1 - 8am, Heat 2 - 9.30am**

**Venue: K1**

**Competition duration: 60 minutes**

Prepare and present a soup of competitor's choice for TWO covers to be individually plated.

The portion size may range between 200-250ml. Breads or accompaniments can be served to enhance the presentation. Competitors must supply all ingredients, utensils and plates.

- Two sets of recipes and two description cards to be provided.

*Sponsored by: Catering Hardware*



## Class 2 Pasta

**Start time: 8am**

**Venue: K4**

**Competition duration: 60 minutes**

Prepare and present a pasta main course of competitor's choice using fresh Pasta D'Oro ravioli sheets for TWO covers to be individually plated.

Competitors will be supplied with 300g of fresh pasta sheets just prior to the start of this class. Competitors must supply all other ingredients, cooking utensils and plates.

- Two sets of recipes and two description cards to be provided.

*Sponsored by: Pasta D'Oro*



## Class 3 Pizza

**Start time: 8am**

**Venue: B1**

**Competition duration: 60 minutes**

Competitors to make, bake and present TWO pizzas. Size: 30cm maximum diameter.

Competitors must supply all ingredients, cooking utensils and service plates/boards.

- 1 x Margherita
- 1 x own choice

**Note:** Your base dough can be brought in but not shaped or rolled out. Pre-made base sauce can be brought in.

## Entering a regional event

**www.nsscc.nz** - the regional competition page for all event information. Each competitor enters in their region and contacts the regional event organiser for further information and entry confirmation.

**www.nzchefs.org.nz** - for all events run by NZ Chefs, please contact the local competition organiser.

**Facebook** - log in, search for NSSCC - National Secondary Schools Culinary Challenge

## Class 4 Savoury Scones

**Start time: 8am**

**Venue: K5**

**Competition duration: 60 minutes**

Prepare, bake and present SIX savoury scones suitable to be served in a café with your choice of flavour.

Competitors must supply all ingredients, utensils and plate to serve them on.

## Class 5 Knife Skills

**Start time: 9.30am**

**Venue: K4**

**Competition duration: 30 minutes**

Competitors to complete the following:

- 25g Julienne of carrot
- Fine dice ½ onion
- Lyonnaise ½ onion
- 25g Brunoise of Swede
- Segment 1 orange

Competitors must supply all ingredients.

## Class 6 Macarons and Chocolate Petit Fours

**Start time: 9.30am**

**Venue: B1**

**Competition duration: 90 minutes**

- A: Prepare, bake and present TWELVE macarons, all of the same flavour suitable for a petit four. Size max 3cm and must have a filling.
- B: Prepare and present TWELVE moulded chocolates (supplied size 2.5cm). Each chocolate requires a ganache filling, optional flavour, chocolate capping and coated in tempered chocolate couverture.
- Competitors must supply all ingredients and service plate.
- A recipe and a description card must accompany the dish.



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## **Class 7**

### **Gateau Decorating**

**Start time: 9.30am**

**Venue: K5**

**Competition duration: 60 minutes**

Competitors have 60 minutes to decorate a prepared 20cm chocolate sponge in an innovative style for a 10th birthday gateau. Chocolate is the major part of the theme.

All decorations and garnishes must be made on site.

**Note:** Ara will supply the chocolate sponge (20cm round).

- A recipe and a description card must accompany the dish.

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## **Class 8**

### **Omelette**

**Start time: Heat 1 - 11am, Heat 2 - 12pm**

**Venue: K1**

**Competition duration: 45 minutes**

Prepare and present 2 x three egg omelettes. Using a no-larger-than a 20cm non-stick omelette pan.

- 1 x cheese torpedo shape
- 1 x flat omelette of your choice

Competitors must supply all other ingredients, utensils and plates.

*Sponsored by: Ara*



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## **Class 9**

### **Café Sandwich or Burger of Choice**

**Start time: 11am**

**Venue: K4**

**Competition duration: 60 minutes**

Competitors are to prepare, cook and present TWO plated portions of a hot burger of choice or a café style hot or cold sandwich of choice which can be served with accompaniments.

Competitors must supply all ingredients, cooking utensils and plates

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## **Class 10**

### **Gluten-free Afternoon Tea Cake (Open class)**

**Start time: 11am**

**Venue: B1**

**Competition duration: 60 minutes**

Prepare and present SIX cut portions of a gluten-free slice with a minimum of two layers, suitable to be served in a café.

- A recipe and a description card must accompany the dish.

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## **Class 11**

### **Live Plated Dessert (Open class)**

**Start time: 11am**

**Venue: K5**

**Competition duration: 60 minutes**

Competitors have 60 minutes to prepare and present TWO identical, individually presented hot or cold desserts. The dessert must incorporate a fruit component.

- A recipe and a description card must accompany the dish.

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## **Class 12**

### **National Secondary Schools Culinary Challenge (NSSCC) (Years 12-13)**

**Start time: 1.30pm**

**Venue: K1**

**Competition duration: 60 minutes**

The competitor will prepare, cook and present, TWO individually plated portions of an entrée course within 60 minutes.

The entrée portions must contain fresh New Zealand-grown carrots as the principal component of the dish.

The dish must meet healthy eating guides.

- A description card and two copies of the recipe must be presented and be on the templates provided on the website: [www.nsscc.nz](http://www.nsscc.nz)

The regional winner and the student in second place will receive a prize pack.

*Sponsored by: NSSCC*



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### **Class 13**

#### **Café Style Vegan (Open class)**

**Start time: 1pm**

**Venue: K4**

**Competition duration: 60 minutes**

The dish must have

- 1 protein e.g. tofu, beans
- 3 different types of vegetable
- 1 sauce/dressing

Suitable as a lunch dish, can be served hot or cold.

- **Two sets of recipes and two description cards to be provided.**

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### **Class 14**

#### **Cup Cakes Decorating**

**Start time: 1pm**

**Venue: B1**

**Competition duration: 60 minutes**

Decorate and present TWO x 3 cup cakes using frosting and decoration which is to be made during the event. Total of 6 cupcakes.

Competitors must supply all ingredients and service plate.

- **A description card must accompany the dish.**

**Note:** The cupcakes bases will be supplied (red velvet), standard muffin tin-size.

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### **Class 15**

#### **Dumplings**

**Start time: 2pm**

**Venue: K5**

**Competition duration: 60 minutes**

Competitors have 60 minutes to prepare and present 12 dumplings.

- 2 different types of filling
- 2 different styles of pleating
- Can be steamed or fried

A dipping sauce will need to be served.

All to be on one service platter.

Competitors must supply all ingredients, cooking utensils and plates.

**Note:** Dumpling wrappers can be brought into the competition.

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### **Class 16**

#### **Salmon Dish Entrée**

**Start time: 2.30pm**

**Venue: K4**

**Competition duration: 60 minutes**

Prepare and present an entrée course of TWO covers to be individually plated. Competitors will be supplied with two portions of salmon fillet (not pin boned).

Competitors must supply all other ingredients, utensils and plates.

- **Two sets of recipes and two description cards to be provided.**

*Sponsored by: Akaroa Salmon*



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### **Class 17**

#### **Fruit Flan**

**Start time: 2.30pm**

**Venue: B1**

**Competition duration: 120 minutes**

The flan must be made in a 19cm tin fluted (supplied) and must include

- Sweet paste (to be brought in by the competitor)
- Cream patisserie filling, made on the day (custard based filling)
- Fruit decoration using minimum of three fruits
- Glaze finish

The fruit flans to be served on a cake board (supplied).

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### **Class 18**

#### **Live Beef or Lamb Main (Open class)**

**Start time: 3.30pm**

**Venue: K1**

**Competition duration: 60 minutes**

Competitors have 60 minutes to prepare and present TWO identical, individually presented main courses featuring NZ beef or lamb as the protein, a balance of starch, vegetables and suitable sauce. The competitor must bring all ingredients including their beef and lamb cuts untrimmed.

- **A recipe and a description card must accompany the dish.**

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### **Class 19**

#### **Pasta Mac (Classical or Contemporary)**

**Start time: 4pm**

**Venue: K4**

**Competition duration: 45 minutes**

Prepare, cook and present TWO main-size, plated pasta portions of a classical or contemporary pasta macaroni. Competitors can choose their pasta shape. Two covers to be individually plated for service.

Competitors must supply all other ingredients, cooking utensils and plates.



# Restaurant - live events

## Class 20 - Café Waiter

**Start time: 9.30am**

**Venue: U109**

**Competition duration: 45 minutes**

There are four parts to this competition:

### **Part 1: Mise en place cleaning, sideboard and table setting**

Prepare a table for three covers for two courses.

Flower or centrepiece may be brought in by competitor.

Equipment will be provided for set-up (900mm x 900mm table, three chairs, sideboard). No mise en place to begin until judges indicate start.

### **Part 2: Water and wine service**

Serve water to three covers and a bottle of white wine to three covers.

### **Part 3: Plate carrying and clearing**

Serve three empty soup plates on under-plates to your 'guests'. Spoons will be placed in bowl to indicate plates should be cleared. Serve three main course plates to guests, fan and anchor cutlery when clearing using three-plate stacking method.

### **Part 4: Pack down**

Use a service tray to clear table excluding condiments and table number to the sideboard.

Marks will be given for organisation and efficiency.

## Class: 21 - Junior Barista

**Time: 30 minutes (2 students per heat)**

**Start Time: 9am**

**Venue: U108**

**Competition duration: 30 minutes**

There are three parts to this competition:

### **Part 1:**

Duration 5 minutes for machine familiarisation and setup. Test shots and grind adjustments may be done at this time.

### **Part 2:**

Duration 12 minutes

Competitors are required to produce and present the following beverages, in any order:

- 2 x espresso
- 2 x mochaccino
- 2 x flat white

### **Part 3:**

Duration 5 minutes allowed for breakdown and cleaning.

**Note:** Competitors will be supplied with the following:

- C4 Coffee beans
- blue top milk
- Wega two group espresso machine
- Mazzer grinder
- tamper, milk jugs, crockery, glassware and spoons
- machine cleaning tools
- cloths and tea towels

Heat times will be emailed to you.

*Sponsored by: C4 Coffee Co*



# General Information

## Registration on the day of the competition

Competitors for all events are required to register in U block reception 30 minutes before their event and be at the designated event area 15 minutes prior to the commencement of their event.

All hot kitchen events will be held in the training kitchens in U Block of the Ara City campus, Madras Street.

All restaurant classes will also be held in U Block.

## Live events

Each competitor will be supplied with one commercial oven, one bench and one sink with hot and cold running water. All other equipment is to be supplied by the competitor.

Live events are limited to eight competitors per class. Dishes must be presented within the allocated time with description cards as would appear on the menu, with a complete description to include all elements of the dish.

Competitors are permitted to take into the kitchen pre-made stocks. Pre-made wraps and unrolled filo pastry doughs may also be brought in. Peeled vegetables are accepted but not turned or blanched.

No glazes, reductions, finishing sauces or other finished food items will be allowed.

Competitor's food containers and toolboxes are subject to inspection by the judges to ensure compliance with these rules.

Competitors will be given 15 minutes prior to the event to set up their workstation and 15 minutes at the end of the event to clean down and remove personal equipment. Marks may be lost for stations that are left dirty.

## Kitchen set up

- Cooker types: U Block kitchen minimum 4 ring gas. All have fan ovens and electric ovens.
- Bench size: 1.8 metres long by 60cm wide
- Chopping board: will be supplied
- Equipment: competitors are asked to bring all equipment.
- Wash up facilities

## All competitors

Ara accepts no responsibility for loss or damage to competitor's exhibits, goods, dishes or personal effects. While all reasonable care will be taken by staff, responsibility remains solely with the competitor. It is recommended that competitors label their own personal service dishes.

Ara reserves the right to modify the rules and retains the right to limit entry numbers in any one class and/or cancel a class if there is a need to. The judges' decision will be final and no correspondence will be entered into.

## Guidelines for culinary arts and restaurant service competitions

Competitors should refer to the latest version of the competition guidelines for details of marking criteria. To purchase a copy, visit [www.nzchefs.org.nz/shop](http://www.nzchefs.org.nz/shop)

## Preparing for competitions

This competition is made up of a series of competitions called classes. Each class has a name and number. The event timetable will indicate when each class is held. Choose a class or classes appropriate to your skill level.

Ensure eligibility to enter the class; the class should advertise what level it is i.e secondary school, trainee or open and sometimes it may be a "by invitation only".

Competitors must read the class criteria themselves and take responsibility for their own entry. Read the competition rules so you have a clear understanding of what can and cannot be done.

<b>Trainee</b>	An entrant who is engaged in training, irrespective of their age, at an appropriate educational institute, on an industry training programme or who is undertaking an apprenticeship or traineeship with a registered workplace.
<b>Secondary School</b>	Generally, it is understood that the entrant must be at secondary school. Some competitions may allow for younger entrants in some circumstances.
<b>Open</b>	An entrant may enter this class regardless of age, experience or hours worked. Please be aware that some events will not allow a competitor to enter both trainee and open events at the same show.

Different classes require different types and amounts of paperwork. Check with the event rules but the general rule requires the following:

<b>Recipe card</b>	This must have the recipe scaled to the portions being produced. It must include all of the ingredients and quantities being used. Do include the cooking mediums and seasonings. It must contain a clear, concise and logical method of cookery, including time and temperatures.
<b>Menu descriptions</b>	A menu description card or dish description card must be produced to accompany the dishes presented. This may mean more than one card; one will accompany the judges' portion and the other the display portion. Remember a menu description is a synopsis of the dish as it would be written on a restaurant menu that would be presented to guests. Don't make the description too long or wordy. If the item is on the menu description then it will need to be served.
<b>Sponsors product</b>	In some events sponsors will provide or require competitors to use their products. Generally, the name of the products will be required in the recipe.

## Registration, briefing and set-up

Competitors will be given a report day and time. Competitors must register at the competition reception/ registration area and may need to produce ID.

The bench/station numbers will be allocated and competitors will then be directed to the area for the class briefing. Once in the competition arena, competitors will be checked by the kitchen manager and shown to their work station, benches or bay.

Competitors must be on time and presented in full uniform for their briefing as this is a safety requirement and considered part of the class. Failure to attend could result in disqualification.

## Class timings

The class floor manager or head judge will start and finish the competition according to the timing requirements specified in the criteria. Competitors will be given a 'time remaining' countdown through the competition.

When the allowed time is up, competitors will be asked to "step back from your work stations".

Competitor classification	Adjudication after time called
<b>Secondary School</b>	Loss of 5 marks immediately as time is called. Competitors may continue for 5 minutes to complete and they will incur the loss of one mark a minute up to 5 minutes, then they must stop work.
<b>Trainee</b>	No work will be accepted after time is called. <b>Must stand back from their work stations.</b>
<b>Open</b>	No work will be accepted after time is called. <b>Must stand back from their work stations.</b>

## If the competitor has not presented

- all of the required dishes (lifted from the work bench, in transit to the judges table is acceptable)
- completed all of the service elements (i.e. chairs pushed in for table setting)

In case of a competitor not meeting the requirements the following procedure will be followed:

- the judges will mark the processes in full and discussions will take place in the deliberations room regarding the outcome
- the competitor will receive the comment sheet without marks

These are the following acronyms that will be entered on the scoreboard:

Acronym	Meaning	Reason
<b>DNF</b>	Did not complete	Did not finish in the allowed timeframe of the class within the restaurant service.
<b>DNC</b>	Did not comply	Did not finish the correct number of portions or product as outlined in the criteria or rules and or within the competition timeframe.
<b>DNP</b>	Did not present	Did not attend the class or did not present the required static items within the competition timeframe.

## Personal presentation

Standards will be outlined in the event rules, generally the competitor must wear the following clothing before entrance to the kitchen arena will be granted. This is a safety requirement:

- clean, pressed chef jacket, fully buttoned up
- neckerchief
- chef's hat; this may be a skull cap or chef's toque
- apron
- chef's trousers
- kitchen appropriate shoes (closed toe, sturdy and non-slip). Generally, sports shoes are not suitable.

Furthermore, the competitor must:

- be well groomed and have a tidy appearance
- keep their appearance clean throughout the duration of the class
- act in a professional manner
- show respect to other competitors, judges, competition officials and spectators

## Recommended portion sizes for competition dishes

All kitchen competition work is a show piece of the chef's ability in the class they have chosen. Smaller portions are served than would generally be served in a normal hospitality setting. This is for two reasons:

- to reduce cost to the competitor or food producer who may be sponsoring the product
- to reduce food wastage. WorldChefs is mindful that in some countries food is at a scarcity and that competition work should be seen to have a sustainable element to it.

With this in mind, here are some guidelines for how much food should be served per dish at a live cookery competition.

<b>Entree</b>	Maximum total weight of the dish 125g, protein component should be between 50-75g
<b>Main</b>	Maximum total weight of the dish is 180-255g, protein component between 150-160g. If fish is used as the protein this may be less again at approximately 140g
<b>Dessert</b>	Maximum total weight of the dish should be approximately 125g

## Judging process for the cookery competitor

All written material needs to be presented at the commencement of the class as a part of set-up so the judges can view this and mark as they go.

Generally, three judges per class are required, and they will observe skills and methodology at a reasonable distance or they may judge as a blind panel. Competitors may communicate with the judges during the live class and are encouraged to do so if an accident or equipment malfunction occurs.

- 60 marks are attributed to the taste of the dish
- 40 marks are for the technical, practical skills and hygiene skills displayed during the class.

# Food & Beverage Competition entry form



Please complete this form by **12 June 2019** and email to: **foodcompetition@ara.ac.nz**

*Note: please complete all boxes as we must be able to make contact with competitors if required.*

**Please print clearly as this is the name which will appear on your certificate.**

First name:  Last name:

## Contact details

Address:

Phone: Mobile:  Home:  Business:

Email:

Place of work or study (*add one only*):

Date of birth:

Entrants in training classes must be currently enrolled with an NZQA-accredited training provider with no more than 4000 hours work experience. Training classes are not open to secondary school students.

**Please write clearly the number, name and status for each class you wish to enter.**

Class number	Name of class	Status: Static/Sec School/Training/Open	Price (including GST)
			Total:

## Payment method

Internet payment to: **Ara Food Competition 02 0800 0911670 03**

**Add your name and Reference: FCFAV (13400) 1850**

## Conditions of entry

Entries will be accepted in order or receipt. **No entry will be accepted without payment of the entry fee.**

Competition organisers reserve the right of admission.

All changes to entries must be in writing or email and received before Wednesday 12 June 2019.

All entry fees are non-refundable.

All information supplied to Ara Institute of Canterbury as part of this entry form will be kept entirely confidential. It will not be revealed to anyone or used for any purpose other than internal record keeping.

All events may be recorded and used for Ara educational purposes.

For further information contact either:

Kitchen: [stuart.goodall@ara.ac.nz](mailto:stuart.goodall@ara.ac.nz) or Restaurant service: [heather.dyksma@ara.ac.nz](mailto:heather.dyksma@ara.ac.nz)

I accept all competition rules and conditions.

Signature

Date









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**PO Box 540, Christchurch 8140, New Zealand**

**Telephone: 0800 24 24 76**

**Email: [info@ara.ac.nz](mailto:info@ara.ac.nz)**