



NZ Chefs

Information Evening Culinary Competitions

Tuesday, 13th March 2018

'Sharing a passion for all things culinary'



NZ Chefs - AGENDA

1. Overview
2. Why do we do competitions?
3. Criteria – VERY Important
4. Paper work + Competition Marks
5. Live & Static Classes
6. Uniform/Hygiene
7. Planning
8. Questions



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NZ Chefs - OVERVIEW



The New Zealand Chefs Association is a national association representing professional chefs, cooks and trainees in New Zealand.

The association is made up of 8 branches around NZ. This network allow chefs to help fellow chefs both nationally and internationally.

The branches hold regular meetings and are active within their regions and nationally. Members consist of people with a passion for food and represent a wide range of professions associated with this industry.

NZ Chefs BRANCHES – REGIONAL SALON CULINAIRE

Most Regional Branches run Salon Competitions, which are designed by local Chef Branch Members to encourage our profession, to show skills, bench mark against fellow chefs and hone their culinary skills for public display. There are events from Secondary Schools, Trainees and Open Classes - Something for everyone! There are certain events like, 'Chef of the Year', where competitors must enter and win their regional event (with minimum of a sliver) in order to gain entry to the National Final, held each year at the NZ Chefs National Salon.

The competition is developed to encourage skills in static larder displays, patisserie (Baking) and hot kitchen (and some regional events will include front of house through table setting, team skills, mocktails/cocktails and Barista).

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NZ Chefs – Why would you?



Why do we do it?

Competition is a painful thing but
it produces great results

- Jerry Flint (Forbes)

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NZ Chefs – CULINARY TEAM 2013

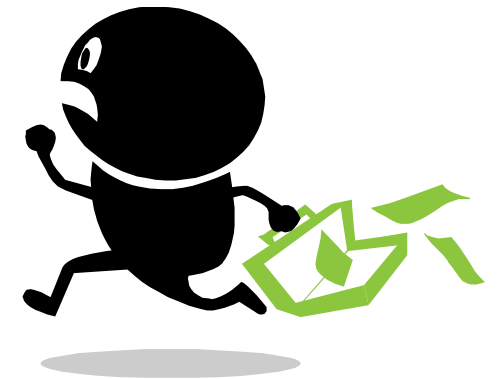
What do you need to
know to be successful



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NZ Chefs – Commitment

- You will need time to practice - practice makes perfect!
- Try to do a small amount of classes, and do them really well
- You will need the support of your teacher, employer, mentor/coach and colleagues, friends and family
- You may need some funds! Food isn't cheap....



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NZ Chefs – READ, READ & READ



Understand the entry criteria

1. Read the event rules
2. Enter a class you have the skill level for
3. Are you eligible to enter in the class you have chosen
4. Read the class criteria that you are entering. Are you able to do all of the things that it asks? What do you need to learn?
5. Where can I find out information to assist me with my class/entry?

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NZ Chefs – READ, READ & READ



Understanding the requirements of your competition

1. What do the rules say about setup and equipment?
2. What do I have to do and is there a time limit?
3. Is there a sponsors product you need to use in the dish or in my table setting product or a theme?
4. How many portions do you need to prepare or people do I have to serve?

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NZ Chefs – READ, READ & READ



Understanding the requirements of your competition

1. What accompanying paperwork will I need?
2. Recipes – format, detail, amount
3. Menu descriptions/card or theme descriptions
4. Menus for guests
5. Sponsors product noted or a list of sponsors if required
6. Am I allowed logos on these or my name?
7. What will happen with my paperwork after the event?

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NZ Chefs – The paper work

An example of a Standard Recipe & Menu Description

NZCA Menu Description Card Name of Event

Class Number

Name of Class

Competitor Number #

Portions

Name of Dish

Description of Dish

Sponsors Product

Remove this script before printing

- *Review Class Criteria for the number of description cards required*
- *The description card should be as you would wish the product/dish to be described on the menu*
- *Must be computer generated and written in English*
- **Failure to supply this as part of the class criteria will result in being disqualified**

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NZ Chefs – The paper work

An example of a Standard Recipe & Menu Description

- **Recipe Cards must have**

1. Name of the item/s
2. Amounts used in preparation for the portions produced
3. A method of production for those items

Ceviche Pacifico	
Ingredients # 1	
2.000g	Fresh Fish fillets
.030g	Salt and Pepper
.600ml	Lemon Juice
.150ml	Lime Juice
Ingredients # 2	
.200g	Spanish Onions
1 bunch	Coriander
¼ Bunch	Mint, removed from stalks
.030g	Red Chilli
.400ml	Coconut cream
	Salt and Pepper mix

Method:

1. Slice the fresh fish across the grain in small paper thin slices, across the grain will ensure that the fish will hold together when it is cured, if the fish is cut to thick the end product will be chewy and tough as the juice is unable to cure through to the center.
2. Season the fish with salt and pepper
3. Add on lemon and lime juice and refrigerate for approximately 1-1.5hours
4. Add to the cured fish the fine julienne of Spanish onions, chopped coriander, finely chopped mint, finely chopped chilli
5. Mix then add on the coconut cream
6. Correct the seasoning and further refrigerate for 2 hours before serving

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NZ Chefs – The paper work

An example of a Standard Recipe & Menu Description

- **If Sponsors products are asked to be used**

1. They must be noted
2. They must be in your recipes
3. List all other products used

Bengali	
Amount	Ingredients
.015ml	Brandy
.015ml	Fernet Branca
.030ml	Triple Sec
.030ml	Cherry Syrup
.060ml	Cranberry

Class 27
Toops
Original Innovative Cocktail Collation
Competitor # 146

Ferdinha
The aromatic tingle of Fernet mixed with a sweet and sour of citrus and sugar, light and refreshing.

সুসজ্জা

Bengali
A sophisticated cocktail with fresh fruit flavours enhanced with aromatic fernet

Sponsors product; Ocean Spray classic cranberry juice

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NZ Chefs – PLANNING

Planning your event:

- **Appropriate** dish for the class (i.e. sushi is not a hot fish entrée)
- Think about the **overall tastes** - **Taste** your food before you plate up
- Pleasing to the eye, does the dish have colour, texture = crunchy and soft, crispy etc. a balance of protein and vegetables and starch
- **Cleanly** arranged food on the plates
- **Creative**, In style or vogue, fashionable for the 21st century
- Clear **method of cookery** appropriate to the main protein being used.
- Each part of the dish should have taste and flavours that should harmonise
- Don't mask the flavour of the main protein (= meat or fish)
- Is there a balance of skills evident **1 complex 4 more simple** (General rule of thumb on your plate)

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NZ Chefs – SALON CULINAIRE



COMPETITION MARKS

- Firstly all competitors, regardless of the class entered, start with **100 total marks**. Marks may then be taken off for errors or mistakes that impact the final product or for things that are not considered to be standard or best practice.
- Marks are allocated on the judging sheets under section headings and you will see a mark allocated to each topic, that is the criteria that you are being judged against.
- Live Cookery classes are split into 2 sets of marks – 40% for Practical (Floor) and 60% for the Taste and presentation of the dishes.
- No competitors entry is compared with another entry. It is only compared and judged against the class and topic criteria's.

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NZ Chefs – SALON CULINAIRE



LIVE COOKERY

- **40 marks** will be for the competitors floor work, this means the way in which they work. We consider knife skills, personal presentation, use of equipment and hygiene. The other **60 marks** is attributed to the dish itself.
- This again is broken down into presentation of the dish, taste of the dish, balance, colour, matching the dish descriptions and recipe cards and most importantly, how all elements of the dish are cooked.
- Always present your dish on time or slightly before time to retain your marks, even if its not quite how you practiced it.
- It is better to lose a few marks than not present and get no marks.

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NZ Chefs – SALON CULINAIRE



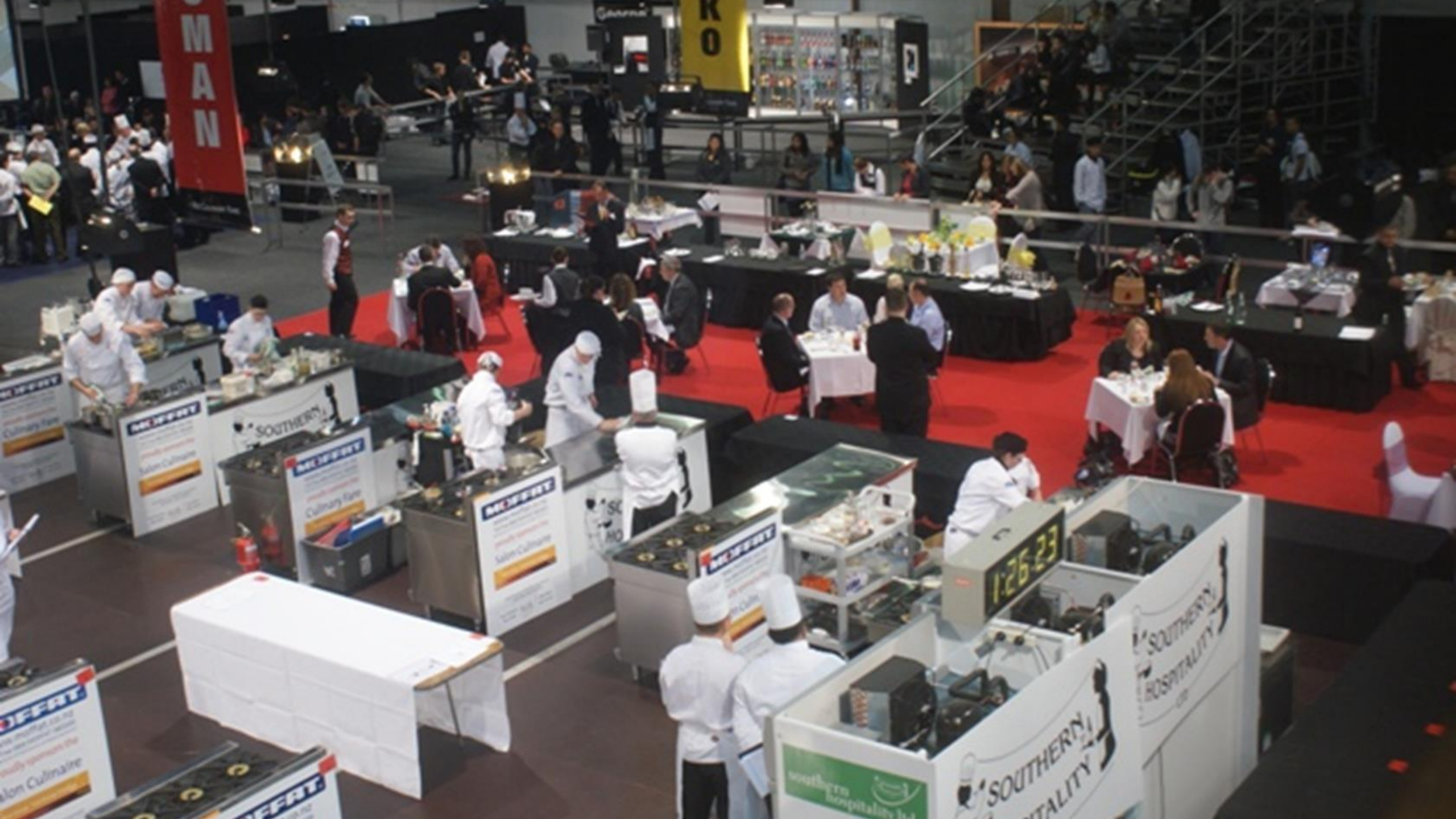
LIVE RESTAURANT SERVICE

100 Marks are for the following areas:

- Personal Presentation
- Mise en Place (Setting up, and polishing etc)
- Etiquette
- Table setting – measurements, placements etc
- Centre Piece
- Over all flair

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NZ Chefs – SALON CULINAIRE



STATIC DISPLAY

- These are the items that you bring in already prepared. All **100 marks** are just for the food as we can not observe your working techniques. So here the visual impact of the dish is vitally important.
- We are marking on a great finish so items need to be nicely coloured from the oven, glazes need to be set, fruit trimmed well and the overall presentation of your food item should have been considered – is the plate the right size?
- Is it an even portion that you have cut with a nice clean sharp knife etc

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Marking Sheets:

The following is a sample of the judges marking sheets used for cookery.

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NZ Chefs - Central Branch Cookery Competition Marking Sheet 2014

FLOOR SKILL MARKING SCHEDULE LIVE COOKERY - Page 1

Judge's Name: _____ Class # & Name: _____

Competitor Numbers Bench Number	#	#	#	#	#	#	#	#	#	#	#	#
	1	2	3	4	5	6	7	8	9	10	11	12

Professional Practices

Personal presentation	3											
Set up work station & Flow	2											
Use of Fridge	1											
Hygiene Practices	5											
Correct Mise en place	3											
Correct use of equipment	3											
Ability to work under pressure	3											
Sub Total	20											

Work and Technical Methods Shown

Good timing & organisation	4											
Tech skill shown, correct/approp	4											
Correct knife skills/handling seen	4											
Correct methods cookery applied	4											
Wastage is minimized	4											
Sub Total	20											

Were all dishes completed on time Y/N _____

Total Floor **40**

Total Taste Main **60**

Total Taste Dessert **60**

Divide Taste Main & Dessert by 2 **60**

Judge's Signature _____ **Total 100**

NZ Chefs – PERSONAL PRESENTATION



NZ Chefs – PERSONAL PRESENTATION



HOT KITCHEN

Personal Presentation:

- Clean body
- Clean hair – tied back or in a “pony tail” if required
- Clean hands and nails (NO Nail Polish)
- No make-up or Strong Perfume
- No jewellery
- Any facial hair to be neat and trimmed or clean shaven

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UNIFORM

- **clean, pressed and in good repair**
- Hat
- Chef's jacket and Neckerchief (Neck Tie)
- Chef's trousers or plain black trousers
- Apron
- Closed toe black shoes
(non slip is best)

HYGIENE

- **YOU MUST.... Always wash your hands or change gloves**

KITCHEN HYGIENE

- Workspace – Ensure you are clean and tidy on and around your workspace
- Food Safety – Bench, Personal and Fridges
- First aid - plasters and gloves etc



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Exceptional hygiene standards

- As the focus in our industry increases on preventing food borne illness so does the focus in the competition arena
- If product is deemed to be unsafe to eat by the judges it will not be marked
- Similarly if poor restaurant hygiene practise are noted competitors may loose marks or be disqualified
- Bonus marks are now awarded for hygiene in the “of the year” classes



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NZ Chefs – PERSONAL PRESENTATION



NZ Chefs – SALON CULINAIRE



FRONT OF HOUSE

Personal Presentation:

- Clean body
- Clean hair – tied back or in a “pony tail” if required
- Clean hands and nails
- No visible tattoos
- No make-up or perfume
- No jewellery
- Any facial hair to be neat and trimmed or clean shaven

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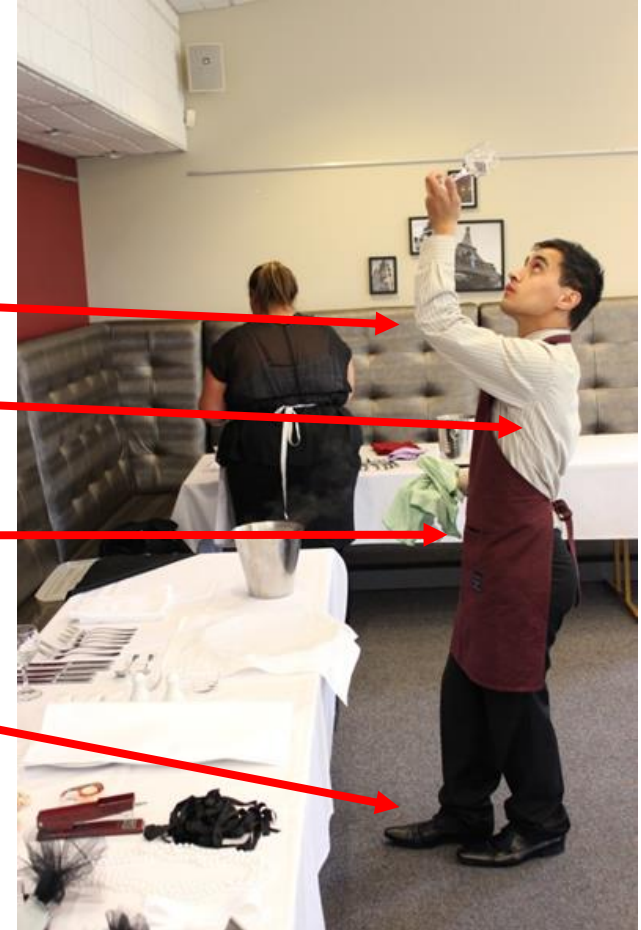
NZ Chefs – SALON CULINAIRE

UNIFORM

- clean, pressed and in good repair
- Hair tied up (or short)
- Long sleeve business style shirt/blouse
- Black trousers or plain black skirts
- Apron (Can have two, one for prep and one for service)
- Black leather shoes

HYGIENE

- Makeup must be kept natural
- No finger nail polish
- No strong odours (good or bad ones)
- Piercings etc kept to a minimum



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Work Station Set Up:

- Sanitize the bench, light the oven
- Place the chopping board on the table with something under it to ensure it does not move.
- You may boil a pot of water or oil prior to the event starting.
- Use plastic disposable spoons for tasting of food product and straws in the Restaurant service arena for beverage tasting.

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Size, portions, weights and correctness

There are a number of reasons for the criteria to reflect differences in the above areas.

1. Level of competitor
2. Wastage
3. Scaling and yield management
4. Is the entry a correct interpretation of the criteria

Level of the competitor

Schools Competition generally asks to two portions up to International competition that calls for 110 portions

Wastage

No adherence to size, portions and weights is considered as wastage and WorldChefs has a sustainable food focus given the World's hunger issues

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Size, portions, weights and correctness

Scaling and yield management

- Many food businesses survive alone on portion control
- Correct weights add consistency
- SOP for some outlets is to reject food over weight specs (So choose the right size products for your class)

Is the entry a correct interpretation of the criteria

- Does it meet the criteria in all aspects
- Judges schedules are written against the criteria
- Has the competitor shown they have a clear understanding of the criteria

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Consistency and Quality

Cookery

- Across all plates served

Restaurant service

- Across service elements

Static

- Across all elements of work

The quality that we judge to is Standard Industry Practise and often will focus on if you were having a restaurant experience would this represent a quality product you would be happy to pay for

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NZ Chefs – COMPETITOR BRIEFINGS

QUESTIONS:

This is your time to ask questions, however listen to the brief, mentally check off things as correct (your in the right class!) and ask questions.



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PLANNING:

Read the criteria carefully to fully understand what is required

Think carefully about the time limit and plan your dish to fit inside that time

Plan your dish before you start to cook – think about it – then sketch it

Portion control the dish e.g. if it is an Entrée make sure the size is appropriate

Ensure you have adequate protein and starch

Make sure the dish has “eye appeal”

Practice cooking the dish so that you know you can complete it on time using a timer on your bench

Write out the recipe, then a work plan showing how you will go about cooking the dish

Write up an ingredients list for competition day

Write up an equipment list for competition day

PRACTICE, PRACTICE and then PRACTICE some more

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CHECK LIST:

Use the “Competitors Checklist” and your “Ingredient” and “Equipment” lists to ensure you have everything when packing up

SUPPORT:

You need support from your teacher, tutor and or chef – A mentor/coach is very important in order to succeed

**DONT FORGET YOUR
YOUR LUNCH
MUM**



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THINGS TO REMEMBER

- Do not forget a First Aid Kit
 - Do not forget gloves
 - Have plenty of Commis cloths and Tea Towels
 - Understand the time allocated for your class and practice to complete your entry in that time span
 - Remember that you must bring in ALL the equipment and food you need for your class - NO Exceptions.
- **IMPORTANT:**
 - Read and then read again your competition instructions/brief
 - Eat before competition – it gets hot in there so be well hydrated and have some food.
 - REMEMBER your recipe cards and dish description (Marks will be lost)
 - Be ready to go 30 minutes before your competition starts
 - Listen to the competition brief before your class starts
 - Have helpers to help set up and clear away.

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Competing:

- Unpack your equipment yourself – so you then know where every thing is and can not blame Mum, Teacher or your little brother...
- Be flexible, some things may go wrong... Think, react and carry on.
- Work to a mental plan (NO work plans allowed in the competition) this is where your practice will pay off.
- Remember hygiene and safe food practices like covering and storage of food
- Keep clean and tidy
- Warm your plates – keep them clean
- Watch your ovens... You are not used to them so keep checking
- Have a gas lighting tool
- Have containers to store left over items
- Use good quality salt to season your food and freshly ground pepper
- Show skills and keep prep to a minimum
- Enjoy, work with a purpose and keep a good speed
- Clean your bench BEFORE you plate up.
- Time stops as you lift your plates.....

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THE JUDGES DECISION

IS FINAL



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END:

- Pack away your equipment into your box. You can NOT wash your equipment on site. Plates can be collected about 2 hours after class ends (Name your plates underneath)
- Wait for 'Time' to be called before leaving the class. Helpers can come in at this stage to help
- Must be cleaned up (including your bench and stove) within 15 minutes of end of class.
- Head Judge will dismiss you once your area is checked off.

WAIT FOR THE CLASS

TO FINISH



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Competition Schedule for 2018:

NZ Chefs Association – Branch Regional Salon
26th & 27th May 2018

NZ Chefs NZ Hospitality Championships 2018 – Auckland
11th to 14st August 2018

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**Good Coaches teach respect for the opposition,
love of competition, the value of trying your
best, and how to win and loose with grace**

Brooks Clark

Thanks for your time

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NZ Chefs + Hospitality NZ - QUESTIONS



THANK YOU

Thank you all for your time... Good luck and remember you can get the Entry Forms from the following websites:

GOOD LUCK TO ALL
SEE YOU THERE
NZ CHEFS

www.nzchefs.org.nz – (Events) Branch Regional Salon

<http://www.nzchefs.org.nz/Competitions/Regional+Salons.html>

You can also purchase your WACS Guidelines from NZ Chefs – info@nzchefs.org.nz

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