



To be read in conjunction with the ESC2006 *Rules and Regulations*

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Patisserie and Bakery

Class 01: Three-tier Wedding Cake

1. All decorations must be of edible food material and made entirely by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and/or covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The bottom layer of the cake must be edible.
6. Inedible blanks may be used for the two top layers.
7. The bottom layer will be tasted as part of the judging process.
8. Typewritten description and recipes are required.
9. Maximum area w60 x d75cm. Maximum allowable total height (including socle or platforms) is 75cm.

Class 02: Practical Cake Decoration

1. To decorate a single finished sponge cake.
2. Two-and-a-half-hours duration.
3. All decorating ingredients must be edible and mixed on the spot.
4. No pre-modelled garnish permitted.
5. Chocolate and royal icing can be pre-prepared to the basic level, e.g.. tempered chocolate can be brought.
6. Organizers shall provide two shapes of plain sponge cake: a 30cm diameter; a 30cm square. Competitors must choose only one shape cake with which to work.
7. Apart from the cake provided, competitors must provide all ingredients, utensils, and small equipment required.
8. A standard buffet table, shared sink and shared fridge shall be provided for the competitors.
9. All cakes shall be displayed until the end of the Salon and shall be disposed of by the organizer.

Class 03: Six Plates of Dessert

1. Six different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Presentation to include a minimum of two hot desserts (presented cold).
4. Written descriptions and typed recipes required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 x d75cm.



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Class 04: Pastry Showpiece

1. Freestyle display.
2. Edible media, marzipan, pastillage, sugar, pulled-sugar, croquant, etc., may be used, singly or in mixed media.
3. Written description required.
4. Maximum area w90 x d75cm.
5. Exhibit can be no more than 75 cm. High.

Class 05: Bread Loaves and Showpiece:

1. Prepare and present: four types of breads (competitor's choice) and four types of breakfast pastry.
2. Bread is to be displayed with a bread showpiece. The showpiece will be included in the judging criteria.
3. Each individual to prepare his dough and bake his breads at his place of work and bring them to the competition for judging.
4. There will be an oven available for re-heating bread.
5. Typed recipes required.
6. Maximum area w90 x d75cm

Artistic Displays

Class 06: Chocolate Showpiece

1. Free-style presentation.
2. No frames or supports.
3. Natural coloring allowed.
4. Minimal glazing is allowed.
5. No moulded work.
6. Maximum area: w80 x d75cm.
7. Exhibit can be no more than 75cm.high.

Class 07: Fruit and/or Vegetable Carving Showpiece

1. Freestyle presentation.
2. Light framing is allowed, so long as the construction of the piece does not depend upon it.
3. Maximum area w60 x d75cm.
4. Exhibit can be no more than 55cm high.

Class 08: Open Showpiece

1. Freestyle presentation (but see Rules and Regulations for themes to avoid).
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w90 x d75cm.
4. Exhibit can be no more than 75cm high.



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Gastronomic Creations

Class 09: Four-Course Vegetarian Men

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for dinner service.
3. The meal must consist of:
 - ? An appetizer,
 - ? A soup,
 - ? A main-course,
 - ? A dessert.
4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Eggs and dairy products are allowed.
7. Typewritten descriptions and recipes required.
8. Maximum area w75cm x d75cm.

Class 10: Five-Course Gourmet Dinner Menu

1. Present a plated five-course gourmet meal for one person.
2. The meal to consist of:
 - ? A cold appetiser;
 - ? A soup;
 - ? A hot appetiser;
 - ? A main course;
 - ? A dessert.
3. Hot food presented cold on appropriate plates.
4. Food coated with aspic or clear gelatine for preservation.
5. Total food weight of the 5 plates not to exceed 450g excluding sauces
6. Typewritten descriptions and recipes required.
7. Maximum area 90x 75cm.



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Class 11: Presentation of Tapas, Finger-Food, Canapés

1. Produce eight varieties.
2. Eight pieces of each variety (total 64 pieces).
3. Four hot varieties
4. Four cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatine for preservation.
7. Presentation on suitable plate/s or platter/s.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 75cm x 80cm.

Class 12: New Arabian Cuisine

1. Present a plated five-course menu for one person.
2. Free style presentation.
3. To be prepared in advance, and presented cold on appropriate plates.
4. Food coated with aspic or clear gelatine for preservation.
5. Menu to be based on ingredients found in the Arabian Gulf and the Middle-east.
6. Dishes to have an ethnic touch and to be presented in an up-to-date setting and decoration.
7. The Meal to consist of:
 - ? A Cold appetizer
 - ? A Soup
 - ? A Hot appetizer
 - ? A Main course with appropriate garnish
 - ? A Dessert
8. Total food weight for the entire menu not to exceed 450g excluding sauces and breads .
9. Typewritten description and recipes required.
10. Maximum area w 90 x d 75 cm.

Practical Artistic

Class 13: Practical Individual Ice Carving

1. Freestyle.
2. One-and-a-half-hours duration
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and non-slip mats.
5. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block
6. The use of power cutting tools is forbidden but competitors may use hot air guns and cleaning irons .



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Class 14: Practical Fruit & Vegetable Carving

1. Freestyle.
2. 90 minutes duration
3. Hand carved work from competitor's own fruit/vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced \carved will result in disqualification.
7. Each competitor will be supplied with a standard buffet table on which to work.

Class 15: Practical Ice Carving – Team Event

1. Freestyle.
2. Two persons per team
3. Two-and-a-half-hours duration.
4. Hand carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and non-slip mats.
6. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be destroyed by the organizers.
7. The use of power cutting tools is forbidden but competitors may use hot air guns and cleaning irons.
8. Entry fee for this class is AED: 200 per team.

Practical Cold Preparations

Class 16: Fresh Sandwich Creation

1. Freestyle.
2. Timing: ten minutes to set-up; fifteen minutes preparation; five minutes to clean down.
3. Create two individually plated portions of a fresh - hot or cold - sandwich suitable for serving as a light lunch.
4. The organisers will provide white plates with a diameter of 25 cm for the presentation of the sandwiches. These are the only plates that are allowed to be used.
5. Ingredients can be cooked, but must be prepared suitable for hygienic cold serving.
6. One portion will be displayed; the other will be tasted by the judges.
7. Any kind of bread or edible wrapping or covering can be used.
8. All ingredients to be provided by the competitor.
9. All tools, boards and accoutrements to be provided by the competitor.
10. A small display of the ingredients used must be shown on the competitor's table for viewing by the judges.
11. Competitor must remove everything left that he/she brought.
12. Competitors will have one-half of a standard banquet table upon which to work.
13. Table must be left clean and ready for the next competitor.
14. One sandwich will be tasted; the other displayed to the public.
15. Only the use of absolutely fresh and hygienic ingredients will be accepted.
16. A typed list of the ingredients used must be provided to the judges.



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Class 17: Practical Butchery – Australian Lamb

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice.
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
4. Meat and Livestock Australia will supply the dressed lamb for this class.
5. Each competitor will have one banquet table (supplied by the organisers) on which to work.
6. No power tools permitted.
7. Competitors to supply their own:
 - ? Tools & knives
 - ? Twine or netting
 - ? RED cutting boards (this is a municipality requirement and will be strictly enforced)
 - ? Garnishing
 - ? Display trays
 - ? Sundries
8. Time allowed: two-hours.
9. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
10. Cuts required by the organisers are:
 - a. Neck slices or Neck boned.
 - b. 1 x Shoulder, boned and rolled, tied or netted ready for roasting..
 - c. 3 pieces shoulder chops.
 - d. Spare ribs.
 - e. 1 x 8-rib Frenched rack.
 - f. Mid-loin chops from a short loin
 - g. 1 x Loin-eye.
 - h. 1 x Tunnel-boned leg tied or netted for roasting.
 - i. 1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.



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Class 18: Practical Cookery - Arabic Mezzeh

1. Time given: one hour
2. Prepare three varieties of hot mezzeh and three varieties of cold mezzeh.
3. Total mezzeh to be sufficient for 4 persons.
4. No more than one of the following four varieties is allowed to be presented Hommous, Moutabel, Tabouleh, Fatouche.
5. The style of each variety of mezzeh can be that of any of the following countries:
 - ? Lebanon
 - ? Syria
 - ? Jordan
 - ? Morocco
 - ? Egypt
 - ? Tunisia
6. Dishes must represent a variety of cooking methods.
7. Two Portions of the mezzeh will be served in the public restaurant; the other two portions will go for judging.
8. No ready made products are allowed.
9. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline.
10. Within 10 minutes after the end of the competition competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
11. If a farce is to be used for stuffing filling, etc., at least two of the four portions must be prepared in front of the judges to show the skill.
12. The following types of pre-preparation can made be made for this class:
 - ? Vegetables/mushrooms/fruits washed but not cup up or shaped.
 - ? Potatoes-washed and peeled but not cup up or shaped
 - ? Onions-peeled but not cup up
 - ? Basic dough's can be pre-prepared
 - ? Basic stocks can be pre-prepared
 - ? Basic ingredients may be pre-weighed or measured out ready for use.
 - ? Fish may be scaled and filleted and the bones cut up.
 - ? Meat may be de-boned and the bones cut up.
13. Sauces must be assembled and finished at the competition
14. Competitors are to provide their own equipment and serving dishes/platters.
15. Ingredients and equipment will be checked for suitability by the judges before the competition starts.
16. All food items must be brought to the salon in hygienic, chilled containers. Thermo boxes or equivalent.
17. Extra points will be awarded for new style/innovative and creativities in the mezzeh without losing the authentic flavor of the dish.
18. Typed recipes are required mentioning the country of origin of each dish.



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Class 19: Practical Cookery - Emirati Cuisine

This class is designed to highlight the indigenous cuisine of the United Arab Emirates . The aim is to have it recognised as a cuisine in its own right, the presentation of which can be adapted and updated to reflect the changes and modernisation fast taking place in the country.

1. The food presented must use authentic flavours and ingredients traditionally used in Emirati cuisine; however dishes are to be presented in a style to suit a modern restaurant service.
1. Present the main courses within 60 minutes of the competition starting.
2. Within 10 minutes after the end of the competition competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
3. All dishes are to be served in a style suited to today's modern presentation trends.
4. All foods must be suitably chilled prior to transportation to the venue.
5. Portion sizes must correspond to a three-course restaurant meal
6. Dishes must be presented on individual plates with appropriate garnish not exceeding 200g total food weight excluding sauces.
7. The organisers will provide white plates with a diameter of 31cm.for presenting the main-courses . These are the only plates that are allowed to be used.
8. Competitors must bring with them all necessary mise-en-place.
9. The following types of pre-preparation can be made for this class:
 - ? Vegetables/mushrooms/fruits washed & peeled - but not cut up or shaped.
 - ? Potatoes-washed and peeled - but not cut up or shaped
 - ? Onions-peeled but not cut up.
 - ? Basic dough's can be pre-prepared .
 - ? Basic stocks can be pre-prepared.
 - ? Basic ingredients may be pre-weighed or measured out ready for use.
 - ? Fish may be scaled and filleted and the bones cut up.
 - ? Meat may be de-boned and the bones cut up.
10. If a farce is to be used for stuffing, filling, etc., at least two of the four portions must be prepared in front of the judges to show the skill.
11. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
12. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
13. Typewritten description and recipes are required.



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Class 20: Practical Cookery - Fish & Seafood

1. Prepare and present, within one hour, four identical individually plated main courses, using fish and/or seafood as the main protein item.
2. Present the main courses within 60 minutes of the competition starting.
3. Within 10 minutes after the end of the competition competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
4. All dishes are to be served in a style suited to today's modern presentation trends.
5. All foods must be suitably chilled prior to transportation to the venue.
6. Portion sizes must correspond to a three-course restaurant meal
7. Dishes must be presented on individual plates with appropriate garnish not exceeding 200g total food weight excluding sauces.
8. The organisers will provide white plates with a diameter of 31 cm. for presenting the main-courses. These are the only plates that are allowed to be used.
9. Competitors must bring with them all necessary mise-en-place.
10. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
11. The following types of pre-preparation can be made for this class:
 - ? Vegetables/mushrooms/fruits washed & peeled - but not cut up or shaped.
 - ? Potatoes-washed and peeled - but not cut up or shaped
 - ? Onions-peeled but not cut up.
 - ? Basic dough's can be pre-prepared .
 - ? Basic stocks can be pre-prepared.
 - ? Basic ingredients may be pre-weighed or measured out ready for use.
 - ? Fish may be scaled and filleted and the bones cut up.
 - ? Meat may be de-boned and the bones cut up.
12. If a farce is to be used for stuffing, filling, etc., at least two of the four portions must be prepared in front of the judges to show the skill.
13. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
14. Typewritten description and recipes are required.



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Class 21: Practical Cookery - Australian Beef

1. Prepare and present, within one hour, four identical individually-plated main-courses using Australian beef as the main protein item.
2. Present the main courses within 60 minutes of the competition starting.
3. Within 10 minutes after the end of the competition competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
4. All dishes are to be served in a style suited to today's modern presentation trends.
5. All foods must be suitably chilled prior to transportation to the venue.
6. Portion sizes must correspond to a three-course restaurant meal
7. Dishes must be presented on individual plates with appropriate garnish not exceeding 200g total food weight excluding sauces.
8. The organisers will provide white plates with a diameter of 31cm. for presenting the main-courses. These are the only plates that are allowed to be used.
9. Competitors must bring with them all necessary mise-en-place.
10. The following types of pre-preparation can be made for this class:
 - ? Vegetables/mushrooms/fruits washed & peeled - but not cut up or shaped.
 - ? Potatoes-washed and peeled - but not cut up or shaped
 - ? Onions-peeled but not cut up.
 - ? Basic dough's can be pre-prepared .
 - ? Basic stocks can be pre-prepared.
 - ? Basic ingredients may be pre-weighed or measured out ready for use.
 - ? Fish may be scaled and filleted and the bones cut up.
 - ? Meat may be de-boned and the bones cut up.
11. If a farce is to be used for stuffing, filling, etc., at least two of the four portions must be prepared in front of the judges to show the skill.
12. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
13. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
14. Typewritten description and recipes are required.



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Class 22: Practical Cookery – 3 Types of Soup

1. Prepare and present 3 types of soup, hot and/or cold soup, 2 portions of each
2. Present the soups within 45 minutes of the competition starting.
3. Within 10 minutes after the end of the competition competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
4. All dishes are to be served in a style suited to today's modern presentation trends.
5. All foods must be suitably chilled prior to transportation to the venue.
6. Portion sizes must correspond to a three-course restaurant meal
7. Dishes must be presented on individual plates with appropriate garnish .
8. Competitors must supply suitable bowls/plates in which to present the finished soups.
9. Competitors must bring with them all necessary mise-en-place.
10. The following types of pre-preparation can be made for this class:
 - ? Vegetables/mushrooms/fruits washed & peeled - but not cut up or shaped.
 - ? Potatoes-washed and peeled - but not cut up or shaped
 - ? Onions-peeled but not cut up.
 - ? Basic dough's can be pre-prepared .
 - ? Basic stocks can be pre-prepared.
 - ? Basic ingredients may be pre-weighed or measured out ready for use.
 - ? Fish may be scaled and filleted and the bones cut up.
 - ? Meat may be de-boned and the bones cut up.
11. If a farce is to be used for stuffing, filling, etc., at least two of the four portions must be prepared in front of the judges to show the skill.
12. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
13. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
14. Typewritten description and recipes are required.

Class 23: International Buffet – Invited Team Event

- ? Entry to this class is by invitation only.
- ? Invitees are provided with a copy of the class brief.

Class 24: Gala Dinner Table Setting and Decoration.

1. Each service team to comprise three persons
2. To prepare and present a table laid for ten people.
3. To lay the table - for a four-course meal - with appropriate flat ware, china ware glassware, linen, etc.
4. Table to include a freestyle centerpiece that must be assembled at the competition.
5. Competitors to provide all necessary equipment: including tables and chairs.
6. The tables will remain in the main concourse for the duration of the salon culinaire.
7. After judging, competitors may feature the logo of their hotel as part of the table decoration.
8. Entry fee for this class is Dhs: 200 per team.



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