



**Briefs of the Classes for Entry**  
**The Middle East Junior Chef of the Year**  
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**Resume of Classes for Entry**

**Class No.      Class Description**

1. Practical Cake Decoration
2. Three Tier Wedding Cake
3. Friandises, Petits Four, Pralines, Nougatines, etc.
4. Four Plates of Dessert
5. Pastry Showpiece
6. Bread Loaves and Showpiece
7. Chocolate Carving Showpiece
8. Fruit and Vegetable Carving Showpiece
9. Open Showpiece
10. Five-Course Gourmet Dinner Menu
11. Four Plated Appetisers
12. Emirati Cuisine Four Different Desserts
13. New Arabian Cuisine
14. Individual Ice-Carving
15. Ice-Carving Team Event
16. Practical Fruit and Vegetable Carving
17. Practical Cookery Fish - Emirati Cuisine
18. Practical Cookery Meat - Emirati Cuisine
19. Practical Cookery - Arabic Mezzeh
20. Practical Cookery - Local Fish
21. Practical Cookery – Beef or Lamb
22. Soup, Salad and Sandwich Creation



## **Practical Pastry**

### **Class 01: Practical Cake Decoration**

1. Decorate a single-tier cooked sponge cake.
2. Two-and-a-half-hours duration.
3. All decorating ingredients must be edible.
4. No pre-modeled garnishes are permitted.
5. All decorations and fillings must be made or mixed in real time.
6. Chocolate and royal icing can be pre-prepared to the basic level, e.g. tempered chocolate.
7. Competitors are to provide their own sponge base of 30cm diameter; or 30cm square.
8. Competitors must choose only one shape cake with which to work.
9. Competitors must provide all ingredients, utensils, and small equipment required.
10. A standard buffet table will be provided to each competitor.
11. All cakes will be displayed until the end of the competition day and will be disposed of by the organizer if not collected by the competitor.

## **Pastry Displays**

### **Class 02: Three-Tier Wedding Cake**

1. All decorations must be edible and made entirely by hand.
2. Pillars or stands, maybe 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. A portion of the bottom layer is to be pre-cut and placed next to the exhibit for tasting.
8. A typewritten description and a recipe is required.
9. Maximum area w60 cm x d75 cm.
10. Maximum allowable total height (including socle or platforms) is 75cm.

### **Class 03: Friandises/Petits Four/Pralines/Nougatines**

1. Eight varieties.
2. Six pieces of each variety (48 pieces total).
3. Freestyle presentation with small showpiece.
4. Showpiece will not be judged.
5. Written description mentioning the theme is required.
6. Typed recipes are required
7. Maximum area w90 cm x d75 cm.



### **Class 04: Four Plates of Dessert**

1. Four different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Presentation to include a minimum of one hot dessert (presented cold).
4. Written description 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 cm x d75 cm.

### **Class 05: 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. Maximum allowable total height (including socle or platforms) is 90 cm.

### **Class 06: Bread Loaves and Showpiece**

1. Prepare and present at least four types of breads (competitor's choice) and four types of breakfast pastries.
2. Exhibit is to be displayed with a bread showpiece.
3. The showpiece will be included in the judging criteria.
4. Each individual to prepare his dough and bake his breads at his place of work and bring them to the competition for judging.
5. Types recipes required
6. Maximum area w90 x d75cm

## **Artistic Displays**

### **Class 07: Chocolate Carving Showpiece**

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring allowed.
4. Minimal glazing is allowed.
5. No moulded work.
6. Maximum area: w80 cm x d75 cm.
7. Maximum allowable total height (including socle or platforms) is 75cm.



### **Class 08: Fruit and Vegetable Carving Showpiece**

1. Freestyle presentation.
2. Using fruit and/or vegetables
3. Light framing is allowed, so long as the construction of the piece does not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum allowable total height (including socle or platforms) is 55cm.

### **Class 09: 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 cm x d75 cm.
4. Maximum allowable total height (including socle or platforms) is 75cm.

## **Gastronomic Creations**

### **Class 10: Five-Course Gourmet Dinner Menu - Static Display**

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 with its garnish
  - 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 description and typed recipes required
7. Maximum area w90 cm x d75 cm.
8. Entry of this class is mandatory for those entering for the Middle East Junior Chef of the Year Trophy.

### **Class 11: Four Plated Appetisers**

1. Prepare four different appetisers; two hot and two cold.
2. To be prepared in advance and displayed cold on appropriate plates.
3. Each plate should be complete with its own garnish.
4. Written description and typed recipes required.
5. Maximum area w80 cm x d75 cm.



### **Class 12: Emirati Cuisine Four Desserts**

1. Four different desserts
2. Cold food or hot food displayed cold on appropriate plates.
3. Each plate should be complete with its own garnish.
4. Emirati cuisine with modern presentation
5. Written description and typed recipes required.
6. Maximum area w80 cm x d75 cm.

### **Class 13: New Arabian Cuisine**

1. Present a plated five-course gourmet 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 are to have an ethnic touch and to be presented in an up-to-date setting and decoration.
7. The meal to comprise of:
  - A cold appetiser
  - A soup
  - A hot appetiser
  - 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 are required.
10. Maximum area 90w cm x 75d cm

## **Practical Artistic**

### **Class 14: 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 gloves. A non-slip mat is a mandatory.
5. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
6. The use of power tools is forbidden.



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**Class 15: Ice Carving Team Event**

1. Freestyle.
2. Two persons per team
3. Two and 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 gloves. A non-slip mats is a mandatory.
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 tools is forbidden.

**Class 16: Fruit and/or 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.



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## **Practical Cookery Classes**

These notes pertain to all practical cookery classes including the Arabic and Emirati Cuisines. They should be read in combination with the brief of the class entered.

Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.

1. All food items must be brought to the competition area in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
2. All dishes are to be served in a style equal to today's modern presentation trends.
3. Portion sizes must correspond to a three-course restaurant meal.
4. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
5. In some cases, the organisers will supply the plates (which must be used) in other cases competitors are required to bring their own bowls/plates. For clarification, see the brief of the class entered.
6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline.
7. Competitors are to provide their own pots, pans, tools and utensils.
8. The judges will check appliances and utensils for suitability.
9. The following types of pre-preparation can be made for the practical classes:
  - Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.
  - Potatoes washed and peeled – but not cut up or shaped.
  - Onions peeled out but not cut up
  - Basic dough 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. No pre-cooking, poaching, etc. is allowed.
11. Re farces, garnishes, accoutrements: at least 20% of any and all of these must be prepared in front of the judges to demonstrate the competitor's skill.
12. 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.
13. Typewritten description and recipes are always required. Sometimes, two copies of the recipe is required.



### **Class 17: Practical Cookery - Emirati Cuisine Fish Dish**

1. Prepare and present, within one hour, four identical individually plated main courses, using fish and/or seafood as the main protein item.
2. Emirati cuisine with modern presentation
3. Present the main courses within 60 minutes of the competition starting.
4. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place for the meals.
5. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
6. Typewritten description and recipes are required.

### **Class 18: Practical Cookery - Emirati Cuisine Meat Dish**

1. Prepare and present, within one hour, four identical individually-plated main -courses using chicken, lamb or beef as the main protein item.
2. Emirati cuisine with modern presentation
3. Present the main courses within 60 minutes of the competition starting.
4. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place for the meals.
5. the meals.
6. Competitors are to provide their own pots, pans, tools and utensils. The judges will check appliances and utensils for suitability.
7. 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.
8. Typewritten description and recipes are required.

### **Class 19: Traditional Arabic Mezzeh - Practical Cookery.**

1. Prepare and present, within one hour, three varieties of hot mezzeh and three varieties of cold mezzeh.
2. Total mezzeh to be sufficient for 4 persons.
3. No more than one of the following four varieties is allowed to be presented
  - Hommous, Moutabel, Tabouleh, Fatouche.
4. The style of each variety of mezzeh can be that of any of the following countries:
  - Lebanon
  - Syria
  - Jordan
  - Morocco
  - Egypt
  - Tunisia
5. Dishes must represent a variety of cooking methods.
6. Two Portions of the mezzeh will be served in the public restaurant; the other two portions will go for judging.
7. No read- made products are allowed.
8. Sauces must be assembled and finished at the competition.
9. Competitors are to provide their own mezzeh bowls.
10. Extra points will be awarded for new style/innovative and creativities in the mezzeh without losing the authentic flavour of the dishes.
11. Typewritten description and recipes are required mentioning the country of origin of each dish.
12. Typed recipes are required mentioning the country of origin of each dish.



### **Class 20: Practical Cookery – Appetiser and Local Fish**

1. Prepare and present, within one hour, one appetiser and one main course for two persons, using a local fish as the main protein ingredient of the main course.
2. The appetiser does not necessarily need to contain fish.
3. Present the appetiser after 45 minutes of the start of the competition.
4. Present the main course after 60 minutes of the start of the competition.
5. All dishes are to be served in a western style presentation.
6. Dishes must be presented on individual plates with appropriate garnish.
7. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place for the
8. Typed recipes are required.
9. Entry of this class is mandatory for those entering for the Middle East Junior Chef of the Year Trophy.

### **Class 21: Practical Cookery – Appetiser and Beef or Lamb Main Course**

1. Prepare and present, within one hour, one appetiser and one main course for two persons.
2. Using beef or lamb as the main protein item in the main course.
3. The appetiser ingredients can be to the competitor's choice.
4. Dishes prepared may be suitable for lunch or dinner (competitor's choice).
5. Present the appetiser after 45 minutes of the competition.
6. Present the main course after 60 minutes of the competition.
7. All dishes are to be served in a western style presentation.
8. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place for the meals.
9. Competitors must bring all utensils and equipments i.e. pots, pans etc. The judges will check appliances and utensils for suitability.
10. Typed recipes are required.
11. Entry of this class is mandatory for those entering for the Middle East Junior Chef of the Year Trophy.

### **Class 22: Practical Cookery – Soup, Salad & Sandwich Creation**

1. Prepare a soup, a salad and a sandwich. The whole balanced as a light lunch.
2. Prepare two portions of each; one portion for judging and the other for photography.
3. The salad must consist of a minimum of five components.
4. The salad dressing is counted as one component.
5. Everything must be prepared on site.
6. Items may be brought washed and peeled, but not cut up.
7. Basic dough and stock may be brought.
8. Present the salad after 40 minutes of the competition starting.
9. Present the soup after 50 minutes of the competition starting.
10. Present the sandwich after 60 minutes of the competition starting.
11. Competitors must supply suitable bowls/plates on/ in which to present the finished dishes.
12. Competitors will be supplied with one standard buffet table on which to work.
13. Recipes are required.