

**Competitors:**

One participant from each school. Electronic devices are forbidden during the contest. Sequential number for completing the competition tasks will be drawn at the start of the competition. Participants must comply with the requirements of work safety and fire protection rules. During the preparation process, the jury experts may ask professional questions about the preparation process, the tools used and the raw materials used.

**List of necessary products, what provided organizers, and amounts (appendix 1) must be sent until 1st of March by e-mail: [march@rtrit.lv](mailto:march@rtrit.lv)**

One winner may be determined in each of the three positions. If multiple participants have the same total score, the jury will give preference to the participant with the higher score in the "Main Dish Preparation – Preparation Technique" criterion. If the scores remain tied, the jury will then consider the points awarded in the "Cold Starter Preparation" criterion.

**Description of the tasks and rules:****Task 1:**

Participants prepare 3 portions of Cold starter (110-120g): 2 for jury, 1 for exhibition. Mandatory products offered by the organizers: quail egg, rye bread, sour cream

**Task 2:**

Participants prepare 3 portions of main dish (weight 250 - 300 g): 2 portions for jury, 1 - for exhibition. Mandatory products for main dish: beetroot fresh or boiled, cherry tomatoes, eggs and two products from black box. The team presents the prepared meals to the jury in English according to the work schedule - up to 5 minutes.

Total time of the task: 180 minutes, including set up and cleaning and tidying up workplaces and 10 minutes of presentation time.



Description of criteria Vegetarian	Points
<b>Miss-en-place:</b>	
Equipment setting up	0-5
Work organizing skills	0-5
Hygiene and sanitation, uniforms (correct and clean)	0-5
Bad habits during the preparation (tasting with fingers etc.)	0-5
Clean plates (no spills, fingerprints), correct portion size	0-5
Presentation, timetable respect	0-5
Recipe compliance, zero waste of products	0-10
<b>Miss-en-place total:</b>	<b>40</b>
<b>Appetizer preparation:</b>	
Preparing technique	0 – 20
Appearance, originality	0 – 20
Creativity	0 – 20
Organoleptic characteristics	0 – 20
<b>Appetizer preparation total:</b>	<b>80</b>
<b>Main dish preparation:</b>	
Preparing technique	0 – 20
Appearance, originality	0 – 20
Creativity	0 – 20
Organoleptic characteristics	0 – 20
<b>Main dish preparation total:</b>	<b>80</b>
<b>Maximum points</b>	<b>200</b>

## Nomination Guidelines:

### **Vegetarian Culinary Art (OVO/LACTO)**



### **Products provided by the organizer:**

#### Cold Starter

- Quail egg
- Rye bread
- Sour cream

#### Main Dish

##### Vegetables & Fruits:

- Beetroot (boiled)
- Beetroot (fresh)
- Cherry tomatoes
- Onion
- Garlic
- Carrots
- Potatoes
- Cabbage / pumpkin
- Celery root
- Apple
- Oranges
- Lemon

##### Dairy & Eggs:

- Eggs
- Whipped cream 35%
- Sour cream 25%
- Fresh cheese (Philadelphia)
- Sweetcream

##### Preserved & Canned:

- Cranberries (frozen)
- Canned green peas
- Canned beans

#### Other:

- Butter 80%
- Oil
- Wheat flour (405)
- White sugar
- Brown sugar
- Balsamic vinegar
- White wine vinegar
- Tobasco sauce

#### Other products provided by organizer

- Spices
- Black pepper (grounded)
- Bay leaves
- Paprika powder
- Fennel seed
- Coriander
- Cardamom seed
- White pepper
- Thyme
- Curry
- Salt
- pumpkin seeds
- sunflower seeds
- peeled peanuts
- peeled walnuts
- black and white sesame
- flax seeds
- chickpeas (canned)

#### Available Equipment & Tools

- Tools
- Kettles 3.0 L / 1.5 L / 1.0 L
- Metallic bowls (various sizes)
- Cutting boards
- Knives
- Grater
- Whisks
- Spoons
- Skimmers
- Strainers
- Measuring cups
- Plastic wrap
- Baking paper
- Foil

#### Workstations & Appliances

- Stainless work tables with sink (hot and cold water)
- Electrical stove
- Electrical oven
- Deep fryer
- Slicer
- Hand mixer
- Blender
- Vegetable cutter (manual)
- Salamander heater
- Scales
- Electrical grill
- Circulator
- Thermomix