



Croydon Seventh-day
Adventist Church

The Great Veggie Cook-Off

Competition Rules & Information

All registrations must be made by Sunday, 2 May 2020

Home chefs will compete for:

- **Prize in category:** (1) starter, (2) main dish, or (3) vegan dessert (judged by guests via taster sample and votes)
- **"People's Choice"** award (judged by guests via taster sample and votes)
- **The title of Grand Veggie Home Chef** (judged and scored by panel of judges)

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1. The event takes place on Sunday, 17 May at 12pm. You may arrive as early as 10am to set up and get settled, but all home chefs must arrive no later than 11am to avoid rushing and to allow time to meet with your fellow competitors.
 2. All ingredients must be vegan or vegetarian (no gelatine, meat, fish, seafood, food dyes derived from animal products).
 3. Transformed dishes should be healthier than the original and offer an improved amount of nutritional value
 4. Our theme for the competition is transform a recipe, so that covers, hors d'oeuvres, soups, mac 'n' cheese, desserts, and more. Any recipe that traditionally contains animal flesh as a main protein ingredient is eligible— as long as it's transformed to become vegetarian or vegan!
 5. This is an amateur competition, but that doesn't mean the competition won't be fierce! No professional bakers, chefs, or caterers, please. All aspiring pros are welcome.
 6. Use of the kitchen at the venue will not be available except for final baking in the oven, if this is needed. All cooking will be done on portable stoves or griddles. You may assemble your dish at the table to which you are assigned.
 7. Prepare enough food to provide at least 40 tasting samples (shot glass size) for the voting audience, and a well-presented plate for the panel of judges. If in doubt, make more but 40 samples is the minimum and only 40 samples will be judged.

8. Bring a printed list of ingredients for those who may have allergy questions.
9. Home chefs must bring a copy of the original recipe, state it's origin and a copy of your transformed recipe indicating how you have changed it, including what ingredient has been used to replace the meat/fish protein or dairy/animal product for vegan desserts.
10. State how your recipe has been made healthier by the transformation you have made.
11. Complete, submit and bring with you the allergy sheet to indicate whether your dish has any of the 14 main allergens.
12. Make a simple sign (or an elaborate one) with the name of your dish. Be creative!
13. All cooking of dishes will be done on site, however some preparation can be done before arrival as long as it does not involve any cooking, steaming, roasting etc. (Pre-soaking is permitted.)
14. Home chefs will have 90 minutes to complete their chosen dish, set out the presentation for judges and the taster samples for people's choice voting.
15. All participants shall wear appropriate clothing:
 - Apron
 - Closed shoes with rubber soles
 - Name Badge (*provided by organiser*)
 - Kitchen towel (*provided by organiser*)
 - Cleaning clothes (*provided by organiser*)
 - Hairnet or chef's hat (*provided by organiser*)
16. All registered home chefs will be allocated a work station once the initial table set up has taken place. No other preparation of dishes can take place until the competition has been officially started.
17. Stations must be set up and ready at least 15 minutes before the start of the competition.

Judges

The following guidelines explain the way in which the judges will be scoring this competition.

- **Budget** – Home chefs who are on budget will automatically receive the full points for this requirement. Those who are under budget will also receive the full points as long as

the judges are satisfied that the ingredients brought are sufficient to prepare for the presentation plate and audience taster samples.

- **Nutrition** – Dishes will be judged for how healthy they are and the nutrition offered to the consumer. For example, dishes with increased frying, increased sugars and processed ingredients are unlikely to receive maximum marks.
- **Creativity** – The complexity of the meal being prepared, flair and imagination in the choices of foods used, cooking techniques employed will also be taken into consideration, as well as the final plate presentation of the dish.
- **Hygiene** – The judges will be looking for good personal hygiene, use of clean utensils for tasting, cleanliness and tidiness during cooking and preparation of dishes; safe handling of foods. Cleanliness and tidiness of area and equipment during the competition will also be noted.
- **Organisation** – Judges will be looking for good planning, order of cooking and task distribution (if you have chosen to have an assistant). Time should be used well throughout the 90 minutes preparation period, how well this is done will be judged. Dishes should be ready at a point within the last 15 minutes of the allotted time.
- **Presentation and Edibility** – The judges will individually examine the dishes produced by each home chef. Points will be awarded for the following:
 - **Adherence to menu** – Is the meal that you have prepared the same as is written on your registered recipe?
 - **Presentation** – Is the food displayed nicely on the plate, has thought been put into how best to present the food to make it appetising?
 - **Taste** – Does the food taste good, is there too much or too little seasoning, or are some flavours critical to the success of the dish masked by other stronger ingredients?
 - **Texture** – Does the dish have the correct range of textures to make it more appetising, is the dish cooked properly (i.e. vegetables not too crisp but not too soft)?
 - **Edibility** – Is the dish cooked/prepared properly and, therefore, safe and good to eat, is the food hot (if a hot course)?
- **Final clearing and washing-up** – This does not need to be completed within the 90 minutes preparation time however, clearing up as you work and keeping things clean and tidy as you go along is judged.