



IX COLOMBIA COCINA SU HISTORIA© 2024 COMPETITION

IX COLOMBIA COOKS ITS HISTORY 2024 COMPETITION

-INTER-UNIVERSITY CATEGORY-

Competition Rules

COMPETITION DYNAMICS

- Teams of 2 students
- Cooking jury and tasting jury
- Cost limit for requisition (no waste)
- 2 hours for mise en place, 1 hour 45 minutes of competition

CONTESTANT PROFILE

- Gastronomy student with knowledge of culinary arts, backed with food science fundamentals and gastronomic culture bases.
- Must have a complete kitchen uniform and wear it within the kitchens following all the regulations of Decree 3075 of 1997 and Resolution 2674 of 2013 from the Colombian Ministry of Health.

FEATURES OF THE PROPOSAL

- Design a plated dessert that aligns with the proposed theme.
- Standardization of each dish must be done using the format established by the competition organizers (including quantities, yield, cost per unit, and total cost). The format is available on the competition's website. Note that each dish has sub-recipes, recipes, and final elements for plating. Similarly, each dish must have a technical sheet with a photograph of the dish and its components.
- The portions for each dish must be within the following limits:
 - ★ Dessert: 100-120 g (on the plate)
- Each recipe must have its respective production cost.
- The components of the dish should represent the cultural origin/importance of cocoa in any region of the world.
- The proposal presented in the selection phase will be the one prepared in the final stage of the competition.
- The dish must be designed considering that it remains stable over time, at least 30 minutes.
- The menu should not include more than 2 food additives such as Gellan® gum, Xanthan® gum, Calcic®, stabilizers, etc.



STRUCTURE OF THE PROPOSAL

- Fully completed registration form.
- PDF with the description and justification of the proposed menu. Not exceeding 300 words, with APA citation if required. Plagiarism will result in immediate disqualification from the competition.
- Standardization format for each menu component, available on the website <https://www.unisabana.edu.co/programas/carreras/escuela-internacional-de-ciencias-economicas-y-administrativas/gastronomia/colombia-cocina-su-historia/#:~:text=Colombia%20cocina%20su%20historia%20es,representativos%20en%20la%20cocina%20colombiana>.

SELECTION PARAMETERS

- Finalist Selection:
- Evaluation of participant profiles to ensure they meet the parameters set by the competition.
- Review of the dish description as the first filter, with attractiveness, argument, and length as primary selection criteria.
- As a third filter, examination of the ingredients and costs of each recipe, as they must be profitable for the market.

PREPARATION OF THE COMPETITORS

Competing teams must prepare themselves during the semester by conducting necessary practices for the competition. For this, participants or their institutions will be responsible for providing the required raw materials.

Each team may have a professor from their institution to accompany them during the preparation for the competition. This mentor can accompany them on the day of the competition but is not allowed to enter the kitchen during the competition.

EVALUATION

The scoring will be divided into two areas: Cooking Evaluation (**40 points**) and Final Dish Evaluation (**60 points**). Each area will be divided into independent aspects, which will be individually scored as indicated below.

Cooking:

- Techniques and execution - **10 points**
- Mise en place/Organization - **5 points**
- Correct use of ingredients - **15 points**
- Time and workflow - **5 points**
- Organization and cleanliness - **5 points**

The cooking judges will assess the following:

Each participating institution is entitled to a representative as a cooking judge, who will receive a form for conducting this evaluation. However, the judge cannot evaluate contestants from their own institution.

Techniques and Execution:

Follow and implement the specified techniques in the recipes correctly. Demonstrate mastery of general culinary techniques. Adhere to times, procedures, and cooking points during the preparation process.

- Establish an initial algorithm for menu development, including procedures, execution times, and responsibilities.
- Review temperatures and preparation/cooking times, as well as the final result.

Sanitation and Cleanliness:

Proper use and cleaning of cutting boards. Knives must be sharp, and the knife case must be clean and organized. Correct use of dishcloths. Cleaning and disinfection of surfaces and utensils to be used. Products must be stored at the correct temperature. Handwashing and handling of ready-to-eat or non-cooked foods with clean hands.

- Food preparation and transformation areas must be 100% sanitary.
- Utensils and equipment used must be washed immediately after use.
- Cross-contamination due to disorder or poor hygiene will not be tolerated.
- The workspace must be free and organized to distinguish each part of the preparation.

Mise en Place/Organization:

Tables must remain free of unnecessary utensils or products. The workspace must stay organized and clean. Surfaces and floors must remain free of splatters or food remnants; if any, they should be promptly cleaned. Proper waste management and minimizing waste. Sinks should not accumulate utensils or waste. Competitors must exit in an organized manner, leaving the kitchen as they found it.

- The team should highlight each member's strengths in all preparations.
- The team should demonstrate synchronization and support to ensure the success of the prepared dish.

Proper Use of Raw Materials:

Respect raw materials and use methods that enhance the ingredient's characteristics. Minimize waste.

- The requisition will be checked to ensure it aligns with the proposed menu and portions, so that no unnecessary waste is generated.
- Raw materials must be measured proportionately for the presented dishes. The handling and transformation of all raw materials will be continuously reviewed, considering Good Manufacturing Practices (GMP) as the basis for assessment

Time and Workflow:

Prioritize the order of preparations considering the delivery time and resting time for each preparation. Plate within a 5-minute window before presenting. Work efficiently and organized with your partner, demonstrating teamwork. Ensure a smooth transition between activities and maintain a logical progression in functions.

- Contestants must finish within the given time and deliver their space under the cleanliness conditions specified in the organization and cleanliness section.

Completed Dish:

- Presentation - **10 points**
- Creativity, Menu, and Ingredient Compatibility – **20 points**
- Taste, Texture, Cooking/Final Product – **30 points**

When tasting, the judges will evaluate the following:

Presentation: Products should be fresh, visually appealing, and presented attractively. Cuts must be consistent and favor the preparation.

- The plating should enhance the colors and shapes of the ingredients used.
- It should have visual harmony and consistency among the dishes served.

Creativity, Menu, and Ingredient Compatibility: Dishes should demonstrate a high level of difficulty, skill, and creative style. They should not be copies or imitations of creations by others. Whether competitors base their ideas on new or classic concepts, they must use creative and fresh ideas to transform the preparation. The menu should follow a cohesive idea, and all components should serve a purpose contributing to the final product. Colors and ingredient diversity should harmonize on the plate.

- The serving temperature should be suitable for the diner, considering travel time and presentation.
- The dish should reflect the proposed storytelling from the beginning. There should be coherence between the initial proposal and the presented menu.

Taste, Texture, Cooking/Final Product: The flavors of the ingredients used should be present in the final product. Cooking temperatures should be correct for each item; no overcooked ingredients should be presented. Products should have the right level of caramelization or cooking. Textures should correspond to what is specified in the recipes, adding body to the preparation. Sauce or soup consistencies should be correct.

- Flavors should complement each other and enhance the ingredients.
- Textures should enhance the eating experience through their diversity on the plate.

DYNAMICS OF THE COMPETITION

- Competitors **must present 4 identical dishes**, 3 for the judges and 1 for photographs and public presentation.
- Competitors **must provide an infographic containing:** a color photograph of the dish, concept, and storytelling of the menu, sensory description (APA citation). These packages will be arranged for the judges on the day of the competition alongside the dishes. **Evaluation will be blind, so two versions of the document are requested: one with credentials, and another without credentials. Both versions must be presented in English.**
- Ingredients for the recipes can be weighed or measured, as long as no preparation is started in advance.
- Finished sauces are not allowed; they must be prepared during the competition.

- Competitors can use pre-prepared doughs such as puff pastry, shortcrust pastry, bread, pizza, or fermented products. They will have the mise en place time within the competition time frame for this. Prior supervision and authorization from the organizing staff of the competition are required. Even if any of these products have a longer preparation time than the mise en place time, authorization must be requested from the organization to bring them prepared.
- All preparations must be completed within the designated time for each competing pair.
- Competitors must bring their own plating utensils (they can use those available in the university facilities if deemed appropriate).
- Each competing group will be responsible for bringing their dishes to the table set up by the organization for the judges. Note that they must be there at the scheduled time in the shift schedule.

Each team will have two hours in the kitchen before the competition for mise en place (by appointment), and they will be assigned a rack to organize all their supplies and raw materials. At the competition, each team will have 10 minutes to organize their station; 85 minutes to cook; 10 minutes to plate; and 15 minutes to serve at the judges' table. After that, they will have 30 minutes to clean, remove their materials and utensils, and leave the kitchen in the condition it was received.

The turn for each competing pair and the kitchen they will work in will be determined by a draw, according to the established schedule in the following table:

| SWEET CATEGORY INTER UNIVERSITY | | | | | |
|--|--------------|--------------|---------------------|----------------------|---------------------|
| FRIDAY, 31ST MAY | | | | | |
| TEAM | SETUP | START | WINDOW OPENS | WINDOW CLOSES | CLEANUP ENDS |
| 1 | 10:00 | 10:10 | 11:45 | 12:00 | 12:30 |
| 2 | 10:00 | 10:10 | 11:45 | 12:00 | 12:30 |
| 3 | 10:00 | 10:10 | 11:45 | 12:00 | 12:30 |
| 4 | 10:00 | 10:10 | 11:45 | 12:00 | 12:30 |
| 5 | 10:00 | 10:10 | 11:45 | 12:00 | 12:30 |
| | 10 MINUTES | 95 MINUTES | 15 MINUTES | 30 MINUTES | |