

Competition Brief

Competition title
Culinary Arts
Competition overview
Competitors will have 4½ hours overall to complete all tasks. Task one: Competitors will prepare, design and cook 2 portions of each dish using the following ingredients; Beef based consommé with a garnish of your choice. Belly pork (boned), stuffed, rolled and hand tied (no elastic bands), with garnish, stuffing and sauce of your choice. Lemon based dessert of your choice. Task two: Competitors will be given a Mystery Box to create an amoussé bouché, 2 portions of each, of their own choice using only the ingredients that will be given to them on the day of the competition.
Entry criteria
Competitors must have the skills level required to complete the following tasks within the competition to a professional level and aligned with a Level 3 qualification. Competitors do not have to be currently working towards a level 3 qualification.
Number by location/organisation
Maximum of 2 per location and a maximum of 3 per organisation.
Brief
Competitors will have 3 ½ hours in total to prepare, cook and serve the dishes in task 1. The dishes must be presented in course order to the judges. Competitors are not allowed to serve any courses in the first 2 hours of the competition. 10 minutes will be allocated to each competitor for restroom breaks, which they can take at any time they wish. Task One: 3½ hrs Prepare, design and cook 2 portions of each dish using the following ingredients; <ul style="list-style-type: none">• Starter – Beef based consommé with a garnish of your choice.• Main – Belly pork (boned) that must also be stuffed, rolled and hand tied (no elastic bands) with garnish, stuffing and sauce of your choice.• Dessert – Lemon based dessert.

Task Two: 1hr

- Mystery Box, amou   bouch   – Competitors will be given a mystery box of ingredients in which you have to create and design your own amou   bouch  , using only the ingredients provided. (You may create more than one variety; will need to produce two of each variety)

Competitors will be supplied with the following ingredients:

- Pork stock – (Ingredients used: pork bones, onions, carrots, celery, garlic, black peppercorn, bay leaves, thyme, parsley, salt & pepper)
- Belly Pork (on the bone)
- Lemons
- Caster sugar
- 250g unsalted butter
- Flour
- Double cream
- Ingredients for Mystery Box
- Eggs

Any other ingredient may be used but must be provided by the competitor.

Infrastructure List

Resources provided: Oven, hobs, fridges, freezer, scales, workstation

We will provide: Pork stock, belly pork, lemons, caster sugar, eggs

250g unsalted butter, flour, double cream, mystery box ingredients, You will need to bring: Other ingredients to enable you to complete Task one

Competition rules

Competition specific rules

- Standards of dress should be professional and adhere to health and safety standards.
- Competitors will receive a health and safety briefing at the start of the competition.
- Competitors will start and finish work as instructed by the judges.
- All dishes must be presented within the allocated time.
- All entries must be received by 25th October 2019, online.
- All competitors must ensure their station is left clean and tidy.
- Competitors must take a 10 minute break,
- No pre-prepared items permitted.

Generic competition rules

- Mobile phones to be switched off during competition activity.
- Listening to music via headphones is not permitted during competition activity.
- Any questions during competition activity should be addressed to the competition judging panel.
- Competitors should not communicate with other competitors during competition activity.
- It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
- Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

Marking and assessment

Brief marking and assessment criteria:

Criteria	Allocated marks
Professional Skills	25%
Presentation, Creativity and Style	25%
Utilisation of Ingredients and Equipment	15%
Taste, Flavour and Temperature	15%
Time Keeping	10%
Personal Hygiene and Safety	10%
Total	100%

Feedback and recognition

Individual and Group verbal feedback will be provided at the end of the competition. (Written feedback will not be provided)

No results or awards will be awarded on the day as marking will be quality assured.

Certificates of Participation will be issued on the day.

Medallists will be invited to a Celebration Event which will be held on 19th March 2020 at Sophia Hall, Sophia Gardens, Cardiff CF11 9XR from 12pm to 5 pm, where the First, Second and Third Awards will be presented. <https://www.sophiagardens.wales/venue/the-sophia-hall.html>

Competition Lead

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Briff y Gystadleuaeth

Teitl y gystadleuaeth
Celfyddydau Coginiol Uwch
Trosolwg o'r gystadleuaeth
Fe gaiff cystadleuwyr 4½ awr i gwblhau'r cyfan o'r tasgau. Tasg un: Bydd cystadleuwyr yn paratoi, cynllunio a choginio 2 ddarn o bob saig gan defnyddio'r cynhwysion canlynol; consommé yn seiliedig ar gig eidion gyda garnais o'ch dewis. Porc bol (oddi ar yr asgwrn), wedi ei rolïo a'i glymu â llaw (dim bandiau lastig) gydag addurn, stwffin a saws o'ch dewis. Pwddin o'ch dewis, yn seiliedig ar lemon. Tasg dau: Rhoddir Bocs Dirgel i'r cystadleuwyr i greu <i>amoué bouché</i> , 2 ddarn o bob un, o'u dewis eu hunain yn defnyddio'r cynhwysion a roddir iddyn nhw ar ddiwrnod y gystadleuaeth yn unig.
Meini prawf cystadlu
Rhaid i gystadleuwyr gael y lefel sgiliau sydd eu hangen i gwblhau'r tasgau canlynol o fewn y gystadleuaeth at lefel broffesiynol ac yn unol â chymhwyster Lefel 3. Nid yw'n angenrheidiol bod cystadleuwyr yn gweithio tuag at gymhwyster lefel 3 ar hyn o bryd.
Nifer fesul lleoliad/sefydliad
Yr uchafswm gaiff gystadlu o leoliad / sefydliad: Uchafswm o 2 o bob lleoliad ac uchafswm o 3 o bob sefydliad.
Briff
Fe gaiff cystadleuwyr 3½ awr yn gyfan gwbl i baratoi, coginio a gweini'r seigiau yn nhasg 1. Rhaid gweini'r seigiau yn nhrefn y cyrsiau i'r beirniaid. Ni chaniateir i'r cystadleuwyr weini unrhyw gwrs yn ystod 2 awr gyntaf y gystadleuaeth. Caiff pob cystadleuydd ganiatâd i gael egwyl o 10 munud yr un ac fe gant gymryd yr amser hwn yn ôl eu dewis. Tasg Un: 3½ awr Paratoi, cynllunio a choginio 2 ddarn o bob saig gan ddefnyddio'r cynhwysion canlynol; <ul style="list-style-type: none">• Cwrs cyntaf - <i>consommé</i> yn seiliedig ar gig eidion gyda garnais o'ch dewis.• Prif gwrs - Porc bol (oddi ar yr asgwrn), rhaid ei stwffio hefyd, wedi ei rolïo a'i glymu â llaw (dim bandiau lastig) gyda garnais, stwffin a saws o'ch dewis.

- **Pwdin** – Pwdin yn seiliedig ar lemon

Tasg Dau: 1 awr

- Bocs Dirgel, **amousé bouché** - Rhoddir bocs dirgel o gynhwysion i chi a rhaid creu a chynllunio eich *amousé bouché* eich hun, yn defnyddio'r cynhwysion a roddir i chi'n unig. (Fe gewch greu mwy nag un math; rhaid gwneud dau o bob math.)

Rhoddir y cynhwysion canlynol i'r cystadleuwyr:

- Stoc porc – (cynhwysion a ddefnyddiwyd: esgyrn porc, nionod, moron, seleri, garlleg, pupur du, deilen llawryf, teim, persli, halen a phupur)
- Porc Bol (ar yr asgwrn)
- Lemons
- Siwgr caster
- 250 g o fenyn heb ei halltu
- Blawd
- Hufen dwbl
- Cynhwysion ar gyfer y Bocs Dirgel
- Wyau

Caniateir defnyddio unrhyw gynhwysyn arall ond **rhaid** i'r cystadleuydd ei ddarparu.

Rhestr Seilwaith

Adnoddau a ddarperir: Popty/Ffwrn, hob, oergelloedd, rhewgell, cloriannau, gweithfan

Fe fyddwn ni'n darparu: Stoc porc, porc bol, lemonau, siwgr caster, wyau, 250 g o fenyn heb ei halltu, blawd, hufen dwbl, cynhwysion y bocs dirgel, **Rhaid i chi ddod â** chynhwysion eraill er mwyn i chi allu cwblhau **Tasg un**.

Rheolau'r gystadleuaeth

Rheolau penodol y gystadleuaeth

1. Dylai safon eich gwisg fod yn broffesiynol gan gadw at safonau iechyd a diogelwch.
2. Bydd y cystadleuwyr yn cael briff iechyd a diogelwch ar ddechrau'r gystadleuaeth.
3. Bydd y cystadleuwyr yn cychwyn a gorffen y gwaith yn ôl cyfarwyddiadau'r beirniaid.
4. Rhaid cyflwyno pob saig o fewn yr amser a ddyrennir.
5. Rhaid derbyn enw pob cystadleuydd ar-lein erbyn 25 Hydref 2019.
6. Rhaid i bob cystadleuydd sicrhau eu bod yn gadael eu gweithfan yn lân a thaclus.
7. Rhaid i'r cystadleuwyr gymryd egwyl o 10 munud.
8. Ni chaniateir unrhyw eitemau a baratowyd o flaen llaw.

Rheolau cyffredinol y gystadleuaeth

- Dylid diffodd ffonau symudol yn ystod y gystadleuaeth.
- Ni chaniateir gwrandio ar gerddoriaeth gyda chlustffonau yn ystod y gystadleuaeth.
- Dylid cyfeirio unrhyw gwestiynau yn ystod y gystadleuaeth at y panel beirniaid.
- Ni ddylai'r cystadleuwyr gyfathrebu gyda chystadleuwyr eraill yn ystod y gystadleuaeth.
- Cyfrifoldeb pob cystadleuydd fydd cyrraedd ar amser ar gyfer pob rhan o'r gystadleuaeth. Os byddwch yn cyrraedd yn hwyr, ni roddir amser ychwanegol.

Pe bai rhyw wall technegol ar eich offer, dylid rhoi gwybod i'r panel beirniaid yn syth. Bydd amser ychwanegol yn cael ei roi os bydd y gwall y tu hwnt i reolaeth y cystadleuydd.

Marcio ac asesu

Meini prawf macio ac asesu cryno:

Meini prawf	Marciau wedi'n dyrannu
Professional Skills	25%
Presentation, Creativity and Style	25%
Utilisation of Ingredients and Equipment	15%
Taste, Flavour and Temperature	15%
Time Keeping	10%
Personal Hygiene and Safety	10%
Total	100%

Adborth a chydabyddiaeth

Bydd adborth llafar, yn unigol ac mewn grŵp, yn cael ei roi ar ddiwedd y gystadleuaeth. (Ni roddir adborth ysgrifenedig)

Ni fydd unrhyw ganlyniadau na gwobrau'n cael eu dyfarnu ar y diwrnod oherwydd bydd angen sicrhau ansawdd y marcio.

Bydd Tystysgrifau Cyfranogi'n cael eu dosbarthu ar y diwrnod.

Bydd enillwyr medalau'n cael eu gwahodd i Achlysur Dathlu a gynhelir ar 19 Mawrth 2020 yn Neuadd Sophia, Gerddi Sophia, Caerdydd CF11 9XR rhwng 12pm a 5pm, lle y bydd y Gwobrau Cyntaf, Ail a Thrydydd yn cael eu cyflwyno. <https://www.sophiagardens.wales/venue/the-sophia-hall.html>

Arweinwyr y Gystadleuaeth

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