

**Dept. of Food and Beverages
Kirkenes High School**

INVITATION

TO PARTICIPATE IN THE ARCTIC SKILLS COMPETITION FOR STUDENTS OF CHEFS AND WAITERS APRIL 2019

TIME: Week 14 – 2019 (Tuesday 09.04.19 – 08:00)

PLACE: Kirkenes videregående skole, avd. Restaurant- og matfag, 9916 HESSENG

Kirkenes High School will arrange the Arctic Skills Championship 2019 for students at 2nd grade level cook and waiters. We therefore take pleasure in inviting to a professional and social struggle at a friendly level.

The event is intended to be for the benefit of the students' development/skills, but also a preparation for the tough competition which will meet them after they end the school.

Furthermore, we see the benefits of being able to get a collegial meeting between teachers/experts where elements of teaching can/should be discussed.

With the wish for positive participation in the championship,
we welcome you,

Jon B. Furrevik
Teamleader/Teacher
F&B

Bengt Willy Stokvold
Teacher/Expert of Waiters
F&B

Tor-Erik Andreassen
Teacher/Expert of Chefs
F&B

Attachments: - Information/Rules of the Competition
- The Candidates practical tasks
- Checklist for the Candidates
- The judging forms

INFORMATION

- Each school/College participates with one chef (student), one waiter (student) and a professional Team leader (teacher/expert) for each of their students.
- All Candidates must be registered as students at 2nd grade level. The upper age limit is set at 22 years.
- Candidates and professionals will be given the opportunity to review the kitchen/restaurant the day before the competition to make themselves known, as well as choose stations and equipment.
- Judges, 4, (2 for chefs and 2 for waiters), will be representatives from the business community here in Kirkenes:
 - Chefs:**
 - Jan Vidar Pedersen – Head chef (Chef de Cuisine) at the GSV, Kirkenes
 - Christoph Schnieder – Head Chef (Chef de Cuisine) at the Thon Hotel Kirkenes
 - Waiters:**
 - Steffen Mong – Hotel Manager at the Scandic Hotel Kirkenes
 - Alexander Haagensen – Restaurant Manager at the Restaurant Salt, Kirkenes

No teachers/experts will have any judging impact on the result.



COMPETITION RULES FOR CHEFS and WAITERS IN ARCTIC SKILLS KIRKENES 2019.

- **Classes:** – **Chef (2nd Grader registered as a student at the school/college, upper age limit is 22 years) –**
 – **Waiter (2nd Grader registered as a student at the school/college, upper age limit is 22 years) –**

- **The Team:** 1 candidate in each class from each school/college + teacher **or** professional skilled trainer (= Team leader).
 The team will be presented to the kitchen and the restaurant the day before the competition.
 On the competition day the team leader is only allowed to be present for a total of 45 minutes, during the planning of the menu.

- **Equipment and Ingredients:** Bringing personal equipment is allowed – **Bringing of ingredients or commodities of any kind must be cleared in advance with the arranging school (Kirkenes vgs.).**

- **Primary raw materials:**
 Main course: – **Fresh whole salmon –**
 Dessert: – **Fresh full cream (35%) –**

- **Available quantities of primary raw materials (per candidate):**
 Will depend on order from each competing school/college

- **The Candidates personal commodity list:**
 Commodity list (ingredients desired to be available at the competition) is to be made out by the candidates and the Team leader in advance, and must be sent (e-mailed) to Kirkenes vgs. no later than 2 weeks before the competition takes place. Feedback will be given if any products should be impossible to provide here in Kirkenes.

- **Assignment:** Within the first 45 minutes the candidates are expected to correspond with their Team leader and assess the use of the ingredients delivered. Based on the ingredients available each candidate is expected to make a two-course menu for six persons. After this process the Team leaders will leave the competition area, and have no possibility to communicate with their candidates.
 Timeframe for conducting the menu – see page 2.

- **Judges:**
 - Chefs:**
 - Jan Vidar Pedersen – Head chef (Chef de Cuisine) at the GSV, Kirkenes
 - Christoph Schnieder – Head Chef (Chef de Cuisine) at the Thon Hotel Kirkenes
 - Waiters:**
 - Steffen Mong – Hotel Manager at the Scandic Hotel Kirkenes
 - Alexander Haagenen – Restaurant Manager at the Restaurant Salt, Kirkenes



THE CANDIDATES' PRACTIC ASSIGNMENT DURING THE COMPETITION

Timeframe and equipment for solving the assignment during the competition

- 08:00** The Candidates (Chefs and Waiters) show up in their working attire in the restaurant
- 08:05** Information from the judges
- 08:15** Planning of menu starts (Assessment of the ingredients) – Candidates + Team leader
- 09:00** Team leader leaves, practical competition starts, menu is delivered to the judges
- 13:00** Serving of the main course
- 13:30** Serving of the dessert
- 14:00** At this point the work must be finished, each candidate will receive a 5 minute evaluation.

- Time allocated for the completion of the assignment is in total 5 hours, from 09:00 until 14:00.
- During the competition, the chef will cook the food for the meal, and keep order at his/her working station. The waiter's tasks will be preparing/setting the table in the restaurant, flowers, waiting of food and refreshments for the guests (4) and further more.
- **Advanced cooking/waiting will of course give higher scores than in a simple way to conduct the tasks/competition.**
- Dishwashing, cleaning after the meal and implementation of necessary follow-up work in the restaurant will be performed by an assigned helper. **(However, the helper is not allowed in any way to participate in the completing of the competition tasks of either the chef nor the waiter).**
- A PC with internet access is allowed only in the preparation phase, between 08:15 and 09:00.
- Cookbooks, recipes, notes from the preparation part etc., can freely be used during the whole competition

Serving times:

- Cook and serve the meals from the pre made menu based on available ingredients.
- **1300:**
After 4 hours present and serve the **main course** (six portions) - 2 portions for the judges, 4 for the guests
- **1330:**
After 4½ hours present and serve the **dessert**, (six portions) - 2 portions for the judges, 4 for the guests
- **1400:**
The work stations (kitchen and restaurant) must be ready cleaned and washed



Checklist for the candidates (to be brought for competition)

- Menu-/product planning
- Ingredient list
- Schedule
- Plan for cleaning process
- Plan for presentation/serving
- Recipes

Menu-/product planning

The following shall be made/prepared:

For that I need:

Ingredients:

Equipment:



1.1

Judge form for CHEF

Jurymember: _____

Candidate number/name/station: _____

100	max	Criteria	Candidate number/points					
			1	2	3			
CLEANLINESS AND HYGIENE, max 10 points								
O1		Personal hygiene – uniform (cleanliness)						
O2		Personal hygiene – hands (including work with gloves)						
O3		Personal hygiene – bad habits (including withdrawal of samples by the fingers)						
O4		Workplace hygiene – keeping work surfaces clean and tidy						
O5		Workplace hygiene – keeping the floor clean						
CORRECT PROFESSIONAL WORK, max 20 points								
S1		Culinary skills						
S2		Skills in product technology, process control						
S3		Organizational skills – planning and conducting the cooking process, the effectiveness						
PRESENTATION AND SERVICE, max 30 points			A1	A2	A1	A2	A1	A2
O6		The time of serving and presentation						
O7		Temperature of serving						
O8		The correctness of the submission (in compliance with task)						
O9		The conformity of mass						
O10		Cleanliness of the plate (no spray, no streaks, fingerprints, etc.)						
S4		Presentation – visual impact (colour/composition/balance/composition)						
S5		Presentation – style and creativity						
TASTE, max 40 points			A1	A2	A1	A2	A1	A2
S6		The harmony of taste and aroma						
S7		Consistency						
S8		Taste of each component separately						

A1 – Main course
A2 – Dessert
O – Objective criteria
S – Subjective criteria



1.2 Judge form for WAITER

Jurymember: _____

Candidate number/name/station: _____

<i>Table menu</i> <i>Choice of wine</i>	<u>Points</u> 5	
<i>Mise en place</i> <i>Setting of table</i> <i>Creativity</i> <i>Flowers</i> <i>Clearing of table</i>	<u>Points</u> 35	
<i>Hospitality and atmosphere</i> <i>Explanation of menu to the guests</i> <i>Serving of wine</i> <i>Serving of dishes</i> <i>Timing</i>	<u>Points</u> 45	
<i>Uniform</i> <i>Hygiene</i> <i>Order of working process</i> <i>Handling of remains</i>	<u>Points</u> 15	
TOTAL SCORE (Max. 100 points)		