

Dept. of Food and Beverages  
Kirkenes High School

# INVITATION

## ***TO PARTICIPATE IN THE ARCTIC SKILLS COMPETITION FOR STUDENTS OF CHEFS AND WAITERS MARCH 2021***

**TIME:** March 23<sup>rd</sup>, Week 12 – 2021  
**PLACE(S):** Sweden – Russia – Finland - Norway

Utbildning Norr in Overtorneaa will arrange the Arctic Skills Championship 2021 for students at 2<sup>nd</sup> grade level of chefs and waiters. We hereby 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.

Because of the special situation with Covid-19 around us, we will this year have some different challenges and solutions to take care of compared with earlier competitions, like use of digital tools.

With the wish of a positive participation in the championship,

Bengt Willy Stokvold  
Teacher/Expert of Waiters  
F&B, Kirkenes vgs.

Tor-Erik Andreassen  
Teacher/Expert of Chefs  
F&B, Kirkenes vgs.

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



## INFORMATION

- Due to the Covid-19 Pandemic the competition of 2021 must be livestreamed at the same time in each country, so everyone (especially the judges) can follow all the candidates on screen. The competitions starts at the same time (e.g. Finland 1 hour ahead in time/Russia 2 hrs. ahead, compared to Norway and Sweden. This means if the competition starts at 08:00 in Norway and Sweden, it must start 09:00 in Finland and at 10:00 in Russia).
- 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 2<sup>nd</sup> grade level. There is no upper age limit.
- Judges, 4, (2 for chefs and 2 for waiters), will be representatives from the business community in each city (kindly fill in the names of your judges):

**Chefs Jury:**

**Waiters Jury:**

### **COVID-19:**

**The judges must first agree among themselves locally on what score the candidate in chef and equal in waiter should achieve. Then there will be a discussion via digital tools (Teams) between the judges in the individual countries to agree on the winner of the competition in the two disciplines.**

**None of the teachers/experts will have any judging impact on the result.**

## COMPETITION RULES FOR CHEFS and WAITERS IN ARCTIC SKILLS, OEVERTORNEAA March 23<sup>rd</sup> 2021.

- **Classes:** – **Chef (2<sup>nd</sup> Grader registered as a student at the school/college, no upper age limit.**
  - **Waiter (2<sup>nd</sup> Grader registered as a student at the school/college, no upper age limit.**
- **The Team:** 1 candidate in each class from each school/college + teacher (= Team leader).  
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.
- **Primary raw materials:**  
Main course: – **Leg of lamb (whole)** –  
Dessert: – **Blueberries** –
- **Available quantities of primary raw materials (per candidate):**  
Will depend on each competing school/college, but must be in reasonable amounts according to the menus
- **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. Each school or experts make sure that their candidate have the opportunity to practice with the ingredients that they have decided to use during the competition.
- **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 in conducting the menu – see page 2.
- **Digital Camera:** The minimum should be one camera overlooking the competition area where we all can follow the whole process while the candidates are at work.
- **Judges: (Two for the chefs and two for the waiters.)**

**Chefs:**

**Waiters:**

## THE CANDIDATES' PRACTIC ASSIGNMENT DURING THE COMPETITION

### Timeframe and equipment in solving the assignment during the competition

<b>08:00/09:00/10:00</b>	The Candidates (Chefs and Waiters) show up in their working attire in their restaurant
<b>08:05/09:05/10:05</b>	Information from the judges
<b>08:15/09:15/10:15</b>	Planning of menu starts (Assessment of the ingredients) – Candidates + Team leaders
<b>09:00/10:00/11:00</b>	Team leaders leaves, practical competition starts, menu is to be delivered to the judges
<b>10:15/11:15/12:15</b>	Waiters starts making the table menu, thereafter folding napkins (choose <b>three</b> different ways, out of 8, of folding) from the picture attached on the next page.
<b>13:00/14:00/15:00</b>	Serving of the main course
<b>13:30/14:30/15:30</b>	Serving of the dessert
<b>14:00/15:00/16:00</b>	At this point the work must be finished, each candidate will receive a 5 minute evaluation.

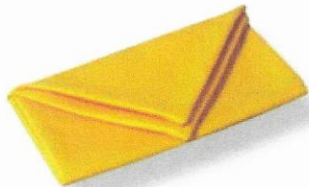
- Time allocated for the completion of the assignment is in total 5 hours, from **09:00/10:00/11:00** until **14:00/15:00/16:00**.
- During the competition, the chef will cook the food for the meal, and keep order at his/her working station. The waiter's tasks will be preparing/setting the table in the restaurant (flowers will be available), folding napkins, waiting of food and refreshments to the guests (2), etc.
- **Advanced cooking/waiting will of course give higher scores, than if a simple way to conduct the tasks/competition is choosen.**
- Dishwashing, cleaning after the meal and implementation of necessary follow-up work in the restaurant must be performed by an assigned helper. **(Mark: 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 to be used only in the preparation phase, between **08:15/09:15/10:15 - 09:00/10:00/11:00**
- Cooking books, recipes, notes from the preparation part etc., can freely be used during the whole competition

### Serving times:

- Cook and serve the meals from the premade menu based on the available ingredients.
- **1300:**  
After 4 hours present and serve the **main course** (four portions) - 2 portions for the judges, 2 for the guests
- **1330:**  
After 4½ hours present and serve the **dessert**, (four portions) - 2 portions for the judges, 2 for the guests
- **1400:**  
The working stations/tables (kitchen and restaurant) must be ready cleared.  
(Necessary cleaning/washing of kitchen/restaurant after on, must be done by the assigned helpers.)



Handbag



Bishop's cap



Marquee



Twisted marquee



Marquee for two



Marquee for three



Candle



Cutlery envelope





## Checklist for the candidates (to be brought for competition)

- ☐ Menu-/product planning
- ☐ List of Ingredients
- ☐ Schedule
- ☐ Plan for cleaning process
- ☐ Plan for presentation/serving
- ☐ Recipes

### Menu-/product planning

The following shall be made/prepared:

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### For this I need:

Ingredients:

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Equipment:

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Recipes: Own notes or copies from books, internet etc.



## 1.1 Judge form for CHEF

(revised for adaptation to digital assessment due to Covid-19)

Jury member: \_\_\_\_\_

100 points maximum		Criteria	Candidates points	
<b>CLEANLINESS AND HYGIENE, max 20 points</b>				
O1	4	Personal hygiene: – uniform (clean/cleanliness/correct)		
O2	4	Personal hygiene: – hands (including work with gloves)		
O3	4	Personal hygiene: – bad habits (including withdrawal of samples by the fingers)		
O4	4	Workplace hygiene: – keeping work surfaces clean and tidy		
O5	4	Workplace hygiene: – keeping the floor clean		
SCORE (Max. 20 points)				
<b>CORRECT PROFESSIONAL WORK, max 20 points</b>				
S1	6	Culinary skills		
S2	6	Skills in product technology, process control		
S3	8	Organizational skills – planning and conducting the cooking process, the effectiveness		
SCORE (Max. 20 points)				
<b>PRESENTATION AND SERVICE, max 35 points</b>			<b>A1</b>	<b>A2</b>
O6	3	Punctuality in the time of serving and presentation		
O7	4	Temperature of served dishes		
O8	2	The correctness of the submission (in compliance with task)		
S4	5	The conformity of mass		
S5	1	Cleanliness of the plate (no spray, no streaks, fingerprints, etc.)		
S6	10	Presentation – visual impact (colour/combination/balance/composition)		
S7	10	Presentation – style and creativity		
SCORE (Max. 35 points)				
<b>TASTE, max 25 points</b>			<b>A1</b>	<b>A2</b>
S8	10	The harmony of taste and aroma		
S9	7	Texture on the food/Consistency		
S10	8	Taste of each component separately		
SCORE (Max. 25 points)				
<b>TOTAL SCORE (Maximum 100 points)</b>				

S – Subjective criteria  
 O – Objective criteria

A1 – Main course  
 A2 – Dessert





## 1.2

Judge form for WAITER

Jury member: \_\_\_\_\_

100 points maximum		Criteria	Candidates points	
<b>CLEANLINESS AND HYGIENE, max 20 points</b>				
O1	4	Personal hygiene: – uniform (clean and correct)		
O2	4	Personal hygiene: – hands – hair – beard		
O3	4	Personal hygiene: – appearance, bad habits		
O4	4	Workplace hygiene: – keeping work station clean and tidy		
O5	4	Workplace hygiene: – keeping table and surroundings clean		
<b>SCORE (Max. 20 points)</b>				
<b>CORRECT PROFESSIONAL WORK, max 30 points</b>				
O6	8	Organizational skills: – planning, setting and conducting the table for the guests		
S1	8	Style and Creativity (Choice of cutlery, glasses, table-dressing/-decorations, flower arrangement etc.)		
O7	5	Table menu (Informativity, lay-out, appeal, correct set up)		
S2	3	Choice of wine		
O8	3	Temperature of wine		
O9	3	Result in folding of napkins (3 different ways, chosen out of eight, from the attached picture.)		
<b>SCORE (Max. 30 points)</b>				
<b>PRESENTATION AND SERVICE, max 42 points</b>				
S3	10	Hospitality and atmosphere		
S4	5	Explanation of the menu in front of the guests		
O10	5/5 = 10	The correctness in serving the dishes	A1	A2
S5	6	The service and communication with the guests. (Behavior/attitude)		
O11	5	The correctness in serving the wine		
O12	3/3 = 6	Timing	A1	A2
<b>SCORE (Max. 42 points)</b>				
<b>CLEARING max 8 points</b>				
S6	8	Clearing of dishes, undressing the table/handling of remains		
<b>SCORE (Max. 8 points)</b>				
<b>TOTAL SCORE (Maximum 100 points)</b>				

S – Subjective criteria  
 O – Objective criteria

A1 – Main course  
 A2 – Dessert