

MARKET BASKET – CONTINENTAL	
Competition Code:	A2
Competition Name:	MARKET BASKET - CONTINENTAL
Division:	Professional
Type:	Team
Participants:	Three (3) Chefs, and Three (3) assistants to aid with set – up only
Description:	To showcase a team's speed and detail in preparing a three-course Continental meal of five (5) portions consisting of one (1) hot or cold appetizer or soup, one (1) main course and one (1) dessert..

Prior to the day of the EVENT:

1. Two days before the event, a judge in charge will draw from three (3) sealed envelopes the secret main ingredient to be used on the day of the event. Venue of the drawing of secret ingredient to be announced.
2. Each team will be given 120 minutes to write a detailed recipe (using official COP standard recipe forms) of the authentic three-course Asian menu. The recipes will be submitted to the judge in charge, copies may be made for reference of the participants. All teams will be responsible for their own purchasing of ingredients. The organizer will only provide the secret ingredient on the day of the event.

On the day of the EVENT

1. Competitors will register one (1) hour and thirty (30) minutes before the actual start of the competition and will submit their recipes in six (6) copies at the registration table. Teams who are late for their registration will be disqualified.
2. Should a team forget or be short of a recipe copy, 50% will be deducted from mise en place points.
3. Each team will be given standard COP Title Cards to be placed during the event on top of the display table to identify the name of the entries, as well as standard recipe forms which must be handed in upon registration.
4. Each team shall consist of three(3) Chefs, and Three (3) assistants to aid with set-up only.
5. Teams cannot wear any uniform with a logo, any pin or name tag which may identify an establishment, a hotel, or a restaurant
6. Work stations will be set up for the competitors each having a stove with four (4) open gas burners and an oven, a working table, a sink, a utility rack, and a common back set of equipments to be shared by stations, please refer to the layout provided for the exact list of common back equipments. All teams are required to check all equipments before starting to cook. No complaints will be accepted afterwards other than emergency situations.
7. Competitors are required to bring their own tools, knives, pots, pans and small electrical or mechanical tools.
8. Plates to be used for presentation must be plain white not exceeding thirty-two (32) cm in diameter.

9. Preparation and presentation time shall be 3 hours or 180 minutes. Team is to prepare five (5) portions of one (1) hot or cold appetizer or soup, one (1) Main dish with starch & vegetable to accompany, and one (1) dessert. Four portions (4) will be served to the judges on the presentation table of each cooking station, while the other one (1) will be for display on the display area at the end of the event.
10. Each team will be given an additional ten (10) minutes to clean their respective areas.
11. All materials ingredients and components should be edible including garnishes and carvings.
12. Vegetables can be brought in peeled, however not cut or cooked in any form prior to the competition.
13. Basic stocks such as vegetable, chicken, and the likes can be pre-prepared.
14. Dried Ingredients can be presoaked but not be cut, cooked or prepped in any way.
15. All dishes components like starches and vegetables to accompany the main dish, sauces, and other preparations must be made entirely on the spot. Teams who bring in cooked item(s) will be disqualified
16. Simultaneous sequence of serving as follows: Appetizer or soup will be served after two (2) hours or 120 minutes by all competitors.
17. Main course should be served after two and a half (2 ½) hours or after 150 minutes by all competitors.
18. Dessert should be served after three (3) hours or after 180 minutes by all competitors.
19. A pre-competition briefing will be conducted by members of the competitions and judging committee on the day prior to the actual competition to address and clarify various key points of these regulations and will be allowed to ask questions related to this competition.

Specific guidelines, pointers for the judging criteria:

1. Front set of judges to check Mise-en-Place and Correct Preparation.

Soup/Hors-d'Oeuvre/Starter <ul style="list-style-type: none"> • Mise en Place • Correct Preparation 	Main Dish <ul style="list-style-type: none"> • Mise en Place • Correct Preparation 	Dessert <ul style="list-style-type: none"> • Mise en Place • Correct Preparation
---	--	--

2. Back set of judges will check Presentation, and Taste.

Soup/Hors-d'Oeuvre/Starter <ul style="list-style-type: none"> • Professional Serving Methods and Presentation • Taste 	Main Dish <ul style="list-style-type: none"> • Professional Serving Methods and Presentation • Taste 	Dessert <ul style="list-style-type: none"> • Professional Serving Methods and Presentation • Taste
---	--	--

Guidelines for Assessment

Mise en Place

0 – 10 points

Orderly preparation of materials, neat working area, and style, clean and pressed working clothes and uniforms, accurate techniques, adherence to work schedule, and punctual completion of work. Special attention will be given to the hygienic and sanitary handling of food items.

Correct Preparation

0 – 30 points

Practical preparation, free of unnecessary details and extras. Any side dishes and extras should complement the main dish in quantity or proportion; flavor and color. It should be in keeping with modern nutritional practices. The original recipe is authoritative where classical and/or modern methods are practiced. Meats should be carved properly and neatly. Points will be deducted for vegetables which are not cut or turned uniformly. Portion weight should correspond to standard industry portions and the accepted norms.

Professional Serving Methods and Presentation

0 – 20 points

Main meals and side dishes should be in proportion to one another. The dishes should be reciprocally complementary in both content and color. The arrangement of the plates should be practical, neat and pleasant, conducive to everyday serving and not cluttered. Bases and non-edible items should be avoided. Notable points will be given to new preparation and serving methods and techniques, and outstanding flavor combinations in a simple, yet modern approach.

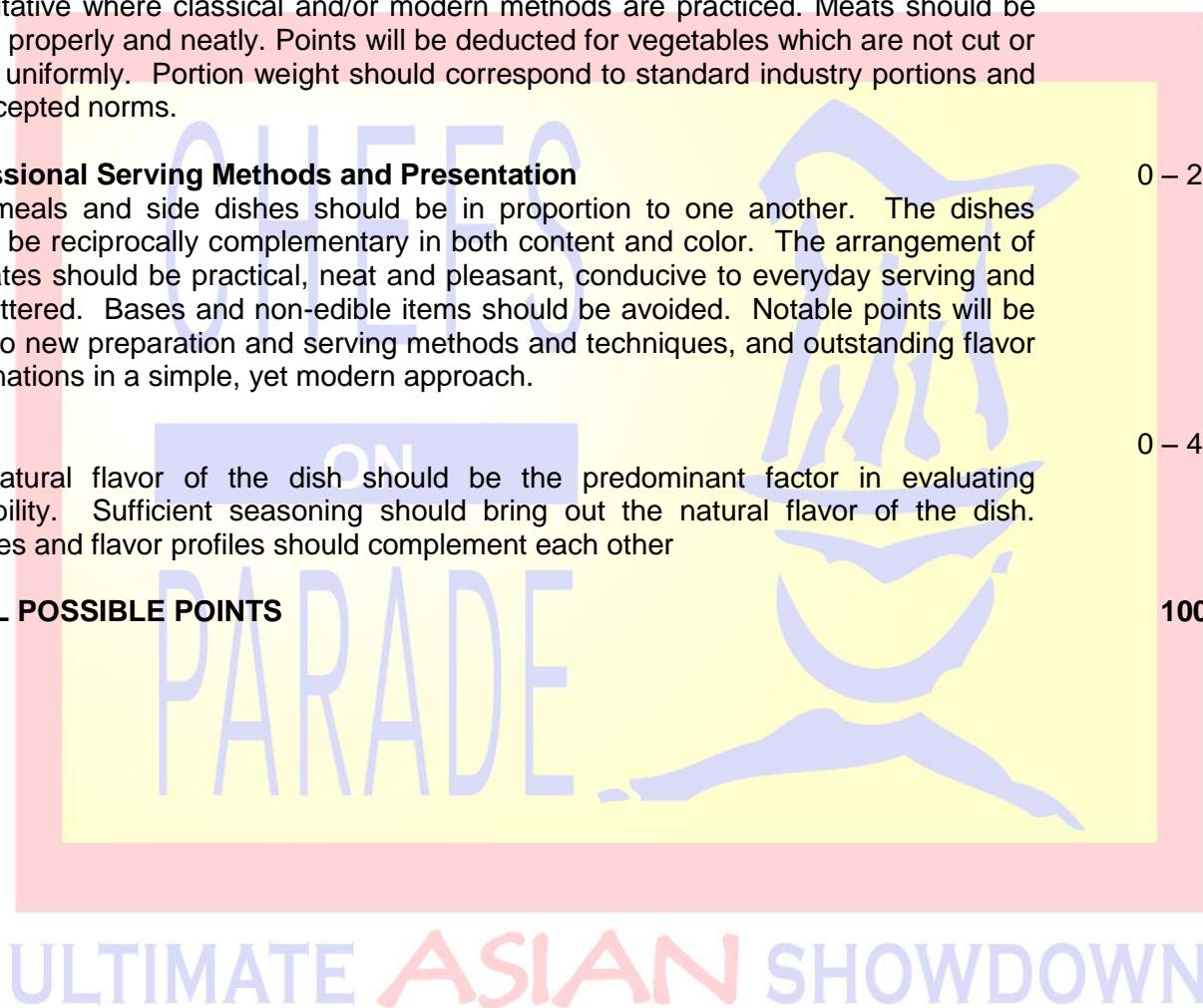
Taste

0 – 40 points

The natural flavor of the dish should be the predominant factor in evaluating palatability. Sufficient seasoning should bring out the natural flavor of the dish. Textures and flavor profiles should complement each other

TOTAL POSSIBLE POINTS

100 points





JUDGE SCORESHEET

MARKET BASKET A1, A2, A2-E, S1, S1-E

Important Instruction: (Please fill up)				
Entry Code: <small>(Assigned in briefing prior to competition)</small>				
Division	<input type="checkbox"/> Professional		<input type="checkbox"/> Student	
Competition Category: <small>(Example: A1, A2, B1, etc.)</small>	<input type="checkbox"/> A1 Asian	<input type="checkbox"/> A2 <input type="checkbox"/> A2-E Continental	<input type="checkbox"/> S1 <input type="checkbox"/> S1-E Filipino	
Competition Date:	<input type="checkbox"/> Feb. 28 (Thur)	<input type="checkbox"/> Mar. 01 (Fri)	<input type="checkbox"/> Mar. 02 (Sat)	<input type="checkbox"/> Mar. 03 (Sun)

	FRONT SET OF JUDGES		
	Mise-En-Place	Correct Preparation	Total Possible Points
	0 – 10 pts.	0 – 30 pts.	40 pts.
Soup / Hors D'Ouvre Starter			
Main Dish			
Dessert			
Gross Total			
Divided by 3			÷ 3
Overall Total			

BACK SET OF JUDGES		
Professional Serving Methods & Preparation	Taste	Total Possible Points
0 – 20 pts.	0 – 40 pts.	60 pts.
Gross Total		
Divided by 3		÷ 3
Overall Total		

RANKING (SCALE OF MEDALS)	
Gold with Honors	100 pts.
Gold	94-99 pts.
Silver	88-93 pts.
Bronze	82-87 pts.
Diploma	75- 81 pts.

Judged by:

Judge (Print Name and Sign)

Reviewed by:

SGV Representative