

BREAKFAST	
Competition Code:	A5
Competition Name:	BREAKFAST
Division:	Professional
Type:	Individual
Participants:	One (1) Chef and Three (3) assistants to aid with set-up only
Description:	Live cooking of a four (4) component Asian breakfast tray to serve two (2). Each consisting of one (1) Fresh Fruit Dish, one (1) Cereal and/or Bread and/or Pastry Plate, one (1) Hot Full Main Course, and one (1) Fresh Fruit Juice and/or Tea and/or Coffee.

Objective:

1. To promote, develop, and create deep appreciation of the importance of breakfast as the first meal of the day, and its impact on the daily diet.

Specific Guidelines, pointers for the judging criteria:

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 two (2) 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 equipment's to be shared by stations, please refer to the layout provided for the exact list of common back equipment's. All teams are required to check all equipment's 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. Flatware's and/or silverwares to be used for the courses must be included and should be placed inside the tray.
9. Preparation and presentation time shall be one (1) hour or sixty (60) minutes. Team is to prepare two (2) portions of one (1) Fresh Fruit Dish, one (1) Cereal and/or Bread and/or Pastry Plate, one (1) Hot Full Main Course, and one (1) Fresh Fruit Juice and/or Tea and/or Coffee. All five components, including any accents like tea pots, coffee press, vases, utensils, and the likes should fit and be served in a breakfast tray. Tray dimensions should not exceed 26 inches x 19 inches. A total of two (2) trays will be served. One (1) tray will be served to the judges on the presentation table of each cooking station, while the other tray will be for display on the display area at the end of the event

10. All materials ingredients and components should be edible including garnishes and carvings.
11. Vegetables can be brought in peeled, however not cut or cooked in any form prior to the competition.
12. Basic stocks such as vegetable, chicken, and the likes. can be pre-prepared.
13. Dried Ingredients can be presoaked but not be cut, cooked or prepped in any way.
14. All food components like starches, vegetables, uncooked raw meats, fruits, juices, sauces and other preparations must be made entirely on the spot. Teams who bring in cooked or baked item(s) will be disqualified
15. All other food components like breads, jams, marmalades, and processed meats that need curing, preserving, proofing, long marinating and/or brining may be brought in, but must be declared and explained to the judges. Branding of products will not be allowed and must be removed from bottles, cans and the likes.
16. 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.

Guidelines for Assessment

Mise en Place

- Orderly preparation of materials 2 Points
- Neat working area and style 2 Points
- Observes professional grooming and hygiene 2 Points
- Adherence to work schedule 2 Points
- Punctual completion of work 2 Points

0 – 10 Points

Production and Creativity

- Practical and no time consuming methods in preparation 5 Points
- Freshness of ingredients used 5 Points
- Creativity level is unique and displays new ideas with distinct healthy characteristics 10 Points
- Proportion and use of ingredients are considered and based on established nutritional standards, applies healthy cooking, food safety and sanitation principles in production and plating 10 Points

0 – 30 Points

Presentation

- Composed of a visually appetizing, tasteful, healthy looking dish with modern and elegant presentation 10 Points
- Components are balanced in terms of correct proportions, no redundancy on any elements observed 10 Points
- All components are edible 5 Points

0 – 25 Points

Sensory Evaluation

- Natural flavor of the dish should be predominant 20 Points
- Appropriate/unique blending of flavors and textures of food and beverages 15 Points

0 – 35 Points

TOTAL POSSIBLE POINTS

100 Points

