



Ara Food & Beverage Competition

8am – 5pm
Monday 17 June 2024
U Block, City campus

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Open to the public at 8am



Competition events

Class	Event	Room	Schools, Ara students or Open	Duration	Starts
KITCHEN – LIVE EVENTS					
Class 1	Cup Cakes Decorating	B1	Schools or Ara students	60 minutes	12pm
Class 2	Fruit Flan	B1	Schools or Ara students	75 minutes	1.30pm
Class 3	Café-Style Toasted Sandwich	K1	Open	45 minutes	9am
Class 4	Mystery Box – Pasta	K1	Schools or Ara students	60 minutes	11am
Class 5	Soup	K1	Schools or Ara students	60 minutes	1pm
Class 6	Mystery Box – Lamb	K1	Open	60 minutes	2.30pm
Class 7	Plant-based Poke Bowl	K4	Schools or Ara students	60 minutes	9.30am
Class 8	Café Burger	K4	Open	60 minutes	11am
Class 9	NZ Chefs Kitchen Brigade of the Year	K4	Open	120 minutes	1pm
Class 10	Mystery Box - Salmon Entrée	K4	Open	60 minutes	4pm
Class 11	Muffins Savoury	K5	Schools or Ara students	60 minutes	8.30am
Class 12	Contemporary Filled Éclairs	K5	Schools or Ara students	60 minutes	10am
Class 13	Contemporary Decorated Sponge	K5	Open	60 minutes	11.30am
Class 14	Live Plated Dessert	K5	Open	90 minutes	2pm
FRONT OF HOUSE – LIVE EVENTS					
Class 15	Creative Table Setting	U108	Schools only (Years 11-13)	60 minutes	10am
Class 16	Blind Beverage Tasting	U109	Open	120 minutes	10am
ARA STUDENT AND STAFF – SHOWCASE EVENTS					
Class 17	Ara Ultimate Sausage Roll	B1	Ara students/staff	60 minutes	Dropped off by 9am
Class 18	Creative Sweet Muffins	B1	Ara students/staff	60 minutes	Dropped off by 9am
Class 19	The Fastest Omelette Showdown	U Block	Ara students/staff	10 minutes	11am to 1 pm

Key

Open	School only	School or Ara students
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Note

- Entries close on 16 June 2024.
- Most classes have a maximum number of eight so first in will secure a place.

Welcome

We're proud to be hosting the 2024 Ara Food and Beverage competition at our City campus on Monday 17 June 2024.

A collaboration between Ara, schools and the food and hospitality industry, this prestigious event promotes excellence within the industry.

The competition features live kitchen events and is open to school students, trainee chefs and all levels of the hospitality industry. In order to assist competitors to gain consistency in their work skills and competitiveness, the rules, judging and awards criteria are in line with the New Zealand Hospitality Championships standards.

Enter to compete or come along and watch the action. Bring your friends, your enthusiasm and your skills.

Sponsors

The Department of Hospitality, Business and Service Industries greatly appreciates the support given by our sponsors, not only at this event but throughout the year. These businesses are always willing to do that little extra to assist us with our goal of delivering quality training to our students. Without the generosity of sponsors, this event would not be possible. Thank you.

Judges

This year's judges have been selected from New Zealand Chefs Association, industry professionals and the Department of Hospitality, Business and Service Industries.

Cooking Events Chief Judge: **Darren Wright**

Contact

If you have any questions regarding the classes, please contact:

Events co-ordinator & cookery area:
**Stuart Goodall, stuart.goodall@ara.ac.nz,
021 169 7491**

Conditions of entry

Entries will be accepted on a 'first-in' basis. Please read the rules and conditions carefully. If exhibits do not comply with rules for their class, they may be disqualified. Entry fees are non-refundable. No correspondence will be entered into.

Entry fees

Open entry (any age group) \$20 per class

Training \$10 per class
Anyone training and working toward a recognised cookery, bakery or front-of-house qualification

Schools \$10 per class
Open to all students (Years 1 – 13)

Applications for entry

All entries must be received and paid for by 5pm on Sunday 16 June and be on the official online entry form:

<https://www.ara.ac.nz/food-competition>

Only one entry per competitor per class is permitted. A confirmation email will be sent to you on acceptance of your entry.

Results

Results will be available within two hours of the completion of each event. Some of the events will run the training classes in conjunction with the open classes, however there will be one top award between these shared classes.

Awards/Prizegiving

All participants will receive a certificate of participation. The prizegiving will be held on Tuesday 18 June at Visions Restaurant, City campus, Madras Street at 5.30pm.

All award recipients must wear the appropriate professional uniform. School competitors are to wear their school uniform.

Medal awards follow the World Chefs guidelines.

Gold medal - with distinction	100 marks
Gold medal	90-99 marks
Silver medal	80-89 marks
Bronze medal	70-79 marks

Kitchen – live events

Class 1 Cup Cake Decorating

Start time: 12 noon

Venue: B1

Competition duration: 60 minutes

Competitors have 60 minutes to decorate and present a total of six cupcakes; three of each cupcake with TWO different finishes and garnishes. Cup cakes are to be decorated using either buttercream, fondant or ganache, with an appropriate garnish which is to be made during the event.

Note: Standard muffin tin sized cup cakes will be provided in a red velvet flavour.

Competitors must supply all ingredients, utensils and service plates.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 2 Fruit Flan

Start time: 1.30pm

Venue: B1

Competition duration: 75 minutes

Competitors have 75 minutes to fill, decorate and glaze a fruit flan served on a cake board (supplied). The flan must include:

- 19cm fluted sweet pastry base – to be prebaked and brought in by the competitor
- crème patisserie (custard base) filling, made during the competition
- fruit decoration using a minimum of three fruits
- glaze finish

Competitors must supply all ingredients, cooking equipment and utensils.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 3 Café-Style Toasted Sandwich

Start time: 9am

Venue: K1

Competition duration: 45 minutes

Competitors have 45 minutes to prepare, cook and serve TWO identical portions of a toasted sandwich suitable for service in a café using the following criteria:

- the sandwich must be plated as they would in a café and can include a garnish such as sauce/chutney but these will not be marked
- the sandwich must be toasted top and bottom using a bread based product (can be GF)

- can be served hot or warm
- the sandwich must be able to be eaten easily with your hands
- MUST contain cheese plus a minimum of TWO fillings which can be meat, fish or vegetarian/vegan

Competitors must supply all ingredients, cooking equipment, utensils and service plates – a small number of sandwich presses will be available for shared use.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 4 Mystery Box – Pasta

Start time: 11am

Venue: K1

Competition duration: 60 minutes (to include 15 minutes menu writing)

Competitors will have 15 minutes to view mystery box and write their menu followed by 45 minutes cooking time to prepare, cook and serve TWO identical portions of a pasta dish from a mystery box of ingredients and a shared pantry.

Competitors must feature all ingredients from the mystery box but shared pantry items are optional.

Competitors must supply all cooking equipment, utensils and service plates.

- 1 description card to be provided at the end of the cooking time – this can be handwritten.

Class 5 Soup

Start time: 1pm

Venue: K1

Competition duration: 60 minutes

Competitors have 60 minutes to prepare, cook and serve TWO identical portions of a soup of their choice using the following criteria:

- portion must be between 200-250ml
- soups must be individually plated
- breads or accompaniments can be served to enhance the dish but will only count towards the mark if they are made within the competition timeframe

Competitors must supply all ingredients, cooking equipment, utensils and service plates.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Sponsored by Catering Hardware



Class 6

Mystery Box – Lamb

Start time: 2.30pm

Venue: K1

Competition duration: 75 minutes (to include 15 minutes menu writing)

Competitors will have 15 minutes to view mystery box and write their menu followed by 60 minutes cooking time to prepare, cook and serve TWO identical portions of a lamb dish from a mystery box of ingredients and a shared pantry.

Competitors must feature all ingredients from the mystery box but shared pantry items are optional.

Competitors must supply all cooking equipment, utensils and service plates

- 1 description card to be provided at the end of the cooking time – this can be handwritten.

Class 7

Plant-based Poke Bowl

Start time: 9.30am

Venue: K4

Competition duration: 60 minutes

Competitors have 60 minutes to prepare, cook and serve TWO identical portions of a plant-based poke bowl suitable for serving in a café using the following criteria:

- the dish must feature rice (it can brought in pre cooked)
- all ingredients must be VEGAN
- the dish must feature the following vegetable cuts as defined in The NZ Chef V4 - Chiffonade Macedoine, Julienne
- a minimum of ONE sauce/dressing

Competitors must supply all ingredients, cooking equipment, utensils and service plates.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 8

Café Burger

Start time: 11am

Venue: K4

Competition duration: 60 minutes

Competitors have 60 minutes to prepare, cook and serve TWO identical portions of a hot Burger suitable for serving in a café using the following criteria:

- the burger must be composed of a Bun
- 150gm pattie – must be protein based but can be vegan
- minimum ONE homemade sauce/chutney
- appropriate garnishes / accompaniments

Competitors must supply all ingredients, cooking equipment, utensils and service plates

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 9

NZ Chefs Kitchen Brigade of the Year

Start time: 1pm

Venue: K4

Competition duration: 120 minutes
+ viewing time for mystery box

This a team competition featuring TWO chefs cooking a THREE course meal for FOUR within 120 minutes.

See www.nzchefs.org.nz for more specific class criteria and entry information.

*Sponsored by: Akaroa Salmon, Moffat,
Southern Hospitality, Barkers, Ara Institute of Canterbury*



Class 10

Mystery Box – Salmon Entrée

Start time: 4pm

Venue: K4

Competition duration: 60 minutes (to include 15 minutes menu writing)

Competitors will have 15 minutes to view mystery box and write their menu followed by 45 minutes cooking time to prepare, cook and serve TWO identical portions of a salmon entrée dish from a mystery box of ingredients and a shared pantry.

Competitors must feature all ingredients from the mystery box but shared pantry items are optional.

Competitors must supply all cooking equipment, utensils and service plates

- 1 description card to be provided at the end of the cooking time – this can be handwritten.

Sponsored by Akaroa Salmon



Class 11

Savoury Muffins

Start time: 8.30am

Venue: K5

Competition duration: 60 minutes

Competitors have 60 minutes to prepare, bake and present SIX Texas style muffins with your choice of flavour suitable for serving in a café.

Competitors will be provided with large Texas-style muffin papers and tray but must provide all other ingredients, equipment and serving plate.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 12

Contemporary Filled Éclairs

Start time: 10am

Venue: K5

Competition duration: 60 minutes

Competitors have 60 minutes to fill, coat and decorate SIX identical 10cm éclair shells using the following criteria:

- éclairs must feature a suitable filling
- any coating and decoration must promote/complement the flavour of the filling
- SIX 10cm baked éclair shells will be provided at the start of the competition but all other elements MUST be made during the competition

Competitors must supply all other ingredients, cooking equipment, utensils and serving plate.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 13

Contemporary Decorated Sponge

Start time: 11.30am

Venue: K5

Competition duration: 60 minutes

Competitors have 60 minutes to cut, fill and decorate a 12cm vanilla sponge with Italian buttercream and suitable garnishes using the following criteria:

- cooked 12cm sponge will be supplied but competitors must slice and fill
- plain Italian buttercream will be provided for competitors to use, additional flavours/colours can be incorporated
- competitors are expected to display the following skills – masking/coating, piping, garnishing, finishing
- all elements other than sponge and buttercream are to be produced within the competition timeframe
- cake must be presented on supplied cakeboard

Competitors must supply all other ingredients, cooking equipment and utensils.

- Two sets of recipes and two description cards to be provided at the start of the competition.

Class 14

Mystery Box – Live Plated Dessert

Start time: 2pm

Venue: K5

Competition duration: 90 minutes

Competitors have 90 minutes to prepare, bake and present TWO identical portions of a plated dessert suitable for serving in a restaurant using the following criteria:

- the main component MUST be a lemon tart with a filling produced using the provided recipe
- the dish must feature a minimum of ONE complimentary sauce
- the dish must feature a minimum of ONE complimentary garnish
- ALL garnishes and sauces MUST be produced from ingredients on the provided shared 'mystery' pantry
- competitors MUST bring their own sweet pastry base which is to be rolled, lined and baked during the competition

Competitors will be provided with 2x 8cm perforated flan rings which MUST be used.

Competitors will be provided with a selection of serving plates but MAY bring their own.

- 1 description card to be provided at the end of the cooking time – this can be handwritten.

Front of House - live events

Class 15 Creative Table Setting (Schools: years 11–13)

Start time: 10am

Venue: U109

Competition duration: 60 minutes

Competitors will have 60 minutes to complete a fully themed table setting for TWO covers.

A 800mm x 800mm table, two chairs, a side table and access to hot and cold water will be supplied. The theme will be the student's own, this table setting is to demonstrate innovation, hygiene, practicality and style. Judging criteria will include use of glassware, crockery, cutlery and a napkin folds.

Competitors should bring with them all necessary equipment to clean and prepare their table, gloves, polishing cloths and bucket, tools and accessories.

- A card explaining the theme is required to be displayed (can be placed on a chair or the side table if desired).

The finished tables are to remain on display until 2pm.

Class 16 Blind Beverage Tasting

Start time: 9am

Venue: U109

Competition duration: 120 minutes

Competitors will blind taste a range of alcoholic and non-alcoholic beverages and answer questions to identify them.

Open to students currently in training or trainee in industry (less than 24 months in industry). All competitors must be 18 years old +.

Ara student and staff – showcase events

Class 17 Ara Ultimate Sausage Roll

Start time: 9am

Venue: U Block

Competition duration: 60 minutes

Do you think you make Ara's best sausage roll?

This is your chance to claim the title of Ara's 'sauciest' sausage roll for 2024 but, most importantly, campus bragging rights.

Simply bake THREE identical sausage rolls **at home** using your favourite recipe and the following criteria:

- sausage rolls must be between 8 -12cm in length
- THREE sausage rolls must be served on ONE serving plate
- sausage rolls must be accompanied by a description card
- sausage rolls must be fully cooked but will be warmed for tasting by the judges
- fillings can be meat or vegetarian based
- sausage rolls must be delivered to the foyer of U Block by 9am ready for judging

Sausage rolls will be judged on taste, visual appeal, control of baking, flavour combinations and consistency.

There is no entry fee for this event.

Prizes will be awarded for the top THREE entries.

Class 18 Creative Sweet Muffins

Start time: 9am

Venue: U Block

Competition duration: 60 minutes

Get ready to show off your baking prowess at our Sweet Muffin showdown! It's time to whisk, mix and bake your way to muffin glory.

Competitors are required to bake THREE identical Sweet Muffins **at home** using the following criteria:

- competitors can choose their own flavour combinations
- THREE identical muffins must be served on ONE serving plate
- muffins can be produced using Standard or Texas-sized muffin tins
- muffins must be accompanied by a description card
- muffins must be delivered to U Block by 9am ready for judging

Muffins will be judged on taste, texture, consistency and presentation.

There is no entry fee for this event.

Prizes will be awarded for the top THREE entries.

Class 19 The Fastest Omelette Showdown

Start time: 11am – 1pm

Venue: U Block

Competition duration: 10 minutes

This is it! Do you have the fastest hands in the west! It's time to battle it out against the clock to claim top spot in our Fastest Omelette Showdown.

- This event is open to any person either working or studying at Ara.
- Competitors will be judged on their ability to prepare and present ONE three-egg omelette in the fastest time possible.
- All eggs and equipment will be provided.
- Competitors will compete against the clock in heats.
- For your time to qualify for the leaderboard the prepared omelette must be deemed 'serveable' by the culinary judge!

Heats will run every 15 minutes between 11am and 1pm so register your spot at U Block reception from 10am on competition day.

There is no entry fee for this event.

The top THREE on our leader board will be awarded prizes, with the winner taking the title of 'The Fastest Omelette Showdown' champion.

General Information

Registration on the day of the competition

Competitors for all events are required to register in U block reception 30 minutes before their event and be at the designated event area 15 minutes prior to the commencement of their event.

All hot kitchen events will be held in the training kitchens in U Block of the Ara City campus, Madras Street.

Live events

Each competitor will be supplied with one commercial oven, one bench and one sink with hot and cold running water. All other equipment is to be supplied by the competitor.

Live events are limited to eight competitors per class. Dishes must be presented within the allocated time with description cards as would appear on the menu, with a complete description to include all elements of the dish.

Competitors are permitted to take into the kitchen pre-made stocks. Pre-made wraps and unrolled filo pastry doughs may also be brought in. Peeled vegetables are accepted but not shaped or blanched.

No glazes, reductions, finished sauces or other finished food items will be allowed.

Competitor's food containers and toolboxes are subject to inspection by the judges to ensure compliance with these rules.

Competitors will be given 15 minutes prior to the event to set up their workstation and 15 minutes at the end of the event to clean down and remove personal equipment. Marks may be lost for stations that are left dirty.

Kitchen set up

- Cooker types: U Block kitchen minimum 4 ring gas. All have fan ovens and electric ovens.
- Bench size: 1.8 metres long by 60cm wide.
- Chopping board: will be supplied.
- Equipment: competitors are asked to bring all equipment.
- Wash up facilities.

Competitors in events held in K1 and K4 will also have shared access to a salamander, deep fryer and walk-in chiller.

All competitors

Ara accepts no responsibility for loss or damage to competitor's exhibits, goods, dishes or personal effects. While all reasonable care will be taken by staff, responsibility remains solely with the competitor. It is recommended that competitors label their own personal service dishes.

Ara reserves the right to modify the rules and retains the right to limit entry numbers in any one class and/or cancel a class if there is a need to. The judges' decision will be final and no correspondence will be entered into.

Guidelines for culinary arts and restaurant service competitions

Competitors should refer to the latest version of the competition guidelines for details of marking criteria. To purchase a copy, visit www.nzchefs.org.nz/shop

Preparing for competitions

This competition is made up of a series of competitions called classes. Each class has a name and number. The event timetable will indicate when each class is held. Choose a class or classes appropriate to your skill level.

Ensure eligibility to enter the class; the class should advertise what level it is i.e. secondary school, trainee or open and sometimes it may be a "by invitation only".

Competitors must read the class criteria themselves and take responsibility for their own entry. Read the competition rules so you have a clear understanding of what can and cannot be done.

Trainee

An entrant who is engaged in training, irrespective of their age, at an appropriate educational institute, on an industry training programme or who is undertaking an apprenticeship or traineeship with a registered workplace.

Secondary School	Generally, it is understood that the entrant must be at secondary school. Some competitions may allow for younger entrants in some circumstances.
Open	An entrant may enter this class regardless of age, experience or hours worked. Please be aware that some events will not allow a competitor to enter both trainee and open events at the same show.

Different classes require different types and amounts of paperwork. Templates for all of the following can be downloaded from the website:

<https://www.ara.ac.nz/food-competition>

Check with the event rules but the general rule requires the following:

Recipe card	This must have the recipe scaled to the portions being produced. It must include all of the ingredients and quantities being used. Do include the cooking mediums and seasonings. It must contain a clear, concise and logical method of cookery, including time and temperatures.
Menu descriptions	A menu description card or dish description card must be produced to accompany the dishes presented. This may mean more than one card; one will accompany the judges' portion and the other the display portion. Remember a menu description is a synopsis of the dish as it would be written on a restaurant menu that would be presented to guests. Don't make the description too long or wordy. If the item is on the menu description then it will need to be served.
Sponsors product	In some events sponsors will provide or require competitors to use their products. Generally, the name of the products will be required in the recipe.

Registration, briefing and set-up

Competitors will be given a report day and time. Competitors must register at the competition reception/registration area and may need to produce ID.

The bench/station numbers will be allocated and competitors will then be directed to the area for the class briefing. Once in the competition arena, competitors will be checked by the kitchen manager and shown to their work station, benches or bay.

Competitors must be on time and presented in full uniform for their briefing as this is a safety requirement and considered part of the class. Failure to attend could result in disqualification.

Class timings

The class floor manager or head judge will start and finish the competition according to the timing requirements specified in the criteria. Competitors will be given a 'time remaining' countdown through the competition.

When the allowed time is up, competitors will be asked to "step back from your work stations".

Competitor classification	Adjudication after time called
Secondary School	Loss of 5 marks immediately as time is called. Competitors may continue for 5 minutes to complete and they will incur the loss of one mark a minute up to 5 minutes, then they must stop work.
Trainee	No work will be accepted after time is called. Must stand back from their work stations.
Open	No work will be accepted after time is called. Must stand back from their work stations.

If the competitor has not presented all of the required dishes

(lifted from the work bench, in transit to the judges table is acceptable)

In case of a competitor not meeting the requirements the following procedure will be followed:

- the judges will mark the processes in full and discussions will take place in the deliberations room regarding the outcome
- the competitor will receive the comment sheet without marks

These are the following acronyms that will be entered on the scoreboard:

Acronym	Meaning	Reason
DNF	Did not complete	Did not finish in the allowed timeframe of the class within the restaurant service.
DNC	Did not comply	Did not finish the correct number of portions or product as outlined in the criteria or rules and or within the competition timeframe.
DNP	Did not present	Did not attend the class or did not present the required static items within the competition timeframe.

Personal presentation

Standards will be outlined in the event rules, generally the competitor must wear the following clothing before entrance to the kitchen arena will be granted. This is a safety requirement:

- clean, pressed chef jacket, fully buttoned up
- neckerchief
- chef's hat; this may be a skull cap or chef's toque
- apron
- chef's trousers
- kitchen appropriate shoes (closed toe, sturdy and non-slip). Generally, sports shoes are not suitable.

Furthermore, the competitor must:

- be well groomed and have a tidy appearance
- keep their appearance clean throughout the duration of the class
- act in a professional manner
- show respect to other competitors, judges, competition officials and spectators

Recommended portion sizes for competition dishes

All kitchen competition work is a show piece of the chef's ability in the class they have chosen. Smaller portions are served than would generally be served in a normal hospitality setting. This is for two reasons:

- to reduce cost to the competitor or food producer who may be sponsoring the product
- to reduce food wastage. World Chefs is mindful that in some countries food is at a scarcity and that competition work should be seen to have a sustainable element to it.

With this in mind, here are some guidelines for how much food should be served per dish at a live cookery competition.

Entrée	Maximum total weight of the dish 125g, protein component should be between 50-75g
Main	Maximum total weight of the dish is 180-255g, protein component between 150-160g. If fish is used as the protein this may be less again at approximately 140g
Dessert	Maximum total weight of the dish should be approximately 125g

Judging process for the cookery competitor

All written material needs to be presented at the commencement of the class as a part of set-up so the judges can view this and mark as they go.

Generally, three judges per class are required, and they will observe skills and methodology at a reasonable distance or they may judge as a blind panel. Competitors may communicate with the judges during the live class and are encouraged to do so if an accident or equipment malfunction occurs.

- 60 marks are attributed to the taste of the dish
- 40 marks are for the technical, practical skills and hygiene skills displayed during the class.





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