



# Ara Cookery & Bakery Competition 2021

8am - 5pm  
Monday 21 June  
U Block, City campus

**ADVANTAGE YOU**

*Kia raka te matau, kia raka te mauī*

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**Open to the public at 8am**



RECOGNITION  
OF QUALITY  
CULINARY EDUCATION  
**WORLD ASSOCIATION  
OF CHEFS SOCIETIES**

## Competition events

Class	Kitchen Live Events	Room	Schools, Ara students or Open	Duration	Starts
Class 1	Soup	K1	School or Ara students	60 minutes	8am Heat 1 9.30am Heat 2
Class 2	Salmon Benedict	K4	School or Ara students	60 minutes	8am
Class 3	Pizza	B1	School or Ara students	60 minutes	8am
Class 4	Savoury Muffins	K5	School or Ara students	60 minutes	8am
Class 5	Plant-Based Poke Bowl	K4	School or Ara students	60 minutes	9.30am
Class 6	Contemporary Filled Éclairs	K5	School or Ara students	90 minutes	9.30am
Class 7	Biscuit "Bake Off"	B1	School or Ara students	60 minutes	9.30am Heat 1 11 am Heat 2
Class 8	Omelette	K1	School or Ara students	45 minutes	11am Heat 1 12pm Heat 2
Class 9	Café Burger	K4	School or Ara students	60 minutes	11am
Class 10	Raw Café -Style Slice	K5	School or Ara students	60 minutes	9.30am
Class 11	Live Plated Dessert	K5	Open	90 minutes	11am
Class 12	National Secondary Schools Culinary Challenge (NSSCC) (Year 12-13)	K1	School only	60 minutes	1.30 pm
Class 13	Toasted Sandwich	K4	Open	45 minutes	1pm
Class 14	Cup Cakes Decorating	B1	School or Ara students	60 minutes	1pm
Class 15	Vegetarian Curry	K4	Open	60 minutes	2.15pm
Class 16	Mystery Box: Salmon Dish Entrée	K4	School or Ara students	60 minutes	3.30pm
Class 17	Fruit Flan	B1	School or Ara students	75 minutes	2.30pm
Class 18	Mystery Box: Lamb	K1	Open	75 minutes	3.30pm
Class 19	Mystery Box: Pasta	K4	School or Ara students	60 minutes	5pm
Class 20	Biscuit Sampler Box	U202	School or Ara students	-	9.30am Ready for judging

### Key

Open	School only	School or Ara students
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## Welcome

We're proud to be hosting the 2021 Ara Cookery and Bakery competition at our City campus on Monday 21 June.

A collaboration between Ara Institute of Canterbury, 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.

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## Sponsors

The Department of Hospitality and Services 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.

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## Judges

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

**Cooking Events Chief Judge:      Darren Wright**

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## Contact

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

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

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## 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)

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## Applications for entry

All entries must be received and paid for by 5pm on Wednesday 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.

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## 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.

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## Awards/Prizegiving

All participants will receive a certificate of participation. The prizegiving will be held on Tuesday 22 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 WorldChefs 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 Soup

**Start time: Heat 1 - 8am, Heat 2 - 9.30am (if required)**

**Venue: K1**

**Competition duration: 60 minutes**

Prepare and present a soup of competitor's choice for TWO covers to be individually plated.

The portion size may range between 200-250ml.

Breads or accompaniments can be served to enhance the presentation but will not count towards the overall mark.

Competitors must supply all ingredients, utensils and plates.

- **Two sets of recipes and two description cards to be provided.**

*Sponsored by: Catering Hardware*



### Class 2 Salmon Benedict

**Start time: 8am**

**Venue: K4**

**Competition duration: 60 minutes**

Competitors are to prepare, cook and serve two identical portions of Salmon Benedict, plated individually on plates suitable for café service.

The dish can be innovative but must include the following components:

- salmon
- poached eggs (2 per portion)
- Hollandaise sauce (must be made during competition)
- base (such as English muffin, bread or potato rosti)
- spinach

This dish is for brunch service and this must be reflected in the presentation.

*\* Hot Smoked Salmon Sides and Sliced Cold Smoked Salmon will be available on the day for competitor use.*

- **Two sets of recipes and two description cards to be provided.**

*Sponsored by Akaroa Salmon*



### Class 3 Pizza

**Start time: 8am**

**Venue: B1**

**Competition duration: 60 minutes**

Competitors to make, bake and present TWO pizzas.  
Size: Finished product must be between 20cm and 30cm.

- 1 x Margherita
- 1 x own choice

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

**Note:** Your base dough can be brought in but not shaped or rolled out. Pre-made base sauce can be brought in.

### Class 4 Savoury Muffins

**Start time: 8am**

**Venue: K5**

**Competition duration: 60 minutes**

Prepare, bake and present SIX Texas-style muffins suitable to be served in a café with your choice of flavour.

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

### Class 5 Plant-based Poke Bowl

**Start time: 9.30am**

**Venue: K4**

**Competition duration: 60 minutes**

Competitors are to prepare, cook and serve TWO identical portions of a plant based Poke Bowl suitable for serving in a café. The dish must feature rice (can be brought in pre cooked), minimum THREE vegetables and minimum ONE sauce/dressing.

Any plant based ingredients can be used but the **following vegetable cuts must be used** in the preparation:

- chiffonade
- brunoise or julienne
- macedoine

Please refer to NZChefs version 4 for a description of the cuts.

Competitors must supply all ingredients, cooking utensils and serving bowls.

- **Two sets of recipes and two description cards to be provided.**

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## Class 6

### Contemporary Filled Éclairs

**Start time: 9.30am**

**Venue: K5**

**Competition duration: 90 minutes**

Competitors are to fill, coat and decorate SIX identical 10cm éclair shells.

Éclairs must feature a suitable filling, coating and decoration that promotes the flavour of the filling.

Éclair shells will be provided but competitors must make all other components and garnishes during the competition.

Competitors must provide all utensils and display ware.

- **Two sets of recipes and two description cards to be provided.**

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## Class 7

### Biscuit 'Bake Off'

**Start time: Heat 1 - 9.30am; Heat 2 - 11am (if required)**

**Venue: B1**

**Competition duration: 60 minutes**

Competitors have 60 minutes to prepare, bake and present:

- SIX chocolate chip cookies, and
- SIX shortbread biscuits

The biscuits must be a maximum of 10cm in diameter.

Competitors must supply all utensils, ingredients and display ware.

- **Two sets of recipes and two description cards to be provided.**

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## Class 8

### Omelette

**Start time: Heat 1 - 11am, Heat 2 - 12pm (if required)**

**Venue: K1**

**Competition duration: 45 minutes**

Competitors are to prepare and present TWO three-egg omelettes. Using a no-larger-than a 20cm non-stick omelette pan.

- 1 x cheese torpedo shape
- 1 x flat omelette of your choice

Eggs and cheese are supplied.

Competitors must supply all other ingredients, utensils and plates for their own omelettes.

- **Two sets of recipes and two description cards to be provided.**

*Sponsored by: Ara*



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## Class 9

### Café Burger

**Start time: 11am**

**Venue: K4**

**Competition duration: 60 minutes**

Competitors are to prepare, cook and serve TWO identical plated portions of a hot burger of choice which are to be served with accompaniments.

The burger must be composed of:

- a bun
- pattie (150gm)
- minimum one sauce/chutney or relish
- appropriate garnish/accompaniment

Competitors must supply all ingredients, cooking utensils and plates

- **Two sets of recipes and two description cards to be provided.**

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## Class 10

### Raw Café-Style Slice

**Start time: 9.30am**

**Venue: K5**

**Competition duration: 60 minutes**

Competitors are to prepare and present SIX cut portions of a RAW slice suitable for service in a café.

- **Two sets of recipes and two description cards to be provided.**

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## Class 11

### Live Plated Dessert (Open class)

**Start time: 11am**

**Venue: K5**

**Competition duration: 90 minutes**

Competitors have 90 minutes to prepare and present TWO identical, individually presented hot or cold desserts. The dessert must incorporate a fruit component.

- **Two sets of recipes and two description cards to be provided.**

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## Class 12

### National Secondary Schools Culinary Challenge (NSSCC) (Years 12-13)

**Start time: 1.30pm**

**Venue: K1**

**Competition duration: 60 minutes**

The competitor will prepare, cook and present, TWO individually plated portions of an entrée course within 60 minutes.

The entrée portions must contain fresh New Zealand-grown broccoli as the principal component of the dish.

The dish must meet healthy eating guides.

- **A description card and two copies of the recipe must be presented and be on the templates provided on the website: [www.nsscc.nz](http://www.nsscc.nz)**

The regional winner and the student in second place will receive a prize pack.

*Sponsored by: NSSCC*



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### Entering a regional event

**[www.nsscc.nz](http://www.nsscc.nz)** - the regional competition page for all event information. Each competitor enters in their region and contacts the regional event organiser for further information and entry confirmation.

**[www.nzchefs.org.nz](http://www.nzchefs.org.nz)** - for all events run by NZ Chefs, please contact the local competition organiser.

**Facebook** - log in, search for NSSCC - National Secondary Schools Culinary Challenge

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## Class 13

### Toasted Sandwich

**Start time: 1pm**

**Venue: K4**

**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:

- must be toasted top and bottom using a bread based product
- can be served hot or warm
- must be able to eat the sandwich with your hands
- filling can be meat, fish or vegetarian based but must include cheese (can be vegan)

Competitors must supply their own sandwich press/maker.

The sandwiches must be plated as they would be in a café and can include a garnish such as sauce/chutney or salad but these will not be marked.

- **Two sets of recipes and two description cards to be provided.**

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## Class 14

### Cup Cakes Decorating

**Start time: 1pm**

**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 to be decorated using either buttercream, fondant, ganache, with an appropriate garnish which is to be made during the event.

- **Two sets of recipes and two description cards to be provided.**

**Note:** The cupcakes bases will be supplied (red velvet), standard muffin tin-size.

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## Class 15

### Vegetarian Curry (Open class)

**Start time: 2.15pm**

**Venue: K4**

**Competition duration: 60 minutes**

Competitors have 60 minutes to prepare, cook and serve TWO portions of a vegetarian curry (these can be served individually or together).

The curry must be served with:

- 1 x rice dish
- 1 x side dish (such as roti, home made chutney, naan, raita etc).

Competitors must supply all ingredients, cooking utensils and serve ware. Rice cookers can be used.

- **Two sets of recipes and two description cards to be provided.**

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## Class 16

### Mystery Box: Salmon Dish Entrée

**Start time: 3.30pm**

**Venue: K4**

**Competition duration: 15 minute menu writing and 45 minutes cooking time**

Competitors will have 15 minutes of menu writing time followed by 45 minutes to prepare, cook and present TWO Identical portions of a Salmon Entrée from a mystery box of ingredients.

Competitors must feature all ingredients from the mystery box in their dish but will also have access to a shared pantry.

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

- 1 x description card must accompany the final dish.

*Sponsored by: Akaroa Salmon*



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## Class 17

### Fruit Flan

**Start time: 2.30pm**

**Venue: B1**

**Competition duration: 75 minutes**

The flan must be made in a 19cm tin fluted and must include:

- flan base (pre-baked - to be brought in by competitor)
- sweet paste (to be brought in by the competitor)
- cream patisserie filling, made on the day (custard-based filling)
- fruit decoration using minimum of three fruits
- glaze finish

The fruit flan to be served on a cake board (supplied).

- **Two sets of recipes and two description cards to be provided.**

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## Class 18

### Mystery Box: Lamb (Open class)

**Start time: 3.30pm**

**Venue: K1**

**Competition duration: 15 minutes menu writing and 60 minutes preparation and cooking time**

Competitors will have 15 minutes of menu writing time followed by 60 minutes to prepare, cook and present TWO Identical portions of a Lamb Main course from a mystery box of ingredients.

Competitors must feature all ingredients from the mystery box in their dish but will also have access to a shared pantry.

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

- 1 x description card must accompany the final dish.

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## Class 19

### Mystery Box: Pasta

**Start time: 5pm**

**Venue: K4**

**Competition duration: 15 minute menu writing and 45 minutes cooking time**

Competitors will have 15 minutes of menu writing time followed by 45 minutes to prepare, cook and present TWO Identical portions of a Pasta Dish from a mystery box of ingredients.

Competitors must feature all ingredients from the mystery box in their dish but will also have access to a shared pantry.

Competitors must supply all cooking equipment, utensils and service plates

- 1 x description card must accompany the final dish.

## Static event

### Class 20 -Biscuit Sampler Box

**Start time: 9.30am**

**Venue: U202**

**Start time - all displays must be set up by 9.30am ready for judging**

Competitors are to display TWELVE biscuits. There must be THREE styles of biscuit featuring at least ONE sandwich style and ONE enrobed biscuit. FOUR of each flavour must be presented.

All biscuits must be able to fit completely within an 80mm square regardless of their shape i.e. not more than 80mm in diameter, length or width.

Biscuits must be displayed in a manner suitable for presentation on a café counter. Biscuits will be tasted during the judging.

- **1 x recipe and a description card must accompany the biscuits.**

# 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 turned or blanched.

No glazes, reductions, finishing 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](http://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.

<b>Trainee</b>	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.
<b>Secondary School</b>	Generally, it is understood that the entrant must be at secondary school. Some competitions may allow for younger entrants in some circumstances.
<b>Open</b>	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:

<b>Recipe card</b>	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.
<b>Menu descriptions</b>	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.
<b>Sponsors product</b>	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
<b>Secondary School</b>	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.
<b>Trainee</b>	No work will be accepted after time is called. <b>Must stand back from their work stations.</b>
<b>Open</b>	No work will be accepted after time is called. <b>Must stand back from their work stations.</b>

## 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
<b>DNF</b>	Did not complete	Did not finish in the allowed timeframe of the class within the restaurant service.
<b>DNC</b>	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.
<b>DNP</b>	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. WorldChefs 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.

<b>Entree</b>	Maximum total weight of the dish 125g, protein component should be between 50-75g
<b>Main</b>	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
<b>Dessert</b>	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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