



Social and professional services

Culinary Arts

Technical handbook





Introduction

This handbook has been prepared as a resource to help guide you through the WorldSkills UK Culinary Arts competition. This means that the document will contain information on the competition journey and the standards required to participate in the competition. Insight into the assessment principles, methods and procedures that govern the competition will be made available in this handbook to help you better prepare for the competition. As well, you will be encouraged to think about your journey as a competitor, the level of opportunity that you will be provided with to showcase your skills and also to get you to start thinking about your future and career.

Competition Overview

Stage 1 Registration and preparation

To compete in the competition, you must register using the WorldSkills UK website. You will then receive a confirmation of whether you have successfully registered. Whilst you wait to get to the next stage of the competition, you should do your best to prepare for the competition by taking a look at the **pre-competition activity task** made freely available to you on [our website](#).

Stage 2 Passive stage

Shortly after registering, the competition journey will begin with what is called a passive stage. This will be an online task that the competitor will complete and then return to WorldSkills UK for marking. This is a really important part of the competition journey as it gives the competitor an early taste of what knowledge is needed to be successful on the journey. Once everyone's scores have been totalled, competitors will be informed if they have passed on to the next round, called the national qualifiers.

Stage 3 National Qualifiers

For competitors who have managed to pass through the passive stage the next step is the national qualifiers. This is where the competitor will be allocated a physical local centre from where to compete and will give competitors the chance to demonstrate their skillset. This stage will be marked by WorldSkills UK



expert judges. The top eight scores from the national qualifiers will then go through to the next round, the national finals.

Stage 4 WorldSkills UK National Finals

The top eight (8) competitors in the UK will be invited to compete in the UK National Final which is the pinnacle of the UK national competition cycle.

The National Finals are a large scale event, hosted at the NEC in Birmingham every year.

Stage 5 WorldSkills UK International Competitions

Beyond the national finals, there are a host of opportunities for competitors. Age-eligible competitors who show the highest skills, passion, and drive from the national finals will be given the opportunity to compete to train for the EuroSkills and WorldSkills international competitions.

Those who are not eligible for international competitions may join the Champions programme, which allows continued involvement, including the opportunity to work with WorldSkills UK and visit schools, colleges, and events to inspire the next generations.

Alternatively, if training is of interest to you, you could consider supporting WorldSkills UK with organising and training, and even helping to run the National Finals.



Career Information

Professional chefs deliver different styles of dining such as fine dining, banqueting, casual dining, cocktail dining, canteen and take-away dining, as well as different styles of food service including plated, a la carte, and set menu service, buffet self-service, silver service, canteen counter service, and breakfast service. Professional chefs need to demonstrate outstanding skills in food preparation (with both speed and accuracy), in production (using varied cooking methods and techniques) and in the final presentation and flavour. They are expected to create and adapt dishes that meet the expectations of demanding customers with varying nutritional and religious dietary requirements. Fashions and trends in cuisine also fluctuate, so it is important that the professional chef keeps abreast of these trends and adapts their product and service accordingly. The Professional chef needs to be adept at managing food cost and maintaining environmentally-friendly sustainable food production by making use of locally sourced and seasonal ingredients, as well as controlling unnecessary waste by creatively re-using trimmings and reducing ingredient wastage.

Work environments

The professional chef can work in a wide range of establishments including luxury and casual restaurants, hotels, welfare caterings such as hospitals and residential homes. As well, professional chefs work in commercial settings such as theme parks, airlines, ships, clubs, retail HMR and Food To-Go, Fast Food outlets, and industrial canteens; providing catering services to both guests and staff. The range of skills and customer expectations will vary according to the workplace. There is also a direct relationship between the nature and quality of the service provided and the payment made by the customer.

Skills associated with the culinary arts

As well as the other skills mentioned above, the role of a chef will also demand further skills that relate to commercial settings, therefore money management is key in order to work towards a budget or expected profit margin. Other skills include menu compilation, food costing, purchasing, storage, utilization of food commodities and minimizing wastage, as well as the control, work/time organization, planning, and communication required in managing a kitchen brigade.



Strict maintenance of the highest level of personal and food hygiene and safety are paramount at all times. Failure to fulfil this requirement can have a devastating impact on a diner's health and wellbeing and may cause irreparable damage to the restaurant's reputation and business.

Commercial kitchens are equipped with complex specialist equipment that must be used carefully to avoid accident and injury. Kitchens are potentially dangerous places to work. Staff work under intense pressure, often in a confined space, working with hot food and dangerous tools and equipment.

Effective communication skills are also essential for the chef. A professional kitchen is a high-pressure environment where teams of chefs specializing in various aspects of the menu work together to produce the entire meal. Co-ordination of the kitchen brigade is essential to quality assure the dishes being sent to the restaurant and to meet very tight service time frames. In addition, the kitchen team need to work effectively with other departments in the hotel or restaurant to ensure a good overall experience for the guest. - A customer is expecting a memorable meal experience which incorporates the setting and ambiance of the restaurant, staff interaction, and outstanding customer care, as well as exceptional food.

With the globalization of cuisine, chefs can work all over the world. Talented chefs are always in demand and have opportunities to travel and work in some of the most interesting and exciting international destinations. This carries with it the need to appreciate diverse cultures, especially with regard to using locally available ingredients, and observing local dietary requirements and traditions.

For more information on career opportunities associated with participating in the culinary arts national competition, take a look at [Danny's webpage](#), our cooking role model who previously competed at the WorldSkills UK national and international competitions and has gone on to achieve amazing career milestones since.



The WorldSkills Occupational Standards (WSOS)

General notes on the WSOS

Pages 7 to 15 in this handbook will outline the WorldSkills Occupational Standards (WSOS). The WSOS standards are a guide that provides insight into the required training and preparation for the culinary arts national and international competitions. The standards specify the knowledge, understanding, and specific skills that underpin international best practice in technical and vocational performance in order to reflect a shared global understanding of what the associated work role(s) or occupation(s) represent for industry and business.

Within the competition, the assessment of knowledge and understanding will take place through the assessment of performance. There will only be separate tests of knowledge and understanding where there is an overwhelming reason for these. Standards are divided into distinct sections with headings and reference numbers added.

Each section is assigned a percentage of the total marks to indicate its relative importance within the Standards. This is often referred to as the “weighting”. The sum of all the percentage marks is 100. The weightings determine the distribution of marks within the Marking Scheme.

For the tasks, the marking scheme will assess only those skills that are set out in the standards specification, outlined below. They will reflect the standards as comprehensively as possible within the constraints of the competition.

The marking scheme will follow the allocation of marks within the Standards to the extent that is practically possible. A variation of up to five percent is allowed, provided that this does not distort the weightings assigned by the Standards.



WorldSkills Occupational Standards

Section	Relative importance (%)
1 Work organization and management	5

The individual needs to know and understand:

- all internal business regulations
- the organization and structure of the hospitality and restaurant service industry
- the importance of effective teamwork
- the use and care of speciality tools used in gastronomy
- the role of the professional chef in producing menus and dishes in a business environment
- the importance of continuing professional development to maintain knowledge of current trends and fashions within culinary arts
- how to plan a well-balanced menu for a range of occasions and situations and within given restrictions and budgets.

The individual shall be able to:

- maintain quality standards throughout production, even when under pressure
- prepare work plans for single dishes and plan schedules for the preparation of a menu. Plan daily work for self and others
- co-ordinate all preparatory tasks (mise-en place) prior to service
- prioritize work to differentiate important issues from less important ones
- optimize workflow
- function effectively in every area of the kitchen
- account for time and staff resources
- detect conflicts, address them and find solutions with the team
- apply environmentally sustainable energy saving practices when using cooking equipment
- operate all commercial kitchen equipment and technology properly and safely
- apply legal requirements for the description and sale of menu items
- be responsive and flexible to unforeseen situations
- adapt working methods to given situations and be an effective member to the team
- make suggestions for improvement of operational procedures
- create and adapt recipes with own ideas and develop them further



- demonstrate a feel and understanding of ingredients and be able to create dishes without recipes
- treat all goods with respect and apply sustainable economic resourcefulness
- judge personal performance ability and avoid unnecessary stress
- set goals independently and achieve them
- take personal responsibility for own continuing professional development.

Section	Relative importance (%)
2 Customer service and communications	5

The individual needs to know and understand:

- the characteristics of different types and styles of food service and when each would be appropriately used
- the impact on food production of the various types of food service
- the importance of the menu as a sales and communication tool
- legal requirements and restrictions on promotional materials and menu presentation
- the importance of appearance when on public view and dealing with customers
- the importance of effective communication within the team, with customers and contractors.

The individual shall be able to:

- pay attention to own cleanliness, personal hygiene, and professional appearance (including dress code) at all times
- pay attention to work area cleanliness and appearance at all times
- communicate effectively with colleagues, teams, and customers
- make use of a menu as a sales and communication tool
- check dishes produced match the menu description
- apply appropriate food service styles to the situation and clientele
- place customer service at the heart of decision-making and activities
- provide advice and guidance on culinary matters to management, colleagues, and customers
- propose solutions and discuss with goal orientated attitude, arriving at agreed solutions
- plan and implement meal promotions
- plan and implement timings for service delivery



Section	Relative importance (%)
3 Food hygiene and health, safety, and environment	15

The individual needs to know and understand:

- legislation and good practice relating to the purchase, storage, preparation, cooking, and service of food
- legislation and good practice for safe working practices in a kitchen and for using commercial catering equipment
- the causes of deterioration of food
- quality indicators for fresh and preserved foods
- work hygienically and practise hygienic food tasting procedures
- maintain clean, neat, and tidy workstation, storage, and waste areas
- practise food safety during storage, preparation, cooking, and service (HACCP principles are applied)
- prevent cross-contamination, fridge drip-contamination and time temperature abuse
- store all food items contained, covered, labelled, and dated
- store all non-food commodities, tools, and equipment safely and hygienically
- ensure all equipment and work areas are cleaned to the highest standards
- work safely and uphold accident prevention regulations
- use all tools and equipment safely and according to the manufacturer's instructions
- promote health, safety, and environment and food hygiene within the working environment.

Section	Relative importance (%)
4 Ingredients and menu development	5

The individual needs to know and understand:

- market prices for ingredients and the correlation between price and quality
- the nature and types of ingredients used in cookery
- product seasonal availability and value



- the correlation between product quality, menu sophistication, and gastronomic level
- the nutritional properties of ingredients
- the physical nutritional impact of cooking methods
- import regulations and restrictions that apply to some ingredients
- types and styles of menu
- balance in menu compilation
- issues surrounding sustainability and ethics when sourcing ingredients
- the impact of culture, religion, allergies, intolerances, and tradition on diet and cooking
- advise on procurement of ingredients and equipment
- select appropriate product quality standards for menus, budgets, and situations
- recognize and comply with ingredient labelling
- apply nutritional principles in order to comply with guests' expectations and requirements
- identify the quality state of ingredients and recognize the signs of quality and freshness, e.g. appearance, aroma, structure, etc.
- appraise and reject sub-standard goods
- select appropriate products for speciality meals
- compose menus for a variety of situations and occasions
- be accurate in menu preparation and account for obligatory declarations such as dietary and allergy information
- compile menus for a variety of occasions and settings.

Section	Relative importance (%)
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5 Preparation of ingredients	25
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The individual needs to know and understand:

- the importance of using environmentally sustainable and locally sourced meat, poultry, game, offal, seafood, eggs, dairy, fruit, and vegetables currently in season.
- the importance of ordering and preparing only what is needed to produce sufficient output for a menu
- the structure of a carcass and whole poultry or game bird
- methods of butchering and preparing meat for cooking with minimal wastage
- the range of meats, game, and poultry and their best uses
- cuts of meat, poultry and game commonly used in cookery and the re-use of wastage and trimmings



- the range of offal and their suitable uses
- the range of fish and shellfish available and their suitable uses
- cuts of fish used in cookery, and the re-use of wastage and trimmings
- methods of preparing fish and shellfish for cooking
- methods of preparing and using eggs
- the range of dairy products available and their suitable uses and re-uses
- the range of fruits, salad ingredients, and vegetables available, their methods of preparation and the re-use of wastage and trimmings
- accepted vegetable cuts and their uses
- the methods of making stocks, soups, and sauces and their uses
- the methods of making pastry, bakery products, and desserts
- the methods of making pasta and other farinaceous products
- the equipment and tools used in butchery, fishmongery, and the preparation of ingredients
- the safe use and care of tools, especially knives
- the separation of waste for recycling and composting
- make environmentally sustainable choices and use locally sourced meat, poultry, game, offal, seafood, eggs, dairy, fruit, and vegetables currently in season.
- order and prepare only what is needed for producing sufficient output for a menu
- calculate, measure, and weigh correct amounts of products
- apply excellent knife skills and common cutting techniques
- debone meat, poultry and game cuts and prepare for further processing, and re-use any wastage and trimmings
- trim and tie meats, poultry, and game
- prepare, portion, and fillet meat, poultry, and game cuts
- prepare offal
- prepare whole fish for further processing - scale, remove entrails, fillet, and re-use any wastage and trimmings
- prepare accepted portions of fish for further processing and cooking
- prepare shellfish
- prepare and use eggs
- prepare and use dairy products
- prepare fruits, salad ingredients, and vegetables
- prepare stocks, soups, sauces, marinades, accompaniments, and dressings
- plan and assemble the mise en place for the menu in its entirety with minimal wastage
- re-use and utilize unused wastage, trimmings, and mise en place for other applications
- make preparations for the production of pastry, bakery products, and desserts
- produce a variety of pasta and other farinaceous items
- separate waste for recycling and composting.



Section	Relative importance (%)
6 Food production and application of cooking methods	15

The individual needs to know and understand:

- the range of wet, dry, and non-thermal cooking methods available and their appropriate uses for various ingredients and menus
- the effects of cooking on ingredients
- the assembly of dishes for cold food presentation and cold desserts
- types of hot and cold sauces used in professional cookery and the methodology for making sauces
- types of hot and cold soups used in professional cookery and the methodology for making soups
- classic garnishes and extensions to basic dishes
- select the appropriate cooking equipment for each cooking method
- apply correct cooking methods for each ingredient and dish
- apply a full range of cookery methods, maximizing the freshness and nutritional value of the ingredient
- monitor cooking times and temperatures so as not to dry out, overcook or burn anything
- combine and apply various cooking methods simultaneously
- account for shrinkage during cooking
- follow recipes, adapting them as necessary, and calculate ingredients based on covers required
- combine ingredients and assemble dishes to achieve the required result for cold food presentation and cold desserts
- produce a wide range of dishes including:
 - soups and sauces (either hot and/or cold);
 - starters (either hot and/or cold);
 - salads and hors d'oeuvres;
 - fish and shellfish dishes;
 - meat, poultry, game and offal dishes;
 - vegetable and vegetarian dishes;
 - speciality and international dishes;
 - rice, pasta and farinaceous dishes;
 - egg dishes
- pastry, bakery products, sweets, and desserts



- prepare and cook complex dishes combining ingredients to produce interesting and innovative dishes with various flavours and textures (including hot, cold, crisp, soft, moist, dry)
- Prepare and cook various ingredients to the required point of doneness
- prepare regional, national, and international dishes using recipes
- prepare and cook dishes for a range of meals including breakfast, lunch, afternoon tea, high tea, and dinner
- apply modern technologies and methodologies in food production.

Section	Relative importance (%)
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7 Presentation of dishes

20

The individual needs to know and understand:

- the importance of the presentation of food as part of the meal experience
- the range of servicing dishes, plates, and other presentation equipment available
- trends in food presentation
- styles of food service and their impact on the presentation of dishes
- acceptable garnishes and accompaniments for traditional dishes
- the importance of clean plating, clean slicing, and precision of technical skills in visual presentation with balance of colour and harmony of ingredients
- the importance of plate replication and portion control in commercial restaurants and catering operations
- the importance of nutritional balance and maximizing the freshness and nutritional value of the ingredient

The individual shall be able to:

- portion the components in the required yield and replicate portions, ingredients, and garnishes across all plates
- produce harmony of ingredients, colours, preparation methods and plating techniques
- display complex techniques and technical skills in the dish presentation
- present cold plates and assorted salads
- present food items for hot and cold buffets and self-service settings
- prepare acceptable edible garnishes and use them for the effective presentation of dishes
- adjust preparation and plating styles to service methods



- taste dishes and apply seasonings, herbs, and spices to achieve a balanced flavour of taste and aroma
- present food attractively to enhance the meal experience and customer appreciation of the food
- present food using service equipment such as flat plates, tureens, dishes, etc.
- present plated dishes on appropriate service plates or dishes to provide an attractive and pleasing appearance.

Section	Relative importance (%)
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8 Food purchase, storage, costing, and control	10
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The individual needs to know and understand:

- seasonal availability and price variations of ingredients
- the market process of common merchandise
- the range and advantages of local, national, and international suppliers
- common payment and shipment conditions
- the process for ordering commodities and equipment
- the factors that influence the menu price
- the methods for calculating selling price based on ingredients' cost
- the importance of economy and efficiency when preparing food
- the importance of sustainability, environmental impact, and the carbon footprint caused by their choices
- product solutions such as recipe programmes, menu, merchandise systems, banquet systems, etc.
- the food storage solutions available.

The individual shall be able to:

- select suppliers based on quality, service, range, and price
- prepare daily requisitions
- accurately select/order required food and consumable items to meet the needs of the business
- secure best prices, service, and quality from suppliers
- complete purchase orders and submit on-line purchase orders on time
- receive goods and ensure that the delivery quantity is correct and that the goods are correct and of acceptable quality
- check the delivery documentation against the order documentation for any variations.



- store all fresh, frozen, chilled, and ambient food items correctly, ensuring that appropriate storage temperatures and conditions are maintained, and that all products are suitably covered, labelled, and dated
- account for storage losses
- estimate cost of storage
- align purchase orders with storage capacity
- complete ordering, control, and stock records manually or by the use of IT
- calculate material costs and selling prices to reach required kitchen profit
- monitor and adapt food production and portion control to maintain required profit margins
- control wastage by correctly estimating preparation quantities required and by not over-ordering.

Total

100



The National Qualifiers: what to expect

After you successfully complete the passive stage with enough marks to get through to the next round, you will be asked to attend the national qualifiers. The qualifiers are held around the UK and are ensured to be locally positioned so as to ensure access for all competitors.

Below is an example of qualifier brief. Please note this is not the actual brief but an example of tasks that would be expected of competitors.

Example Qualifier Brief

Please note the following

- All table ware to be supplied by competitors
- All ingredients to be supplied by the competitor and brought to the competition site pre weighed with the exception of the mystery task.
- All equipment to be brought by the competitor to competition site **Cooking from Escoffier (9am -1pm)**

The following tasks have been taken from:

Ref book Escoffier 5th edition (ISBN 978-0-470-90027-7).

Which you will be allowed to use during competition if you wish

Competitors will be given 4 hours to produce 4 portions of each of the following dishes, served in a classic style

- A. Comsomme Severine Page number 82 recipe number 620
- B. Oeufs Chassuer using soft boiled eggs Page number 161 recipe number 1335
- C. Poulet Saute a la Hongroise Page number 386 recipe number 3216
- D. Bavarois My Queen Page number 544 recipe number 4577

Mystery task (1.30pm-2.45pm)

- E. You will be given a mystery dish to make and present to the judges from a given recipe, you must follow this recipe as outlined. All ingredients for this task will be provided and no other ingredients are to be used with the exception of salt and pepper.



The National Finals: what to expect

The national finals are held at the NEC in Birmingham. At the national finals you will see all Worldskills UK competitions taking place, from building to aircraft maintenance competitions. The competition will take over three days.

Below is an example of a test project for the national finals. Please note this is not the actual brief but an example of tasks that would be expected of competitors as they have been used in the finals before.

Task A		Plated Appetizer	Skill 34
	Description	Prepare six plated appetizers of one variety for a banquet dining menu	
	Service Details	Prepare six plated Appetizer of equal portion size inclusive one garnish <ul style="list-style-type: none"> • all plates to be of equal portion size, content, and garnish • all dishes must contain seafood as main protein (60%) of the dish with a total plate weight of min 120 grams • each garnish must be appropriated to the created dish • all Proteins shall be served cooked, not raw • six plates to be served for judging/tasting 	
	Main ingredients required for plated Appetizer	All dishes must include: <ul style="list-style-type: none"> • prawns shell on these will be issued to you so please do not order them on your sheet. • 1x whole live crab this will be issued to you please do not put them on your order sheet. 	



	Basic ingredients	<ul style="list-style-type: none"> • use other ingredients from the common table to match your dish. • 30 Prawns will be issued to each competitor • 1 live crab will be issued to the competitor. • An order list will need to be submitted to Workshop Manager from each participating candidate one month prior to the competition 	
	Special equipment required	<ul style="list-style-type: none"> • no service equipment permitted other than that provided 	
	Garnish Criteria	<ul style="list-style-type: none"> • not a herb or leaves • should be relevant to the dish/dishes been produced. • small in size 	
Task B		“Lamb Loin” (inclusive Mystery Red writing to be removed before brief is sent to candidates)	Skill 34
	Description	<p>Prepare, cook and present an oven-roasted lamb loin with side vegetables and Starch; lamb loin with sauce (sauce to be served in a sauce boat) for six portions</p> <ul style="list-style-type: none"> • four portions of lamb loin are to be served on a platter. • a suitable sauce relevant to the dish is to be produced. • vegetables and Starch to be on the same platter as the meat. • one sauce on side in boat for tasting judges. Some sauce can be placed on the platter. • the remaining two portions are to be plated for tasting, with the remaining vegetables and starch, some sauce may be used on the plate. • lamb Loin must contain a coating appropriated to the dish • one appropriated edible garnish to each serving for all 	
	Service Details	<ul style="list-style-type: none"> • one sauce boat on side of the platter • lamb loin should be cooked minimum “Pink” when served 	



		<ul style="list-style-type: none"> choice of coating of lamb loin to Competitor choice (optional)
	Main ingredients required	<p>The dish must include:</p> <ul style="list-style-type: none"> lamb loin from a double short loin Chateau Potatoes (as per given reference Escoffier) beetroot and broccoli one type of sauce minimum relevant to the dish.
	Basic ingredients	<ul style="list-style-type: none"> use ingredients from the common table 750g beetroot and 400 g broccoli an order list will need to be submitted to Workshop Manager for each participating candidate one month prior to the competition
	Special equipment provided	<ul style="list-style-type: none"> one Platter for four persons – plates for the judges. 1 sauce boat in total no other service equipment permitted other than that provided
	Garnish Criteria	<ul style="list-style-type: none"> not a herb or leaves should be relevant to the dish/dishes been produced. small in size

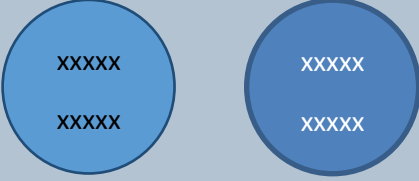
Task C		Interpretation of a “Bread and Butter Pudding (inclusive Mystery Red writing to be removed before brief is sent to candidates)	Skill 34
	Description	Prepare four plates of the dish “Interpretation of Bread and Butter Pudding” <ul style="list-style-type: none"> six plated portions of your Interpretation dish yellow raisins to be incorporated size recommendation to be min 80 grams whole plate size served with an edible sugar décor for each plate sauce to be served in two-sauce boats. Some sauce allowed on plate 	



	Service Details	<ul style="list-style-type: none"> • six plated portion to be served on a Main Course Plate provided.
	Main ingredients required for "Interpretation of Bread and Butter Pudding"	<p>The following ingredients must be included in the dish</p> <ul style="list-style-type: none"> • hazelnuts • cream • eggs • yellow raisins • two Sauce Boats for service
	Basic ingredients	<ul style="list-style-type: none"> • use ingredients from the prepared basket and complete from the common table • 100g Yellow Raisins
	Special equipment required	<ul style="list-style-type: none"> • no service equipment permitted other than that provided

Task D		Finger Food	Skill 34
	Description	<p>Prepare, cook and present finger foods, total 20 pieces</p> <ul style="list-style-type: none"> • 2 varieties x 10 items • 1 Variety to be Vegetarian based • 1 Variety to be Meat based • 5 pieces of each variety to be served on a platter/ a total of 10 pieces on each platter • all finger food to be two bite sized pieces as defined min. • present on two platters • service spoons, glasses, ramekins etc. are not allowed • terrine moulds are permitted to be used in the cooking process • size recommendation to be approximate 2 bites per piece 	
	Service Details	<ul style="list-style-type: none"> • finger food to be served on two platters - (10 pieces 5 and 5 on each platter, total pieces 20) 	



	Example	
	Main ingredients required for finger food	The following ingredients must be included in the dish <ul style="list-style-type: none">• chicken Liver• chickpeas
	Basic ingredients	<ul style="list-style-type: none">• use ingredients from the common table• an order list will need to be submitted to the Workshop Manager for each candidate one month prior to the competition



Judges Top Tips

Remember you will be judged on:

- working methods / mise-en-place
- knowledge of the ingredients used
- timing time management (multi-tasking & prioritising objectives)
- culinary skills
- confidence
- taste and flavour
- presentation
- attitude & application.

You must practise the items you are to produce repeatedly to highlight the methods of cookery or craft skills required and those that might need more attention.

Get you teacher/tutor or a mentor to test your method of production and finished item or dish.

Remember: when using a recipe from a well-known chefs recipe book, these chefs practise and produce these recipes repeatedly, **but do have confidence** in what you do and show the judges your skills.

Your working methods should show the judges the following:

- professional techniques
- craft skills
- hygiene
- timing
- balance and quality of flavours
- textures and presentation.



Develop tasting & seasoning skills so you know how to ensure food tastes as expected, & know how to enhance flavours with seasonings.

When carrying out mis-en-place do not waste food what you do not use. Wrap and place in a fridge if it is perishable. Try to take only the amounts you need to achieve the production items otherwise you may be picked up for wastage or over producing.

Try to utilise any meat or veg off cuts and use in your cooking. Avoid wasting food, this will result in you losing marks.

Ensure your food is hot or cold as required. Do not over-heat the service items or over-chill.

Be aware of presentation. Show an awareness of what you are serving your items on. Some service items will distract from the food presentation. Shapes and colour of the plated or service bases must be taken into account.

Ensure the bases or plates are clean, points are deducted for finger prints or any other mark on the plates and bases.

Read the rules and read again it is important you adhere to them. You will be given specific weights to stick to, these points could be critical.

Do your research this is especially important when you are given a theme to work to.

Written recipes must be clear and concise [always check spellings] also when producing a portfolio colour is very important as is the layout.

Ensure equipment is clean and in good working order. This includes equipment you bring to competition

Ensure electrical equipment is PAT tested.