

Hunter TAFE Ourimbah Campus Annual Cook-Off

In memory of Leo Gerrets

HUNTER
TAFE
NSW

Categories

1st, 2nd, 3rd Year Apprentice Chefs

Date: Tuesday 24th November 2015

Registration: 8:30am - Start Time: 9.00am Sharp

All competitors need to do is enter, come along and bring your culinary skills and taste buds. Competitors will be required to design a main and dessert from the ingredients on the list for their category prior to the day and choose other ingredients from the common table on the day of competition. Two plates of each course to be presented. One for tasting and the other for display purposes. Competitors will be allowed to bring recipes with them and basic stocks (no finished sauces). TAFE plates will be available for all competitors to use or you may bring your own.

Every competitor will receive a tray of fresh food from the category list. From here competitors will be allocated 15 minutes to write their menu on the display card and order equipment. Cooking commences at 9:30am and times for service are below.

Main course service time, between 12:00pm – 12:15pm.

Dessert course service time, between 12:45pm – 1:00pm.

Presentation of awards will commence shortly after dessert.

Taste, contrast, textures & balance will be the key to unlocking this exciting competition. Remember all aspects of hygiene must be adhered to at all times. Competition will be judged by industry experts. Judges decision is final.

Good luck, keep smiling and most of all have fun. This competition is open to the first 34 entries; any further entries will be placed on the reserves list. So be quick.

Please fill in the application form below and return to the Commercial Cookery office at Ourimbah TAFE by 17th November 2015 (Tourism & hospitality building) or scan and email to Shantel.elliott@tafensw.edu.au

Name: _____ Mobile No: _____

Establishment Name: _____

Email: _____ Category eg 1st Yr: _____

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VICTORINOX



OPPENHEIMER



Ingredients on the Common Table

Can be used in conjunction with competitor's category of ingredients:

Plain flour
Self-raising flour
Corn flour
Rice flour
Arrowroot flour
Semolina
Polenta
Cous Cous
Caster sugar
A1 sugar
Icing sugar
Golden syrup
Salt
White or black pepper (ground or whole)
Sesame seeds
Poppy seeds
Dried cummin (ground or seeds)
Dried coriander (ground or seeds)
Fennel seeds
Cajun spice
Nutmeg
Ginger powder
Cinnamon (ground or quills)
Bay leaves (dried)
Olive oil
Vegetable oil
Glucose syrup
Corn syrup
Kalamatta olives
Gelatine sheets
ABC sweet soy
ABC salty soy
Oyster sauce
Green lentils (presoaked)
White vinegar
Red wine vinegar
Balsamic vinegar
Long grain rice
Aborio rice
White wine
Red wine
Fetta cheese
Block parmesan cheese
Natural yoghurt
Bi carb soda
Baking powder
Tomato paste

1st Year Apprentice Chef's

Food commodities list

Ingredients	Quantity
Lamb Rump Cap on	1
Desiree potato	200 grams
Asparagus	4 stems
Baby spinach	30 grams
Sweet potato	1
Roma tomatoes	2
Rosemary	¼ bunch
Sage	¼ bunch
Thyme	¼ bunch
Basil	¼ bunch
Mint	¼ bunch
Lemon	1
Orange	1
Leek	¼ stem
Button mushrooms	50 grams
Apple -green	1
Apple - red	1
Red onion	1
Garlic	5 cloves
Snow peas	50 grams
Carrot	1
Celery	1 stem
Eggs	4
Milk	200mls
Butter (unsalted)	250 grams
Cream	200mls
Dark chocolate (compound)	150 grams
White chocolate (Compound)	150 grams
Raspberries	½ punnet
Strawberries	½ punnet
Vanilla bean	½
Mascarpone Cheese	100g

If you need any further information please feel free to contact Shantel Elliott 43484528 or Dimitris Aronis 43484529.

2nd Year Apprentice Chef's

Food commodities list

Ingredients	Quantity
Beef Chuck Ribs	1
Pontiac potato	200 grams
Dutch carrots	4 stems
Baby spinach	30 grams
Sweet potato	1
Roma tomatoes	2
Rosemary	¼ bunch
Sage	¼ bunch
Thyme	¼ bunch
Basil	¼ bunch
Mint	¼ bunch
Lemon	1
Orange	1
Leek	¼ stem
Apple -green	1
Swiss brown mushroom	50 grams
Apple - red	1
Garlic	5 cloves
Red onion	1
Sugar snap peas	50 grams
Carrot	1
Celery	1 stem
Eggs	4
Milk	200mls
Cream	200mls
Butter (unsalted)	250 grams
Dark chocolate (compound)	150 grams
White chocolate (Compound)	150 grams
Raspberries	½ punnet
Strawberries	½ punnet
Vanilla bean	½
Mascarpone Cheese	100g

If you need any further information please feel free to contact Shantel Elliott 43484528 or Dimitris Aronis 43484529.

3rd Year Apprentice Chef's

Food commodities list

Ingredients	Quantity
Beef Cheeks	1
Desiree potato	200 grams
Asparagus	4 stems
Baby spinach	30 grams
Sweet potato	1
Roma tomatoes	2
Rosemary	¼ bunch
Sage	¼ bunch
Thyme	¼ bunch
Basil	¼ bunch
Mint	¼ bunch
Leek	¼ stem
Lemon	1
Orange	1
Apple -green	1
Apple - red	1
Baby bok choy	1 head
Garlic	5 cloves
Shiitake mushrooms	50 grams
Red onion	1
Green beans	50 grams
Carrot	1
Celery	1 stem
Eggs	4
Milk	200mls
Cream	200mls
Butter (unsalted)	250 grams
Dark chocolate (compound)	150 grams
White chocolate (Compound)	150 grams
Raspberries	½ punnet
Strawberries	½ punnet
Vanilla bean	½
Mascarpone Cheese	100g

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