

**EAST MEATS WEST CULINARY COMPETITION  
HONG KONG 2018**  
*Beef and Lamb*

**GUIDELINES**

**ENJOY  
IT'S FROM  
EUROPE**



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**EUROPEAN  
Beef & Lamb**  
Excellence in Food Safety & Sustainability



# 1. COMPETITION GUIDELINES

1. Share your most delicious **2-Course Menu: an Appetizer & a Main-Course**, along with **Clear** and Creative **Title** of the 2 dishes.
2. The **Theme** of your Menu must be **Fusion**, combining both **Western and Eastern** cooking styles, no deep-frying please.
3. You **must use both Beef and Lamb** as the main ingredients of your courses

Meat options for your course #1 and #2:

1. Use only Beef
2. Use only Lamb
3. Combination of Beef and Lamb

Cut options: *maximum 2 cuts per course*

- Beef cuts: ribeye, striploin, tenderloin, short rib, shank
- Lamb cuts: rack, rump

Pick appropriate ingredients to compliment your chosen dish recipe.

4. Provide **amazing pictures of the 2-Courses you created**. One close-up shot of each dish is important, so that our judges can see the texture and colours of the food. Photos can be taken on your smartphone, once it is of high resolution and clarity.

# 2. SUBMISSION GUIDELINES

Submit your entry by email **on or before April 20<sup>th</sup>, 2018**, to:

- Anita Cheng, Hong Kong Chefs Association: [anita@ultrafuture.com.hk](mailto:anita@ultrafuture.com.hk)  
OR
- Elina Lam, Sopexa Hong Kong: [elina.lam@sopexa.com](mailto:elina.lam@sopexa.com)

The following information should be included in your email:

1. Clear titles of each dish
2. High-resolution photos of each dish (in 2 separate photos)
3. Your name
4. The restaurant / organization you work with
5. Your mobile number
6. Your social media platforms (if any)

### 3. SELECTION TO FINAL COOK-OFF

The **SIX Best Menus** will be selected to go forward to the **Final Cook-Off** on the afternoon of **Friday May 18<sup>th</sup>, 2018**. Please make sure you can be available on the day.

The selected finalists will be notified by email (and WhatsApp) before the end of April, at least 2 weeks before the final cook-off date.

### 4. FINAL COOK-OFF

The final cook-off will take place on the afternoon of **Friday May 18<sup>th</sup>, 2018**.

You will have **75 minutes** to prepare two servings of your 2-Course Menu, 2 dishes of each (one serving for judging, one serving for photo-taking & display).

#### **COOKING STATION FACILITIES**

The following equipment will be available for the Final Cook-Off:

- Induction Hot Plate x 2 (for western cooking)
- OR Induction Hot Plate x 1 + Wok Induction Hot Plate x 1
- 2-tray Convection Oven
- Fridge
- Portable Sink
- Mixer
- Blender
- Frying Pan
- Cooking Pot
- Wok
- Basic kitchenware: chopping board x 2, knives, spatula, whisk (welcome to bring your own)
- If you would like to bring in your own small electrical equipment, prior approval from the Competition Director is required

#### **SERVING PLATES**

Please bring in your own serving plates (2 sets of each).

## 5. INGREDIENTS

All Meat ingredients (Beef & Lamb) will be provided by the Organizer. We will contact you for your requirements once you are selected.

Competitors can bring in other ingredients, but **NO fresh meat other** than that provided by the organisers is permitted.

Ingredients permitted to be brought in:

- Salad Vegetables - can be cleaned, but not mixed or cut
- Vegetables - can be cleaned, peeled, but not cut, and must be raw
- Stocks - basic stock, not reduced, not seasoned, no additional items (garlic, wines, etc.)
- Noodles - can be pre-made but not cooked
- Dough can be brought in, but not cut
- Fruit pulps - fruit purees may be brought in but not as a finished sauce
- Decor elements - 100% must be made in the kitchen
- Dried ingredients may be pre-soaked and brought in, but must be seasoned and cooked in competition;
- Can use ready-to-use sauce, but must be finished in competition; cannot use artificial colouring or chemicals (such as MSG, emulsifier, artificial flavour)

## 6. FINAL COOK-OFF JUDGING CRITERIA

JUDGING CRITERIA	POINTS
<p><b>Mise-en-place</b></p> <p>Correct arrangement of ingredients according to competition rules and HACCP requirements. Cooking materials / utensils and equipment are arranged for trouble-free working &amp; service. Clean &amp; proper working environment during and after the competition.</p>	0-10
<p><b>Correct Professional Cooking &amp; Preparation</b></p> <p>Food should be prepared and cooked by practical, appropriate professional methods with attention to kitchen organization and hygiene, with minimal food waste.</p>	0-25
<p><b>Service</b></p> <p>Punctual delivery of the dishes at the scheduled competition time. All dishes are served identically on the correct dishes in a clean and tidy manner.</p>	0-5
<p><b>Presentation</b></p> <p>Clean arrangement with no artificial garnish and no time-consuming arrangement. Exemplary modern plating to ensure an appetizing appearance.</p>	0-10
<p><b>Taste &amp; Texture</b></p> <p>The natural taste of the food ingredients should be preserved or heightened. Dishes must have appropriate taste, seasoning and texture. The flavour, colour and ingredients combination should conform to today's standard of nutritional values.</p>	0-50
<p><b>TOTAL SCORE</b></p>	100

## 7. JUDGING PANEL

The judging panel includes:

- **Rudolph Muller:** honorary member WACS (World Association of Cooks) and a member of the WACS Culinary competition committee panel, award-winning Rudolph Muller is a member of the Disciples des Escoffier, and former President and life time member of the Hong Kong Chefs Association. He joined Hong Kong Disneyland in July 2003 as its Executive Chef/Culinary Director and has over 40 years of experience managing some of Asia's busiest kitchens.
- **Eddy Leung,** President of the Hong Kong Chefs Association and private dining pioneer behind Chez Ed, Italian-themed G7 Private Dining and popular noodle bar, Lobster Bobo.
- **Angelo McDonnell,** award-winning Irish chef and author, Executive Chef of Hong Kong's Café Deco restaurant group.
- **Kwanghi Chan,** star chef born in Hong Kong, raised in Ireland, who rose to fame representing Ireland in international cooking competitions while helming the Michelin-starred restaurant of the Cliff House Hotel in Waterford, Ireland, and most recently masterminded Dublin's hip fusion restaurant Soder+Ko.
- **Kieran Fitzgerald,** Bord Bia – Irish Food Board, European Beef and Lamb Campaign Manager.

## 8. AWARDS

### AWARD #1

All finalist will receive a **cash prize**:

- **HK\$5,000** for the winner,
- **HK\$1,000** for other finalists

### AWARD #2

**All 6 finalists** will be invited on a **5 days field trip to Ireland** to experience first-hand the EU food quality and safety controls (visit of farms, factories, processing companies).

Dates: between June 1<sup>st</sup> and 10<sup>th</sup>, 2018.

The organizer will bear all travel costs.

For more information, please visit:

[www.europeanbeef-lamb.hk](http://www.europeanbeef-lamb.hk)

[facebook.com/EUBeefandLambHK](https://facebook.com/EUBeefandLambHK)



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