**North-East Chef of the Year - May 20th, 2024**

**Senior Chef of the year (3 hours) – 8 finalists**

**4 covers:**

**Vegan Amuse bouche:**

To produce an Amuse bouche which is Vegan. This should amuse the palette at the start of the meal and be a couple of small bites. Should be seasonal and made with all vegan products, packaging of ingredients to be shown to judges to confirm the product is vegan. This **must** be served within 30 minutes of the competition.

**Starter:**

A hot or mainly hot preparation of Scottish salmon and a garnish of shellfish of your own choice. Garnishes and a sauce or dressing. The starter **must be at least 50%** hot and use seasonal produce. Starter should be **served on or after 2 hours of the competition**.

**Main Course:**

A hot preparation of Scotch Lamb. The dish should feature two different cuts of the lamb, offal cuts can be used. Seasonal garnishes and a sauce or dressing.

**Dessert:**

A dessert using chocolate and seasonal Scottish fruit. The dessert should contain **at least two** main elements one of which should be hot/warm.

**Young Chef of the year (2. 5 hours) – 8 finalists ( *22 years or under* )**

**4 Covers:**

To produce a seasonal 3 course menu of a starter, main course and dessert using seasonal, local Scottish produce. The starter **should be served after 90 minutes** of the competition.

**Seafood chef of the year. (1.5 hours) – 8 finalists**

**4 covers (8 plates in total)**

The chefs are tasked with cooking a two-course seafood menu containing a starter and a main course, four portions of each, 8 plates in total.

One course **must** be a preparation of a **ROUND** fish with a shellfish garnish of your choice, the dish should have garnishes and a sauce or dressing.

One course **must** be a preparation of a **FLAT** fish with a shellfish garnish of your choice, the dish should have garnishes and a sauce or dressing.

The starter course **should be served after 1 hour of cooking**.

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**Mise en Place: Items permitted to be brought into the competition.**

**Basic stock**

• Can be brought in, but **not** reduced, seasoned, or thickened; samples for tasting (cold) **must** be provided from the main batch/supply to the judges.

• Bones for stock (including trimming etc.) cut into small pieces, can be brought in.

**Salads**

• Cleaned, washed but **not** mixed or cut

**Vegetables, fruits, potatoes, onions**

• Cleaned, peeled, washed, raw, can be cut to take exact amount

• Vegetables like tomatoes may be blanched and peeled

• Broad beans may be shelled

• Pulses may be brought soaked.

**Vegetable/fruit pulps and purees**

• Can be brought in, but **not** reduced, seasoned, or thickened; the final sauce or coulis product **must** be prepared on site; samples for tasting must be provided

• **No** glaze or concentrated juices

• Dried fruit / or vegetable powder permitted

• Dehydrated fruit or sheets permitted

• Vegetable ash and home-made spice mixture are permitted

• **No** trays of prefabricated jells / jellies (leather) are permitted even if dehydrated

**Fish**

• Gutted, scaled, **not** filleted

• Fish head can be removed if required

**Shells**

• cleaned, scallops need to be in their shells

**Crustaceans**

• Raw or boiled, **not** peeled

• Cleaned, washed but **not** mixed or cut

**Meat / Poultry**

• on the bone, **not** portioned, meat **not** trimmed, minced, or ground

• Sausages must be made on site

• Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen, but **not** seasoned or marinated

• Smoked fish, prosciutto, chorizo, bacon, are allowed if they are further processed in the kitchen

**Pastry sponge, biscuit, meringue**

• May be brought in, but **not** cut, sliced, or chopped, stencilled

• Macarons **cannot** be brought in

• Meringue as a décor must be dried **on site**

**Decorative elements**

• Must 100% be done on site

**Eggs**

• Can be separated, and pasteurized, but **not** processed in any other way

**Dry ingredients**

• Can be pre weighed and measured

**Flavoured oils and butter**

• **Are** allowed