

Final Selection Round for Worldskills Armenia 2024

Time for the competition 5:30 Hrs. / Total Marks 300

General information:

- 1) Skill Test
- 2) Main Dish with Lamb
- 3) Starter with Fish
- 4) Dessert
- 5) Speed Test

Round 1 / Skill Test

Time for Skills Test: 30 Minutes

Time for Judging and resetting Work Area: 30 Minutes

Prepare, cook and serve 2 X 3 French style egg omelets 2 Identical French Omelets with classical tomato Concasse and Herbs.

Ingredients	Amount	Ingredients	Amount
Eggs	6		
Butter	75g	Small red onion	1
Olive oil	50mls	Selection of Herbs Parsley, Chives	
Tomatoes	150g	Seasoning Salt and peppermill	

Table 1 – Ingredients for the French omelets

1. Hygienic Practice: - based on the state of cleanliness when working and adherence to best adherence to hygiene practice as required in industry. Marks – 5
2. Health and Safety:- based on the awareness and demonstration of industry recognized practices whilst working. Marks – 5
3. Method of work:- based on the observations of the judges with emphasis on the work flow and order of work. Marks – 5
4. Time Management:- completion and presentation time will earn full marks. Marks 5

Round 2 / Dessert - Appetizer - Main Dish – 3:30 Hrs.

Note: The chef competitor is allowed to use ingredients only from the basket of the ingredients which are provided in the **table 4**. There will be a mystery ingredient provided in the start of the competition and the usage of it is mandatory and should be improvised in the course 1 or course 2.

There will be a table for extra common ingredients such as salt, pepper, fresh greens and herbs, spices, oils, regular flour

Course 1 - Prepare and cook a starter – Appetizer using the whole fish. The Appetizer must contain the sea food provided the by organizers. The weight of the dish should not exceed 100 gram per serving and cannot be a Hors D'oeuvres or canape.

The competitor should make 4 identical portions to be presented to judges.

Course 2 - Prepare and Cooke a main dish using the whole lamb provided by the ribs or chops of the lamb. The competitor should use his or her knife skills to debone or prepare a accurate cuts of the meat in preparing the dish. The dish can be with bone or boneless and no advantages would be given to either style. The portion size for the dish should not exceed 350 grams. Including the garnish

The competitor should make 4 identical portions to be presented to the judges.

The chef competitors can make handmade pasta using the pasta flour but not machine will be provided to the competitors the pasta must be hand made using rolling pin only.

The competitors at the competition day should present the name of each dish and ingredients used in it to the Chief judge

Ingredients	Amount	Ingredients	Amount
Lamb meat – Bone	¼ of the whole	Pasta flour 00	400 gram
Fish – Ishkhan	1	Couscous	200 gram
Eggs	4	Olive Oil	200 ml
Flour	100 gram	Tomato	300 gram
Butter	20 gram	Red Wine	100 ml
Sugar	100 gram	Asparagus	240 gram
Carrot	200 gram	Green onion	1
Chickpeas	100 gram	Mushrooms	200 gram
Onions	300 gram	Ginger	100 gram
Pak choy	300 gram	Sunflower oil	200 ml
Fish stock dry	50 gram	Bell pepper / mixed colors	240 gram
Garlic	40 gram	Soy Sauce	200 ml
Coconut milk	100 ml	Red lentils	100 gram
White Wine	100 ml	Balsamic vinegar	100 ml
Cream	200 ml	Lentils	100 gram
Tomato pelati	350 gram	Capers	40 gram

Common Ingredients / Limited maximum 40 gram each		
Coriander Leaf	Parsley Leaf	Basil Leaf
Mint	Black pepper	Chili pepper red
Paprika / sweet	Cinnamon Stick	Fresh Rosemary
Baby Spinach	Sea Salt	Salt

Table 4 – Ingredients for the Course 1 and Course 2 of the competition

By the team of Technical Judges:

- 1. Mise-en-Place and station set up/organization: - based on standard of competitor's preparation prior to the start. Marks - 10**
- 2. Hygienic Practice: - based on the state of cleanliness when working and adherence to best adherence to hygiene practice as required in industry. Marks - 10**
- 3. Health and Safety:- based on the awareness and demonstration of industry recognized practices whilst working. Marks - 10**
- 4. Method of work:- based on the observations of the judges with emphasis on the work flow and order of work. Marks – 15**
- 5. Quality and standard of professional skills:- based on best use of equipment and adherence to recipes and methods of production. Marks – 20**

6. Creativity and imaginative use of ingredients in the appetizer dish, Main dish :- based on the observations of the judges and choice of ingredients used. Marks 30 / 15 for each
7. Time Management: - completion and presentation time will earn full marks. Deductions will be made for each minute late and up to a maximum of 5 mins. Marks – 20

Total Marks for this section – 115

By the Team of Presentation Judges:

1. Presentation: - the visual balance of the dishes - contrast, color, symmetry, simplicity, use of plate space Marks 10 for each dish. Total Marks – 30
2. Consistency of the product: -
 Starter Dish:- appropriateness of portion size as a main course Marks 15
 Main Course:- appropriateness as accompaniment to and with appetizer and taste, flavor and seasoning Marks 20
 Meringue:- quality of meringue mix Marks 20
3. Cooking Skills: - accuracy of cooking skills, degree of cooking resulting in overall eating quality of each dish. Marks 10 for each dish. Total Marks – 30
4. Taste and Flavor: - The seasoning, the mouth feels and balance of each dish. Marks 10 for each dish. Total Marks – 30 (Appetizer, Main and Dessert)

Total Marks for this section - 145

Dessert Course - Prepare a 20cm Lemon meringue flan using the following recipe .

Method

- 1 Taking care not to over soften, cream the butter and sugar
- 2 Add the beaten egg gradually and mix for a few seconds
- 3 Gradually incorporate the sieved flour and salt
- 4 Mix lightly until smooth
- 5 Allow to rest in a refrigerator before lining the flan ring .

Ingredients	Amount	Ingredients	Amount
Sweet paste			
Soft Flour	200g	Eggs	1
Butter	125g	Salt	Pinch
Caster sugar	50g	Flour for dusting	

Table of ingredient for the sweet paste. Table 2

Note you may alternatively wish to use the rubbing in method i.e. rubbing in butter and flour so that the paste is not so soft and requires less resting time and being easier to work with.

Preparing the Lemon Meringue Flan

Ingredients	Amount	Ingredients	Amount
Sweet Pastry (see above)			
Lemon Filling			
Granulated sugar	225g	Large eggs	4
Lemon grated zest	1	Large egg yolks	1
Unsalted butter cut into small pieces	175g	Fresh lemon juice	120mls
Meringue			
Pasteurised egg whites	Approx. 120g	Caster Sugar	300g
Lemon Juice		Cream of Tartar	

Table of ingredients for the lemon Meringue Flan – Table 3

Method

- 1 Line the 20cm flan ring with sweet pastry and bake blind
- 2 Place the sugar into a bowl add the grated zest of lemon , mix well
- 3 Strain the lemon juice into a pan, add the eggs , egg yolk butter and zested sugar whisk well to combine
- 4 Place over a medium heat and whisk continuously for 3 to 5 minutes until the mixture begins to thicken
- 5 Heat to below just below boiling , remove from the heat . Strain into a bowl and cool before filling the flan case
- 6 Whip the egg whites stiffly with a squeeze of lemon or cream of Tartar
- 7 Carefully sprinkle on the sugar and carefully mix in
- 8 Place in a piping bag with a suitable tube
- 9 Pipe on to the filled flan
- 10 Color in a hot oven at 220c
- 11 Place on a cake board and serve on a suitable white plate .

Note: The competitor can use 100 gram sugar instead of 300 gram for making the meringue.

Round 3 – Speed test. This test and its methods would be announced in the competition day – 20 marks