



European Young Chef Award 25 - 26 November 2018

Welcome

The Ambassador



"European Young Chef Award is a learning process and very valuable experience. Success is doing what you like doing. So, you have already won!"

Joan Roca
El Celler de Can Roca

The European Young Chef Award 2018 is a competition organised and promoted by the International Institute of Gastronomy, Culture, Arts and Tourism (IGCAT), the Regions of Gastronomy Platform and hosted by Galway International Hotel School at Galway-Mayo Institute of Technology. (GMIT)

The aim is to strengthen links between European regions through young professional chefs while promoting culinary innovation using traditional cuisine and local produce.

IGCAT, together with the Regions of Gastronomy Platform are keen to raise the profile of local food production and diversity. Food is often a unique selling point for regions and a way to support regional development. By enabling young chefs to learn about the value of local food diversity and regional distinctiveness, we hope to inspire future ambassadors for the Regions of Gastronomy in Europe.

This event is an opportunity for networking between finalists of competitions that have taken place across Europe. It is a competition judged by chefs and international experts. Furthermore, the young chefs will have the opportunity to learn about food products from each of their regions and establish a professional network.

Previous editions winners



"I wanted the jury to experience my story and my region through my dish."

Aisling Rock -European Young Chef 2017
Galway, West of Ireland - European Region of Gastronomy 2018

"My innovation was a process made up of different steps: research, development and a connection to my region's identity."

Stamatios Misomikes - European Young Chef 2016
South Aegean - European Region of Gastronomy 2019



Participants

The competition is open to full time culinary arts students or culinary graduates who have completed a full time culinary arts programme in the past year. Participants must be aged between 18-26 years and come from an awarded or candidate Region of Gastronomy. The European Young Chef Award hopes to foster equality in the sector and therefore regions are asked to encourage applications from female chefs (currently underrepresented in competitions at this level).



The candidate must be selected and approved by the partner stakeholder group, preferably in collaboration with an institution that has held a local competition.

Each region will be represented by an aspiring chef who will prepare an innovative version of a regional traditional dish. Finalists are asked to use local animal or plant varieties specific to their region and thus support the future survival of these regional products.

They are recommended to take inspiration from local artists or musicians and to share the process of their creative interpretation in their presentation.

The finalist should be accompanied by a supporting team member whose role in the first instance is to promote the young chef through social media in their own countries. They may also be used to interpret the chef's story/presentation that is expected to tell the jury about the origin and connection of the dish to their local terroir. The supporting team member is not allowed to help in the preparation of the dish, their role is strictly in the front of house presentation and they are not allowed to assist in the kitchen.

The region should provide up to two videos to be shown while the jury are deliberating. The video's (4-6 minutes duration) can highlights the Region of Gastronomy, local food products and the creative inspiration for the dish. It may also include coverage of the regional young chef competition from which the finalist was selected.

Individual Kitchens will be provided for up to 15 European finalists to work in at The Galway International Hotel School and adequate time for orientation of these kitchens will be provided by the hosts.

Hotel accommodation will be available within a short walk of the school for regional finalists and accompanying persons.

Rules

1. Regions should confirm their participation and finalists name by 30 September 2018 by submitting the fully completed application form.
2. IGCAT reserve the right to select 15 finalists that will compete in the European final 2018. By 15 October finalists will have their participation confirmed and will be sent details to organise their travel.
3. Finalists need to be aged 18-26 and full-time or graduates of a culinary school (within in 1 year of the competition). Proof of enrolment/graduation is required in the application form.
4. The competition dish should demonstrate innovation on a traditional recipe. Therefore, on the day prior to the competition, finalists will be asked to prepare two plates of the traditional dish (as it would be presented in local homes/restaurants), so that the innovation/transformation of the dish will be demonstrated effectively to the jury. This will also provide an opportunity for the finalists to familiarise themselves with the kitchen environment. The jury will note if the finalist has succeeded in improving the traditional dish.
5. The competition dish should be an innovation on the traditional recipe, that is ideally inspired by a local artist/musician from their region. The chefs are required to conceive and produce the plate themselves, bringing their own style and imagination to the competition as declared in the code of ethics which needs to be returned with the application form.
6. General kitchen equipment will be made available to all finalists unless specialist equipment is required. The host school (GMIT) will require a full list of equipment one month in advance of the competition. Finalists are expected to provide their own specialist equipment and no cost of same will be borne by the hosts. Finalists should bring their own knives.
7. The dish presented in the competition must use seasonal and local products, found in the markets of the region being represented. Greater weight will be given to finalists that demonstrate knowledge of specific plant or animal varieties distinctive to their region. The finalists should indicate in the registration document and in their presentation to the jury the use of animal and plant varieties to demonstrate their knowledge in this field.
8. As there are specific food hygiene regulations in the host school, all finalists must adhere to HACCP principles and ensure that the high-risk food products are handled appropriately and that the chill chain is not compromised during transportation. If there are any concerns around this the host school is happy to discuss individual requirements. To assist this process, the host school can facilitate the supply of ingredients at cost to the visiting region. Basic store cupboard ingredients will be provided.
9. On the day of the competition, the European finalist will make 4 portions of the innovative dish that had been presented in the regional selection process.

10. Cost price per plate should not exceed €4 - costing sheet to be provided as verification.
11. It is recommended to prepare a main course dish. It should not be a tapa serving.
12. In no event can the preparation of the dish exceed 2 hours and 30 minutes from start to completion. The only pre-competition preparation that is permitted is fermentation, curing, marinating or dehydration. Partially cooked food **is not** permitted. Any excessive preparation in advance of the competition will be noted and in a tie-break situation may be counted against the finalist. If in doubt, please seek advice from IGCAT prior to the competition.
13. The jury will observe the preparation and outcome of the dish including kitchen hygiene.
14. The finalist will have a maximum of **3 minutes to present** the dish to the jury. This will be followed by jury questions. Please note that the finalists' ability to communicate an original story and explain the cultural connection with the region will be assessed. The presentation should be given in English therefore he/she may be assisted by one person from the region that can interpret the presentation.
15. The region should prepare **a 4-6 minute video** that will be shown after the presentation, that should emphasize the agricultural landscape, heritage and cultural characteristics of the region, as well as the artistic influence that the chef sought to create the dish. Preferably it will also introduce the story of how the finalist was selected. The video either needs to be in English and/or have subtitles in English.
16. The finalists should bring two sets of uniform (jacket kitchen, trousers and hat). One for the first day and a 2nd set which may include sponsor logos for the competition day. Finalists will be given a GMIT apron for use in the kitchens so as to ensure clean jackets during the presentation.
17. The order of presentations will be staggered and therefore the start time for cooking preparation will be given to each finalist. IGCAT will decide the order of plates and the Head of Kitchen will ensure student start cooking at 10 minute intervals.
18. The finalists are expected to attend all activities and meals as organised in the programme. They should be reminded that they are acting as ambassadors for their regions and their behaviour and conduct needs to be appropriate at all times.
19. The jury have a set of criteria to mark each plate. When participation is confirmed the finalists will receive the criteria and weight applied to each. The jury are experts in their fields and the winners will be selected following a calculation of the scoring and a discussion between the jury. In a tie-break situation the President of the jury (that is always a celebrated chef) will make the final choice. The jury verdict is final and are not obliged to answer participants concerns individually on the day of the event. The jury will however provide written feedback to all participants including an individual breakdown of their scores and accompanying jury feedback, within one week following the competition. No further correspondence will be entered into.
20. Only 1st, 2nd and 3rd prizes will be announced on the day. All winners and runners up however will be celebrated through the signing and awarding of IGCAT Young Chef Ambassador Awards. As Joan Roca aptly notes - all finalists are winners!

Programme

Sunday 25 November 2018

On Sunday 25, contestants will be welcomed by GMIT and IGCAT. They will receive a short introduction about the importance of the European Young Chef Award for encouraging cultural and food diversity. They will also be given an orientation and safety briefing of the kitchens.

The finalists will then commence with the preparation of the traditional format of their dish to be photographed and presented to jury members.

During the afternoon, finalists will be treated to a gastronomy tour of Galway region including visits to local European Region of Gastronomy stakeholders' farms, honey producers, brewery and, followed by a city guide on foot.

10:00h	Welcome to GMIT Cáit Noone , - Head of Galway International Hotel School Jacinta Dalton - Head of Department Culinary Arts
10:15h	Welcome to the European Young Chef Award Dr. Diane Dodd - President of IGCAT
10:30h	Introduction to the kitchens
11:00h	Preparation of the traditional dishes
13:15h	Gastronomy tour of Galway region including light lunch
17:00h	Master Class
18:00h	Dinner in a local Galway venue

The contest

Monday 26 November 2017

The competition will take place on Monday 26 November and contestants will receive instructions at 8.00am before organising their kitchen spaces.

IGCAT will decide the order of plates and the Head of Kitchen will ensure student start cooking at 10 minute intervals. Each finalist has 2 hours and 30 minutes to prepare their dish.

The presentation will be made in front of the jury and public in English. The finalists may bring a linguistic assistant to support them in the presentation if required.

	FINALISTS	PUBLIC	JURY
8:00h	Introductions and contest rules		
8:30h	Kitchen organisation		
9:00h	Competition starts!		
10:00h			Visit to the kitchen
11:00h		Introduction	
11:30h	Presentation of innovative dishes	Presentation of innovative dishes	Presentation of innovative dishes
13:30h			Jury deliberations
14:00h	Award Ceremony	Award Ceremony	Award Ceremony
15:30h	Visit to the Foodie Forum TBC	Visit to the Foodie Forum TBC	Visit to the Foodie Forum TBC
18:30h	Dinner and Final event hosted by GMIT	Dinner and Final event hosted by GMIT	Dinner and Final event hosted by GMIT

The Galway International Hotel School, GMIT



The **Galway International Hotel School** is located within the campus of Galway Mayo Institute of Technology.

GMIT has the largest Culinary & Hotel School on the West coast of Ireland and is situated in one of the most culturally vibrant cities in Ireland.

www.gmit.ie



The registration fee is €1.800 per finalist.

Registration includes:

- 3 nights accommodation in a nearby local hotel (provided by GMIT) up to 2 people
- 3 breakfasts, 2 lunches, 3 dinners for up to 2 people (chef and accompanying person)
- Participation in the international contest and apron.
- Access to hotel facilities during the contest.
- Standard kitchen and utensils
- Local Galway Food Tour
- Commemorative gift

For more information or to reserve a place, please fill out the registration form and send it (with accompanying documents) to: info@igcat.org

Travel and transfers from Dublin airport are not included and should be booked directly by the visiting teams. Galway and GMIT is a 2.5 hour transfer from Dublin Airport. You can book transfers directly at www.gobus.ie Full transfer details will be provided in advance to finalists.

A Welcome message from Cáit Noone - GMIT



"The Galway International Hotel School at Galway Mayo Institute of Technology is delighted to host the European Young Chef Award in November 2018. The school has a long and proud association with the tourism industry and was the first Higher Education Institute in Ireland to award degrees in Hotel Management in 1976. The school offers programmes across four departments in Culinary Arts, Service Industries, Heritage and Tourism and, Language and Humanities. Our colleagues frequently spend time in industry with colleagues updating their skills and knowledge and many faculty support community initiatives including food festivals, charity events and guest

lectures. The School is also home to the LINKS Office, an industry engagement office who work on behalf of the work with all school stakeholders including alumni and students. All full-time courses in the school have accredited work-based learning and this activity can be based in Ireland, Europe, USA and Asia, opportunities are many due to long established working partnerships with industry stakeholders.

The team at GMIT worked diligently with colleagues across Galway on the designation bid for the 'European Region of Gastronomy' award and were part of the presentation team when the bid 'From the Ground Up - Feeding our Future' was presented in Nord Brabant on March 17th, 2016.

We look forward to welcoming competition participants, mentors, jury members and visitors to Galway in 2018. You will see for yourself the wonderful region we live in, the dynamic food sector throughout the west of Ireland and a special Céad Míle Fáilte awaits your arrival."

Cáit Noone FIHI,
Vice President International Engagement,
Head Galway International Hotel School,
Galway Mayo Institute of Technology