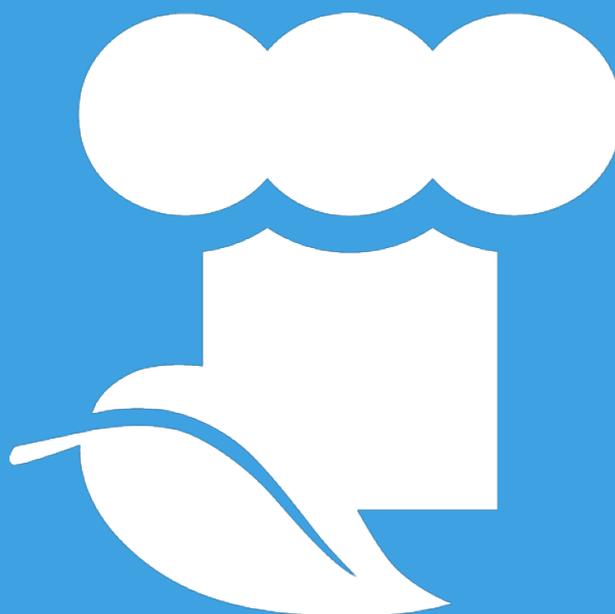


2020



EUROPEAN YOUNG CHEF AWARD

INFORMATION BROCHURE

MINHO – 9-11 NOVEMBER 2020



THE AMBASSADOR



"The 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

INTRODUCTION

The European Young Chef Award 2020 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 Minho, European Region of Gastronomy awarded 2016.

The aim is to strengthen links between European regions through young professional chefs while promoting culinary innovation and sustainability 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 international chefs and experts. Furthermore, the young chefs will have the opportunity to learn about food products from each of their regions and establish a professional network.



WINNERS OF PREVIOUS EDITIONS



"Taste should bring back memories of the past, while the dish should be a transportation to joy."

EIRINI GIORGOUDI
European Young Chef 2019
South Aegean 2019

"I love to learn new techniques and to innovate on traditional recipes using local products."

ANDREAS BJERRING
European Young Chef 2018
Aarhus-Central Denmark Region 2017



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

AISLING ROCK
European Young Chef 2017
Galway-West of Ireland 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 2019





FINALISTS

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. Finalists 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 finalist 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.

When conceiving and preparing their dish, finalists should also pay special attention to sustainability issues including:

- reduction of food waste;
- reduction of single-use plastics;
- balanced proportionality of vegetables to meat/fish in the recipe.

The sustainability of finalists' practices in the kitchen will form part of the jury's final evaluation.

Finalists are recommended to take inspiration from local artists or musicians and to share the process of their creative interpretation in their presentation. The story/presentation of the dish is expected to tell the jury about the origin and connection of the dish to the region it comes from.

Each 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 aid the chefs in the interpretation to English of their presentation to the jury (if needed), but **cannot present on behalf of the finalists**. The supporting team member is not allowed to help in the preparation of the competition dish. Their role is strictly in the front-of-house presentation and they will not be allowed to assist in the kitchen on the day of the competition.

The region should provide a video to be shown during the competition while the jury are scoring the dish. The video (3-4 minutes duration) should focus on the finalist and the inspiration behind his/her dish, and possibly highlight the Region of Gastronomy, its landscape, heritage and food products. It may also include coverage of the regional young chef competition from which the finalist was selected. Videos made specifically for the EYCA are also encouraged to submit to the Food Film Menu (<https://igcat.org/projects/food-film-menu/>).

Individual kitchens will be provided for up to 15 European finalists to work in. The organisers will ensure that adequate time for orientation in the kitchens is provided before the competition.



RULES

1. Regions should confirm their participation and finalist's name by **14 September 2020** by submitting the fully completed registration form. Regions should support their finalists in the compilation of the registration form and preparation of accompanying documents and materials. IGCAT is available to clarify any doubts concerning the form prior to the registration deadline. After the deadline, incomplete forms will not be taken into consideration and related candidatures will be automatically rejected.
2. IGCAT reserves the right to select 15 finalists that will compete in the European final. By 21 September 2020 finalists will receive confirmation of acceptance and will be sent the details to organise their participation.
3. Finalists need to be aged 18-26 and be full-time students or graduates of a culinary school (graduated within 1 year of the local competition or local selection process). Proof of enrolment or graduation is required in the registration form. In case of any dispute, IGCAT reserves the right of final interpretation of the rules concerning the eligibility of finalists.
4. The competition dish should demonstrate innovation on a traditional recipe from the region represented. Therefore, on the day prior to the competition, the finalist will be asked to prepare **two (2) portions 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 finalist to familiarise themselves with the provided kitchen environment. The jury will note if the finalist has succeeded in improving the traditional dish. The preparation of the traditional dish should not exceed 1 hour and 30 minutes from start to completion.
5. Finalists are required to conceive and produce the innovative dish themselves, bringing their own style and imagination to the competition as declared in the Code of Ethics which needs to be returned with the registration form. The innovation on the traditional recipe is ideally inspired by a local artist / musician from the finalist's region.
6. General kitchen equipment will be made available to all finalists unless specialist equipment is required. The host will require a full list of equipment needed at least one month in advance of the competition to confirm availability. Each finalist is expected to provide their own specialist equipment and no cost of same will be borne by the host. All finalists must bring their own knives.
7. Finalists are required to specify in advance in the registration form whether they intend to pair their innovative dish with wine or other beverages from their region for the jury taste, and what kind of glasses / cups / etc. they will need. This is fundamental to check in advance actual availability of such with the host.
8. The dish presented in the competition must use local seasonal products found in the markets of the region being represented. Finalists should indicate in the registration form and explain in their presentation to the jury the use of regional plant and animal varieties in their dish. In the scoring process, the jury will give greater weight to presentations that demonstrate the finalist's knowledge in this field.

9. Finalists must bring their own ingredients for the preparation of both the traditional and innovative dishes. Basic cupboard ingredients (e.g. salt, oil, sugar, etc.) will be provided by the host. The finalist is required to specify in the registration form all the basic ingredients they will need, in order to verify actual availability at the host premises. However, the finalist is encouraged to use varieties of basic ingredients specific to their region.
10. Finalists must comply with the food hygiene regulations specified by the host (if any), ensure that high-risk food products are handled appropriately, and that the chill chain is not compromised during transportation. If there are any concerns around this, finalists should contact IGCAT and the host to discuss possible individual requirements. The host will provide help in finding replacement foods (as far as possible) in case finalists' ingredients arrive in a bad state.
11. On the day of the competition, finalists will prepare four (4) portions of the innovative dish that has been presented in the local competition / selection process.
12. If the local competition / selection process takes place in a different season than the European competition, finalists will be allowed to adapt the innovative recipe by replacing out-of-season ingredients with seasonal products, without causing a radical disruption of the dish, and as long as a clear connection with the traditional recipe is preserved.
13. The innovative dish can be a starter, a main course, or a dessert. Finalist are advised that dishes in the form of tapa servings, canapes and side dishes should be avoided, as they will be penalised by the jury in the scoring process.
14. On the day of the competition, in no event can the preparation of the innovative dish exceed 2 hours and 30 minutes from start to completion.
15. Partially cooked food **is not** permitted. The only pre-competition preparations allowed are: fermentation, curing, marinating, dehydration, rehydration or pyrolysis. 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.
16. During their visit to the kitchen, the jury will observe the preparation and outcome of the dish including kitchen order and hygiene.
17. The jury will assess the ability of finalists to reduce **food waste** and **single-use plastics** to a minimum during the preparation of their dishes. Finalists' food and plastic waste related practices will be scored as part of their final evaluation.
18. In case that the innovative dish contains meat or fish ingredients, the jury will evaluate the ability of finalists to balance the **proportionality of vegetables to meat/fish** in the recipe in light of current sustainability concerns.
19. Finalists will have a maximum of 3 minutes to present their dish to the jury. This will be followed by jury questions. Please note that the jury will assess the finalist's ability to communicate an original story, explain the cultural connection of the dish with the region, and present the local plant and animal varieties used. The presentation should be given in English. The finalist may be assisted by their supportive team member in the interpretation of the presentation to English.
20. The region should prepare a 3-4-minute video about the finalist and the inspiration behind their innovative dish, to be shown before or after the presentation of the dish. The video can also emphasise the agricultural landscape, heritage and cultural characteristics of the region and introduce the story of how the finalist was selected. The video either needs to be in English and/or have subtitles in English.

21. The finalist should bring **two sets of uniform** (kitchen jacket, trousers and hat). One for the first day and a second set, which may include sponsor logos, for the competition day. On the competition day, the finalist will be given an apron for use in the kitchens so as to ensure a clean jacket during the presentation.
22. 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 students start cooking at 10-minute intervals. The order will be communicated by IGCAT on the day of the competition.
23. Finalists are expected to attend all activities and meals as organised in the programme. Finalist should be reminded that they are acting as ambassador for their region and their behaviour and conduct needs to be appropriate at all times.
24. The jury have a set of criteria to mark each plate. When participation is confirmed, 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 (always a celebrated chef) will make the final choice. The jury verdict is final, and jury members are not obliged to answer the finalist's concerns individually on the day of the event. The jury will however provide written feedback to all finalists, including an individual breakdown of their own scores and accompanying jury feedback, within one week following the competition. No further correspondence will be entered into.
25. Only 1st, 2nd and 3rd prizes will be announced. All finalists however will be celebrated through the signing and awarding of IGCAT Regional Chef Ambassador title. As Joan Roca aptly notes - all finalists are winners!
26. The present rules will be sent to regions and finalists in advance of the competition. It is recommended to read them carefully. IGCAT will be available to clarify any doubt concerning the rules prior to the competition. IGCAT will not accept any objections to the present rules during or after the competition.
27. All rules and regulations are subject to interpretation by the organising body (IGCAT) whose decision shall be final.

PROGRAMME



DAY 1 – ARRIVAL AND WELCOME DINNER

MONDAY 9 NOVEMBER 2020 – 20:00h

On this occasion, finalists' presentation videos will be screened so that the young chefs can get to know each other.

DAY 2 - WARM-UP WITH TRADITIONAL DISHES

TUESDAY 10 NOVEMBER 2020

On Tuesday 10, finalists will be welcomed by Minho, European Region of Gastronomy awarded 2016 and IGCAAT. 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 version of their dish to be photographed and presented to jury members.

During the afternoon, finalists will be treated to a food tour of Minho region including visits to local European Region of Gastronomy stakeholders.



TIMETABLE

10:00h	Welcome by Minho, European Region of Gastronomy awarded 2016
10:15h	Welcome to the European Young Chef Award Dr. Diane Dodd, President of IGCAAT
10:30h	Introduction to the kitchens
11:00h	Preparation of the traditional dishes
13:15h	Food tour of Minho including light lunch
19:00h	Signing of IGCAAT Regional Chef Ambassador agreements
20:00h	Dinner



DAY 3 – COMPETITION DAY WITH INNOVATIVE DISHES

WEDNESDAY 11 NOVEMBER 2020

The competition will take place on Wednesday 11 November and finalists 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. Finalists may involve their supportive team members for linguistic assistance in the presentation if required.



TIMETABLE

	FINALISTS	JURY	PUBLIC
08:00h	Introduction and competition rules		
08:30h	Kitchen organisation		
09:00h	Competition starts!		
09:30h		Introduction	
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	Lunch / Cocktail	Lunch / Cocktail	Lunch / Cocktail
18:00h	Award Ceremony	Award Ceremony	Award Ceremony
20:00h	Dinner	Dinner	



VENUE



VIANA DO CASTELO

The European Young Chef Award 2020 will take place in the beautiful and rich in history city of Viana do Castelo, located at the mouth of Lima river, on the coast of Northern Portugal region.

REGISTRATION

The registration fee is **€1.800** per finalist.

The following costs will be covered by **Minho, European Region of Gastronomy awarded 2016**:

- ✓ 3-night accommodation in a local hotel close to the venue of the competition for up to 2 people per region (finalist and supportive team member)*
- ✓ 3 breakfasts, 2 lunches, 3 dinners for up to 2 people (finalist and supportive team member)
- ✓ Participation in the international competition and apron
- ✓ Standard kitchen and utensils and basic ingredients
- ✓ Local Food Tour
- ✓ Commemorative gift

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

Transfers from and to the airport will be covered by Minho region. Full transfer details will be provided in advance to finalists.

***Any additional accompanying people will need to cover their own expenses for transfers, accommodation, and meals. The participation of additional people in the programmed activities and meals must be communicated in advance to IGCAT and the host, and is subject to seat availability and logistic organisation.**