



36th AEHT ANNUAL CONFERENCE & COMPETITIONS
06th – 11th November 2023
Vilnius, Lithuania



PASTRY COMPETITION

Competition details

Objective

Prepare as team a modern restaurant dessert for five (5) persons, five (5) plate, out of the basket of ingredients.

The dessert title:

A modern style dessert of choux pastry

The dessert must be composed by:

- 1 product made with choux pastry
- 1 fruit cream **or** fruit jelly
- 1 cream **or** mousse
- Sauce
- Decorations elements
- (Sauces or creams for decoration doesn't count as a cream or mousse)

Basket of ingredients and pastry equipment will be published on the official AEHT website, 2 months prior to the competition. Changes of the ingredients published earlier could be possible due to supplying problems.

Team & Language

Language

It is compulsory that English (oral and written) is the language to be used in all the competition phases, briefings, communication with teammates and judges during the different tasks.

Minimum level of English: A2 (according to EQF)!

Teams:

Teams will consist of 2 students from different schools and countries and will be drawn by the jury.

It may happen that there is a team of three students in one of the following cases:

- The final number of candidates is unpaired
- Disqualification of one of the competitors
- Competitors last minute abandonment



Masterclass, briefing and written part of the competition

Masterclass

After the Opening Ceremony on the first day, all participants of the Pastry competition will go to a masterclass that will be integrated into the competitions, so **attendance is mandatory** for students. After masterclass student go on briefing.

Briefing and written part

- Competitors briefing & announcement of the teams by the Head Judge and the judges; just only for the competitors.
- Plates and **specific ingredients** will be show at the briefing and the specific mystery ingredient is part of the ingredients list.
- After the briefing, each team will have one and a half hour (90 minutes) to write down the description of their recipes. During this time, external contact is prohibited.
- Research is limited to students' own textbooks and personal notes. No books will be supplied.
- As soon as the recipes are completed it must be submitted to the Head Judge with a brief menu, a work plan description, and a **complete ingredients order list**. It will then be signed by both, the competitors, and the Head Judge.
- The submitted recipes are final and may not be modified.
- Once the recipes have been submitted competitors are encouraged to liaise with their tutors.
- Competitors will be allowed to familiarize themselves with the competition area.

Day of the competition

- Total time of the practical part of the competition: 2 hours. Afterwards, each team has 30 minutes to clean the working area and to get short feedback from the jury.
- Competitors must wear their full professional uniform and safety shoes.
- Competitors must bring their professional knives and are allowed to bring their own modelling equipment like spatulas, knives, pincers, cookie cutters, moulds, syphons (the gas will be provided by the organisation) etc.
- For safety reasons no electric machines or devices are allowed to bring into the competition area.



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- All special equipment brought in, from the competitors, need the approval of using, from the jury.
- Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected.
- All elements of the finished dishes must be done during the competition and must be edible.

Important notes

- Teams will be assessed according to their written part, professionalism, work skills, work hygiene, teamwork, composition of the dessert, taste, presentation, difficulty of the different preparations, choux pastry shaping skills without moulds and quantity of ingredients they use.
- During the composition of the recipes on the day of the briefing, team members check whether correct communication in English within the team is possible. If there is serious doubt, the team should report this to the Head Judge immediately. Complaints about language problems will not be accepted after submission of the recipes.
- The use of cell phones or any other electronic communication device are not allowed during the competition.
- All rules and regulations must be adhered including the General AEHT Competition Rules.
- The Head judge's decision is final.

Additional notes – some guidelines at a Pastry competition

- **COMPETITION TASK:** carefully study the task and the list of all ingredients that can be used; think about the combination of ingredients, which ingredients go well together and complement each other; include only the mandatory elements of the task on the plate, nothing more and nothing less. Moulds, cutters are fine and necessary, but not always. It is important to demonstrate the skills of hand shaping dessert elements, as much as



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possible without moulds.

- **EXCESS OF INGREDIENTS:** write a dessert recipe for the given number of people/plates and make that exact number of servings/portions without much excess.
- **TASTE AND APPEARANCE:**
- Taste is the most important thing about dessert, because of the taste you remember the dessert and want to eat it again and enjoy it again.
- Appearance is the second most important thing about dessert, because we eat with our eyes first and the appearance is what attracts us. Decoration must be related to the dessert on the plate, and it must be edible. The mandatory dessert elements on the plate need to be combined well to form a sensible unit. Choose the right portion size (neither too big nor too small). Avoid artificial colours wherever possible.
- **IN THE END:** make a simple and beautiful dessert, make mandatory elements and the most important make a delicious dessert.