

# REGULATION

AVEIRO | FROM 20<sup>th</sup> TO 23<sup>rd</sup> MARCH | 2019



Fish & Cooking  
Aveiro Festival



EFTA - Escola de Formação Profissional em Turismo de Aveiro

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## CHAPTER I | GENERAL PROVISIONS

### Article 1 | Scope

The present regulation applies to the **5<sup>th</sup> Fish & Cooking Aveiro Festival** promoted by EFTA - Escola de Formação Profissional e Turismo de Aveiro (**Attachment <sup>1</sup>**).

### Article 2 | Goals

The goals of the competition are:

- a) Encourage young people to develop their training;
- b) Encourage professional fulfilment;
- c) Develop features, like autonomy and team-work in the participants;
- d) Promote social and cultural exchange;
- e) Encourage the exchange of experiences and knowledge among participants;
- a) Disclose the natural resource of the region – fish.

### Article 3 | Target Public

The competition is intended to students from technical courses in the Hospitality and Restaurant areas from Portuguese and European schools.

### Article 4 | Organization

The organization of the competition is of EFTA's entire responsibility.

### Article 5 | Accomplishment

The competition happens from the **20<sup>th</sup> to the 23<sup>rd</sup> of March 2019** in EFTA's facilities, in Aveiro, Portugal.

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<sup>1</sup> Attachment 1 – Touristic Information

## Article 6 | Disclosure

The disclosure will be of EFTA's responsibility and it will be carried out by the AEHT – European Association of Hotel and Tourism Schools and by the Portuguese hotel and tourism schools.

## Article 7 | Registrations

1. All registrations must be done through the attached form (**Attachment II<sup>2</sup>**) until the 15<sup>th</sup> of February 2019.
2. The teams should be formed by two students and a teacher, (one from Restaurant /Bar and another from Cooking) being the registrations limited to ten teams.
3. The teams (two students and a teacher) do not have to pay the registration unless they intend to do an extra registration. In this case, the extra registration will cost 350€. All registrations include transportation from the airport to the hotel, accommodation, meals and a cultural program.

## Article 8 | Rating

1. The three best rated participants, in each cooking and restaurant/bar test, will be the classified.
2. Awards will be allocated to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> classified participants.

## Article 9 | Jury

1. The Jury will be composed by four technical professionals for each test of the competition.
2. Jury's competences:
  - a) Evaluate the participants;
  - b) Guarantee the maintenance of the necessary conditions for the tests;
  - c) Reassure the participant's equality of treatment;
  - d) Check the participant's identity;
  - e) Give all the necessary recommendations about the periods of performance of the tests;
  - f) Reassure the secrecy and impartiality in the accomplishment of the tests;
  - g) Classify the accomplished assignments (**Attachment III<sup>3</sup>**).

## Article 10 | Participants

The participants should:

- a) Accept the specific guidance referred or communicated by the jury;
- b) Carefully use and ensure the good preservation of the facilities, equipment and material that will be need for each test, being responsible for any injury caused voluntarily or by negligence;
- c) Know, accept and comply with the present regulation and the framework in force.

## Article 11 | Guidance

1. EFTA will ensure the necessary raw materials for the performance of the tests, that are listed in Attachments IV and VI.
2. The participants should clarify all their doubts and clearly identify the classification criteria before the tests start.
3. The participants should fulfil the standards of safety and hygiene at work.
4. The teachers cannot have any kind of influence on the performance of the team during the tests, any kind of clarification, enlight doubts or place pressure to the jury, under penalty of punishment.

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<sup>2</sup> Attachment II – Application form

<sup>3</sup> Attachment III - Evaluation Criteria: Kitchen Testing | Restaurant Testing

## CHAPTER II | COMPETITIONS

### Section 1 | Cooking Test

#### Article 12 | Goal

*Mise en place* and preparation of a Menu for four people, consisting on a starter and a main dish, where the main protein is fish.

#### Article 13 | Organization

1. Cooking participants should prepare 4 starters and 4 main dishes (2 to serve, 1 for the Jury, and 1 for the presentation). The test will be performed according to a list of ingredients provided by the organization when the registration is done (**Attachment IV<sup>4</sup>**).
2. The participant can use ingredients besides the ones mentioned in the list provided by the organization, until a maximum of five, being all ingredients of the participant's responsibility except for the main protein, and it cannot be a protein fish or meat (fresh or frozen).
3. The competitor should deliver the datasheets of the dishes that will be taken to the competition to the organization until the 28<sup>th</sup> of February 2019. These should be accurately filled in with the ingredients and respective quantities for 4 people, as well as the preparation method in a detailed description. The layout of the datasheet to be used is provided by the organization. (**Attachment V<sup>5</sup>**).

#### Article 14 | Uniforms

Uniform for the cooking test:

- Cooking toque or skull cap;
- Apron;
- Cooking jacket;
- Cooking trousers;

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<sup>4</sup> Attachment IV - List of Ingredients

<sup>5</sup> Attachment V - Datasheets of the dishes – Kitchen Competition

- Appropriate shoes;
- Kitchen towel.

### **Article 15 | Materials and Equipment**

1. Each participant should bring their own working material, as well as small equipment (set of knives, dough cutters, proper gloves, piping bag, hand blender, blender, *Bimby*, *Roner*, etc...).
2. For the plating up the participant can use a set of dishes previously chosen of his/her responsibility.
3. Each participant will have a cooker, a working counter, cooking utensils and a container.

## **Section 2 | Restaurant/Bar Test**

### **Article 16 | Goal**

The restaurant/bar participant should prepare and serve an aperitif cocktail, carry out the mise en place for the execution of table service, wine and cheese service, for two people.

### **Article 17 | Organization**

The restaurant competition is composed by:

- In bar composition, the participant should prepare and serve four aperitif cocktails of their own creation (two to serve, one for the jury and one for the exhibition).
- In restaurant service:
  - Cheese service in which the participant should accomplish the cheese plating of two kinds of cheeses (national and foreign) for four people (2 to serve, 1 for the Jury, and 1 for the presentation) and the wine binding.

Participants must carry the bottles of wine (national or foreign) for the cheese tasting, for the wine service the wine will be provided by the school. for all restaurant/bar tests. Participants can bring drinks, glasses and decorations that are not on the list. The table's decoration is the responsibility of the participants.

#### **1.1 Bar Composition: (own creation):**

The time for the bar test is 15 minutes, with the elaboration of four doses.



- a) The student should perform the bar composition according to his/her own creation. This creation should be an aperitif cocktail which should be sent to the organization until the 28<sup>th</sup> February 2019, in a provided datasheet (**attachment VI<sup>6</sup>**) with the quantities in centilitres. No alterations of these are permitted on the competition day;
- b) The filling in of the datasheet should be clear, so that it does not rise any doubt about drinks, performance methods, glass to be used, capitation and preparation method;
- c) The own creation bar composition has to have a minimum measure of 6 centilitres, with the maximum limit of 6 ingredients, drops and fillings included;
- d) The participants should bring all the equipment and utensils they consider necessary to the performance of the bar composition;
- e) The organization dispose beverages and fruit which are listed in (**attachment VII<sup>7</sup>**), and the use of raw materials other than those in the provided list by the organization is allowed, however these are not ensured by the organization (neither physical nor financially);
- f) Dispensers are allowed;
- g) Decorations that were done previously will lead to disqualification of the teams;
- h) The participants should clean their working place after the competition.

#### 1.2 **Restaurant** service:

- a) The participant should prepare a *mise en place* for 2 people (on a square table with 80cm per 80cm), in a maximum time of 15 minutes;
- b) The participants should present the dishes served and the wine chosen to accompany the main dish;
- c) The participant must carry out the Cheese Service in front of the client and establish the respective wine binding (2 to serve, 1 for the Jury, and 1 for the presentation).

### **Article 18 | Uniform**

Uniform for the Restaurant and Bar Competition will be the same as the school uniform.

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<sup>6</sup> Attachment VI – Datasheet – Bar Test

<sup>7</sup> Attachement VII – Beverages and Fruits List

## **Article 19 | Materials and Equipment**

1. For the Bar test, the organization provides a List of Drinks and Fruits (Attachment VI), which will be assured to the participants according to the Datasheet sent.
2. Each team disposes 1 table, 2 white table towels, 1 round tray, 5 white napkins, 1 bread basket, 2 service cloths, salt and pepper shaker. The dishes, glasses and cutlery are found on a place that will be indicated by the jury, being possible for each competitor to use his/her own material and dishes..
3. With the exception of the material referred to in point 2 (of this article), participants must bring the material and raw material they consider necessary for the tests performance.

## ATTACHMENT

### Attachment I | Touristic Information



- **EFTA's Localization**

Aveiro is located in central Portugal by the Atlantic Ocean. It is 70 km south Oporto and 250 km north Lisbon. These two cities have international airports with direct connections to almost all cities around the world.

It is easy to get to Aveiro by train, bus or car from these two cities.

- **By plane**

The Francisco de Sá Carneiro Airport (Oporto) is located about 11 km north the city of Oporto. Next to the airport there is an underground line with a connection to the centre of the city and to the train stations Campanhã and São Bento. You will find trains to Aveiro in these stations.

- **By Car**

Follow the A1 Motorway (Oporto – Lisbon). Aveiro is 70 km far.

Coming from north through the A1 motorway you should turn to Aveiro and follow the A25 motorway.

There are two ways out to the city in the A25 motorway: *Aveiro-Norte* and a few kilometres further, *Aveiro*.

- **By Train**

In both, Campanhã train station or S. Bento train station, you will find hourly trains “Urbanos” to Aveiro. The trip takes 55 minutes. From Campanhã train station you have a great variety of trains, such as “Regionais” (regional), “Intercidades” (between cities) e “Alfa Pendular” (high speed train), which stop in Aveiro. These trains are faster, however more expensive.

Aveiro is located in the main railway line of the country (North Line). For more information on the train timetables, visit CP – Comboios de Portugal website. ([www.cp.pt](http://www.cp.pt))

EFTA is located 7 minutes far from Aveiro train station, right in the city centre.

You can consult the map [here](#).

- **Adress**

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## Attachment II | Register form

From 20<sup>th</sup> to 23<sup>rd</sup> March 2019

Registration/ Inscription										
Country										
Participating School										
Adresse										
Postal Code		-								
E-mail		@								
Phone	+	-	Fax				+	-		
Teacher's Name										
Sex	M	<input type="checkbox"/>	F	<input type="checkbox"/>						
Culinary Student's Name										
Language spoken:		English				French				
Sex	M	<input type="checkbox"/>	F	<input type="checkbox"/>	Date of Birth		/ /			
Restaurant Student's Name										
Language spoken:		English				French				
Sex					Date of Birth		/ /			
Extra Registration (350 €)										
Headmaster's Name										
Sex	M	<input type="checkbox"/>	F	<input type="checkbox"/>						

Signature and Stamp

Please send this form to: [imagem@efta.edu.pt](mailto:imagem@efta.edu.pt)

## Attachment III | Evaluation Criteria

### Evaluation Criteria – Score Table – Kitchen

Participant's name:

Evaluation Criteria	%	Evaluation	Rate
<b>HYGIENE &amp; PRESENTATION</b>	<b>15%</b>		
Presentation and Personal Hygiene	4%		
Working place tidiness	6%		
Food Handling	5%		
Hygiene of Utensils and Place of Work	5%		
<b>MISE EN PLACE</b>	<b>15%</b>		
Mise en Place Organization	10%		
Food Preservation	10%		
<b>ORGANIZATION / METHOD OF WORK</b>	<b>35%</b>		
Skill / Technical Professional Gesture	8%		
Mastery of Techniques	15%		
Time Management / Sequence of preparation	6%		
Food Waste	6%		
<b>PRESENTATION / TASTING</b>	<b>35%</b>		
Equilibrium / Disposition	10%		
Taste	15%		
Texture / Cooking Point	10%		
<b>TOTAL SCORE</b>	<b>100 %</b>		

Rating Scale: 0 to 5 points. 0 = Very Poor / 1 = Poor / 2 = Insufficient / 3 = Sufficient / 4 = Good / 5 = Very Good

## Evaluation Criteria – Score Table – Restaurant Competition

Participant's name:

Evaluation Criteria	%	Evaluation	Pondered Average
<b>APERITIF COCKTAIL</b>	<b>30%</b>		
Appearance and personal Hygiene	2%		
Mise en place/organization	6%		
Performance and working method	10%		
Drink Final Presentation and tasting	10%		
Time management	2%		
<b>TABLE SERVICE</b>	<b>40%</b>		
Mise en Place Preparation/ Sanitization and cleaning	4%		
Table Decoration	4%		
Posture/sympathy	4%		
Correct explanation of the menu	4%		
Organization/ Work execution	12%		
Wine Service	10%		
Time management	2%		
<b>CHEESE SERVICE</b>	<b>30%</b>		
Working method	5%		
Presentation of the cheese and wine	13%		
Tasting/Pairing	10%		
Time management	2%		
<b>TOTAL SCORING</b>	<b>100 %</b>		

Rating Scale: 0 to 5 points. 0 = Very Poor / 1 = Poor / 2 = Insufficient / 3 = Sufficient / 4 = Good / 5 = Very Good

## Attachment IV | List of Ingredients

LIST OF INGREDIENTS - REQUIREMENT		
PARTICIPATING SCHOOL:		
INGREDIENTES	QUANT	UN. MEASUREMENT
<b>FRUITS, VEGETABLES AND HERBS</b>		
Pineapple		KG
Winter Squash		KG
Celery Ball		KG
Raw Celery		KG
Purple Lettuce		KG
Dry Garlic		KG
Green Lettuce		KG
French Garlic		KG
Red Potatoes		KG
Fresh Broccoli		KG
Chive		KG
Carrots		KG
Shallots		KG
Onion		KG
Coriander		KG
Pleurotus Mushrooms		KG
Shitake Mushrooms		KG
Courgette		KG
Savoy Cabbage		KG
Endives		KG
Dried tarragon		KG
Green beans		KG
Spear mint		KG
Orange		KG
Lemon		KG
Laurel		KG
Golden Apple		KG
Reinete Apple		KG
Fresh Basil		KG
Dried Basil		KG
Radicchio		KG
Parsley		KG
Tomato		KG
Cherry Tomato		KG
Thyme		KG



DRIED FRUIT		
Almond		KG
Milled almond		KG
Chopped almond		KG
Nut Crumb		KG
Pinion Crumb		KG
GROCERY PRODUCTS		
Saffron		KG
Sugar		KG
Grain Rice		KG
Arboreo Rice		KG
Carolino Rice		KG
Wild Rice		KG
Wild Rice (Mixture)		KG
Extra Virgin Olive Oil		KG
Curry		KG
Cloves Beans		KG
Spaghetti		KG
T55 Flour		KG
Dry White Beans		KG
Dry Butter Beans		KG
Dry Red Beans		KG
Aveiro Flor de sal		KG
Check Peas		KG
Macaroni		KG
Honey		KG
Worcester Sauce		KG
L'ancienne Mustard		KG
Dijon Mustard		KG
Cooking Oil		KG
Medium Siz Eggs		KG
Breadcrumbs		KG
Grain Black Pepper		KG
Milled Blach Pepper		KG
Traditional Sea Salt from Aveiro		
DEHYDRATED SEAWEED		
Dehydrated Seaweed "Sea lettuce"		KG
Dehydrated Seaweed "Erva-patinha"		KG
Dehydrated Seaweed "Gracilaria"		KG
Dehydrated Seaweed "Musgo-irlandês"		KG
SEA SALT AND "FLOR DE SAL" WITH ALGAE		
"Flor de Sal" with sea lettuce		KG
" Flor de Sal" with "Erva-patinha"		KG
"Flor de Sal" with "Musgo-irlandês"		KG
Sea Salt with sea lectuce		KG
Sea Salt with "Erva-patinha"		KG
Sea Salt with "Musgo-irlandês"		KG
DRINKS		
Brandy		KG
White Wine		KG
Port Wine		KG

Sparkling Wine		KG
Red Wine		KG
<b>Dairy Products</b>		
Milk		KG
Butter		KG
Butter without Salt		KG
Cream 20% M.G.		KG
Cottage Cheese		KG
<b>DELICATESSEN</b>		
Bacon		KG
Meat Sausage		KG
Smoked Ham		KG
<b>THE FISH IN COMPETITION</b>		
Desalinated Codfish		KG
Fresh Mackerel		KG
Fresh Sole		KG
Fresh Dory		KG
Fresh Seabass		KG



## Attachment VI | Bar Data Sheet

Ingredients	Quantities
<b>Cocktail Preparation</b>	
<b>Decoration/Final Presentation/Photo</b>	

## Attachment VII | Drinks and Fruits List

### Drinks

**The Drinks provided by the organization will be the following:**

1. Real Gin, Gin Bombay, Gin G`vine, Rum Barcardi, Rum Bacardi Gold, Conhaque Martel V.S, Whisky Jameson, Vermute Tinto (red), Branco (white) e Dry, Brandy Macieira, Tequila Sierra, Mescal Pancho Lopes, Cachaça 51, Absinto, Vinho do Porto Tawny 10 anos (Oporto Wine Towny 10 Years), Vinho do Porto Branco Extra Dry (Oporto White Wine Dry), Vinho Moscatel (Moscate Wine), Campari, Fernet Branca, Angostura bitter, Bitter Orange.
2. Tijuana, Amêndoa Amarga (Almonds Liqueur), Cointreau, Baileys, Licor Beirão (Beirão Liqueur), Aperol, Licor Triplice Seco (Triplice Seco Liqueur), Licor de Batida de Cocô ( Coconut Liqueur), Licor bols Menta (Mint Bols Liqueur), Licor Bols Coffe (Coffe Bols Liqueur), Licor Bols Honey (Honey Bols Liqueur), Licor Bols Pepper mint green (Pepper mint green Bols Liqueur) , Creme Bols Cacao Escuro (Black Cacao Creamy Bols Liqueur), Creme Bols Cacao Branco (White Cacao Creamy Bols Liqueur), Licor Bols Blue Coracao ( Blue Coração Bols Liqueur), Bols Creme de Cassis ( Creme de Cassis Bols), Licor Bols strawberry, Drambuie, Disaronno, Malibu, Pisang Ambom;
3. Ginger-Ale; Indian tonic, água Castelo (sparkling water), Água das Pedras (sparkling water).
4. Coke, Seven Up.
5. Sugar Syrup, Currant Syrup, Grenadine Syrup, Lemon Syruo, Mint Syrup.
6. Mango Nectar, Pear Nectar, Apricot Nectar, Peach Nectar.
7. Pineapple Juice, Orange Juice, Strawberry Juice, Lemon Juice.

### Fruits

**The fruits provided by the organization will be the following:**

Orange, lemon, limes, red cocktail cherry, green cocktail Ccherry, green olive.