



Culinary Competition

Official Rules and Regulations

I. CONDITION OF PARTICIPATION AND REGISTRATION

The Regional Hospitality and Tourism Summit will take place on August 22, 2013 at L'fisher Hotel and the Sabor Bisaya Food Expo and Culinary Competition will be on August 23-24, 2013 at Bacolod Pavilion Resort Hotel and Restaurant, Bacolod City.

A. ENTRY REQUIREMENTS

The Sabor Bisaya 2013 welcomes participation of students of BST, Culinary and HRM schools/universities.

Student competitors must be a registered student of the current school year. Certification from school should be submitted upon registration.

Only one official entry per school per category will be allowed.

The Organizing Committee reserves the right to have exclusive property of all submitted entry recipes.

B. REGISTRATION

Competitors are required to follow the registration procedure below:

1. Complete the Entry form and submit to the Secretariat not later than August 5, 2013. The deadline for registration is August 5, 2013.

2. Deposit payment to:

Hotel & Restaurant Association of Negros Occ.
(Pls DO NOT abbreviate to HRANO)
Account No.:Current Acct No. 301-8004950
BANCO DE ORO
Capitol Shopping Branch, Bacolod City

3. Scan and Email deposit slip to:

Email: hrano.sabor2013@yahoo.com

Include name of school, address, contact person and number(s) for Official Receipt purposes.

C. ENTRY FEES

S1- On The Spot – Table Setting Challenge	Team of 3	Php	500.00
S2 - On the Spot – Creative Cake Decoration Challenge	Team of 3	Php	500.00
S3 - Na'Nam, a Feast of Negrense Flavors	Team Of 2	Php	500.00
S4 – Supreme Fried Rice Challenge	Team of 2	Php	500.00
S5 – Chef Wars Visayas Elimination			
• Student Division	Team of 3	Php	500.00
• Professional Division	Team of 3	Php	500.00
S6 - Flairbartending Challenge	Individual (male)	Php	500.00
	Individual (female).....	Php	500.00
	Team of 2 (male)	Php	500.00
	Team of 2 (female)	Php	500.00
S7 – Dessert Flambé	Individual	Php	500.00

S8 – Tourism Quiz Bee	Individual	Php	500.00
S9 – Tour Guiding			
• Domestic Tour Guiding	Individual.....	Php	500.00
• International Tour Guiding	Individual	Php	500.00

II. COMPETITION VENUE

A. SECURITY

Bacolod Pavilion Resort Hotel and Restaurant shall maintain general security for building perimeter areas and internal patrols. During the ingress up to egress, participants are required to secure their own materials and exhibits.

The Organizing Committee and Bacolod Pavilion Resort Hotel and Restaurant shall not be held responsible for any claims, demands, expenses resulting damage, loss or theft of exhibits at the exhibition area on build-up, actual exhibition and egress duration.

Note: Competition for Domestic Tour Guiding and International Tour Guiding will be at L'fisher Hotel right after the Regional Hospitality and Tourism Summit.

B. EQUIPMENT & UTENSILS LIST

All heavy equipment and fixtures to be brought in to the competition area for the Exhibits and Contests must be properly marked. Kitchen utensils and tools, including small electric equipment, should be packed together in properly marked toolboxes or crates.

All items to be brought in or out of the competition venue shall be covered by duly accomplished (in 2 copies) PASS IN/PASS-OUT FORM; distribution shall be as follows:

- i. Duplicate copy for participant/establishment/exhibitor.*
- ii. Original for assigned guard at the registration area.*

Each participating establishment shall authorize one person to sign in the aforementioned form. Only the same signatory shall be authorized to request the moving out of the said property, thru the same PASS-IN/PASS-OUT FORM. The signatory may also issue a letter of authorization to his representative for him to be able to bring out the property.

The competitor/participating establishment shall supply extension cords and convenience outlet adaptors that may be needed in the exhibits.

C. ENTRANCES

- 1. There will be a designated ingress/egress area for all participants and exhibitors.*
- 2. Event tickets are for sale at the entrance of the events hall for general public viewing.*

D. GENERAL RULES ON TABLE SIGNAGES

- 1. Only name cards provided by the organizing committee are allowed. After judging, participants may put its own logo on the side.*
- 2. As a safety precaution, participants must check steadiness of tables before setting up their displays.*
- 3. All set-ups should be completed within the time frame allocated by the Chair of the Competition Committee.*

If list will not fit in PASS-IN/PASS-OUT FORM, list must be computerized/typewritten (2 copies) and attached to the corresponding form.

ON THE SPOT TABLE SETTING CHALLENGE: WINE AND DINE

THEME: An Affair to Remember

TYPE: Display, Team of 3

DIVISION: Student

Participants are to execute and set-up within one hour a table for two persons following the theme. A menu card with food and wine pairing must be included in the set-up. Service interaction between participants and judges is part of the Competition. Service knowledge, wine service and skill in menu merchandising will have a great impact on scores.

1. *Each team is composed of three (3) members.*
2. *Teams must register with the Organizing Committee two hours before competition. Participants who are late will be disqualified.*
3. *Linens, tabletop decors, plates, glassware, flatware and other props are to be provided by the competitor. Logo or any identifying marks of establishments are not allowed.*
4. *Each team will be provided a space of 2 meters x 2 meters to set up their table. Floor covering is allowed. Walls, ceilings, backdrops or table accents are NOT allowed. The se-up of a service table (guerdon) in the area is not allowed.*
5. *Participants must NOT be in uniform when they set up their entry.*
6. *Each team will set their table on the spot, within the time limit one hour, on the cue of the designated coordinator.*
7. *Participants to execute a table setting for two persons must include chairs, table, naperies, china, flatware and glassware.*
8. *Centerpiece must be made on the spot.*
9. *The use of ironing equipment during set-up is allowed.*
10. *Each place setting must have an appropriate menu card on the table related to the display.*
11. *Participants must be on standby and ready to answer all inquiries/questions of judges regarding set-up, menu and wine service.*
12. *Participants shall be responsible for the security of their displays. The Organizing Committee will not be responsible for any loss or damage to any of the displays.*
13. *Entries will be displayed until 4:00 p.m. on the competition day. Organizer may dispose any uncollected exhibits after 4:30 p.m. on that day.*

GUIDELINES FOR ASSESSMENT

PRACTICALITY OF SET-UP	0 – 20 points
ARTISTRY, CREATIVITY AND ORIGINALITY	0 – 30 points
MENU AND WINE KNOWLEDGE	0 – 15 points
EXECUTION OF CONCEPT/THEME	0 – 15 points
TOTAL POSSIBLE POINTS	100 points

ON THE SPOT CREATIVE CAKE DECORATION CHALLENGE

THEME: Baptismal

TYPE: Display, Team of 3

DIVISION: Student

Student participants are to showcase their cake decorating skills following the theme. Participants are given two hours to decorate and display a two-tier sponge cake. Creativity, skill and artistry will have a great impact on scores.

SPECIFIC GUIDELINES

1. *Each team is composed of three (3) members.*
2. *Participants to provide two round sponge cakes, a 12-inch cake and an 8-inch cake. Both cakes are to be stacked on top of each other (with or without pillars). The cakes may be filled with appropriate icing/frosting/filling.*
3. *Participants are given two hours to decorate a cake.*
4. *All decorating ingredients must be edible. Fondant, royal icing and boiled icing are to be prepared on the spot.*
5. *Gumpaste/ pastillage can be prepared but not modelled. Sugar syrup is allowed.*
6. *Chocolate can be pre-prepared but not molded/shaped/pre-molded.*
7. *There are no height restrictions to the finished piece.*
8. *The Organizing Committee will provide the working table two towerpoints (220V) and a sink to be shared. There will be no chiller provided. No food/working items are to be placed on the floor.*
9. *All ingredients, utensils, materials, electric stove, etc. are to be provided by competitors.*
10. *Participants must leave their workstation in a neat and tidy condition. This is part of the judging criteria.*
11. *The completed cakes will be on displayed until 4:00 p.m. on the competition day. Organizer may dispose any uncollected exhibits after 4:30 p.m. on that day.*

GUIDELINES FOR ASSESSMENT

CORRECT PROFESSIONAL PREPARATION Correct basic culinary preparation and technique corresponding to today's modern patisserie methods.	0 – 30 points
PRESENTATION AND GENERAL IMPRESSION Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles	0 – 30 points
TECHNIQUE AND DEGREE OF DIFFICULTY The artistry, competence and expertise involved in the execution or preparation of the exhibit.	0 – 40 points
TOTAL POSSIBLE POINTS	100 points

NA'NAM, A FEAST OF NEGRENSE FLAVORS

TYPE: Live, Team of 2

DIVISION: Student

1. Each team is composed of two (2) members.
2. Rules of classical cookery for Filipino dishes will be the basis of assessment of entries. Modern plate presentation is encouraged. No fusion cooking.
3. The contestants shall choose one of the following as the main ingredient:
 - Ubad
 - Takway
 - Kadyos
 - Tugabang
4. All ingredients needed (main and pantry) will be provided by the contestants. Only listed ingredients in the submitted recipes will be allowed to be brought into the competition area during the finals.
5. Create a dish that will highlight the main ingredient using only Philippine grown and processed ingredients. Chicken, pork, beef or shrimp may be added to enhance the flavor of the dish.
6. Each team should register and submit a recipe for one main dish one day before the competition.
7. Recipes submitted must state the list of ingredients, the quantity in metric form and the method of cooking. A ten percent (10%) allowance or buffer is allowed (e.g. 1 kilo pork loin + 100 grams).
8. Maximum of two entries per school will be accepted.
9. Participants must bring their own tools, knives, pots, pans or any special equipment needed to cook their dish. Work places will be set up for the teams with the stove.
10. Each team shall be given one (1) hour from setting up to plating.
11. All ingredients may be cut-up ahead of the competition proper.
12. No pre-cooking is allowed.
13. All garnishing should be edible.
14. Use of undeclared ingredient in the final competition shall be grounds for disqualification.
15. Before the competition, each team's pantry will be checked by the front judges to ensure that the ingredients comply with the standard specification as indicated in the official pantry list.
16. All teams will be instructed by the designated OIC as to their starting time. After the first team has been instructed to begin cooking, the next team will start ten (10) minutes after. Every team thereafter will start at ten (10) minutes intervals.
17. Every team should prepare three plates of each dish. One for display and two for tasting.
18. Judging would be based on the following criteria:

GUIDELINES FOR ASSESSMENT

HANDLING AND HYGIENE Handling and arrangement of all materials and tools, wastage and economical factors, safety and hygiene, utilization of resources.	0 – 15 points
CORRECT PREPARATION Appropriate work, cooking methods and culinary techniques, practicability for daily use.	0 – 20 points
PRACTICAL, UP TO DATE PRESENTATION Choice of garnishes and ingredients to achieve balance in presentation and taste. Creativity, originality, portion size as well as practicability	0 – 30 points
TASTE Appropriate temperature of ingredients as defined, proper seasoning and taste, over-all taste impression of dish, distinct and well defined flavours.	0 – 40 points
TOTAL POSSIBLE POINTS	100 points

SUPREME FRIED RICE CHALLENGE

TYPE: Live, Team of 2
DIVISION: Student

GENERAL RULES

1. Only one (1) team per school is allowed to participate in the SUPREME FRIED RICE CHALLENGE.
2. Each team is composed of two (2) members.
3. The participants must use the featured brand/products selected by organizers, the SUPREME FRIED RICE CHALLENGE, the “must have” brand/product is the MAGGI Supreme Seasoning Granules.
4. No other branded seasonings ie ginisa mixes, MSG compounds maybe used by the participants except the “must have” product, MAGGI Supreme Seasoning Granules. Other ingredients used to complete the dishes must be unbranded during the competition proper.
5. Non-compliance of the rules and regulations set by the organizers will result in disqualification from the competition.
6. All participants are encouraged to practice the “safety first”, policy all throughout the competition.
7. Deadline of submission of application and entries is on August 5, 2013.

COMPETITION GUIDELINES:

1. Each participant must wear his chef's uniform within the competition area. Aprons and toques will be provided by Nestlé Professional.
2. Using of any electronic devices such as cellular phones, PDA, Ipad, Ipod, Laptop etc. in the competition proper is strictly prohibited.
3. All participants must be at the competition area 1 hour before the scheduled time of the competition.
4. During the competition, participants from each team need to prepare a fried rice recipe using MAGGI Supreme Seasoning Granules. The dishes must be consistent with the recipes submitted.
5. Each team will be provided with a designated area for preparation and presentation.
6. Each participant is required to provide their own ingredients, utensils, equipment, etc. to be used in the competition. Nestlé Professional will provide the “must have” MAGGI product, MAGGI Supreme Seasoning Granules.
7. The participating team will prepare 2 platters, one for the judges and another for display.
8. Each participant must inform his or her special requirements for the competition to the organizer two (2) weeks before the competition day.
9. The participants will be given thirty (30) minutes to complete his mise en place and to cook and complete their platters.
10. The final entries will be judged according to the following criteria:

GUIDELINES FOR ASSESSMENT

TASTE AND AROMA	0 – 30 points
Over-all taste impression of dish, distinct and well-defined flavours. Appropriate temperature of ingredients and proper seasoning.	
THEME COMPLIANCE	0 – 20 points
Ability to execute and represent the culinary culture of Western Visayas in a platter with the appropriate application of MAGGI products.	
PROFESSIONAL SKILLS	0 – 15 points
Appropriate work, cooking methods and culinary techniques, practicability for daily professional applications.	
PRESENTATION AND CREATIVITY	0 – 15 points
Choice of plates, garnishes and ingredients to achieve balance in presentation and taste. Creativity, originality, portion size as well as practicability.	
UNIQUENESS OF RECIPE	0 – 10 points
Novel but creative and appropriate execution of traditional dishes	
HANDLING AND HYGIENE	0 – 10 points
Handling and arrangement of all materials and tools, wastage and economical factors, safety and hygiene, utilization of resources	
TOTAL POSSIBLE POINTS	100 points

STUDENT DIVISION

THEME: Classical Western

TYPE: Live, Team of 3

Student participants are to execute within one hour, three dishes (appetizers main courses or desserts, each good for two persons) highlighting classical European or traditional American cuisine. Three possible main ingredients and a pantry list of basic ingredients will be announced one month before the competition. The final chosen main ingredient, which should appear in each dish, will be revealed one week before competition schedule. Creativity, modern presentation and artistic approach will have great impact on scores.

GENERAL MECHANICS:

- *Each team must consist of three members and must come from the regions (NCR/Calabarzon Luzon, Visayas, Mindanao) they will represent*
- *Rules on Filipino cookery will be the basis of assessment of entries. Modern plate presentation is encouraged. No fusion cooking.*
- *The Organizing Committee reserves the right to have exclusive property of all submitted entry recipes.*
- *Certification from school or establishments should be submitted to the Organizing Committee upon registration. Age limit for students of both HRA/HRM and Culinary Courses must be at most 30 years old. A copy of birth certificate and study load are required.*

SPECIFIC GUIDELINES:

REGIONAL ELIMINATION ROUNDS (NCR/Calabarzon, Luzon, Visayas and Mindanao)

1. *The Organizing Committee will announce three possible main ingredients and a pantry list of basic ingredients one month prior to the day of competition. Seven days prior to the competition date, the Organizing Committee will announce the final ingredient. Main ingredient specification (e.g. weight, size, origin, etc.) will be indicated.*
2. *The main ingredient should be in all the three dishes. Each dish must be composed of 70% of the main ingredient. It must not be used as supplementary ingredient but a main ingredient. Only the items in the pantry list can be used as supplementary ingredients.*
3. *All ingredients needed (main and pantry) will be provided by the competitors. Only ingredients in the submitted recipes will be allowed to be brought into the competition area.*
4. *Participants will be required to show up for recipe writing two days before the actual competition. The organizing committee will announce the date, time and location for this activity during the participants' briefing.*
5. *Each team will be given one hour to write in recipe form each of the three dishes required. Each must state the list of ingredients, the quantity in metric form and the method of cooking. A ten per cent (10%) allowance or buffer is allowed (e.g. 1 kg. pork loin + 100 grams). The recipes will be submitted to the Organizing Committee at the end of the session. Submitted recipes will be the basis for judging.*
6. *Participants may prepare any three dishes each good for two servings. (It can all appetizers or main courses or desserts or a combination of any of the three) Should the participants decide to make a set menu, the serving portions should be proportionate to a three-course meal.*
7. *Participants have to register with the Organizing Committee one (1) hour before the actual competition time. Absolutely no excuses will be accepted for tardiness where the penalty is disqualification.*
8. *Participants must provide their own fire extinguisher and trash bins.*
9. *All items to be brought must be within the designated competition area before the start of the competition.*
10. *Participants must bring their own tools, knives, pots, pans, small electrical or mechanical tools or any special equipment not found in the kitchen provided by the Organizing Committee.*
11. *Work places will be set up for the teams, each having a stove with open gas burners. Chillers and freezers will be provided for the participants. A water dispenser will also be provided.*
12. *Before the competition, each team's pantry will be checked to ensure that all the food items comply with the standard specifications as indicated in the official pantry list and main ingredient announced.*

13. The participants will be given a maximum of one hour to cook all three dishes. Every team should have two plates of each dish, one for tasting and one for display. This means a total of six plates for each team.

14. All teams will be instructed by the designated coordinator as to their starting time. The teams will be instructed to dish out/present their dishes five to ten minute intervals (or as needed) to give enough time for the judges to evaluate the entries. All dishes must be made on the spot.

15. The plates to be used will be provided by the participants. It can be in any shape or color but strictly without any logo or identifying marks. Penalty is disqualification.

16. The kitchen area is off limits to all contestant escorts. Coaching from the public is prohibited.

17. The top winning team from each of the four Regions (NCR/Calabarzon, Luzon, Visayas and Mindanao) will advance to the National Finals of the National Food Showdown 2013 to be held in Manila on 20-21 September 2013 at the World Trade Center Metro Manila.

18. Certificate of participation will be given to all teams.

GUIDELINES FOR ASSESSMENT

TASTE	0 – 40 points
Good flavor and taste, not overpowering, should have good flavor balance and combination	
PRESENTATION	0 – 25 points
Dishes should be appetizing and tastefully pleasing to the eye, slices should be moderate; portions correctly calculated and easily accessible.	
CORRECT PROFESSIONAL PREPARATION	0 – 25 points
Classical names should correspond to original recipes; preparations must be correct and display mastery of basic skills, application of correct cooking methods	
HANDLING/HYGIENE	0 – 10 points
Attention paid to hygiene during food preparation; proper handling from establishment to competition venue in accordance with HACCP guidelines.	
TOTAL POSSIBLE POINTS	100 points

PROFESSIONAL DIVISION

THEME: New Asia
TYPE: Live, Team of 3

A competition showcasing the skills and talents of professional chefs from the four main regions of the Philippines.

Professional participants are to execute within one hour, three hot or cold dishes (can be any one, two or three of the following courses: appetizers, main courses or desserts, each good for two persons) highlighting a modern approach to any individual cuisine of ASEAN plus three countries (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam, China, Japan and South Korea). Three possible main ingredients and a pantry list of basic ingredients will be announced one month before the competition. The actual main ingredient, which should appear in each dish, will be revealed one week before competition schedule. Creativity, modern presentation and artistic approach will have great impact on scores.

GENERAL MECHANICS

- * Each team must consist of three members and must come from the regions (NCR/Calabarzon Luzon, Visayas, Mindanao) they will represent*
- * Change of team member will not be allowed from the original line-up of members who participated in the regional elimination rounds.*
- * Rules of ASEAN plus three countries (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam, China, Japan and South Korea) cookery will be the basis of assessment of entries. Modern plate presentation is encouraged. No fusion cooking.*
- * The Organizing Committee reserves the right to have exclusive property of all submitted entry recipes.*
- * Certification from establishments should be submitted to the Organizing Committee upon registration.*

SPECIFIC GUIDELINES:

A. REGIONAL ELIMINATION ROUNDS (NCR/Calabarzon, Luzon, Visayas and Mindanao)

- 1. The Organizing Committee will announce three possible main ingredients and a pantry list of basic ingredients one month prior to the day of competition. Seven days prior to the competition date, the Organizing Committee will announce the final ingredient. Main ingredient specification (e.g. weight, size, origin, etc.) will be indicated.*
- 2. The main ingredient should be in all the three dishes. Each dish must be composed of 70% of the main ingredient. It must not be used as supplementary ingredient but a main ingredient. Only the items in the pantry list can be used as supplementary ingredients.*
- 3. All ingredients needed (main and pantry) will be provided by the competitors. Only ingredients in the submitted recipes will be allowed to be brought into the competition area.*
- 4. Participants will be required to show up for recipe writing two days before the actual competition. The organizing committee will announce the date, time and location for this activity during the participants' briefing.*
- 5. Each team will be given one hour to write in recipe form each of the three dishes required. Each must state the list of ingredients, the quantity in metric form and the method of cooking. A ten per cent (10%) allowance or buffer is allowed (e.g. 1 kg. pork loin + 100 grams). The recipes will be*

- submitted to the Organizing Committee at the end of the session. Submitted recipes will be the basis for judging.*
- 6. Participants may prepare any three dishes each good for two servings. (It can all be appetizers or main courses or desserts or a combination of any of the three.) Should the participants decide to make a set menu, the serving portions should be proportionate to a three-course meal.*
 - 7. Participants have to register with the Organizing Committee 1 hour before the actual competition time. Absolutely no excuses will be accepted for tardiness where the penalty is disqualification.*
 - 8. Participants must provide their own fire extinguisher and trash bins.*
 - 9. All items to be brought must be within the designated competition area before the start of the competition.*
 - 10. Participants must bring their own tools, knives, pots, pans, small electrical or mechanical tools or any special equipment not found in the kitchen provided by the Organizing Committee.*
 - 11. Work places will be set up for the teams, each having a stove with open gas burners. Chillers and freezers will be provided for the participants. A water dispenser will also be provided.*
 - 12. Before the competition, each team's pantry will be checked to ensure that all the food items comply with the standard specifications as indicated in the official pantry list and main ingredient announced.*
 - 13. The participants will be given a maximum of one hour to cook all three dishes. Every team should have two plates of each dish, one for tasting and one for display. This means a total of six plates for each team.*
 - 14. All teams will be instructed by the designated coordinator as to their starting time. The teams will be instructed to dish out/present their dishes five to ten minute intervals (or as needed) to give enough time for the judges to evaluate the entries. All dishes must be made on the spot.*
 - 15. The plates to be used will be provided by the participants. It can be in any shape or color but strictly without any logo or identifying marks. Penalty is disqualification.*
 - 16. The kitchen area is off limits to all contestant escorts. Coaching from the public is prohibited.*
 - 17. The top winning team from each of the four Regions (NCR/Calabarzon, Luzon, Visayas and Mindanao) will advance to the National Finals of the National Food Showdown 2013 to be held in Manila on 20-21 September 2013 at the World Trade Center Metro Manila in Pasay City.*
 - 18. Certificates of participation will be given to all teams.*

TASTE	0 – 40 points
Good flavor and taste, not overpowering, should have good flavor balance and combination	
PRESENTATION	0 – 25 points
Dishes should be appetizing and tastefully pleasing to the eye, slices should be moderate; portions correctly calculated and easily accessible.	
CORRECT PROFESSIONAL PREPARATION	0 – 25 points
Classical names should correspond to original recipes; preparations must be correct and display mastery of basic skills, application of correct cooking methods	
HANDLING/HYGIENE	0 – 10 points
Attention paid to hygiene during food preparation; proper handling from establishment to competition venue in accordance with HACCP guidelines.	
TOTAL POSSIBLE POINTS	100 points

FLAIRBARTENDING CHALLENGE

THEME: *Beach Party*

TYPE: a. Live, Individual for Male
 b. Live, Individual for Female
 c. Live, Tandem for Male
 d. Live, Individual for Female

DIVISION: Student

Student participants are to showcase in bartending, flairing and juggling. Participants are given five (5) minutes to do flair bartending and create an original drink good for two persons, following the theme. Creativity, modern presentation and artistic approach will have great impact on scores.

GENERAL MECHANICS

- This competition is open to students taking up foodservice course.
- Student applicants must include certificate of school registration verifying their course.
- Participants to create one original cocktail drink of any category.
- The beverage/drink recipe shall be written in official recipe form to be submitted to the organizing Committee one week before the competition date (August 15, 5:00 p.m.) All entry recipes will be screened and validated in conformity to the established rules. The Organizing Committee reserves the right to reject any entry that does NOT conform to the established rules.

SPECIFIC GUIDELINES:

1. The maximum number of ingredients must not exceed six including drops and dashes and will be provided by the participants.
2. Fruits and/or juices blended or combined into one shall be considered as two or more ingredients; i.e. pineapple/orange juice-2 ingredients.
3. Heated ingredients are not allowed in the recipe. No food dyes are allowed.
4. Dairy products and their substitutes are not allowed.
5. Participants should use standard measures to determine the volume of ingredients. All beverages in the recipe shall be expressed in millilitres (9ml), drops and dashes, as the case may be (1 Oz= 30ml).
6. The cocktail drink may be shaken, stirred or blended.
7. Garnishing shall be made of edible fruits and/or vegetables. No artificial or manufactured items are allowed.
8. Garnishes shall be cut and prepared in one common preparation room. Bringing of pre-cut garnishes is NOT allowed.
9. Garnish must be put into the glass either at the start or after the performance of the concoctions on stage.
10. The name of the cocktail must be relevant to the presentation and taste of the drink.
11. Participants will provide his/her own mixes, utensils and glasswares as well as blender if necessary.
12. Participants shall use standard glassware for his/her serving presentation of the entry drink.
13. Participants will prepare their cocktail entry on the spot, divided into two portions simultaneously, under a time limit of five minutes. One portion with full decoration/garnishes and presentation; and the second portion to be divided into three small glasses which will be provided by the participants, and will be served to the judges for blind tasting.
14. The five minute routing performance commences from the start of the music upon signal by the emcee. Sideshow or any theatrical entrance will be included in the allotted time of the performance. Classical or contemporary music may be used.
15. Points will be deducted if time goes beyond the five-minute limit and will be disqualified if it exceeds six minutes. One point will be deducted for every 15 seconds in excess of the five-minute limit.
16. Participants shall provide all glasses, equipment, tools and/or other paraphernalia to be used in mixing and stage performance.

17. *Liquor bottles to be used in flairing shall be filled up to at least 30 ml. Pre-measured ingredients in a bottle or container and emptying the contents into a shaker or glass and then flairing it, is not allowed. After being emptied, the same bottle cannot be used again in the routine.*
18. *Juices and/or other mixes should fill the container only half way.*
19. *All bottles must be full sized. Half-size and smaller bottles are NOT allowed.*
20. *Participants shall use only the liquor bottles needed in the recipe for flairing. Should more than one bottle be used, the same brand and amount of content must be used.*
21. *No empty bottles or juggling props shall be used in the routine exhibition. Generic or flair bottle is not allowed.*
22. *Any flairing act/performance is allowed except for naked flames. Obscene sexual acts are strictly forbidden.*
23. *Free-pouring style is required.*
24. *Using pourers is a must and it should not be removed from bottles while flairing.*
25. *Participants are required to dress in traditional or modern costume relevant to their chosen theme. Wearing of open sandals is not permissible. The costume and props should not have any establishment logo or any identifying marks or brands of any product.*
26. *Participants shall provide their own background music that is on CD and must be cued to the start of the music. It must be properly labelled with the contestant's name, entry and the music title. CDs shall be given and closely coordinated to the coordinator of the competition.*
27. *Participants are to register two hours before the schedule competition and should be in the preparation room one hour prior to the completion time. Late arrival will lead to disqualification. Marshals will be posted in the preparation room.*
28. *The sequence of the competition will be drawn by lot.*
29. *All participants are not allowed to watch the competition. After their performance, they should go back to the preparation room and wait until the last team/tandem done with their performance.*
30. *No coach or assistants are allowed in the preparation room.*
31. *Assistants will be allowed only to assist in bringing to the stage contestant's materials and/or paraphernalia for flairing.*
32. *Organizer is not liable for any losses, breakages or damages that may occur during the competition.*
33. *In case of a tie, the participant who received the highest number of points in Taste criterion will be proclaimed as the winner. Should both contestants tie in the taste criterion, they will be required to mix their own cocktail on the spot and the score will be based on taste.*

GUIDELINES FOR ASSESSMENT

MIXING/KNOWLEDGE

Technical Approach

0-15 points

Time	0-05 points
Neatness/ Orderliness	0-05 points
Accuracy/ Correctness	<u>0-05 points</u>
SUB TOTAL	30 points

TASTE AND PRESENTATION

Taste	0-20 points
Color Combination	0-05 points
Name Association	<u>0-05 points</u>
SUB TOTAL	<u>30 points</u>

FLAIR

Technical flair	0-15 points
Flair Difficulty (uniqueness)	0-20 points
Smoothness and confidence	<u>0-05 points</u>
SUB TOTAL	<u>40 points</u>

TOTAL POSSIBLE POINTS **100 POINTS**

DESSERT FLAMBÉ

THEME: It's Showtime

TYPE: Live, Individual

DIVISION: Student

This competition aims to showcase originality, accuracy, grace and showmanship in preparing a dessert flambé dish.

GENERAL MECHANICS:

- *Participant must come from the regions (NCR/Calabarzon Luzon, Visayas, Mindanao) he/she will represent.*
- *Rules on Filipino cookery will be the basis of assessment of entries. Modern plate presentation is encouraged. No fusion cooking.*
- *The Organizing Committee reserves the right to have exclusive property of all submitted entry recipes.*
- *Certification from school or establishments should be submitted to the Organizing Committee upon registration. Age limit for students of both HRA/HRM and Culinary Courses must be at most 30 years old. A copy of birth certificate and study load are required.*

SPECIFIC GUIDELINES:

1. *Participants are expected to prepare a flambéed dessert on-the-spot.*
2. *Participants are provided with a competition number. No other identification system will be accepted.*
3. *Participants are given eight (8) minutes to perform, cook, and present with flambé.*
4. *The organizing committee will announce the fruit to be used ten (10) days before the competition date.*
5. *Fruits can be peeled and cut but not cooked.*
6. *Use of other fruits, cakes, and sweet pralines are allowed as long as the portioning is not more than the main ingredient.*
7. *Flavored mousse and whipped creams are allowed. Ice cream and yogurt are not allowed..*
8. *Pre-prepared garnishes are allowed.*
9. *Coulis cannot be used as the main sauce of the flambé. Coulis can be used for decorative purposes and can be pre-cooked.*
10. *The flambé base sauce (caramelizing of sugar) must be done on the spot.*
11. *Cooking of fruits should be done on the spot.*
12. *All entries must be flambéed on the spot using one or more alcohol/spirit.*
13. *Each competitor will prepare his/her entry on-the-spot, divided into two portions simultaneously, under a time limit of eight minutes. One portion with full decoration/garnishes and presentation; second portion to be divided into three small servings to be provided by the participant, will be served to the judges for blind tasting.*
14. *The eight-minute performance commences from the start of the music upon signal by the emcee. Slideshow or any theatrical entrance will be included in the allotted time of performance. Classical or contemporary music may be used.*
15. *Points will be deducted if time exceeds the eight minute limit. One (1) point deduction for every fifteen (15) seconds in excess of the time limit.*
16. *Back-up dancers, with a maximum of five (5) dancers, and other gimmicks are allowed but will not be judged.*
17. *Participants are required to dress in traditional or modern costume relevant to their chosen theme. Wearing of open sandals is not permissible.*
18. *Participants shall provide their own background music that is on CD and must be cued to the start of the music. It must be properly labeled with the contestant's name, school, entry and the music title. CD's shall be submitted to the organizing committee three (3) days prior to the competition day.*

GUIDELINES FOR ASSESSMENT

TASTE	0 – 40 points
<p>Good balance in ingredient combination. No ingredient dominates the taste of the base item.</p>	
PRESENTATION/ INNOVATION	0 – 20 points
<p>Harmony in color. Portion size based on a la carte service. Decoration is simple but attractive. Dish served at proper temperature. Plates/glasses must be clean without stains. Practical for a la carte dessert service</p>	
WORKMANSHIP	0 – 20 points
<p>Mise en place is clean, organized and based on guidelines. Recipe matches the ingredients used (for two portions only). Preparation method of recipe is followed step by step. Cooking method is executed properly. If alcohol is used for flaming, participant must be able to control the flames. The dish is efficiently plated and decorated.</p>	
CREATIVITY	0 – 20 points
<p>Display of new ideas with a modern twist.</p>	
TOTAL POSSIBLE POINTS	100 points

TOURISM QUIZ BEE (INDIVIDUAL)

This competition aims to show student's knowledge of the theories and principles pertinent to hotel, restaurant, and hospitality and tourism industry.

MECHANICS:

1. For the elimination round, the quiz bee is written: paper and pen shall be provided. The questions are sealed and shall only be opened during the competition proper.
2. There will be three (3) rounds with five (5) questions. The following point system will apply for each:
 - Easy – 1 point each
 - Moderate – 3 points each
 - and Difficult – 5 points each
3. The same mechanics for the final round (Item no. 5-10) shall apply.
4. In the final round, each participant will be given a marker and white board where they are expected to write the answers.
5. There will be three (3) rounds with five (5) questions. The following point system will apply for each:
 - Easy – 1 point each
 - Moderate – 3 points each
 - and Difficult – 5 points each
6. Each contestant is given ten (10) seconds to answer the question. The timer will ring the bell to signal that the time is up.
7. The Quiz Master will read the questions twice only, after which the contestants should write the answer in the answer sheets/cards provided.
8. Wrong spelling is wrong.
9. The questions are formulated by the COHREP/ TEAM PHILIPPINES/ HRANO and shall be drawn on the spot during the contest proper.
10. The questions are congruent to the theme and shall come from the following topics: Tourism and Hospitality Terminologies, Current Events, Tourism and Hospitality Updates, History, Culture and Heritage, Festivals and Events, Tour Packaging/ Operations/ Guiding, Ecotourism, Tourism Plans, Programs and Laws.
11. In case of a tie, there will be sudden-death questions.
12. For any clarifications, the contestant may consult the judges while the contest is ongoing. Corrections or clarifications after the contest will not be entertained.
13. The judges' decision is final.

DOMESTIC TOUR GUIDING (INDIVIDUAL)

This competition aims to develop the students' skills, talents and abilities in the field of domestic tour guiding.

MECHANICS

1. The destinations assigned for the contestants should be any of the major tourist destinations in Manila, Baguio,

Batanes, Bicol, Bulacan, Bohol, Boracay, Cagayan, Cagayan De Oro, Camiguin, Cebu, Cavite, Davao, Ifugao, Iligan, Ilocos Norte, Ilocos Sur, Iloilo, Laguna, La Union, Occidental Mindoro, Oriental Mindoro, Palawan, Pampanga, Pangasinan, Quezon, Negros Occidental, Zambales and Zamboanga.

2. The contestant will pick out a small paper that contains the name of the destination five (5) minutes before his/her contestant number is called on stage.

3. There will be two (2) to three (3) pictures of the destination that will be flashed onscreen which the contestant will have to describe or present to the audience as if he/she is talking to a tour group.

4. The contestant will be given three (3) minutes for his/her presentation.

5. The presentation should be delivered in English.

6. The judges' decision is final.

7. Participants must register at the organizing committee at least two (2) hours before the actual schedule of the competition.

GUIDELINES FOR ASSESSMENT

MASTERY OF INFORMATION Knowledge of the destination.	0 – 30 points
COMMUNICATION SKILLS Tone and quality of voice, overall projection, language nuances	0 – 25 points
PERSONAL APPEARANCE Confidence, stage presence	0 – 20 points
RAPPORT WITH THE TOUR GROUP/AUDIENCE Arouse the interest of the audience and elicit positive responses	0 – 15 points
PROPER AND APPROPRIATE USE OF COMMUNICATION EQUIPMENT AND OTHER AIDS	0 – 15 points
TOTAL POSSIBLE POINTS	100 points

INTERNATIONAL TOUR GUIDING (ASIA) (INDIVIDUAL)

This competition aims to develop the students' knowledge in geography, history, and tourist attractions, applies theories learned in tour guiding and demonstrate communication and presentation skills of students in their commentaries.

MECHANICS

1. The destinations assigned for the contestants should be any of the major tourist destinations in Asia: Philippines, Singapore, China, Vietnam, South Korea, Thailand, Hongkong, India, Brunei, Indonesia, Japan, Cambodia, Malaysia, Maldives, Taiwan and Israel.
2. The contestant will pick out a small paper that contains the name of the destination five (5) minutes before his/her contestant number is called on stage.
3. There will be two (2) to three (3) pictures of the destination that will be flashed onscreen which the contestant will have to describe or present to the audience as if he/she is talking to a tour group.
4. The contestant will be given three (3) minutes for his/her presentation.
5. The presentation should be delivered in English.
6. One (1) point deduction for every ten (10) seconds in excess of the time limit.
7. Bringing of props is allowed.
8. Participants must register at the organizing committee at least two (2) hours before the actual schedule of the competition.
9. The judges' decision is final.

GUIDELINES FOR ASSESSMENT

MASTERY OF INFORMATION	0 – 30 points
Knowledge of the destination.	
COMMUNICATION SKILLS	0 – 25 points
Tone and quality of voice, overall projection, language nuances	
PERSONAL APPEARANCE	0 – 20 points
Confidence, stage presence	
RAPPORT WITH THE TOUR GROUP/AUDIENCE	0 – 15 points
Arouse the interest of the audience and elicit positive responses	
PROPER AND APPROPRIATE USE OF COMMUNICATION EQUIPMENT AND OTHER AIDS	0 – 15 points
TOTAL POSSIBLE POINTS	100 points

Important Notes :

- All raw food items may be brought in trimmed and peeled but un-cut or shaped.
- All items on plate must be edible.
- Meat portions may be brought ready to cook but un-cut.
- All competitors have to provide their own cooking utensils and ingredients for the competition.
- Participants will have to provide their own adaptor, AVR, or transformer, and fire extinguisher if needed.
- Organizers will have to provide one (1) electrical line per cooking station (220V).
- Competitors should provide their OWN plates/platters.

- *The usage of basic stocks is allowed. The sauces must be finished during the competition.*
- *Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria.*
- *The Organizer will not be responsible for any loss or breakage of utensils.*
- *Recipes should be professionally prepared and made available for the judges.*
- *Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than emergency situations.*
- *Every team should have three (3) plates of each dish, two (2) for tasting and one (1) for display.*
- *Contestants have to register with the Organizing Committee one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.*
- *All garnishes and carvings must be edible.*
- *Dried ingredients must be pre soaked and brought along to the competition but they must be finished during the competition.*
- *Each team will be allowed to bring three (3) helpers to be stationed backstage during actual competition. Event ID's will be issued to respective teams.*
- *Recipes (Professional format) must be submitted to the organizers one (1) day before start of competition.*

RULES AND REGULATIONS

These rules must be read before submitting competition Registration Forms.

- 1. Every exhibit must be the authentic work of the individual or team competitor.*
- 2. Submission of a completed Registration Form shall constitute an agreed deadline of submission to abide by the Rules and Regulations of the 3rd Sabor Bisaya Culinary Competition.*
- 3. An individual competitor may participate in as many categories as he/she wishes but is restricted to only one (1) entry per category. An establishment may enter maximum of three (3) participants per class.*
- 4. Please notify the Organizer should you wish to cancel prior to said event. Your prompt cancellation will allow others to participate, as competition slots are limited.*
- 5. Please make sure that the Secretariat has your most current contact details to avoid having your application withdrawn if we are unable to contact you for your competition schedule and final confirmation. Non-appearance on the competition day means default.*
- 6. Contestants may collect their Certificates of Participation on the last day of the competition (Saturday) from the Secretariat. Uncollected certificates will be disposed within three (3) weeks.*
- 7. Participants are advised to be responsible of their belongings, tools and equipment. Organizers are not liable of any loss or damage.*
- 8. Removal of display exhibits will not be allowed before 4:00PM of each competition day. Contestants or their representatives should be present at their allocated display area at 4:00PM to collect their exhibits. The Organizer will dispose uncollected exhibits by 5:00PM.*
- 9. Applications for Individual category are accepted in a first come first serve basis. Please file your applications early, as limited slots are available.*
- 10. All participants must check in with the Secretariat at least 1 hour before their scheduled competition time. In the event that there is a free competition kitchen, organizer may elect to move competition schedule. Late check-ins may affect your opportunity to compete.*
- 11. Substitute contestants may be accepted no later than two (2) weeks before the event.*
- 12. Proper Professional Chefs Attire is required for all events. (Chefs Jacket, Chefs Toque, Black or Chequered Pants, Apron, Closed Black Work Shoes/ Non-skid shoes.*
- 13. Contestants may change once judging is completed.*
- 14. Official ingredients/recipe forms will be sent to individual contestants/participants. These must be placed by the side of exhibits/dishes if the rules require it. Ingredients/recipe forms must be properly filled up.*
- 15. Any publication, reproduction or copying of the recipes can only be made with the Organizer's written approval.*

16. The Organizer reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.

17. Any violation of the Rules and Regulations of the event will be disqualified.

18. The Organizer reserves the right to rescind, modify or add to the above Rules and Regulations and their interpretation of these are final. They also reserve the right to limit the number of entries per category or amend a competition section, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary.

19. Participants who are in doubt of the interpretation of the criteria are advised to contact the Organizers:

Email questions or concerns to:

hrano.sabor2013@yahoo.com

21. Completed Registration and Recipe Entries can be submitted either by faxing, emailing or via courier. Details below:

Email : hrano.sabor2013@yahoo.com

Competition Kitchen Booth Guidelines

1. Unless otherwise stated, competitors must supply all food items and the necessary equipment to prepare, cook and serve their entry.

2. A professionally prepared brief menu description card must be provided for all appropriate Live Theater Classes and placed on your workstation.

3. Competitors must show as many craft skills as possible in front of the Judges. Competitors will be judged on working methods, professional technique, skill, hygiene and sanitation, timing, balance and quality of flavor, texture and presentation.

4. The time allowed for each heat or competition must be strictly followed. Once time is up competitors will be requested to stand back from the workstations.

5. Competitors are encouraged to seek feedback only after the results are announced.

Guidelines for Sanitation, Food Safety and Occupational Safety

1. When entering the competition area, competitors should look at their best, clean and pressed uniform, apron, toque, with hair restrained/ hairnet and non-skid shoes. Hands and nails must be clean and without polish.
2. Knives should be sharp and appropriate for the tasks that are to be undertaken.
3. Cutting boards should be clean and the appropriate color coded boards used for the jobs at hand. (Color coded boards or special indicated boards (Fish boards, Meat boards etc) should be provided by the competition organizers).
4. Use of right kitchen tool/ equipment for a specific task must be strictly followed to avoid accidents.
5. Keep the table clear of unnecessary equipment or debris.

6. *Keep the working floor clean at all times.*
7. *Keep usable waste separated so that it can be re used for different theoretical jobs.*
8. *Systematic work flow and safe operations must be used at all times.*
9. *Food must be protected at all times.*
10. *Sanitation of all the surfaces, tools and equipment should be done properly according to standard sanitation norms. Remove all trash and other used containers and unnecessary things after food preparation to avoid contamination.*
11. *Avoid direct hand contact with the prepared food/ready to eat food. Use hand shield/tong for sanitary reasons.*
12. *Cloths should not be tucked into belts for use as general wiping tool as this could cause cross contamination.*
13. *Contestants must prepare three (3) separate cloth towels for wiping of hands, perspiration and utensils.*



PASS-IN / PASS-OUT FORM



OFFICIAL RECIPE FORM

(Compleat Chefs & Sweet Revenge)

Professional

Student



PROCEDURE



OFFICIAL ENTRY FORM

STUDENT DIVISION

Only one official entry per establishment in any category is allowed per competition. Submit entry fee with official entry form. Organizers reserves the right to limit the number of entries in any category on a first-come-first serve basis.

COMPETITION	PARTICIPANT	YEAR/LEVEL
S1 On The Spot- Table setting Challenge (Team of 3)		
S2 On the Spot Creative Cake Decoration Challenge (Team of 3)		
S3 Na'Nam, a Feast of Negrense Flavors (Team of 2)		
S4 Supreme Fried Rice (Team of 2)		
S5 Chef Wars		
<ul style="list-style-type: none"> • Student Division (Team of 3) 		
<ul style="list-style-type: none"> • Professional Division (Team of 3) 		
S6 Flairbartending Challenge		
<ul style="list-style-type: none"> • Individual (Male) 		
<ul style="list-style-type: none"> • Individual (Female) 		
<ul style="list-style-type: none"> • Tandem (2 Females) 		
<ul style="list-style-type: none"> • Tandem (2 Males) 		
S7 Dessert Flambé (Individual)		
S8 Tourism Quiz Bee (Individual)		
S9 Tour Guiding (Individual)		
<ul style="list-style-type: none"> • Domestic 		
<ul style="list-style-type: none"> • International 		

NAME OF SCHOOL: _____

ADDRESS: _____

TELEPHONE: _____ FAX: _____ EMAIL: _____

NAME & SIGNATURE OF PROFESSOR INCHARGE: _____ DATE: _____

NAME & SIGNATURE OF COLLEGE DEAN: _____ DATE: _____

Please send to: hvano.sabor2013@yahoo.com