

# The IPE Top Chef Contest 2018

## RULES AND REGULATIONS

The 2018 IPE Top Chef Competition contestant rules and regulations are as follows:

1. Contestants will compete in their category as per the following: Wed, Aug 29 – Juniors, Thurs, Aug 30 – Family, Fri, Aug 31 – Teens and Sat, Sept 1 – Adults. The winners from each category of the day will proceed to the finals. The finals will take place on Sun, Sept 2. Competition times each day are 11am, 2pm and 5pm.
2. Each contestant will be required to produce a three-course meal: appetizer, main course (protein, starch and vegetable) and dessert. If a competition is Juniors only then the appetizer course may be waived but if the junior moves on they must complete all three courses.
3. Each contestant will be required to produce three plates of each course for the judges. Meals will be marked using the judging cards by each judge and totaled. The judges' decisions will be final.
4. Contestants are to bring their own knives and recipes but may not have any outside help or internet access. Disqualification may result for such use. All food items must come from the mandatory tray and pantry. All cooking and serving items must also be from those provided.
5. Contestants are required to have hair tied back/and or hair net, aprons on and hands properly washed for the entire competition.
6. Contestants will have two hours to prepare and serve the three courses. They can be served in order or all together at the end of the round. A further one-half hour will be given to clean and restore the cooking station. Failure to complete clean up may result in disqualification.
7. Mandatory items will only be revealed at the start of the competition.

### Parental/Guardian Warning

Interfering with or questioning any contestant during or after the competition by a parent/guardian, will not be tolerated and will result in elimination of their own contestant in any future IPE Top Chef competitions.

### Registration Information

Entry forms can be obtained online or from the IPE office. They can be submitted by email, [terry@armstrongipe.com](mailto:terry@armstrongipe.com), mail to Box 490 Armstrong, BC V0E 1B0 or by dropping them at the office – 3010 Wood Ave. All forms must be completed and received by August 20, 2018.

### Selection of Applicants

Depending on the number of applications received, a selection committee may come into effect to determine performers. All decisions made by this committee are final.

### Proof of Age

Should a contestant's age come into question; proof of birth date will be required (Birth Certificate or copy of Birth Certificate).

# The IPE Top Chef Contest 2018

## RULES AND REGULATIONS

### General Rules and Regulations of Judging

Meals will be judged on a maximum of 20 points for each category:

#### Creativity – Possible 20 Points

- Ingredients are combined in unusual ways
- different cooking techniques are utilized
- Flavor combinations are unique
- Common recipes are adapted with new twists

#### Taste – Possible 20 Points

- Food is well seasoned and pleasing to taste
- Combinations of items work to have judges want a second bite
- Meals are balanced so not a single flavor profile
- Foods are not burnt or undercooked

#### Presentation – Possible 20 Points

- Plates have an attractive garnish that creates eye appeal
- Serving plate are appropriate for the dish
- Serving sizes are sized correctly for all courses
- “wow” factor

#### Use of Ingredients – Possible 20 Points

- All mandatory ingredients are easily identifiable
- Mandatory ingredients are fully utilized and not wasted
- Compost bowl is kept for judges to determine waste
- Only the required amounts of pantry ingredients are taken

#### Kitchen safety and hygiene – Possible 20 Points

- Work area is kept clean and tidy
- No cross contamination of raw and cooked ingredients
- Proper hand washing is maintained throughout the competition
- Knives used properly and no cuts or burns

### Eligibility for 2018 IPE Top Chef

The contest is open to non-professional home cooks only, 10 years of age and older.

***For the purpose of the IPE Top Chef Competition, a professional chef is:***

- a) one who earns more than \$16,000 after cost recovery in earned cooking dollars, in a given year

# The IPE Top Chef Contest 2018

## RULES AND REGULATIONS

### Categories

Category of competition is as follows:

1. Junior Home Cooks – 10 – 13 years of age
2. Teen Home Cooks – 14 – 18 years of age
3. Adult Home Cooks – 19+ years of age
4. Family Home Cooks – One parent and 2 children ages 10 – 18 years of age

**Note:** Competition categories are for the purpose of scheduling home cooks, clarifying eligibility. Each home cook will be judged against each other home cook, regardless of the category in the finals on Sunday, September 2, 2018.

### Rules/Regulations

**I (we) wish to enter and agree to abide by the rules and regulations.**

**I (we) fit the description of "Non-Professional Chef" as described in the rules and regulations.**

***A parent or guardian must sign for all entrants under the age of 19 years.***

***Signature of contestant or parent/guardian (if under 19 years of age).***

_____ Please Print Name	_____ Signature	_____ Parent's Signature
_____ Please Print Name	_____ Signature	_____ Parent's Signature
_____ Please Print Name	_____ Signature	_____ Parent's Signature
_____ Please Print Name	_____ Signature	_____ Parent's Signature

Entrants, and/or guardians of entrants, consent to the use of the participants name, photo and video in any public recognition by the Interior Provincial Exhibition & Stampede.

**All applicants will be notified whether or not they are cooking by August 24, 2018.**