

NATIONAL CHAMPIONSHIP 2019

VRYBURG

CULINARY ARTS

Theme

“OUT WITH THE OLD AND IN WITH THE NEW”



JUNIOR JUNIOR

Lunch box for the long road (3 Hours)

Participants must pack a lunch box for 1 person

- Filled Egg (own creativity, own recipe)
- Biltong Balls (Recipe provided)
- Make a Mini Beef Burger (Ingredients provided)

Junior

Morning Tea for Federation of Women's Institute ladies.

Tea Tray for 2 people. (5 Hours)

- Biltong Quiche (Recipe provided) Bring own pans
 - Maize Flour Muffin (Recipe provided)
 - Mini Milk tart with a twist (own creativity, own recipe)
- Emphasis must be placed on renewing of the old/traditional recipes

Senior

Informal meal at the Boer Congress.

Participant to set an informal table for 2 people (5 Hours)

- Fillet with filling or Fillet with mushroom sauce (own creativity, own recipe)
- Starch Mystery Box – Participants receive one of the following and must make an accompanying starch dish that will compliment the respective Fillet:
Mielie Rice, potato or sweet potato
- Carrots, either sweet or savoury with a twist – emphasis on the renewing of the old, traditional recipes.
- Vinegar Pudding (Recipe provided)

Other arrangements:

I. PREPARATION:

- Participants to provide all their own equipment and utensils for the preparation of the dishes.
- Each participants must bring along all the recipes (own as well as those provided) safely kept in a flip file. The recipes must be on hand at all times.

The following will be provided:

- There will be a stove for every learner (plates and oven), a wash basin with cold as well as hot water.
- There will be a fridge to store produce in.
- There will be access to electrical plugs should electrical appliances be used.

Ingredients provided include:

Flour (All purpose cake flour, self-raising flour and maize flour)

Salt

Eggs

Bread, beef patty, tomatoes, lettuce, Cheddar cheese (for mini beef burgers)

Maize rice, potatoes, sweet potatoes

Herbs such as Parsley and Thyme for garnish

All other ingredients are to be provided by the participants themselves

II. SERVING

NB. The emphasis is NOT on the table decorations and expensive crockery, but rather on the art of serving up the various dishes. Therefore the garnishing and the way in which the dishes are presented play a far more important role.

No participant may use their own things. The following will be provided:

- Two learners will share a steel fold up table. The table will have a black table cloth and each department will have a different colour overlay.
- Basic crockery and cutlery (white dinner plates, side plates, dessert plates, wine glasses, knives, forks and dessert spoons) will be provided. There will also be lunch boxes for the Junior Juniors.
- For decorations there will be windmills, tins, stones, cacti and ribbon.

Please note that every participant must have a self made/designed menu that is to be placed on the table with their respective dishes.