



## European Young Chef Award 2017

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### Welcome

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#### The Ambassador



“I congratulate this initiative that highlights the richness and diversity of European gastronomy, at the same time as valuing chefs for their role in ecology and sustainability”

**Joan Roca**  
El Cellar de Can Roca

The European Young Chef Award 2017 is a competition organized and promoted by the International Institute of Gastronomy, Culture, Arts and Tourism (IGCAT), the Regions of Gastronomy Platform and hosted by EUHT StPOL, a University School with 32 years experience in organising Cooking Contests for young chefs in Catalonia.

The aim is to strengthen links between European regions through young professional chefs while promoting culinary innovation using traditional cuisine and local products.

IGCAT, together with the Regions of Gastronomy Platform are keen to raise the profile of local food production and diversity. Food is often a unique selling point for regions and a way to support regional development. By enabling young chefs to learn about the value of local food diversity we hope to inspire future ambassadors for the regions of gastronomy in Europe.

This event is an opportunity for networking between finalists of competitions that have taken place across Europe, it is a competition judged by star chefs and international experts and is followed by a round table where internationally recognized chefs talk about their role in mentoring young chefs and supporting traditional local food production.

## Celebrated International Chef on the Jury

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Greek celebrity chef **Argiro Barbarigou** has designed a life and career from the Greek kitchen. She was born in Paros, an island in the Aegean Sea. The Papadakis restaurant remains in the family history. Its characteristic menu was the fresh fish and the seafood, indigenous to the Greek islands.

Today, Papadakis restaurant is in Athens, and set in the foothills of Mount Lycabettus in Kolonaki, and is Argiro's second successful venture on the heels of her native Paros restaurant. From Jean Paul Gauthier, Carla Bruni and a throng of celebrity diners to Athenian media, locals and tourists, diners flock to Argiro for her coveted tables, her signature cuisine and her personal touch.

## Participants

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Open to full time culinary arts students in the partner regions of the Regions of Gastronomy Platform as well as other regions, aged between 18-26 years.

The European Young Chef Award is open to both male and female chefs and regions are asked to encourage applications from female chefs.

The candidate must be selected and approved by the partner stakeholder group, preferably in collaboration with an institution that has held a local competition.

Each region will be represented by an aspiring chef who will prepare an innovative version of a regional traditional dish. Individual Kitchens will be provided for 10 European finalist to work in and hotel accommodation is available on site for regional finalists and accompanying persons. The finalist may be accompanied by a supporting team member whose role is to help the chef present the story, origin and connection of the dish to the territory. The supporting team member is not allowed to help in the preparation of the dish, their role is strictly in the front of house presentation.

Regions should confirm their participation and finalists name by 30 September 2017. To submit an application and for more information see: [info@igcat.org](mailto:info@igcat.org)



# Rules

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1. The dish must be inspired by the theme: Innovation on Tradition.
2. The deadline for submitting an application is 30 September 2017.
3. EUHTStPol and IGCAT reserve the right to select 10 finalists that will compete in the European final 2017. By 15 October finalists will have their participation confirmed and be sent details to organise their travel and hotel.
4. The dish presented in the competition must use seasonal and local products, found in the markets of the region being represented. Plates should demonstrate innovation on a traditional recipe. The students will be asked to explain or demonstrate the innovative element(s) of their dish.
5. The day before the competition, the European finalists will be asked to make 5 plates of the traditional dish selected (as it would be presented in local homes/restaurants). They will be given 10-15 minutes to present their plates and the local ingredients to their fellow competitors.
6. Each plate will be divided into 6 small tastes so that all finalists will be able to taste one another's dishes and learn about the local products used. This is an opportunity for networking and learning about the importance of the diversity of local food products.
7. On the day of the competition, the European finalist will make 4 portions of an innovation on the dish selected.
8. All recipes will be made within an affordable budget. Raw materials and ingredients should not exceed 16€ for four people. In the case of using liquid nitrogen, the cost will also be 16€ included in the cost of the dish.
9. In no event can the preparation of the dish exceed 2 hours and 30 minutes from start to completion (between 9:30h and 12:00h).
10. The jury will observe the preparation and outcome of the plate.
11. Participants must present the dish prepared and selected by the regional institution that sent them.
12. The jury will consider the presentation an essential part of the competition and participants are asked to prepare a story that links the dish to the region that it comes from. The presentation should be given in English. Therefore, the chef may be assisted by one person from the region that can act as 'front of house' and support the chef in introducing and presenting the dish.
13. Each team will have a maximum of 3 minutes to present the dish and be expected to answer questions from the jury.
14. Each region should prepare a 2-3 minute video that will be shown after the presentation and that should give emphasis to the agricultural landscape, heritage and cultural characteristics of the region. Preferably it will also introduce the story of the finalist, how he/she was selected and refer to the local products being used for the dish. The video either needs to be in English and/or have subtitles in English.
15. The finalists will wear uniform throughout the competition process using the following suits: jacket kitchen, trousers and hat cooking kitchen. An apron will be provided by EUHTStPOL.
16. The jury's verdict is final.

# Program

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On Sunday 5, contestants will be welcomed by EUHT StPOL and IGCAT. They will receive a short introduction about the importance of the European Young Chef Award for encouraging cultural and food diversity.

The finalists will then put their aprons on and move to the kitchen facilities where each finalist will prepare the traditional format of their dish in a small portion format. By traditional we refer to the dish as it would be found in local restaurants. Each team will be asked to prepare 30 small portions as their traditional dish will be tasted during the lunch break.

After the lunch break, the finalist will move to a meeting room where each team is invited to make a 10-15 minutes presentation on their traditional dish, explain the local products and how they could/should be used. A projector will be available.

At the end of the first day, Stamatios Misomikes, winner of the European Young Chef Award 2016, will give a Master Class for both finalists and culinary students from EUHT stPOL.

## Welcome

### Sunday 5 November 2017

10:00h	Welcome to EUHT StPOL Lluís Serra, Director
10:10h	Welcome to the European Young Chef Award Dr. Diane Dodd, President of IGCAT
11:30h	Preparation of the traditional dish
13:30h	Tasting - Lunch
15:30h	Presentations
18:00h	Master class



**Stamatios Misomikes**

**Winner of the European Young Chef Award 2016**

## The contest

### Monday 6 November 2017

The competition will take place on Monday 6 November and contestants will receive instructions at 8am before organising their kitchen spaces.

The head of the kitchen will decide the order of plates. Each finalist has 2 hours and 30 minutes to prepare their dish.

The presentation will be made in front of the jury and public. The finalist may be assisted in the presentation by one team member. The announcement of winners will take place at 13h.

After lunch a round table will take place, when finalists have the opportunity to ask questions to the celebrated international chefs.

	FINALISTS	PUBLIC	JURY
8:00	Introductions and contest rules		
8:30	Kitchen organisation		
9:00	Competition starts!		
9:30			Introductions and contest rules
10:00			Visit to the kitchen
11:00		Introduction	
11:30	Presentation of the dishes	Presentation of the dishes	Presentation of the dishes
13:00			Jury deliberations
13:00	Awards	Awards	Awards
14:00	Lunch	Lunch	Lunch
16:30	Round table	Round table	Round table
18:00	Closing	Closing	Closing
20:00	Cocktail	Cocktail	Cocktail
20:30	Dinner	Dinner	Dinner

## Hotel and Contest Address



Gran Sol Hotel is located on the Maresme coast, 50km north of Barcelona in the small fishing village of Sant Pol de Mar.

For more information, visit [www.hotelgransol.info](http://www.hotelgransol.info)



The registration fee is 1.800€ per finalist team (2 people) and includes:

3 nights accommodation at Gran Sol Hotel (double shared room per team)

Meals included:

- 3 Breakfasts (5, 6, 7 November)
- 2 Lunch (5, 6 November)
- 3 Dinners (4, 5, 6 November)

Others:

- Reception cocktail with star chefs.
- Participation in the international contest and apron.
- Access to hotel facilities during the contest.
- Standard kitchen and utensils (if special equipment is required, participants may be required to bring their own).
- Round table with star chefs.
- Airport transfer.
- Commemorative gift.

For more information or to reserve a place, please fill out the registration form and send it to: [info@igcat.org](mailto:info@igcat.org)