

OREGON COAST INVITATIONAL INDIVIDUALS RULES

April 13th-14th, 2012

- Competitors will produce three portions of a seafood entrée with appropriate starch and vegetable, also a sauce must accompany the seafood.
- Each competitor will have 60 minutes for the cooking portion of the event and 5 minutes to plate; for a total time of 65 minutes.
- Each competitor will have their own station with 2 burners, a convection oven and the use of electricity. You will need to supply your own electrical appliances.
- The competition will start at 8:00am.
 - Individuals will be starting at staggering intervals every half an hour.
- Competitors will be required to provide 4 sets of recipes including a close up photograph of your entrée. This must be presented to the judges in booklet form prior to the start of the competition.
- No advance preparation of vegetables are allowed except peeled potatoes, carrots, onions, garlic, shallots, cut mirepoix, and chopped fresh herbs.
- The fish may be brought in filleted and skinned but no other preparation is allowed.
- Appropriate stocks may be brought in.
- Puff pastry and phyllo dough may be brought in.
- Competitors must bring in all equipment, knives, small wares and china.

For additional information please contact OCCI Instructor Chef Tom Roberts CEC, CCE at: (541) 888-1545 or by email at: troberts@socc.edu

