

OREGON COAST INVITATIONAL TEAM RULES

April 13th-14th, 2012

- The meal is going to consist of 3 courses.
 - The first course can be an appetizer, a salad or a soup.
 - The second course will feature seafood as the entrée. (The seafood needs to be an item that you would associate with Oregon.
 - The third course will be dessert.
- Teams will have 60 minutes for the cooking portion of the event and 15 minutes to plate; for a total time of 75 minutes.
- Each team will have their own station with a 6 burner stove, a full size oven and the use of electricity. You will need to supply your own electrical appliances.
- The competition will start at 8:00am.
 - Teams will be starting at staggering intervals every half an hour.
- Teams will be required to provide 4 sets of recipes including a close up photograph of each course and a photograph of all 3 plates together. These 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.
- Teams 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

