



38<sup>th</sup> AEHT ANNUAL CONFERENCE & COMPETITIONS  
3<sup>rd</sup> – 8<sup>th</sup> November 2025  
Västerås - Sweden



## CULINARY ART COMPETITION

### Competition details

#### Objective

Prepare as a team a set menu composed by a **Starter (Pike Perch | Theme – Swedish cuisine)**, and a **Main Course (Wild boar)** for three persons, out of a Mystery Basket of ingredients.

As obligatory ingredients, competitors should use:

- Pike perch, cucumber and fennel on the starter
- Apple cider
- Wild boar, Jerusalem artichokes and pumpkin on the main course
- All the six (6) mystery ingredients

As obligatory techniques, competitors should:

- Prepare and serve a (fish) stock or dashi on the Starter
- At least, two different techniques with the cucumber
- One sauce on the main course (with apple cider as a base)

Besides the practical tasks, competitors will be assessed on a different task, **Surströmming Challenge** – all team members must taste this delicacy from Swedish cuisine. This component of the competition decorates after the briefing and selection of teams.

#### Team & Language

##### Language

It is compulsory that English (oral and written) is the language to be use in all the competition phases: briefings, work plan (written), communication with teammate and judges during the different tasks. Minimum level of English B1 (according to EQF).

##### Teams:

Teams will consist of three students from different schools and countries and will be draw by the jury.

It may happen that there is a team of two or four students in one of the following cases:

- The final number of candidates is pair;
- Disqualification of one of the competitors;
- Competitors last minute abandonment.

#### Day of the briefing

- Competitors briefing & announcement of the teams by the Head Judge;
- Mystery basket ingredients (except main ingredients and proteins) and kitchen



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equipment will be published on the official AEHT website, two months prior to the competition. Changes of the ingredients published earlier could be possible due to supplying problems;

- The mystery basket ingredients will be announced only at the briefing;
- After the announcement of the mystery basket, each team will have **2 hours** to compile the work plan for **Starter (Pike Perch | Theme – Swedish cuisine)**, and a **Main Course (wild boar) for three persons**. During this time external contact is prohibited;
- It will not be necessary for the competitor to use all the ingredients provided but a **minimum 50 per cent (%) of the provided food ingredients must be used and be present** to indicate the creativity, balance and innovation of the dish;
- Research is limited to students' own textbooks and personal notes. No books will be supplied;
- As soon as the menu is completed and written on official menu templates (**CAPITAL LETTERS**) it must be submitted to the Head Judge with a brief menu description (recipe card) and the ingredients claim including quantities needed. It will then be signed by both the competitors and the Head Judge;
- The submitted menus are final and may not be modified;
- Once menus have been submitted competitors are encouraged to liaise with their tutors;
- Competitors will be allowed to familiarize themselves with the competition area.

#### Day of the competition

- Total time of the practical part of the competition: 3 hours. Timetable for each course will be provided and must be respected;
- Total time of the practical part of the culinary blind tasting quiz: 15 minutes;
- Competitors must wear their full professional uniform and safety shoes;
- On the days of each round the competitors are expected to report at the venues 45 minutes before the start of the cooking time that will be informed in advance;
- There will be a 15-minute briefing;
- The judges will have the authority to go across to the contestants at their workstations, ask questions about the work plan and assess the hygiene and organization standard;
- In the unlikely situation of a breakdown of a piece of equipment which is being used by



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the team, they need to inform one of the judges immediately so that the equipment can be replaced;

- In case there is an unforeseen occurrence during the course of the cooking that may delay the actual process, the time lost will be calculated and appropriate extra time will be given when the process resumes;
- Each team will be required to present 2 samples of each dish created to the team of judges responsible for the blind tasting, taste and flavour. The other portion will be for presentation in the Press and VIP areas;
- Thereafter the contestant will wait back at the work station, in case the judges have some queries or questions regarding the dishes;
- After the judging is over, the team/competitor is expected to leave the workstation clean;
- All equipment will be provided for with the exception of professional knives which must be brought by each of the competitors;
- Competitors are not allowed to bring any specialized cooking or other equipment that could be view as giving the competitor an added advantage over other competitors;
- Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected;
- All elements of the finished dishes must be edible.

#### Important notes

- Teams will be assessed according to their work hygiene, kitchen preparation / presentation, interpersonal skills & teamwork and blind tasting;
- Competitors and judges should wear full uniform during practical competition tasks;
- During the composition of the working plan on the day of the briefing, team members check whether correct communication in English within the team is possible. If there is serious doubt, the team should report this to the Head Judge immediately. Complaints about language problems will not be accepted after submission of the working plan;
- The use of cell phones or any other electronic device is not allowed during the competition;
- All rules and regulations must be adhered including the General AEHT Competition



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Rules;

- The decisions and judgments of the panel of judges will be final and cannot be challenge.