



38th AEHT ANNUAL CONFERENCE & COMPETITIONS
3th – 8th Of November 2025
Västerås, Sweden



DECATHLON COOKING COMPETITION

Competition details

Objective

This competition reveals your skills as an upcoming Chef. The participants show their skills as one of the members of a team in front of a public.

Team & Language

Language

It is compulsory that English (oral and written) is the language to be used in all the competition phases and communication with teammate & judges during the different tasks. Minimum level of English A2 (according to EQF).

Teams:

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

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

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

Day of the briefing

- o Competitors briefing & announcement of the teams by the Head Judge;
- o Presentation of the Mystery basket ingredients. During this time external contact is prohibited;
- o After the presentation of the Mystery basket, each team will have one hour to write down a recipe from the Mystery basket of ingredients and make a short brief description of the show plate. During this time external contact is prohibited;
- o Research is limited to students' own textbooks and personal notes. No books will be supplied;
- o As soon as the recipe is completed it must be submitted to the Head Judge with a brief description of the show plate. It will then be signed by both the competitors and the Head Judge;
- o The submitted recipes are final and may not be modified;

- o Once the recipes are submitted, the team will draw their starting number, and competitors are encouraged to liaise with their tutors;



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- o Competitors will be allowed to familiarize themselves with the competition area.

Day of the competition

- o Total time of the practical part of the competition: 2 hours. Timetable for each task will be provided and must be respected;
- o All participants of the team will execute two different tasks individually and four Team Events:

Amuse Bouche 1

Mandatory:

Pike perch from lake Mälaren (Sweet Water)

Mandatory taste Lingonberry

Mandatory task: Smoke the fish

Amuse Bouche 2

Follow the chef (Traditional Swedish dish from history)

Main course

Mandatory products:

Wild Boar rack from Sweden

Mandatory Liqueur: Västerås Gin and Mandatory vegetable: Västerås Cucumber

Sauce: mayonnaise, free choice of seasoning.

- o The rest of the ingredients list will be provided in a mystery basket on briefing day.

1. Smoke Pike perch and start follow the chef on mandatory products (14 minutes) **Team Event**

2. Knife handling; cutting vegetables (7 minutes)

3. Free garnish and method (6 minutes)

4. Fillet/cut up Wild Boar (10 minutes)

5. Mayonnaise of own choice (10 minutes) **Team Event**

-5 min break

6. Method of cooking Wild Boar (9 minutes) **Team Event**

7. Cooking vegetables (8 minutes)

8. Free garnish and method (8 minutes)

9. Finalize Follow the chef dish (10 minutes)



-5 min Break

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10. Making identical dishes; 4 amuse bouche nr 1, 4 amuse bouche nr 2, 4 plates a la carte style based on the submitted recipe (20 minutes) Team **Event (In the final 5 min the team flambee)**

- o Competitors must wear their full professional uniform and safety shoes;
- o All equipment will be provided for with the exception of professional knives which must be brought by each of the competitors;
- o Teams will be responsible for the quality and wholesomeness of the food they process and for ensuring that the principles of HACCP are respected;
- o All elements of the finished dishes must be edible.

Important notes

- o Teams will be assessed according to their work hygiene, aesthetics / presentation, interpersonal skills & teamwork and tasting;
- o Immediately after the announcement of the teams, team members should 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 when the recipe formulation has started;
- o The use of cell phones or any other electronic device is not allowed during the competition;
- o All rules and regulations must be adhered including the General AEHT Competition Rules;
- o The (Head) judge's decision is final.