



VEGETARIAN CUISINE OVO/LACTO COMPETITION

Competition details

Objective

Prepare as a team (2 competitors per team) a 2 (two) course **VEGETARIAN OVO/LACTO** menu composed by a **Starter** and a **Main Course (both vegetarian)** for 3 (three) persons, out of a basket of ingredients, there will be 4 mystery ingredients which need to be used as part of the menu, these ingredients will be announced at the competition briefing in Ferrara.

As obligatory ingredients, competitors should use:

- A vegetable and carbohydrate component on the on the cold starter.
- A protein, vegetable and carbohydrate component on the hot main course.
- All of the 4 (four) mystery ingredients (2 in the starter and 2 in the main course)

As obligatory techniques, competitors should:

- Minimum of 1 (one) cooking techniques on the Cold Starter.
- least 2 different cooking techniques and have one crispy element technique on the main course.
- At least 1 (one) sauce on the main course.

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 teammates and judges during the different tasks. Minimum level of English B1 (according to EQF).

Teams:

Teams will consist of 2 (two) competitors from different schools and countries and will be drawn by the jury.

It may occur that there is a team of 3 (three) competitors in a team in one of the following cases:

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

In such a case, the practical cooking time frame for the affected team will be reduced by 15 minutes.

Day of the briefing

- Competitors briefing & announcement of the teams by the Head Judge.
- Basket ingredients (except the compulsory and mystery ingredients) and kitchen equipment will be published on the official AEHT website, two months prior to the competition. Changes



to the ingredients and equipment published, could be possible due to supply issues.

- Each team will have **1.5 hours** to compile the work plan for a **Cold Starter and a Main Course for three persons, which should include the mystery ingredients which will be announced.** During this time external contact is prohibited.
- It will not be necessary for the competitor to use all the published 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. It should be declared where the 4 compulsory mystery ingredients are incorporated.
- 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: 2.5 hours. Timetable for each course will be provided and must be respected.
- Competitors must wear their full professional uniform and Kitchen appropriate safety shoes.
- On the days of each round the competitors are expected to report at the venues 30 minutes before the start of the cooking time that will be informed in advance.
- There will be a 15-minute briefing prior to the commencement of the competition.
- 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 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 competition 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 3 (three) portions of each dish, 2 (two) of these dishes of each course will be for the team of judges responsible for the blind tasting. The other portion (one) will be for presentation in the Press and VIP areas.
- Thereafter the contestant will wait back at the workstation, in case the judges have some queries or questions regarding the dishes.
- After the judging is completed, the team/competitors are expected to leave the workstation clean and tidy as found.
- All equipment will be provided for except for 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 hygienic preparation 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 smart phones, watches, tablets or any other electronic device is not allowed during the competition.
- All rules and regulations must be adhered including the General AEHT Competition Rules.
- The decisions and judgments of the panel of judges will be final and cannot be challenged.



AEHT Ferrara Kitchen Equipment List

Pastry Laboratory

- **Round pastry cutter sets (12 pcs):** 10 sets
- **Cookie cutter sets (12 pcs):** 2 sets
- **Metal molds:** 3 fluted *canestrelli/Fluted/flour shaped* molds and 3 horseshoe molds



Piping Bags & Accessories

- 6 piping bags (50 cm)
- 1 piping bag holder

Stainless Steel Nozzles

- 1 Saint Honoré set (20 mm)
- 3 star sets (8, 12, 18 mm)
- 2 round sets (10, 12 mm)
- 2 plain sets (10, 20 mm)
- 2 fluted sets (10 mm)
- 6 potato piping nozzle sets

Chocolate / Sugar Work

- 1 chocolate guitar cutter with 3 frames
- 1 ganache leveling base with 4 frames
- 1 sugar thermometer

Mats & Accessories

- 10 Silpat baking mats (60 × 40 cm)
- 10 perforated Silpat mats (60 × 40 cm)
- 10 Silpat mats (53 × 62 cm)
- 10 perforated Silpat mats (53 × 32 cm)
- 2 packs (50 pcs each) of acetate sheets (30 × 30 cm)
- 10 rolls of cake ribbon

Rings & Cake Pans



Equipment

- 5 manual Imperia pasta machines
- 20 garganelli paddles

Scoops

- 10 flour scoops (1 L)
 - 10 flour scoops (0.5 L)
-

Kitchen / Gastronomy Laboratory

Knives

- 20 chef's knives
- 30 straight-blade paring knives
- 20 curved "bird's beak" paring knives
- 2 deli/cheese knives
- 3 French knives
- 10 filleting knives
- 10 boning knives
- 2 Parmesan knives (teardrop blade)

Induction Cookware

- 10 non-stick stainless steel frying pans (28 cm)
- 20 saucepans (10 × 18 cm, 10 × 20 cm)
- 20 deep saucepans (10 × 24 cm, 10 × 20 cm)
- 20 sauté pans with 2 handles (10 × 24 cm, 10 × 20 cm)
- 2 stainless steel braising pans with handles

FASA Non-Stick Pans

- 30 pans (10 × 24 cm, 10 × 32 cm, 10 × 40 cm)

Electrical Equipment



- 8 planetary mixers (5 L)
- 8 microwave ovens
- 8 induction plates (3.5 kW)
- 2 slicers (300 mm blade)
- 14 immersion blenders

Service Utensils

- 10 one-piece skimmers
- 10 mesh skimmers
- 20 one-piece ladles (10 × 6 cm, 10 × 10 cm diameter)
- 3 steel palettes
- 10 one-piece steel serving spoons

Preparation Equipment

- 125 colour-coded cutting boards with grips
 - 25 each: white, red, yellow, green, blue
- 10 stainless steel peelers
- 11 can openers (10 manual, 1 bench-mounted)
- 2 blowtorches
- 1 manual knife sharpener

General Equipment & Storage

Measurement

- 10 digital scales (5 kg)
- 6 digital scales (20 kg)
- 10 digital probe thermometers
- 10 probe thermometers (-50°C to +200°C)

GN Containers

- 30 GN 1/1 (height 15)



- 60 GN 1/2 (height 15 / 20)
- 30 GN 1/3
- 30 GN 1/4
- 30 GN 1/6
- All supplied with lids

Trays & Grids

- 20 aluminized trays 60 × 40 (10 × height 2, 10 × height 1)
- 60 stainless steel GN 1/1 trays (20 × height 2, 20 × height 4, 20 × height 6)
- 10 stainless steel GN 1/1 wire grids
- 10 EN 60 × 40 wire grids

Support & Transport

- 5 cooling / glazing grids (60 × 60)
- 3 stainless steel service trolleys

Small Utensils

- 25 graduated measuring jugs
- 100 mixing bowls (various sizes and materials)
- 30 silicone spatulas / scrapers
- 20 stainless steel whisks
- 10 Microplane graters
- 25 multi-purpose scissors
- 40 squeeze / spray bottles

Protection

- 10 pairs of oven mitts
- 2 stainless steel chainmail gloves (Size M)



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 2nd – 7th November 2025
 Ferrara, Italy



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 Ferrara- Italy



Team number

Kitchen station number

Work Hygiene	15	JUDGE 1	JUDGE2	JUDGE 3	JUDGE 4	JUDGE 5
Personal Hygiene						
Uniforms (correct and clean)						
Hands	(0 - 5)					
Tasting with fingers						
Bad habits						
Work Station Hygiene						
Benches & floor - clean and tidy						
Wastage - energy - fuel, enviro wastage, recycling	(0 - 10)					
Burnt & spoilage						
Sub-total		0	0	0	0	0

JURY PRESIDENT Shaun Leonard _____

JUDGE 1 _____

JUDGE 2 _____

JUDGE 3 _____

JUDGE 4 _____

JUDGE5 _____

Kitchen Preparation/Presentation	25	JUDGE 1	JUDGE2	JUDGE 3	JUDGE 4	JUDGE 5
Culinary skills demonstrated	(0 - 5)					
Food preparations skills	(0 - 5)					
Organisational skills	(0 - 5)					
Correct elements (mandatory ingredients)	(0 - 4)					
Correct portion size	(0 - 3)					
Clean plates (no spills, fingerprints)	(0 - 3)					
Sub-total		0	0	0	0	0

Interpersonal skills - Teamwork	10	JUDGE 1	JUDGE2	JUDGE 3	JUDGE 4	JUDGE 5
Communication between participants	(0 - 4)					
Equal distribution of tasks in the team	(0 - 4)					
Motivation of the team	(0 - 2)					
Sub-total		0	0	0	0	0

Blind Tasting	25	JUDGE 1	JUDGE2	JUDGE 3	JUDGE 4	JUDGE 5
1 st Course - Cold Starter						
Presentation and Visual Appeal	(0 - 5)					
Style and Creativity	(0 - 5)					
Taste - Individual flavours	(0 - 5)					
Taste - Combined harmony	(0 - 5)					
Texture - all components	(0 - 5)					
Sub-total		0	0	0	0	0

TOTAL MARKS

0.00

Blind Tasting	25	JUDGE 1	JUDGE2	JUDGE 3	JUDGE 4	JUDGE 5
2 nd Course - MAIN COURSE						
Presentation and Visual Appeal	(0 - 5)					
Style and Creativity	(0 - 5)					
Taste - Individual flavours	(0 - 5)					
Taste - Combined harmony	(0 - 5)					
Texture - all components	(0 - 5)					
Sub-total		0	0	0	0	0



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Vegetables and fruits				
Peperoni & Pepperoncini	0,200		KG	Issued to each team
Globe Artichokes	0,200		KG	Issued to each team
Pumpkin (local butternut)	0,200		KG	Issued to each team
Potatoes	0,300		KG	Issued to each team
Chicco Rosso	0,200		KG	Issued to each team
Tomatoes	0,200		KG	Issued to each team
Heritage carrots	0,100		KG	Issued to each team
Beans	0,200		KG	Issued to each team
cauliflower	0,150		KG	Issued to each team
Shallots	0,150		KG	Issued to each team
Garlic	0,050		KG	Issued to each team
Walnuts	0,150		KG	Issued to each team
Figs	0,100		KG	Issued to each team
Cucumber	0,300		KG	Issued to each team
Fennel bulbs	0,300		KG	Issued to each team
Oranges	0,200		KG	Issued to each team
lemons	0,100		KG	Issued to each team
Zucchini	0,100		KG	Issued to each team
Aubergine	0,100		KG	Issued to each team
Aromatic Herbs				
Basil	0,050		KG	Common table
Flat Parsley	0,020		KG	Common table
oregano	0,010		KG	Common table
Thyme	0,010		KG	Common table
Bay leaves (dry)	0,010		KG	Common table
Rosemary	0,050		KG	Common table
Micro sprouts	0,050		KG	Common table
Sage	0,050		KG	Common table
Milk Products				
Ricotta	0,150		LT	Common table
Double Cream	0,100		LT	Common table
Milk	0,100		KG	Common table
Burrata	0,150		KG	Common table
Butter (unsalted)	0,100		KG	Common table
Buffalo Mozzarella	0,100		KG	Common table
Dry Spices & seasoning				
Pepper	0,010		KG	Common table
Salt	0,100		KG	Common table
fennel seeds	0,050		KG	Common table
dried italian herbs	0,020		KG	Common table
cumin	0,020		KG	Common table
Dried red pepper powder	0,050		KG	Common table
Oils & vinegar				
Aceto Balsamico	0,150		LT	Common table
White wine vinegar	0,100		LT	Common table
Apple cider vinegar	0,200		LT	Common table
Cold pressed extra virgin olive oil	0,200		LT	Common table
Sunflower oil	0,300		LT	Common table
Store items and proteins				
Brown and white sugar	0,100		KG	Common table
Flour 00 for pasta	0,150		KG	Common table
Green lentils (pre soaked)	0,400		Lt	Common table
Polenta	0,120		KG	Common table
Chickpeas (cooked)	0,100		Lt	Common table
Risotto rice	0,050		KG	Common table
Cannelini beans (pre soaked)	0,050		KG	Common table
Eggs				
Quail eggs	6,000		UNIT	Common table
Hen eggs	6,000		UNIT	Common table
Binding agents				
Agar agar	1		BOX	Common table
Cornflour	1		BOX	Common table
Semolina	1		BOX	Common table
Barley	1		BOX	Common table

scale 1/120

Postazione di cottura con aspirazione
- per 3 elementi
Cooking station with extraction hood
- for 3 units

Abbattitore di temperatura
blast chiller

Postazione di gara 2
Contest Station 2

Postazione di cottura con aspirazione
- per 3 elementi
Cooking station with extraction hood
- for 3 units

Postazione di gara 3
Contest Station 3

Postazione di gara 4
Contest Station 4

Postazione di gara 5
Contest Station 5

Postazione di gara 6
Contest Station 6

Postazione di gara 7
Contest Station 7

Postazione di gara 8
Contest Station 8

Contest Station 1

Forno elettrico con boiler vapore
Electric oven with steam boiler

Lavello Inox ad una vasca
Single-bowl stainless steel sink

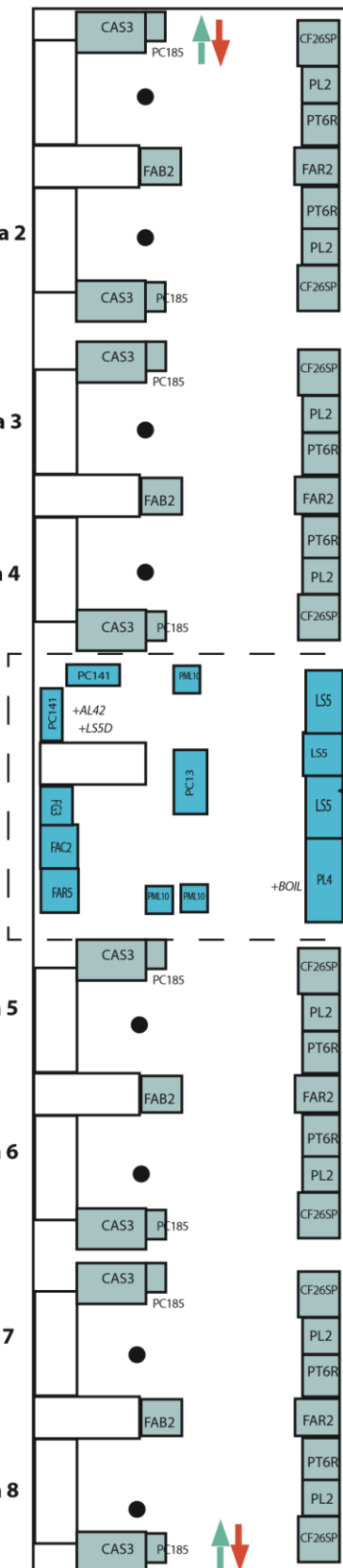
tavolo inox
stainless steel table

Armadio frigo
Refrigerated cabinet

tavolo inox
stainless steel table

Lavello Inox ad una vasca
Single-bowl stainless steel sink

Forno elettrico con boiler vapore
Electric oven with steam boiler



AREA lavaggio e COMUNE
WASHING AND COMMON AREA

- LS5 Lavabicchieri/lavapiatti capote cesto cm con 2 tavoli di carico)
LS5 Glass/dishwasher hood type with basket, 2 loading trays
- LS5D KIT n.1 tanica 6lt detersivo e PZ
LS5D KIT n.1 6L detergent tank and
- AL42 Cesto 50x50 piano PZ 2 L 50 P 50
AL42 Basket 50x50, flat, 2 pcs L 50 W 50
- PL4 Lavello inox a 2 vasche con sgocciolatoio
PL4 Stainless steel sink with 2 basins and draining board
- BOIL BOILER Boiler elettrico 5 litri
BOILER Electric boiler 5 liters
- FAC2 Armadio congelatore inox
FAC2 Stainless steel freezer cabinet
- FAR5 Armadio frigorifero
FAR5 Refrigerator cabinet
- FG3 Fabbricatore di ghiaccio
FG3 Ice maker
- PC141 Scaffalatura
PC141 Shelving unit
- PC13 Carrello inox 3 ripiani
PC13 Stainless steel trolley with 3 shelves
- PML10 Pattumiera pedale PVC
PML10 Pedal-operated PVC trash bin

Plates Ferrara Vegetarian Competition

Starter bowl 28cm

Main course plate 30cm





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Judges draw
Other issues

Day 2 - November 3rd - Competitors Masterclasses, Briefing and written work plan

13H30	15H00	15H30	16H00	16H15	16H45	18H15
Masterclass by Chef Jordy Ramakers	Competitors Briefing (30 minutes)		Language Knowledge test (15 minutes) BETWEEN TEAM	Visit to the kitchens and check all equipment and ingredients	Work plan (1.5 hours) - Write the 2 course menu, ingredients and method	

Day 3 - November 4th - Practical tasks

08H00	08H15	08H15	08H30	08H30	11H00	11H05	11H10	11H15	11H20	11H35	11H45	1- 08:30-11:00 / 2 - 08:35-11:05 / 3 - 08:40-11:10 / 4 - 08:45-11:15
Briefing - Teams 1 to 4	Setup of the kitchen		Start competition 5 minute intervals	1st service - Starter and Main course @ x 3 portion each	last service time - Starter and Main course @ x 3 portion each		Cleaning and end of competition 20 minutes per team	Feedback from Judges with each team				
12H00	12H15	12H30	12H45	12H45	15H15	15H20	15H25	15H30	15H35	16H55	17H00	5- 12:45-15:15 / 6 - 12:50-15:20 / 7 - 12:55-15:25 / 8 - 13:00-15:30
Briefing - Teams 5 to 8	Setup of the kitchen		Start competition 5 minute intervals	1st service - Starter and Main course @ x 3 portion each	last service time - Starter and Main course @ x 3 portion each		Cleaning and end of competition	Feedback from Judges with each team				

Day 4 - November 5th - Practical tasks

08H00	08H15	08H15	08H30	08H30	11H00	11H05	11H10	11H15	11H20	11H35	11H45	9- 08:30-11:00 / 10 - 08:35-11:05 / 11 - 08:40-11:10 / 12 - 08:45-11:15
Briefing - Teams 9 to 12	Setup of the kitchen		Start competition 5 minute intervals	1st service - Starter and Main course @ x 3 portion each	last service time - Starter and Main course @ x 3 portion each		Cleaning and end of competition	Feedback from Judges with each team				
12H00	12H15	12H30	12H45	12H45	15H15	15H20	15H25	15H30	15H35	16H55	17H00	13- 12:45-15:15 / 14 - 12:50-15:20 / 15 - 12:55-15:25 / 16 - 13:00-15:30
Briefing - Teams 13 to 16	Setup of the kitchen		Start competition 5 minute intervals	1st service - Starter and Main course @ x 3 portion each	last service time - Starter and Main course @ x 3 portion each		Cleaning and end of competition	Feedback from Judges with each team				

1 hour before the end of the cooking time you have a 10 minute timeframe with which to serve your starter (3 portions), the main course (3 portions) must be served within the last 30 minutes of the cooking time only
All 6 dishes must be served within the 2.5 hours, any dishes served after the starter window timeframe or final cooking time will not be given any tasting notes