



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 equipment will be published on the official AEHT website, two months prior to the



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



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



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



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 viewed 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 to including the General AEHT Competition Rules;
- The decisions and judgments of the panel of judges will be final and cannot be challenged.



CULINARY ARTS COMPETITION

Additional information

Ingredients	Quantities PER TEAM	Unit Mesure	
Beverages			
Red wine	1,000	BOTTLE	COMMON TABLE
		LT	mistery
white wine	1,000	BOTTLE	COMMON TABLE
Fish/sea products			
Pike perch (whole)	1,5 - 2	KG	
Bonito flakes	0,03	KG	
Blue mussels	0,3	KG	
		KG	mistery
Meat & poultry			
Wild boar loin	0,4	UNIT	
Sausages and Charcuterie			
		KG	mistery
Vegetables and fruits			
Jerusalem artichokes	0,300	KG	
		KG	mistery
Butternut Pumpkin	0,200	KG	
Potatoes (Mandelpotatoes)	0,300	KG	
Beetroot (boiled)	0,200	KG	
Beetroot	0,200	KG	
Carrots	0,100	KG	
Leek	0,200	KG	
Red Onions	0,150	KG	
Shallots	0,150	KG	
Garlic	0,050	KG	
Green cale	0,150	KG	
Lime	0,100	KG	
Cucumber	0,500	KG	
Fennel bulbs	0,300	KG	
Lemon	0,150	KG	
		KG	mistery
Red chilli pepper	0,010	KG	COMMON TABLE



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



Aromatic Herbs

Coriander	0,050	KG	COMMON TABLE
Parsley	0,020	KG	COMMON TABLE
Fennel	0,010	KG	COMMON TABLE
Thyme	0,010	KG	COMMON TABLE
Laurel (dry)	0,010	KG	COMMON TABLE
Scallions	0,050	KG	COMMON TABLE
Mixed sprouts	0,050	KG	COMMON TABLE

Milk Products

Sour Cream 32%	0,150	LT	
Cream 40%	0,100	LT	
Ricotta cheese	0,100	KG	
		KG	Mistery
Butter	0,100	KG	

Dry Spices & seasoning

Black pepper	0,010	KG	COMMON TABLE
Table salt	0,100	KG	COMMON TABLE
Sea salt	0,050	KG	COMMON TABLE
Coriander seeds	0,020	KG	COMMON TABLE
Fennel seeds	0,020	KG	COMMON TABLE
Paprika	0,050	KG	COMMON TABLE

Oils & vinegar

Rice vinegar	0,150	LT	COMMON TABLE
White wine vinegar	0,100	LT	COMMON TABLE
Extra virgen olive oil	0,200	LT	COMMON TABLE
Sesame oil	0,200	LT	COMMON TABLE
Sunflower oil	0,300	LT	COMMON TABLE

Store

Sugar	0,100	KG	COMMON TABLE
Flour 00	0,150	KG	COMMON TABLE
Apple cider	0,400	Lt	COMMON TABLE
Barley	0,120	KG	COMMON TABLE
Kikkoman Soya sauce	0,100	Lt	COMMON TABLE
Arrowroot powder	0,050	KG	COMMON TABLE

Eggs

Quail eggs	6,000	UNIT
Eggs	6,000	UNIT

Textures SOSA



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



Agar agar	1	BOX	COMMON TABLE
Gelan	1	BOX	COMMON TABLE
Lecitine	1	BOX	COMMON TABLE
Xantana	1	BOX	COMMON TABLE
Xantana	1	BOX	COMMON TABLE



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



INFRASTRUTURE LIST PER SHIFT			
	Total Req. Qty per shift	Size	OBS
GENERAL INSTALLATIONS:			
Lockers	25		
Men's bathroom	1		
Women's bathroom	1		
Kitchens	4	400*300	Individual
Clock, large digital display	2		
Meeting room	1	90m2	
Beamer	1		
Chairs	90		
Tables	20	140*80	
Blind tasting room	1	900*900	
Tables	5	140*90	
Chairs	12		
Flipchart /Writer whiteboard	1		
CLEANING SUPPLIES (PER SHIFT)			
Cleaning set	4		
Paper towels	4		
Recycling bin	4		
Hand sanitizer – solvent free	4		
Dustbin & Lid 70 lts	4		
Kitchen chemicals (for washing and cleaning)	4		
Paper towels (big roll)	4		
Waste paper bin	4		
HEALTH & SAFETY			
Fire extinguisher ABC	2		
First aid kit	1		
Fire extinguisher blanket	2		
Handwashing sink with sanitizing antibacterial soap	2		
WORKSHOP INSTALLATIONS (PER SHIFT)			
Work tables, stainless steel with 2 shelves underneath	8	1200*600	



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



Double sink with hot and cold water	8		
Fridge (multiple normed shelving)	2		
Stove (with 4 rings)	8		
Plastic box with lid, disposable different size	100		20 per team
Thermometer competition digital	4		
Scale 4 kg	1		
Sieve set (16, 20 cm)	4		
GN baking silicone sheet/slipat	4		
Whip siphon 250 ml + charges	4		
Oven (electric)	1		
Icecube machine	1		
Professional mixer/per team with different attachments	1		
Tong, stainless steel	4		
Slicing machine	1		
Professional multifunctional food processor for Horeca Thermomixer	2		1 per 2 teams
Blast freezing unit	1		
Vacuum pack machine (+ vacuum bags)	1		
Butcher string, twine	1		
Piping bag, disposable, with tips	8		2 per team
Ronner machine (sous vide basin and sous-vide clip)	4		
Sous-Vide stick	4		
Foil products – cling film, aluminium foil, silicone paper, greaseproof paper	4		1 each/per team
Latex glove box	4		1 per team
Keep warm lamp set	4		
Pakojet	1		
Torch burner cassette	2		1 per 2 teams
Smoke gun	2		1 per 3 teams
Orange juicer (plastic)	1		
GENERAL INSTALLATION FOR EACH WORK STATION (per team)			
Frying pan set (26cm, 32 cm)	1		
Sautese set (1,7 Lt, 2,5Lt)	1		
Cooking pot set (1 Lt, 2 Lt, 4 Lt)	1		
Fridge	1		



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



General purpose bowl 0,5 lt	1		
General purpose bowl 1,5 lt	1		
Whisk set (20cm, 24cm)	1		
Teflon kitchen scoop	1		
Flexible spatula	1		
Electronic scale (with 5gr increment)	1		
Hand blender	1		
Flexible spatula Maryse	1		
chinois 20 cm	1		
Baking tray gastronorm (cm 53x32,5)	2		
Gastronorm pan 1/2 GN	2		
Skimmer	1		
Small Ladle	1		
Medium ladle	1		
Sieve set (12, 16 cm)	1		
Tinned conical strainer 14 cm	1		
Large spoon	1		
Measuring jug 1 Lt	1		
10" wooden	1		
Pasta fork	1		
Table spoons	12		
Cutting board 30*40 cm green (vegetables)	2		
Cutting board 30*40 cm red (raw meat)	1		
Cutting board 30*40 cm yellow (cooked meats)	1		
Cutting board 30*40 cm blue (fish)	1		
Cutting board 30*40 cm white (dairy products)	1		
Pasta plate 27 cm	15		
Round plate 32 cm	15		
Mini sauce boat 120 ml	15		
Forks	100		
Knives	100		
Spoons	100		
Chefs hats	50		



38th AEHT ANNUAL CONFERENCE & COMPETITIONS

3rd – 8th November 2025

Västerås - Sweden



Competition Timetable Graphic

D1 - November 3rd - Judges Briefing

20H30 / 21H30 **Judges Briefing**
 Teams Draw
 Judges draw
 Other issues

D2 - November 4th - Competitors Masterclasses, Briefing and written work plan

13H30	15H00	15H30	16H00	16H15	16H45	18H45
Masterclass by Chef Marcus Hallgren		Competitors Briefing (30 minutes)		Language Knowledge test (15 minutes) BETWEEN TEAM	Visit to the kitchens and check all equipment and ingredients	Work plan (2 hours) - Write the 2 course menu (CAPITAL letters)
						Surströmming Challenge (15 minutes)

D3 - November 5th - Practical tasks

08H00	08H15	08H15	08H30	08H30	10H45	11H00	11H15	11H30	11H30	11H45	11H45	12H00
Briefing - Teams 1 to 5		Setup of the kitchen		Start competition	1st service time - Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team	
12H00	12H15	12H15	12H30	12H30	14H45	15H00	15H15	15H30	15H30	15H45	15H45	16H00
Briefing - Teams 6 to 10		Setup of the kitchen		Start competition	1st service time - Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team	

D4 - November 6th - Practical tasks

08H00	08H15	08H15	08H30	08H30	10H45	11H00	11H15	11H30	11H30	11H45	11H45	12H00
Briefing - Teams 11 to 15		Setup of the kitchen		Start competition	1st service time - Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team	
12H00	12H15	12H15	12H30	12H30	14H45	15H00	15H15	15H30	15H30	15H45	15H45	16H00
Briefing - Teams 16 to 20		Setup of the kitchen		Start competition	1st service time - Starter		2nd service time - Main Course		Cleaning and end of competition		Feedback from Judges with each team	



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



Marking Sheet



38th AEHT ANNUAL CONFERENCE & COMPETITIONS
3rd - 8th November 2025
Västerås - Sweden



Team number

Kitchen number

Work Hygiene	10	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
Personal Hygiene	3					
Uniforms (correct and clean)						
Hands	(0 - 3)					
Tasting with fingers						
Bad habits						
Work Station Hygiene	7					
Benches & floor - clean and tidy						
Wastage - energy - fuel, enviro wastage, recycling	(0 - 7)					
Burnt & spoilage						
Sub-total		0	0	0	0	0

0

Kitchen Preparation/Presentation	25	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
Culinary skills demonstrated	(0 - 6)					
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 - 2)					
Sub-total		0	0	0	0	0

0

Interpersonal skills - Teamwork	10	JURI 1	JURI 2	JURI 3	JURI 4	JURI 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

0

Use of mystery ingredients	5	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
		0				

0

Blind Tasting	20	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
1 st Course - Starter						
Presentation and Visual Appeal	(0 - 4)					
Style and Creativity	(0 - 6)					
Taste - Individual flavours	(0 - 3)					
Taste - Combined harmony	(0 - 4)					
Texture - all components	(0 - 3)					
Sub-total		0	0	0	0	0

0

Blind Tasting	25	JURI 1	JURI 2	JURI 3	JURI 4	JURI 5
2 nd Course - MAIN COURSE						
Presentation and Visual Appeal	(0 - 4)					
Style and Creativity	(0 - 6)					
Taste - Individual flavours	(0 - 3)					
Taste - Combined harmony	(0 - 4)					
Texture - all components	(0 - 3)					
Sub-total		0	0	0	0	0

0

Surströmming Challenge	5	TEAM MEMBER 1	TEAM MEMBER 2	TEAM MEMBER 3

JURI PRESIDENT

JURI 1

JURI 2

JURI 3

JURI 4

JURI 5

JURI 6

JURI 7

JURI 8

JURI 9

JURI 10

0

TOTAL MARKS

0,00

0

0

0



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



Additional Information



Kitchen example 1



Kitchen example 2



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



Electric oven



Competition plates