

## CONTEST RULES AND MECHANICS

# LA VIDA LOCAL: GASTRONOMIC CHALLENGE

Day 3, November 15, 2017, 9:00 am | Food Laboratory, ET Yuchengco Hall

### PARTICIPANTS' ELIGIBILITY AND REGISTRATION

1. Only one team per school may join the **GASTRONOMIC CHALLENGE**.
3. Each team must be composed of three (3) high school students who are **at least in Grade 11** of the School Year 2017-2018.
4. Each member of the team must NOT be a contestant in other academic contests (under the "Knowledge Categories") of the MCL Cup 2017.
5. **Pre-registration is REQUIRED.** Schools may submit the duly accomplished registration forms through delivery, postal mail, facsimile, electronic mail (mclcup2017@gmail.com) and/or register online via the MCL Cup page in [www.mcl.edu.ph](http://www.mcl.edu.ph) or before **November 3, 2017 (Friday)**.
6. Incomplete or late registration is a ground for disqualification.
7. Participants must present their school IDs upon registration.
8. Participants are requested to be at the venue at least one hour before the official start of the event. The Organizers reserve the right not to allow participants who will come late during the actual event.

### SPECIFIC CONTEST GUIDELINES

1. Teams must prepare and present Western-style dishes (one Hot or cold starter, one Main course with suitable starch and vegetables, and one Dessert) using locally produced ingredients.
2. Two sets of dishes should be prepared: one will be served to the judges and the other one for display.
3. All dishes should be served at the same time, but can be served earlier than the allotted time.
4. All items to be brought in must be within the designated competition area before the start of the competition.
5. Participants must provide their own materials. These should be listed in the ingress form.
6. Cost of ingredients must not exceed Php 500.
7. Participants are encouraged to use environment-friendly plates, utensils, and other packaging materials. There should be no logo, name, or marks that will identify any establishment or school.
8. "Clean as you go" policy shall apply.
9. All raw food items may be brought in trimmed and peeled but un-cut or shaped.
10. Dried ingredients can be brought pre-soaked.
11. All garnishes and carvings should be edible.
12. Each group will be provided with two (2) open gas burners, oven and a working table with sink as their work space. A common chiller and freezer will also be provided.
13. Pre-heating of oven is allowed. Participants shall wear appropriate cooking attire: apron, hand towels, and hairnets/caps without any logo or marks of any school.
14. Each round will take place within one and a half (1 ½) hours: fifteen (15) minutes to fix their area, one (1) hour to cook and plate on the spot, and another fifteen (15) minutes to clean-up.
15. Dishes should be served a la Carte style.
16. If the number of participating teams exceeds seven (7), the participants may be clustered in batches.

### CRITERIA FOR JUDGING

The final output of the participants will be evaluated using the following criteria:

<b>MISE EN PLACE</b>	<b>10</b>
Orderly preparation of materials	5
Hygiene	5
<b>PRODUCTION</b>	<b>30</b>
Practicability to daily use	10
Appropriate cooking methods	10
Food safety and sanitation in production/plating applied	10
<b>PRESENTATION</b>	<b>30</b>
Choice of garnishes	10
Modern/ Up-to-date plating	10
Correct portion size	10
<b>TASTE</b>	<b>30</b>
Distinct flavors of ingredients	10
Proper seasoning	10
Proper temperature of dishes	5
Balance of nutrients combination	5
<b>TOTAL POINTS</b>	<b>100</b>

### AWARDS AND PRIZES

The Top 3 schools will get an MCL Cup 2017 Plaque/Trophy and the corresponding points to vie for the Overall Winners of MCL Cup 2017. Individual winners of the final round will get corresponding scholarship certificates for SY2018-19 among other exciting prizes.

### CONTACT INFORMATION

For inquiries about the **GASTRONOMIC CHALLENGE** feel free to get in touch with:

**CHEF CHERIZZA CANLAS FILAMOR**

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 Chef-Instructor, Culinary Arts Program  
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For inquiries about MCL Cup 2017, please contact:

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**THE SECRETARIAT**

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