



Malaysia Abilympics Competition

1. Cooking

1. Task Assignment

The task consists in cooking 3 dishes for one person.

- Dish n°1: Cold first dish composed of raw vegetables. Contestants will use 1 carrot, some radishes, 1 red beet, some cauliflower, 1 turnip, 1 cucumber and other ingredients to be revealed on the day of the competition. The goal is to decorate the plate using the provided ingredients. Contestants may use any technique of their choosing.
- Dish n°2: One quail to bone and stuff with chicken liver and mushrooms, with gravy or sauce with a side of seasonal vegetables. Free choice of doneness. Contestants will select and cook 5 vegetables from the contents of a basket to be revealed on the day of the competition.
- Dish n°3: One dessert and its presentation, freely chosen by contestants. However, contestants must pick ingredients from a basket containing fruits, flour, butter, eggs and other elements to be revealed on the day of the competition to prepare the dessert of their choice. Each contestant may bring some personal tools and equipment in order to complete the presentation of their dessert.

2. Allocated Time

5 hours of competition.

3. Requirements

- Contestants must respect the rules of safety and hygiene.
- Contestants may only bring the tools listed on chart. The jury will perform an inspection before the competition and any non-compliant element will be removed.
- Any contestant caught cheating, talking to someone from the public or using a communication device will suffer a penalty of 5 points for the first transgression. A second transgression will lead to an exclusion from the contest.

4. Procedure




- On the day of the competition, contestants will be welcomed by members of the jury on the contest stand. A briefing about the organisation of the competition and the safety rules will be arranged.
- Contestants will draw lots to be assigned to a work station.
- Contestants will have 5 hours to complete the task.










5. List of the provided equipment

Non-exhaustive list.


No.	Equipment	Photo	Qty per contestant	Notes
1	Pans		1 set	1 large, 1 Medium and 1 small
2	Roaster		1	
3	Metallic tray		1	
4	Mixing bowls		2	1 large and 1 small
5	Bain-marie		1	

6. List of tools to be brought for each contestant

No.	Tool	Photo	Qty	Notes
1	Cooking briefcase		1	Contestant's choice
2	Knives		1 set	Contestant's choice of models
3	Spatulas		1 set	Contestant's choice of models

4	Peeler		1	Contestant's choice
5	Whisk		1 set	Contestant's choice of models
6	Ladles		1 set	Contestant's choice of models
7	Curd ladles		1 set	Contestant's choice of models
8	Skimming ladles		1 set	Contestant's choice of models
9	Strainer		1	Contestant's choice of models
10	Oven tray		1	Dimensions 56 x 49 cm, for standard oven
11	Oven shelf		1	Dimensions 56 x 49 cm, for standard oven
12	Weighing scale		1	Contestant's choice of models











7. List of facilities installed at the contest site

No.	Equipment	Photo	Qty	Notes
1	Fridge		1 for every 2 contestants	

2	Worktable		1	
3	Sink + water source		1 for every 2 contestants	
4	Bakery rack		1 for every 2 contestants	
5	Trashcan		1 for every 3 contestants	
6	Electric hotplate		1	
7	Oven		1	

8. List of the principal cooking materials

No.	Product	Photo
1	Carrots	
2	Radishes	
3	Red beets	
4	Cauliflower	

5	Turnips	
6	Cucumbers	
7	Quails	
8	Chicken liver	
9	Portobello mushroom	
10	Wheat flour	
11	Butter	
12	Eggs	
13	Salt & pepper	
14	Rapeseed oil	

9. Evaluation Criteria

No.	Evaluation Criteria	Scoring scale
General : 12		
1	Respect of the safety and hygiene rules	6
2	Optimization of raw materials, waste management	6
Raw Vegetables : 20		
3	Originality –creativity of the first course	3
4	Completion and execution of cutting the vegetables	5
5	Harmony of colors and of the presentation	3
6	Balance of the taste of the vinaigrette	5
7	Respect of the imposed theme	4
The Quail : 40		
8	Deboning of the quail	10
9	Quality of the interior stuffing	5
10	Respect of temperatures, quality of the cooking	5
11	Flavors and taste of the sauce or of the juice	3
12	Harmony and quantity of the side dish	5
13	Balance of taste of the entire dish	5
14	Originality, creativity	7
Dessert : Presentation : 10		
15	Quality of the dessert's shape	5
16	Originality, creativity	5
Dessert : Tasting : 18		
17	Cooking on the various kitchen appliances and dough	5
18	Balance of taste of the whole dessert	10
19	Respect of the time schedule for sending out plates	3
TOTAL POINTS		100