



Vegan/Plant-Based Cuisine Competition Guidelines for Competition Organizers

Introduction

While some people like to dive in headfirst and go 100% Whole Foods Plant-Based overnight, we know that a sudden lifestyle shift isn't for everyone. One of the most powerful steps a person can take to improve health, boost energy levels, and prevent chronic diseases is to move to a Whole Foods Plant-Based Diet.

For this this reason the CCC Vegan/Plant-Based Cuisine Subcommittee, propose the following guidelines for Competition Organizers, to add the new, trendsetting, nutritional Vegan/Plant-Based Cuisine categories to your traditional Culinary Competitions.

General

As the theme of the cooking categories are open to the Competition Organizers, we propose to add one or more of the following 100% Vegan/Plant-based Cuisine categories to your next event:

Hot Cooking Competitions

- Individual Vegan Culinary category for young and senior chefs
- Individual Vegan Pastry category for young and senior chefs
- Individual Vegan Sandwich category for young and senior chefs
- Team of Two category for young or senior chefs
- A complete Vegan competition for National and Junior National teams¹
- A complete Vegan competition for Community Catering Teams ²

Cold Exhibition Competitions

- Culinary Arts and Pastry Arts
- A complete Vegan competition in Culinary Arts and Pastry Arts for Regional Teams ³

^{1 2 3} Or as part of the competition



Samples of Vegan/Plant-Based Cuisine Categories:

#1 Individual Category; Vegan Main Course

- To prepare one 100% Vegan/Plant-Based Main Course dish for 2 portions within 45 minutes
- Dish must be presented on 2 individual plates with appropriate balance of plant-based protein, fruits, vegetables, starch and/or grains and healthy fats.
- Timing must be adhered to

#2 Individual Category; Vegan Pastry

- To prepare one 100% Vegan/Plant-Based Dessert for 2 portions within 45 minutes
- Dish must be presented on 2 individual plates with appropriate balance of plant-based protein, fruits, vegetables, starch and/or grains and healthy fats.
- Timing must be adhered to

#3 Individual Vegan Sandwich Category; Vegan Sandwich

- To prepare 2 different 100% Vegan/Plant-Based sandwiches for 2 portions within 30 minutes
- The 4 sandwiches must be presented on 4 individual plates with appropriate balance of plant-based protein, fruits, vegetables, starch and/or grains and healthy fats.
- Timing must be adhered to

#4 Team of Two Category for Young or Senior Chefs - Vegan Hot Kitchen Competition; Vegan Menu

- To prepare a 100% Vegan/Plant-Based Starter and Main Course for 3 portions within 60 minutes
- The 2 Dishes must be presented on 3 individual plates with appropriate balance of plant-based protein, fruits, vegetables, starch and/or grains and healthy fats.
- Timing must be adhered to

#5 Vegan Competition for National and Junior National Teams; Hot Program and Edible Buffet

- To change the National and Junior National Team Competition to a Vegan/Plant-Based Event

#6 Vegan Competition for Community Catering Teams; 3 Course Menus

- To change the Community Catering Teams Competition to a Vegan/Plant-Based Event



Cold Exhibition Competition

- Culinary Arts and Pastry Arts
- A complete Vegan Competition in Culinary Arts and Pastry Arts for Regional Teams
- One Program Culinary Arts + One Program Pastry Arts

Culinary Arts Program – required elements:

a) Finger food for six (6) persons x four (4) types = 24 pieces

- Weight should be 10 g - 20 g each
- To be eaten in one bite
- Can be served with dipping sauce
- Two different kinds prepared cold, served for six persons
- Two different kinds prepared hot, served cold for six persons
- One separate plate with one piece of each for presentation
- All components must be vegan

b) Cold Buffet Platter

- One cold Festive Vegan Buffet Platter for eight persons and one plate to give to the jury for the optical effect of portion size
- Three main items with one garnish for each main item
- The end pieces must be placed on the platter close to the representing slices
- Festive Buffet Platter must be served with a salad and at least two sauces or chutneys on the side
- Festive Buffet Platter must be displayed in a classic style (one unit)
- All components must be vegan

c) Starters

- One hot vegan starter (appetizer). All components must be hot, presented cold
- Two different cold vegan starters (appetizer). All components must be cold, presented cold
- All served as single portion
- All components must be vegan



d) Five Course Fine Dining Gastronomic Menu for one (1) person, dessert included

- All courses and components must be vegan

Pastry Arts Program – required elements:

a) Four different individual plated Vegan Desserts for one person

- One with chocolate as the main ingredient
- One with fruit as the main ingredient
- Two are the teams' own choice
- All components must be vegan

b) Display of Vegan Sweet Biscuits, Chocolates, Petit fours or Friandises

- For six persons x four types = 24 pieces.
- Weighting 6 g to 14 g each
- One (1) plate with one (1) of each for examination
- All components must be vegan

Note: Processed or pre-formed items such as Beyond Meat, Impossible, Gardein etc. WILL NOT be permitted unless it is a special sponsored category.

The CCC Vegan/Plant-Based Cuisine Subcommittee is available to assist you in developing Vegan/Plant-Based Cuisine categories for your next Culinary Competition.

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