



LA CUILLERE D'OR 2022 - COOKING CONTEST

TERMS & CONDITIONS

"There is a woman in every chef": at all times, women have nourished humanity, initiated it into tastes and flavors. Professionals or amateurs, this trophy was created as a tribute to all the women and their daily contribution to gastronomy.

1 - ORGANIZATION

L'Association La Cuillère d'Or, located at 13 rue de la Barre Nouvelle, 93170 Bagnolet, organizes the Trophée de la Cuillère d'Or "Cuisine". The International final will be held on November 9, 2022 in Paris, France. La Cuillère d'Or - Cooking Contest takes place every two years.

2 - ADMISSION & REGISTRATION

- **2.1 Registering conditions**

Only women over 18 years old can participate.

Every candidate has to have her own public liability insurance.

The competition has two categories:

- Amateurs
- Professionals

- **2.2 Personal data**

In application of the amended law "Informatique et Libertés" of January 6, 1978, participants have the right to access, modify, rectify and delete data concerning them from the organizing association for the duration of the trophy.

- **2.3 Registration form**

Professionals :

- Signed registration form
- Employer details
- Updated resume
- Name, surname and contact details of the chef
- Title of the recipe
- Ingredients list
- Recipe card
- High-definition 10x15 cm color photo of the full dishes
- Explanation of the recipe (maximum 25 lines)

Amateurs :

- Signed registration form
- Updated resume
- Title of the recipe
- Ingredients list
- Recipe card
- High-definition 10x15 cm color photo of the full dishes
- Explanation of the recipe (maximum 25 lines)



3 - CANDIDATES SELECTION

The Organizing Committee will meet on **March 8, 2022** to select the 8 finalists in each category based on the quality of their registration forms. Registration must be done before November 30, 2021.

The complete registration form must be sent by post or email **before January 31, 2022**, postmarked as proof, to **Marie SAUCE BOURREAU 13, rue de la Barre Nouvelle 93170 Bagnolet - France**. Incomplete forms will be rejected.

The recipe should be typed, detailed and self-explanatory.
Recipes list must be accurate and the presentation photo of good quality.

4 - THE FINAL SCHEDULE

- **4.1 Contest**

Each candidate has 2.30h to prepare an identical dish prepared on 8 plates, with 3 garnishes: 1 Crispy, 1 Ethnic and 1 Spicy.

- This dish must be in line with the theme chosen by the organizing committee
- Vegetables, fruits and fresh products must be from French production and in season at the time of the final
- For the other ingredients, the choice of origin is free as long as that the products respect sustainable development.
- All the contents of the plate must be edible

Presentation plates are provided by the organizing association.

Each candidate must return their workstation to their original condition at the end of the contest.

- **4.2 Theme**

The 2022 theme of La Cuillère d'Or - Cooking Contest is :
Shrimps & Cucurbits #hbco (Happy Birthday Cuillère d'Or)

- **4.3 Allocation of numbers and order of turns**

For each candidate the allocation of the workstation will be made by drawing lots
Like the allocation of workstations, the order of turn of each candidate is determined by drawing lots.

- **4.4 Products**

Shrimps and cucurbits will be supplied by our partner METRO CASH & CARRY France.
The other products necessary for the realization of the recipes imposed by the theme of the competition will be brought by the candidates, not prepared. All preliminary preparations except peeling, and, if applicable, those authorized by the organizing committee will be withdrawn by the committee before the beginning of the contest. Only the partners of the 2022 Trophy who will provide the necessary products for the successful completion of their recipe must be respected.



- **4.5 Kitchen tools and equipment**

Candidates can bring any additional equipment and small tools they may consider essential to the success of their recipe within the limit of a volume of 1m³, the excess will be refused by the organizing committee.

A cooking kit will also be made available by the material partner, details will be communicated to each finalist.

5 - JURY & RATINGS

- **5.1 Jury**

For each category, the jury includes:

- 1 president
- 1 commissioner
- 4 “kitchen” jurors
- 8 “tasting” jurors

All members are recognized professionals: Meilleur Ouvrier de France, Michelin-starred Chefs, Specialized Journalists, Presidents of Gastronomic Associations.

The jury's decisions are final. The President of the jury and the Founder of the contest have full powers to rule on any problem whatsoever.

- **5.2 Grading scales**

Each candidate will be judged on the following criteria:

1. Technical Jury

Complete professional outfit and workstation organization	15 pts
Hygiene and workstation restoration	15 pts
Technicality of work	25 pts
Respect of the Imposed Theme	25 pts
Food valuation, waste management	
Compliance with the recipe card	10 pts
Behaviour during the contest	10 pts

TOTAL 100 points

2. Tasting jury

Respect of the theme	20 pts
Respect of the 3 garnishes themes	10 pts
Taste (seasoning and harmony)	30 pts
Presentation & originality	30 pts

TOTAL 90 pts



- **5.3 Delay penalties**
Each candidate will receive a penalty of 5 points per juror and per minute of delay in sending the dish.
- **5.4** Candidates must have an impeccable hygiene, including hand hygiene (washing hands several times), cleaning of surfaces and work surface. The work surface must be cleaned and tidied at the end of the contest.

6 - AWARDS CEREMONY

The decisions of the jury are final. In the event of a tie, the presidents of the jury will decide.

The award ceremony will take place on November 9, 2022 at 6:00 p.m. in the presence of the members of the jury, the organizing committee, personalities of the food industry and the press.

Each candidate must be dressed in full professional attire without any distinguishing marks. The jacket for the ceremony will be given by the organization. A cocktail will follow the ceremony.

Awards for the winners

Professionals

Winner
- € 1500
- Cuillère d'Or Professional Trophy
- Certificate
- Presents from the partners

2nd
- Certificate
- € 700
- Presents from the partners

3rd
- Certificate
- € 700
- Presents from the partners

Amateurs

Winner
- € 1500
- Cuillère d'Or Amateur Trophy
- Certificate
- Presents from the partners

2nd
- Certificate
- € 700
- Presents from the partners

3rd
- Certificate
- € 700
- Presents from the partners



7 - SECURITY & DATA PRIVACY

The organizing committee of the contest is not responsible for any incidents, accidents or malpractice committed directly or indirectly by the candidates.

The Organizing Committee will take all necessary sanitary measures according to the evolution of the pandemic in order to welcome the candidates in the best conditions and in the respect of the barrier gestures. It is asked to all, as far as possible, to also take the precautions in force. Also, and for the safety of all, it is recommended to perform an antigenic test before your arrival.

The organizing committee declines all responsibility for any travel related to the participation in the competition.

The candidates will not be able to object to the use of their names, their recipes and any photo or video image taken during the Cuillère d'Or Cooking Contest. If necessary, they will have to advise the organizing committee of any media or advertising use made by suppliers other than the official partners, or any person mandated by the organization, for possible authorization.

8 - TRAVELLING EXPENSES & IMAGE REPRODUCTION RIGHTS

- **8.1 Travel and accommodation**

The organizers will cover the travel and accommodation expenses of the candidates if necessary, on the following basis:

- Car expenses with receipts (gas, tolls, parking)

- Or train/plane on a maximum basis of 120 euros per candidate

- Hotel the day before and the day of the competition

- Accompanying persons will not be taken in charge

- **8.2 Image Reproduction Rights**

By participating to the Cuillère d'Or Cooking Contest, each participant gives free of charge to the organizing association the right to use her image, her name and her recipe as well as any photo or video image taken during the award. Moreover, each candidate will have to advise the organizing association in the event that media or advertising use would be made by suppliers other than the official partners, or any person mandated by the organizing association for possible authorization.



REGISTRATION FORM - LA CUILLÈRE D'OR - COOKING CONTEST

To be returned no later than November 30, 2021

CATEGORY :

AMATEUR

PROFESSIONAL

(delete as appropriate)

Name :

Surname :

Date of birth :

Address :

Phone :

E-mail :

ONLY FOR PROFESSIONALS :

Complete contact information of the restaurant / hotel in which you currently practice:

Name and contact of the chef you work with:

I, the undersigned _____, certify the accuracy of the above information and accept the terms & conditions of La Cuillère d'Or.

Signed in :

Signature :

Date :



**LA CUILLÈRE D'OR - COOKING CONTEST
RECIPE & EXPLANATIONS**

To be returned no later than November 30, 2021

CATEGORY :

AMATEUR

PROFESSIONAL

(delete as appropriate)

Your name :

Name of your dish and garnitures :

Explanation of your recipe :



LA CUILLÈRE D'OR - COOKING CONTEST

YOUR RECIPE STEP-BY-STEP

To be returned no later than November 30, 2021

CATEGORY :

AMATEUR

PROFESSIONAL

(delete as appropriate)

Your name :

Name of your dish :

Describe your recipe step-by-step :

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**LA CUILLÈRE D'OR - COOKING CONTEST
YOUR INGREDIENTS LIST**

To be returned no later than November 30, 2021

CATEGORY :

AMATEUR

PROFESSIONAL

(delete as appropriate)

Your name :

Your ingredients list :
