

LSU01:- Sushi Competition

1. Each contestant has to prepare 32 pieces of sushi, where half is presented on display and the other half is used for tasting by the judges' committee
2. The following types of Sushi are required:
 - Sushi Nigiri (2 pieces)
 - Hoson Maki (3 pieces)
 - California Maki (3 pieces)
 - Futo Maki (3 pieces)
 - Speciality Maki (3 pieces)
 - Gunkan Sushi (2 pieces)
3. Points Distribution:
 - Competition time: 50 minutes + 10 minutes to clean up the station = 60 minutes total
4. Each contestant is allowed to bring someone to help him/her during the competition (to help wash, bring, assist in equipment gathering and not cooking or plating)
5. The contestants are required to bring their own cutting boards, one for seafood (blue cutting board) and one for vegetables (green cutting board)
6. The contestants are allowed to bring cooked rice but it should be stored according to the HACCP standards and will be checked by the Hygiene committee before being used
7. The contestants are allowed to bring toasted sesame seeds and crispy Tanuki with them but they should be stored according to HACCP standards and presented to the Hygiene committee and the Judging committee before being used in the competition
8. Vegetables such as, avocado, cucumber, carrots, and lettuce, should be brought whole and not already cut
9. The usage of Monosodium or any additives that contain MSG is not allowed and the contestant will be disqualified
10. Each contestant is required to bring his/her show plates for the final plating
11. The contestants are allowed to bring their own garnish with them or can prepare garnish during the competition time
12. The scores will be removed and the contestant will be disqualified if any of the food items have gone bad
13. The contestants are allowed to bring and use the following sauces:
 - Mayonnaise
 - Spicy Mayonnaise
 - Unagi Sauce
 - Sweet Soya Sauce
 - Teriyaki Sauce

Official Sponsors



Awar



أوار



Organized by:



DE CECCO

Bayzar Uniform



MONIN

Talia Communications

14. The organizers will provide the following proteins:

- Salmon
- Tuna
- Unagi
- Crab Sticks
- Ebiko
- Tobiko
- Butterfish

15. The contestants are allowed to bring their own protein with them as long as it is whole (not cut or sliced) and is stored according to HACCP standards

16. The contestants are required to present a Menu to the judges before the competition

17. The contestants are required to bring their own equipment with them such as, knives, spatula, cutting boards, etc... But not heavy duty equipment such as, fridges, freezers, working station, etc....

Grading Criteria:

Taste - 15 points

Flavor of Rice – 10 points

Creativity and Uniqueness – 20 points

Cutting Skills – 15 points

Preparation and Sanitation – 20 points

Presentation and Garnishes – 15 points

Menu Description – 5 points

Total Grade – 100 points

Competition Date and Location:

- Competition will commence from the 23d until the 25th of March

- Location: Four Seasons, Amman

- Time: from 3pm until 8 pm

- Competition Fee: 70 JOD

Medals:

90-100 points – Gold Medal

80-89 points – Silver Medal

70-79 points – Bronze Medal

0-69 points – Certificate

Official Sponsors



Awar



أوار



Organized by:



DE CECCO

Bayzar Uniform



Talia
Communications