

| <b>Additional Competitor Info</b>                    |  |
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| <b>Competition details (including date and time)</b> | <p><b>ST4 - Seabass/Trout Preparation</b><br/> <b>30-minute competition - Daily</b></p> <p>1 whole gutted seabass will be provided by the sponsor this is to be filleted, trimmed, pin boned and Ciseler.<br/> 1 whole gutted trout will be provided by the sponsor this is to be filleted, skinned, trimmed and pin boned.</p>  |
| <b>Additional Information for this class</b>         | As no washing facilities are provided scaling of the fish will have been done for you by the fishmonger. If you are not familiar with the word "ciseler" it is the slashing of the skin to stop the fish curling when it is cooked. When pin boning the trout take extra care not to damage the flesh of the fish. All fish to be presented on a stainless steel tray with the bones and waste   |
| <b>Sponsor</b>                                       | Worshipful Company of Cooks  |
| <b>Arrival Time</b>                                  | <b>Minimum one hour before competition.</b> Please report to Live Theatre registration when you arrive.  |
| <b>Equipment Provided</b>                            | Workstations comprise a stainless steel preparation table and a single 13 amp plug socket, competitors will be expected to supply all other equipment required for their entry.  |
| <b>Hygiene Products Disposables</b>                  | Cleaning chemicals such as sanitisers, degreasers and washing up liquid will be provided. Cling Film, Foil and Baking Paper will be provided.  |
| <b>Ingredients Provided</b>                          | Sea Bass or Trout will be provided   |
| <b>What are judges looking for?</b>                  | Please contact <a href="mailto:andrew.pantelli@freshmontgomery.co.uk">andrew.pantelli@freshmontgomery.co.uk</a> should you wish to view a copy of a Skills Theatre judging sheet.  |
| <b>Feedback</b>                                      | Judges will be available at the Skills Theatre for feedback after the judging has been completed, all competitors should make time to do this.   |
| <b>Results</b>                                       | Results will be announced by the Compere and posted on the results board as soon as possible after judging is complete.  |
| <b>Presentation of awards – Time/Location</b>        | Located on the presentation stage near to the Live Theatre.<br>Exact presentation timings tbc - If your class finishes before 1230hrs it will be at approx. 1330hrs on the day of your competition. If your class ends after 1230hrs it will be at approx. 1600hrs on the day of your competition. If you are competing on Thursday 5th March, it will be at 1515hrs.  |
| <b>Entry into the show</b>                           | All competitors will be automatically registered and will receive their entry badge via email however colleagues and supporters <u>must</u> register online <a href="http://www.hrc.co.uk">www.hrc.co.uk</a>   |
| <b>Arriving at the show and accessing the hall</b>   | HRC is in the South Hall at ExCeL at the West end of the venue. The closest entrance from the Central Boulevard is S2, Skills Theatre is located to the back of the hall to the right of the entrance. If you need drop-off facilities then please proceed to the Lorry Marshalling Yard and go to the Traffic Administration Office. On production of your Salon Culinaire Vehicle Pass (which will be sent to you) you will be directed to the lorryway to gain access to Vehicle Door S5, which is closest to Live Theatre for unloading. There is no facility to park on the Lorryway, once you have finished unloading you must immediately remove your vehicle and proceed to the Orange Car Park.<br><b>Please note if you do not require unloading facilities, for easier and quicker access, please park in the Orange Car Park and proceed with light Equipment to Salon Culinaire Registration.</b> |