

Technical Description

Cooking (Individual)

Skill 20



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1 Skill Overview

1.1 Skill Name and Category

Cooking (Individual), Food

1.2 Number of Competitors

This is an individual Skill Competition with one competitor.

1.3 Competition Time

The competition consists of the following modules:

- Module A: Main Course
- Module B: Dessert

A total of 4 hours 30 minutes is allocated to completing both modules, including plating. Competitors may organise their work across the two modules according to their own schedule. All dishes must be plated and finished by the end of the allocated time.

An additional 30 minutes is allocated for cleaning and restoring the kitchen workstation to its original condition.

1.4 Description of the Skill

The task includes a main course and a dessert made from the ingredients provided. Competitors are expected to design and prepare each dish independently, demonstrating a strong command of culinary techniques, creative presentation, and effective time management.

The skill requires precision, a thorough knowledge of flavour combinations, and the ability to prepare a coherent and balanced meal that meets the given instructions and professional requirements.

2 Task Assignment Overview

2.1 Task Assignment Description and Familiarisation Session

The Task Assignment is the main competition task used to assess the competitors' skills. It defines what the competitors must complete during the competition and forms the basis for all assessments. The final result is evaluated only on the finished work produced during the official competition time.

A familiarisation session is organised on C-1. During this session, competitors may enter the workshop, see the workspace, check the available tools and materials, and ask questions about procedures or practical arrangements. Competitors are not allowed to practise, start, or rehearse any part of the Task Assignment during this session.

The Organiser provides all food ingredients, including seasonings. Competitors may not bring their own ingredients or seasonings.

The Task Assignment will specify the mandatory ingredients and requirements for planning the menu. Each competitor must plan a menu and submit an ingredient list using the designated order form by a deadline to be communicated separately.

2.2 Task Assignment Structure

The competition consists of two modules with a shared competition time of 4 hours 30 minutes. Competitors may organise their work across both modules according to their own schedule. Competitors must plate and finish all dishes within this time. An additional 30 minutes is reserved for cleaning and restoring the kitchen workstation to its original condition.

Competitors must maintain a clean, organised, and safe workstation throughout the competition; work hygienically and ergonomically; use resources economically; and minimise food waste.

All food preparation, cooking, plating, and decoration must be completed at the competition venue within the allocated competition time. Competitors may not bring ready-made decorations or other semi-prepared food products.

Module A: Main Course

Competitors prepare and present four portions of a hot main course in a professional kitchen, following the Task Assignment requirements. The task includes setting up the workstation, preparing ingredients, cooking the main course, and plating the portions.

Competitors must use ingredients economically, apply suitable cooking methods, season the food appropriately, manage their timing, and ensure consistent quality. The portions must be neatly finished, appropriately plated, and ready for assessment by the end of the allocated competition time.

Assessment focuses especially on appearance, plating, and taste, and also considers the appropriate use of the specified ingredients.

The Task Assignment defines the exact requirements for each module, including ingredients, quantities, preparation requirements, presentation requirements, and other task-specific details.

Module B: Dessert

Competitors prepare and present four portions of a dessert, following the Task Assignment requirements. The portions must be consistent in quality, neatly finished, appropriately plated, and ready for assessment by the end of the allocated competition time.

Assessment focuses on ingredient handling and appropriate use, work order, preparation methods, hygiene, taste, texture, appearance, and plating.

The Task Assignment defines the exact requirements for each module, including ingredients, quantities, preparation requirements, presentation requirements, and other task-specific details.

2.3 Task Assignment Technical Requirements

Competitors are required to demonstrate the following skills and knowledge:

- work planning, organisation, and time management;
- correct handling and appropriate use of ingredients;
- appropriate food preparation and cooking techniques;
- control of flavours and textures;
- seasoning and balancing of dishes;
- food hygiene and occupational safety;
- presentation and plating of portions;
- interpretation and presentation of the theme;
- economical use of ingredients and minimisation of food waste;
- appropriate and economical use of supplies, energy, and water;
- correct sorting and recycling of waste;
- safe use of kitchen equipment and tools;
- ergonomic working methods; and
- maintaining a clean, organised, and safe workstation.

The Task Assignment defines the exact requirements, including ingredients, preparation requirements, presentation, and plating, and may include task-specific variations or additional elements.

3 Materials and Equipment

3.1 Materials and Equipment Provided by the Competition Organiser

The Organiser provides the materials, tools, and equipment listed below.

Images are for reference only. They do not indicate a specific brand or model unless otherwise stated in the specifications. Quantities are per competitor unless otherwise stated.

Items will be available at the competitor's workstation or in the designated competition area, as appropriate. Where exact brands, models, or task-specific material details are not specified, these may be confirmed before the competition or defined in the Task Assignment, as appropriate.

No.	Equipment / Material	Picture	Specifications	Quantity
01	GN containers		1/1, 20 mm – 2; 1/1, 40 mm – 1; 1/2, 20 mm – 2; 1/2, 40 mm – 1; 1/3, 20 mm – 2; 1/2, 65 mm – 1; perforated 1/2, 65 mm – 1; 1/1, 65 mm – 1; 1/1, 100 mm – 1; 1/2, 100 mm – 1	1 set
02	Stainless steel bowls		1 L and 2 L	4
03	Sauce bottles			20 per skill area
04	Tasting spoons		For tasting food	5
05	Vegetable knife			1
06	Filleting knife			1

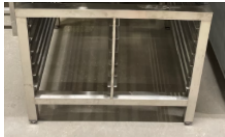
07	Chef's knife			1
08	Peeling knife			1
09	Saucepan		1–2 L; suitable for induction hobs	2
10	Saucepan with lid		1 L; suitable for induction hobs	2
11	Frying pan		Diameter: 24–26 cm; suitable for induction hobs	2
12	Silicone mat			10 per skill area
13	Plastic ladle			2
14	Ladle			1
15	Tweezers			1

			
16	Spatula		1
17	Balloon whisk		1
18	Silicone tweezers		10 per skill area
19	Skimmer ladle		10 per skill area
20	Silicone pastry brush		10 per skill area
21	Grater		10 per skill area
22	Grater		10 per skill area

			
23	Rolling pin		10 per skill area
24	Spatula		1
25	Can opener		5 per skill area
26	Scissors		1
27	Sieve		1
28	Potato press		5 per skill area
29	Oven mitts		2
30	Oven trays		4

31	Cutting boards			2
32	Measuring set		Various sizes, from one spice measure to 1 dL	1
33	Kitchen scale			1
34	Piping nozzles		Plain and star piping nozzles	20 per skill area
35	Piping bags		Disposable piping bags on a roll	5 rolls per skill area
36	Plastic food containers with lids		0.5 L	80 per skill area
37	Electric mixer			10 per skill area
38	Ring moulds		Different sizes	20 per skill area
39	Main course plates		White, unprinted porcelain; max. 32 cm	4
40	Dessert plates		White, unprinted porcelain; max. 28 cm	4



41	Induction hob		2
42	Combi oven		Conventional dry heat (convection) and moist heat (steam) 1
43	Storage rack		For GN containers 1
44	Trolley		1
45	Mixer		For mixing and whipping 1
46	Blender		1
47	Fridge		1 per 2 competitors
48	Freezer		

				1 per skill area
49	Sink and water supply			1
50	Refrigeration		For rapid cooling of food products	1 per skill area
51	Microwave oven			2 per skill area
52	Cutter		For grinding, chopping, and mixing ingredients and preparing sauces, pastes, and mixtures	4 per skill area
53	Hand blender			5 per skill area
54	Silicone mould		Eight cylindrical cavities; each approximately 6 cm in diameter, 4 cm high, and 120 ml in volume	1
55	Stainless steel work table			3
56	Protective gloves			Sufficient quantity

57	Ingredients	The Task Assignment or module-specific instructions will specify the ingredients, as appropriate.	Sufficient quantity
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Note: Some utensils are shared, and fewer items are available than workstations. Competitors may therefore need to wait to use them.

3.2 Materials and Equipment Supplied by Competitors

Competitors may bring only the materials, tools, and equipment listed below. Personal tools and equipment must fit within a toolbox or tool case suitable for checked luggage, with a maximum total weight of 23 kg, including the toolbox or case. This requirement does not apply to clothing, footwear, personal protective equipment (PPE), or equipment required due to the competitor's condition or special needs and agreed in advance with the Organiser.

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The toolbox or tool bag must be sealable and labelled with the competitor's name and country. No exact dimensions in centimetres are specified. It must fit entirely within the competitor's own workstation without obstructing movement or compromising occupational safety.

No.	Equipment / Material	Picture	Specifications	Quantity
01	Food thermometer		Competitor's choice	1
02	Personal knives		Chef's knives, paring knives, and other personal knives; competitor's choice	Competitor's choice
03	Additional hand tools and accessories		Tweezers, palette knives, piping bags, and moulds not included in the Organiser's equipment list	1 set
04	Timer		Digital or analogue; competitor's choice	1

No.	Equipment / Material	Picture	Specifications	Quantity
05	Chef's uniform		Chef's jacket, long trousers, apron and chef's hat or other suitable head covering	1 set
06	Safety footwear		Closed, non-slip footwear suitable for professional kitchen work	1 pair
07	Notes and recipes		Competitor's choice	1 set

3.3 Prohibited Materials and Equipment

Competitors may use only the materials, tools, and equipment listed in Sections 3.1 and 3.2, unless otherwise authorised by the Skill Manager or Chief Judge. This restriction does not apply to clothing, footwear, or personal protective equipment (PPE) required in Section 4.1, or to equipment required due to the competitor's condition or special needs and agreed in advance with the Organiser.

All other materials, tools, and equipment are not permitted.

4 Skill-Specific Requirements

4.1 Skill-Specific Requirements

The Skill-Specific Requirements below apply to this Skill Competition and must be followed in addition to the Abilympics Competition Rules. The Skill Manager or Chief Judge may provide additional instructions, as needed, to ensure the competition is conducted safely and fairly.

Topic	Skill-Specific Requirements
Materials and tools provided by the Organiser	Competitors must check all materials, tools, and equipment provided by the Organiser before the competition begins. If anything is missing, damaged, or defective, competitors must immediately inform the Judges. No replacements will be provided after competition time has commenced, unless authorised by the Judges. If equipment provided by the Organiser fails and the failure is confirmed not to have been caused by the competitor, the Chief Judge may grant additional time. A kitchen assistant is responsible for washing the dishes and may not assist the competitor with the competition task.
Use of personal tools	Competitors may bring and use only the personal tools, materials, and equipment listed in Section 3.2. Equipment or containers already provided by the Organiser may not be brought, except for personal items explicitly permitted in Section 3.2. Personal ingredients and seasonings, ready-made decorations, other semi-prepared food products, and blowtorches are not permitted. The Organiser provides all food ingredients. Judges will inspect all toolboxes and tool bags before the competition begins to verify that they contain only permitted items. Items that do not comply with the requirements will be removed. This restriction does not apply to equipment required due to the competitor's condition or special needs and agreed in advance with the Organiser.
Personal protective equipment (PPE)	The Organiser provides protective gloves.
Clothing / Uniform	Competitors must wear a chef's uniform suitable for work in a professional kitchen. The uniform must include a chef's jacket, long trousers, apron, suitable footwear, and a chef's hat or other suitable head covering. Clothing must not display large commercial logos or promotional branding. Small, non-distracting brand marks are permitted.

Topic	Skill-Specific Requirements
Sideline coaching	Competitors must remain at their workstations or within the designated competition area during competition time, unless authorised to leave by the Judges. Competitors may not communicate with other competitors or members of the public during competition time. Competitors may communicate with Judges, Interpreters, personal assistants, and other authorised persons when required. The role and permitted involvement of a personal assistant must be agreed in advance with the Organiser based on the competitor's condition or special needs.
Use of technology	Competitors may not use personal laptops, tablets, mobile phones, smartwatches, or other personal communication or electronic devices during competition time. Competitors must store such devices away and may access them only during the lunch break or at the end of the competition day. This restriction does not apply to devices required due to the competitor's condition or special needs and agreed in advance with the Organiser. Judges and Interpreters may use devices required for their official duties only as agreed by the Skill Manager and the Chief Judge. The Skill Manager and the Chief Judge may use devices required for competition management and will specify any additional restrictions or permitted device use within the competition area.

5 Assessment Framework

5.1 Assessment Principles

All Abilympics Skill Competitions are marked out of 100 points.

Points are divided between criteria that reflect the required skills and expected outcomes.

Two methods of assessment are used:

- **Measurement:** objective, factual scoring (e.g., size, accuracy).
- **Judgement:** expert evaluation of quality, technique, and artistic choices.

5.2 Assessment Areas

Detailed marking criteria and scoring are provided in the Task Assignment.

Assessment focuses on the following key areas:

Assessment Area	Points
Module A: Main Course	60
Module B: Dessert	40
Total	100