



France-Ireland  
network  
for Culinary Arts,  
Hospitality and Tourism



## FICAHT 2023

### ***Franco-Irish Cook & Serve Competition***

**2023 Theme : Sustainability, Innovation and Teamwork**

**Organized by the lycée Christian Bourquin à ARGELÈS-SUR-MER (France)**

#### **1. Purpose**

Spearheaded by the French Ministry of Europe and Foreign Affairs under the haut patronage of most renowned chef Alain Ducasse, [Good France](#) (*Goût de France* in French) offers cuisine aficionados on the 5 continents a chance to truly appreciate the fine flavours of French cuisine on the 29th of March 2023. Following the success of the previous editions of the competition, which were held in Dublin, Paris and Galway, we are pleased to announce the 2023 edition.

To highlight this event METRO and the [Embassy of France in Ireland](#) will come together to launch the next edition of the ***Franco-Irish Cook & Serve Competition*** organized by the Lycée Christian Bourquin in Argelès-sur-Mer.

#### **2. Terms & Conditions :**

**New format in 2023, in order to promote the complementary professions of cooking and service, we propose a new competition format based on teamwork of 4 students (2 in the kitchen and 2 in service: 1 French in the kitchen + 1 French in service from the same school and 1 Irish in the kitchen + 1 Irish in service from the same school) who will produce and serve a 3- course meal + drinks.**

Participants will be divided into 2 categories :

## STRAND 1

**Ireland:** Up to and including QQI level 6 to include students on apprenticeship and SPRINGBOARD programmes.

**France:** Up to and including Bac Pro / CAP

Up to 6 French finalists and as many Irish finalists will participate in the final at the Lycée Christian Bourquin in ARGELÈS-SUR-MER on Wednesday 29 March 2023.

Cookery and service students from top establishments in France and Ireland will be invited to produce and serve a three-course menu celebrating Irish and French produce.

### **A starter:**

- A recipe based on shrimp / prepared by the cooks
- Shrimp recipe / prepared in the kitchen office by the waiters
- Service techniques to be implemented: commercial argumentation in English (waiters)

### **A dish: (made by the cooks)**

- A chicken breast (served on a skewer) recipe / a potato garnish and a baby carrot garnish.
- A complementary sauce for the chicken skewer
- Service techniques to be implemented: service of a wine from a bucket, service in French and English.

### **A dessert: (made by the cooks)**

- Chocolate tart for 4 persons / orange segments
- Technical sheet for dessert (chocolate orange tart / custard only as a suggestion)
- Techniques to be used (service): gueridon table technique (cutting or presentation...), service in French and in English.

### **Drinks: (prepared and served by the waiters)**

- Non-alcoholic cocktails
- White wine : *Mas Christine* / Red wine: *Mas Christine* / Lager or stout : *Canya*

**For the selection of the finalists**, the candidates in the kitchen and in service will have to work on the following techniques:

- **For the waiters:**
  - Creation of a non-alcoholic cocktail (elderflower cordial / fruit juice / lemonade): technical sheet to be provided by the candidates.
  - Table decoration on the theme of spring: description (sketch possible)
- **For the cooks:**
  - Create a recipe based on shrimps
  - Create a chicken breast (served on a skewer) recipe / a potato garnish and a baby carrot garnish
  - Create a complementary sauce for the chicken skewer

## STRAND 2

**Ireland** - Culinary programmes at QQI Level 7 & 8 - full or part-time.

**France** - Culinary students Post Bac

Up to 6 French finalists and as many Irish finalists will participate in the final at the Lycée Christian Bourquin in ARGELÈS-SUR-MER on Wednesday 29 March 2023.

Cookery and service students from top establishments in France and Ireland will be invited to produce and serve a three-course menu celebrating Irish and French produce.

**A starter :**

Seafood platter: smoked fish / oysters / service work

Service techniques to be implemented: commercial argumentation in English

**A dish:**

Create a chicken breast (served on a skewer) recipe/a potato garnish and a baby carrot garnish.

Create a complementary sauce for the chicken skewer.

Service techniques to be implemented: serving a wine from a bucket, serving the side dishes French style service, service in French and English.

**A dessert:**

Free recipe integrating two main ingredients: citrus fruit and chocolate

Service techniques to be implemented: gueridon table technique (cutting or presentation or flambéing...), service in French and English.

**Drinks:**

- Non-alcoholic cocktails
- White wine : *Mas Christine* / Red wine : *Mas Christine* / Lager or stout : *Canya*

**For the selection of the finalists**, the candidates in the kitchen and in service will have to work on :

- **For the waiters:**

- Creation of a non-alcoholic cocktail: technical sheet to be provided by the candidates.
- Opening oysters in the kitchen office
- Table decoration on the theme of spring

- **For the cooks:**

- Create a recipe based on hot oysters,
- Create a chicken breast recipe/a potato garnish and a baby carrot garnish.
- Create a complementary sauce for the chicken skewer
- Create a dark chocolate and citrus dessert.

Teams of 4 will be formed (2 in the kitchen and 2 in service: 1 French in the kitchen + 1 French in service from the same school and 1 Irish in the kitchen + 1 Irish in service from the same school) who will produce and serve a 3-course menu and drinks (for 4 persons).

Please note : for the selection of the finalists, photos **are not compulsory**.

**For the two strands:**

Each team will be given a list of ingredients at their disposal at the time of the announcement of the selected finalists and will have until the 8th March 2023 to prepare the final menu and the service according to the imposed techniques and send the required documents. The French and Irish students who will be in the same teams will benefit from each other's expertise.

### 3. Theme

The pandemic has revealed the urgency of global actions for health, climate, and nature and has reconnected people to their close environment. The theme chosen reflects new approaches to cooking and the need for close collaboration between the kitchen and service teams to optimize the customer experience. Students will be asked to take into account requirements for sustainable meals: zero waste, local and healthy ingredients etc. Innovation should also be at the heart of the menu proposed by the competitors. Innovation could be present in the cooking techniques, recipes etc.

Relevance to the theme will be part of the evaluation criteria during the selection phase and the final phase.

### 4. Participation

This contest is free to enter and open to culinary students in full-time education in participating Higher Education institutions in France and Ireland who are 16+ years on the day of the final and wish to participate in the recipe contest.

The organizers will consider as a participant any person who has applied and sent all the required documents, accepting all the terms and conditions of the contest, the awarding of the prize and agrees to be present in Argelès-sur-Mer from Tuesday 28th March 2023 until Wednesday 29th March 2023 (departure).

The Cook & Serve final will take place on Wednesday 29th March 2023 (7:30am-2pm + award ceremony) at the Lycée Christian Bourquin. Travel, accommodation and catering costs of the finalist and his/her mentor in relation to the contest will be covered by the organizers, partners and sponsors.

Participants must provide contact information: name, surname, country, institution, links to social network(s), email address and phone number. Organizers will have the right to communicate on names and institutions of participants, elements of participation and photos taken during the competition and related events on social networks, websites and in the press.

### 5. Procedure and rules of participation

The competition will follow the following process:

- **18 November 2022:** Opening of the registration of institutions for the competition.
- **5 December and 12 Decembre 2022:** An online meeting will take place at 10h30 Irish time to answer any possible questions. This meeting will be recorded and made available.  
<https://us06web.zoom.us/j/87948753436?pwd=bIF6ZFEvTUUyVi9VK3A1UytCNkd1dz09>
- **16 December 2022:** End of registration: Registration of pupils/students selected by their institution and their tutors. (Google Form 2):  
<https://forms.gle/1SNBbdfJSC54vtD67>
- **13 January 2023:** announcement of finalists (French-Irish pairs will be formed randomly) and list of ingredients to be used for the competition day.

- **8 March 2023:** the short-listed candidates will send the technical sheets of their recipes.
- **29 March 2023: Final in Argelès-sur-Mer**

Participants meeting the criteria set out in the general Terms & Conditions for their strand may participate by providing their proposal to the competition leader in their school.

Each participating establishment will report on the number of candidates submitted and select champions who will be allowed to continue in the competition, [no later than 16 December 2022.](#)

- Each **French institution** may select up to two pairs of champions (kitchen and service / one pair per strand).
- Each Irish **Technological University** may select up to four pairs of champions (kitchen and service / two pairs per strand).
- Each **Irish college affiliated to the ETBs** may select up to four pairs of champions (kitchen and service / two pairs per strand).

The selection of champions will be made through multimedia files sent by the candidates following the recommendations indicated in part 2 - Terms & Conditions, [no later than 16 December 2022.](#)

For French participants: Fluency in English is recommended.

Each team will have until the beginning of March to work on their menu and presentation and send their final proposal to the organizers. Teams may request 1 ingredient not included in the basket (provided the ingredient is easy enough to find in Ireland).

Each participant is solely responsible for the content and photographs he/she sends and guarantees that he/she is the author or has the necessary rights and permissions from the author or owner for its use. The competition organizers accept no responsibility for any claims for infringement of intellectual or industrial property rights or photo rights.

## **6. Judging Panels**

The finalists will be selected by a jury composed of:

- Representatives of the Irish Embassy in France
- Representatives of the partner METRO (France)
- Representatives of the partner in Ireland
- Representatives of the TUs
- Representatives of the ETBs
- Representatives of the French Ministry of Education
- Chefs and service professionals from France and Ireland

The composition of the jury will be announced in early January 2023.

## **7. Prize**

Each participant will receive a certificate of participation.  
Each finalist will receive a prize for their participation.

## **8. Promotion**

The competition will be promoted on the communication channels of the organizers and partners.

All the proposals received from participants will be promoted during the competition final.

Videos/animations of 1 to 3 minutes presenting the events in Argelès-sur-Mer (competition and prize-giving) and the gastronomic experiences of the finalists in France and Ireland, highlighting the contribution of the partners. The videos will be promoted via the YouTube channel of the French Embassy in Ireland and the GHT Campus YouTube channel.

### **Partners**

