



8th International Abilympics

Vocational Skills Contest

V12. Cooking

1. Task Assignment

Dish 1: Potato Cream Soup

Dish 2: Pork Cutlet with mushroom sauce

Dish 3: Fruits Crepes Suzette

2. Allocated Time

3 Hours

3. Requirements


- Contestants must wear uniforms (hat, top, apron and shoes that are suitable for cooking)
- All 3 dishes shall be submitted to the judges at the same time. (Dish 1, Dish 2, Dish 3).
- All task dishes shall be cooked for two persons.
- All dishes must be placed on the exhibition desk 10 minutes before the end of the contest.
- Contestants must take care not to hurt themselves when using fire, oil, boiling water etc.
- Cooking methods of tasks shall be followed.


4. List of Materials to be Provided

No.	Ingredient	Specification	Unit	Qty per person	Qty for joint-use	Note
1	Pork	Loin	g	600		
2	Carrot	Washed	g	100		
3	Young pumpkin	General	g	100		










No.	Ingredient	Specification	Unit	Qty per person	Qty for joint-use	Note
4	Onion	Peeled	g	50		
5	Champignon	Middle-size	Each	5		
6	Demi-glace	Heinz can	ml	300		
7	Dime	Fresh	Stem	1		
8	Bay leaf	Dried	Leaf	1		
9	Potato	100g	Each	4		
10	Cooking oil	For frying	ml	500		
11	Bread crumbs	Fresh	g	60		
12	Egg	60g	Each	3		
13	Flour	Medium wheat	g	130		
14	Vanilla	Liquid	ml	10		
15	Milk	General	ml	120		
16	Butter	Salt-free	g	100		
17	Welsh onion	White part	g	50		
18	Whipped cream	For cooking	ml	300		
19	Bread	For making sandwiches	pc	1		
20	Stock	Chicken	ml	600		
21	Salt	Premium pure	g	30		joint-useable
22	Pepper	White	g	1		joint-useable
23	Orange	Fresh	Each	1/2		
24	Apple	Fuji	Each	1/2		
25	Kiwi	General	Each	1		
26	Orange juice	General	ml	200		
27	Musk melon	General	Each	1/8		
28	Sugar	Refined	g	150		

5. List of Tools to be Brought







No.	Tool	Picture	Specification	Unit	Qty	Note
1	Knife		Chef's knife	Each	1	

No.	Tool	Picture	Specification	Unit	Qty	Note
2	Frying pan		30cm in diameter	Each	3	

6. List of Facilities Installed at Contest Site

No.	Equipment	Picture	Specification	Unit	Qty	Note
1	Stove		4 bodies	Each	1 per contestant	
2	Sink		2 bodies	Each	1	Joint-usable by 2 contestants
3	Freezer-refrigerator		For industrial use	Each	1	Joint-usable by 4 or 6 contestants
4	Blender		1.5L	Each	1	Joint-usable by 2 contestants
5	Chopping board		100cm × 40cm	Each	1 per contestant	
6	Main plate		33cm in diameter, with border	Each	2 per contestant	
7	Soup bowl		25cm × Depth 5cm	Each	2 per contestant	
8	Desert plate		Diameter 30cm × depth 3cm	Each	2 per contestant	
9	Square tray		50cm × 40cm	Each	1 per contestant	

No.	Equipment	Picture	Specification	Unit	Qty	Note
10	Detergent		For dishwasher			Equipped for joint-use
11	Stainless bowl (for cooking)		30cm in diameter	Each	2 per contestant	
12	Paper towel		30cm for kitchen use	Roll	2 per contestant	
13	Worktable		Lower cupboard (600 x 750 x 850)		1 per contestant	
14	Stainless bowl		20~30cm in diameter	Each	1 per contestant	
15	Measuring spoon		3 sizes	Each	1 per contestant	
16	Meat hammer		General	Each	1 per contestant	
17	Spoon		Table spoon	Each	3 per contestant	
18	Kitchen towel (cotton)		20cm on one side	Each	3 per contestant	
19	Pot		15~20cm in diameter	Each	3 per contestant	with handle

No.	Equipment	Picture	Specification	Unit	Qty	Note
20	Chopsticks (for cooking)		40cm	Each	1 per contestant	
21	Plate		20cm in diameter (plastic)	Each	3 per contestant	For placing ingredients
22	Plastic wrap		(40 x 500)	Roll	1 per contestant	
23	Wooden rice scoop		30cm in length	Each	1 per contestant	
24	Fine strainer (sieve)		30cm in length	Each	1 per contestant	
25	Electronic scale			Each	2	For distributing ingredients

7. Evaluation Criteria

No.	Main Items to be Evaluated	Marking
1	Hygiene	10
2	Preparation	30
3	Working Process	30
4	Taste	10
5	Color	10
6	Serving	10
Total		100