



**La Salle University**  
**School of Tourism and Hospitality Management**  
(Home of Northern Mindanao HRM Schools Premiere Culinary Congress)  
In cooperation with



**COMMISSION ON HIGHER EDUCATION**  
Region 10



**TECHNICAL EDUCATION SKILLS DEVELOPMENT AUTHORITY**  
Province of Misamis Occidental

*Invites you to the*



## **5<sup>th</sup> Regional Culinary Congress**

*(Northern Mindanao HRM Schools Premiere Culinary Congress)*

**Theme:** PROMOTING CULINARY TOURISM OF THE PROVINCE

**September 24-25, 2010**

**La Salle University- Arts Center**

**COOKING DEMONSTRATIONS**

**NATIVE FISH-LAYA COOKING COMPETITION**

**BOUNTY FRESH COOKING COMPETITION**

**CAKE DECORATING COMPETITION**

**EXHIBITS OF MISAMIS OCCIDENTAL DELICACIES**

**TABLE SETTING EXHIBITS**

**TANDUAY BARTENDING & FLAIRTENDING COMPETITION**

**Inter-Collegiate Region-10**

**SEMINAR ON CULINARY TOURISM**

**SEMINAR WORKSHOP ON HOTEL HOUSEKEEPING**

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## **DAY 1 PROGRAM**

6:00-8:00AM	Registration	LSU students/other schools
8:00-9:00AM	Invocation	University Chorale
	Philippine National Anthem	University Chorale
	Keynote Speaker	Dr. Zenaida Gersana OIC Regional Director Commission on Higher Education-10
	Intermission	University Chorale
	Recognition of the Participating Schools	Rodelo T. Salbuero, MBA Dean, STHM President, Council of HRM Deans Region 10
9:00-10:30AM	Fish Laya Cooking & Fruit Carving Intermissions	Maehara Flores STHM Acoustic Band Ella Bucog Boys 2 Voice Wat CRU STHM Divaz Dance Society
10:30-12:00NN	Cake Decorating Competition – Inter School	
12:00-1:30PM	Noon Break	
1:30-3:15PM	Bounty Fresh Cooking Competition – Inter School Intermissions	Cultural Dance (Danen-ao) STHM Extreme Movers Dance Sport
3:15-5:00PM	Bartending & Flairtending Competition	

## **DAY 2 PROGRAM**

7:00-8:30AM	Registration	
8:30AM	Invocation	FHARO Officers
	National Anthem	Maehara Flores
9:30-12:00NN	Seminar on Hotel Housekeeping Speaker: Mr. Noel Gomez Executive Housekeeper Cebu Grand Hotel, Cebu City	(Reg. fee P150.00 per student)
12:00-1:30PM	Noon Break / Registration	
1:30-3:30PM	Seminar on Culinary Tourism Speaker: Mr. Karl Imanuel Aoanan Provincial Tourism Officer Misamis Occidental	(Reg. fee P150.00 per student)
3:30PM-5:00PM	Awarding and Giving of Certificates	

MLG



Republic of the Philippines  
Office of the President  
**COMMISSION ON HIGHER EDUCATION**  
REGION X

Cagayan de Oro City  
e-mail address: [chedx@hotmail.com](mailto:chedx@hotmail.com)

**JUN 18 2010**

June 16, 2010

**THE PRESIDENT/HEAD**  
**Public and Private Higher Education Institutions**  
**Region X**

Through : The Deans/Program Heads  
Schools offering the BSRM/BSHM/BS Tourism and other allied courses

Sir/Madam:

Once again, the School of Tourism and Hospitality Management of La Salle University, Ozamiz City will sponsor and hold the 5th CULINARY CONGRESS scheduled on September 24-25, 2010 at the La Salle University Arts Center. The event aims to provide the students an exposure to different activities that will enhance their skills in the field of culinary and food service.




The two-day affair will showcase skills in different activities like cooking demonstrations, cake decorating and bartending competitions; and a Seminar on Culinary Tourism.

You are therefore encouraged to send the dean and/or program head and other interested participants to this 5th CULINARY CONGRESS.

For more inquiries, please contact Mr. Rodelo T. Salburo, MBA, Dean, School of Hospitality Management, La Salle University, Ozamiz City, telephone no. (088) 5211010/5210342.

Thank you very much for your usual support and cooperation.

Very truly yours,

  
ZENAIDA G. GERSANA, Ph.D.  
OIC, Office of the Director IV  
 

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## ***Competition guidelines***

1. Competitors should be a bonafide HRM/HM student of an accredited TESDA or CHED institution.
2. LSU-SHM shall not be held responsible for any claims, demands and expenses resulting from damage, loss or theft of competition materials, exhibits at the exhibition area on build up, actual exhibition and the event duration.
3. Competitors should bring their own equipment and utensils to be used in the competition.
4. Only number tags provided by the marshals are allowed to be used. After the judging, each school may put its own logo on the side.
5. All set-ups should be completed within the time frame allocated by the chairman of the competition committee.

## ***Awards***

Awards/ Trophies and a cash prize will be given to the winners per event. Certificate of Recognition will also be given to the school.

## **Inter- school competitions**

Native Fish- Laya Cooking Competition	Team (2)
Mini Cake Decorating Live <i>Theme: Wedding</i>	Team (2)
Bounty Fresh Chicken Cooking Completion	Team (2)
Tanduay Bar- Flairtending Competition	Individual

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## **Mini cake decorating**

1. Each team will be composed of two (2) persons.
2. Participants have to provide (3) finished cake of any flavor. Should either be round (4 inches diameter) or square (4 inches X 4 inches).
3. Real cake based should be used.
4. Decorative materials must be edible. Artificial materials will not be allowed.
5. No fresh flowers allowed.
6. Time allotted is one hour and 30 minutes
7. Finished entries will have to be displayed and can be removed at 4pm on the first day of the Culinary Congress.

### **Criteria**

Degree of difficulty	0 – 30 points
Artistic and creativity	0 – 25 points
Teamwork	0 – 25 points
Originality/ Execution based on theme	0 – 20 points
Total	100 points

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## **Bounty Fresh Chicken Cooking Competition**

1. Participants will be required to submit the recipe (2) two hours prior to the start of the competition to the organizer. Submitted recipes will be one of the bases for judging.
2. Participants have to register with the Organizing Committee two hours before the actual competition time. Absolutely no excuses will be accepted for tardiness where the penalty is disqualification.
3. Participants must bring their own tools, knives, pots, pans, small electrical or mechanical tools or any special equipment not found in the kitchen provided by the Organizing Committee.
4. Work places will be set up for the teams, each having a stove with open gas burners. and shared Chillers and freezers will be provided for the participants. A water dispenser will also be provided.
5. The participants will be given a maximum of one hour to cook all three dishes. Every team should have two plates of each dish, one for tasting and one for display.
6. The plates to be used will be provided by the participants. It can be in any shape or color but strictly without any logo or identifying marks. Penalty is disqualification.
7. The kitchen area is off limits to all contestant escorts. Coaching from the public is prohibited.
8. Certificates of participation will be given to all teams.

### **Criteria**

#### **TASTE**

**40 points**

*Good flavor and taste, not overpowering, should have good flavor combination*

#### **PRESENTATION**

**30 points**

*Dishes should be appetizing and tastefully pleasing to the eye, slices should be moderate, portions correctly calculated and easily accessible.*

#### **CORRECT PROFESSIONAL PREPARATION**

**15 points**

*Classical names should correspond to original recipes and preparations must be correct and display mastery of basic skills, application of correct cooking methods*

#### **HANDLING/HYGIENE**

**15 points**

*Attention paid to hygiene during preparation of food and proper handling from establishment to competition venue in accordance with HACCP.*

**TOTAL POSSIBLE POINTS 100 points**

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## **Bar-Flairtending competition**

1. Competitor must be a registered participant.
2. Competitors must submit their recipes not later than the competition proper to the organizer of the competition. The organizer reserves the right to reject any entry that does not conform to the rules and has the right to have exclusive property of all submitted entry recipes.
3. Contestants are encouraged to dress in decent attire appropriate to the profession they represent. No logo identification or any brand products are allowed on their attire, props and utensils or glasses used.
4. Competitors are provided with competition numbers.
5. Contestants should arrive at least an hour before the competition. Late arrivals will lead to disqualification.
6. Each contestant shall create one original cocktail recipe of any category.
  - a. The cocktail must contain only one (1) distilled spirit as base.
  - b. No pre- mixed or homemade ingredients in a bottle or container are allowed.
  - c. No food dyes are allowed.
7. Contestants shall use a standard measure to determine the volume of ingredients.
8. Garnish should come from edible fruits or vegetables. No artificial or manufactured items are allowed. Garnish should be pre-cut in one common room assigned by the organizer.
9. Contestants must prepare an entry good for 2 portions on the spot, simultaneously under a time limit of six (6) minutes. A portion will be garnished for display and the second portion will be divided into 3 for the judges with no garnish. Contestants shall serve the mixed drink to the judges and deliver the other portion in the display area. 6 minutes given time will commence the routine and showmanship; from the start of the music and upon signal by the participant.
10. Contestants shall provide the ingredients, equipments, tools and other paraphernalia on the stage performance.
11. Contestants are not allowed to watch the actual competition. Points will be deducted if found to have violated this rule.
12. No coach/ assistant will be allowed in the participant's area.

### **Criteria:**

Taste and Presentation	30 points
Flairtending/ Technical aspect	30 points
Spillage (cleanliness/ orderliness)	20 points
Timing and Entertainment value	<u>20 points</u>
Total	100 points