



DISH CRITERIA

- The competition is open to customers of Pallas Foods only.
- Competitors must create a main course dish for 2 covers taken from a Slaney Valley Lamb Shoulder.
- Suitable garnishes will need to be served with the protein element of the dish.
- Recipe methods for the dishes, including allergens with image to be submitted via www.pallasfoods.com/lambcompetiton by midnight 24th April 2020.
- A panel of judges will select the best recipes to be invited to a Semi Final.
- Semi Finals take place on 12th & 13th of May 2020 at Pallas Foods Dublin Development Kitchen.
- The Finals will take place on May 28th 2020 in Pallas Foods Dublin Development Kitchen.
- Competitors must attend the Semi Final at the allocated time, with all ingredients and equipment necessary to complete their task.
- A menu description along with the recipes, methods for the dishes, including allergens must be provided at the time of the competition.
- The competitor has 1hr 30mins to butcher a Slaney Valley Lamb Shoulder **493132** on the bone provided by Pallas Foods. All other ingredients to be provided by the competitor. The skills test will be to cleanly debone the shoulder and use all muscles in the creation of the Dish with the exception of the Lamb Fore Shank.

- No prior preparation is allowed. However, the competitor may bring previously slow-cooked ingredients or sous-vide, but you must demonstrate the skills and preparation involved in its creation. Basic peeling and cleaning of vegetables is recommended.
- Competitors should be aware of sustainable work practices and attempt to incorporate these where possible in the preparation of their dishes. Waste and over production of food should be avoided. Sensible choices, good use of ingredients and portion size of the final dishes being presented should also be observed.
- If you have any questions, please email patrick-clement@pallasfoods.com