

Additional Competitor Info	
Competition details (including date and time)	ST3 - Lemon Sole Filleting 30-minute competition - Daily Prepare 2 each lemon soles to be provided by the sponsor, both are to be filleted and skinned. 2 fillets to be left whole, 2 as delice, 2 as paupiette, 2 cut to Goujons
Additional Information for this class	As no washing facilities are provided scaling of the fish will not be required. Bones to be prepared and presented for use in fish stock with all trimmings. The presentation of the 4 cuts of fish are to be on a stainless steel tray with competitor supplying means of securing the paupiettes if required.
Sponsor	Worshipful Company of Cooks
Arrival Time	Minimum one hour before competition. Please report to Live Theatre registration when you arrive.
Equipment Provided	Workstations comprise a stainless steel preparation table and a single 13 amp plug socket, competitors will be expected to supply all other equipment required for their entry.
Hygiene Products Disposables	Cleaning chemicals such as sanitisers, degreasers and washing up liquid will be provided. Cling Film, Foil and Baking Paper will be provided.
Ingredients Provided	Lemon Soles will be provided.
What are judges looking for?	Judges will be looking at all elements of the preparation during the competition and penalties awarded for running over time. Please contact andrew.pantelli@montgomerygroup.com should you wish to view a copy of a Skills Theatre judging sheet.
Feedback	Judges will be available at the Skills Theatre for feedback after the judging has been completed, all competitors should make time to do this.
Results	Results will be announced by the Compere and posted on the results board as soon as possible after judging is complete.
Presentation of awards – Time/Location	Located on the presentation stage next to the Skills Theatre. Exact presentation timings tbc - If your class finishes before 1230hrs it will be at approx. 1330hrs on the day of your competition. If your class ends after 1230hrs it will be at approx. 1600hrs on the day of your competition. If you are competing on Weds 23 March, it will be at 1530hrs..
Entry into the show	All competitors will be automatically registered and will receive their entry badge via email however colleagues and supporters <u>must</u> register online www.hrc.co.uk
Arriving at the show and accessing the hall	HRC is in the North Hall at ExCeL at the East end of the venue. The closest entrance from the Central Boulevard is N11, Salon Display is located to the end of the hall. If you need drop-off facilities then please proceed to the Lorry Marshalling Yard and go to the Traffic Administration Office. On production of your Salon Culinnaire Vehicle Pass (which will be sent to you) you will be directed to the lorryway to gain access to Vehicle Door N22, which is closest to Live Theatre for unloading. There is no facility to park on the Lorryway, once you have finished unloading you must immediately remove your vehicle and proceed to the Orange Car Park. Please note if you do not require unloading facilities, for easier and quicker access, please park in the Orange Car Park and proceed with your exhibit to the Salon Registration. (pay & display) car park.