







committed to preserve marine resources. Seafood resources are being depleted while fish and shellfish

Culinary contest for students and professionals in the catering industry,

continue to attract more and more consumers. Providing a real connection between those working in the fishing and aquaculture industries and consumers, chefs have a vital role to play in preserving resources by promoting sustainable species and often less known. Waiters play a major role in communication between chefs and customers.

That's why the Olivier Roellinger contest is also open to these professionals too.

CONTEST Chefs (Students and professionals of Europe)

FIRST, A FREE GASTRONOMICAL STYLE

RECIPE, based on a sustainable fish species, with a shellfish and/or algae which should be prepared in no more than 2 hours and 30 minutes. SECOND, A HOME MADE STYLE RECIPE

with the same fish species used in the first gastronomical style recipe, which could be prepared at home in 30 minutes. AN ORAL PRESENTATION OF SUSTAINABILITY,

with a role play between the candidate and the jury members and an exchange on marine resources preservation.

The realisation of a hot or cold culinary

CONTEST **Waiters**

A PRACTICAL SESSION, in four workshops.

(Students of Europe)

preparation in front of the customers. The creation and realisation of a drink that matches the hot or cold culinary preparation. The menu explanation. The seafood presentation. AN ORAL PRESENTATION, with a role play between the candidate and the jury members and an

exchange on marine resources preservation.

TAKE THE OPPORTUNITY TO MEET REPRESENTATIVES OF THE FISHERY INDUSTRY AND

FAMOUS CHEFS, INVOLVED IN THE PROMOTION OF A SUSTAINABLE SEAFOOD SUPPLY CHAIN.



"The sea is fragile. We must raise awareness of its silent disappearance: marine resources are depleting. It is up to us to be fully aware of the scarcity of species and to find solutions together. This contest allows candidates to demonstrate their culinary talents and commitment to the ocean by

proposing recipes based on species that are healthy and are fished (or raised) in environmentally friendly conditions. But this contest goes well beyond the challenges of marine resources because it also covers all food issues such as food waste (animal and plant), energy inefficiency and singleuse plastic elimination. All these societal issues are urgent to take into account in restaurants, and they are addressed very well by these young professionals who have become fabulous ambassadors of our beautiful planet. Since its creation, the contest has crossed borders to establish itself in Europe, Canada, China and Japan, in order to enrich new cultures, and bring out new awareness. The cuisines that will be written by the chefs of tomorrow and passed down to restaurants around the world will truly reflect a renaissance."

COMPETITION **OUR WINNERS**

Now Application forms and detailed contest rules should be requested at: concours@ethic-ocean.org

SCHEDULE

January 8, 2024 (midnight)

Closure of registration. PROFESSIONALS CATEGORY

"Cooking" contest Professionals of Europe Event at FERRANDI Paris catering school, France for candidates from the following countries: Albania, Andorra, Austria, Belgium,

Professional cooks

MAY 14, 2024

Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Georgia, Greece, Hungary, Iceland, Ireland, Italy, Kosovo, Latvia,

Liechtenstein, Lithuania, Luxembourg, Republic of North Macedonia, Malta, Moldova, Monaco, Montenegro, Norway, Netherlands, Poland, Portugal, Romania, Serbia, Slovakia,

Slovenia, Spain, Sweden, Switzerland, United Kingdom. STUDENTS CATEGORY Students in catering training program **APRIL 10-11, 2024** "Cooking" contest - Students of Northern and Western Europe

Event at the Yvon Bourges catering school in Dinard, France for candidates from the following countries: Belgium, Denmark, France, Germany, Estonia, Finland, Iceland, Ireland, Latvia, Lithuania, Luxembourg, Monaco, Netherlands, Norway, Sweden, Switzerland, United Kingdom. **APRIL 30 & MAY 1, 2024** "Cooking" contest - Students of Southern and Eastern Europe

Event at the Le Monde Institute of Hotel and Tourism Studies in

Athens, Greece for the candidates from the following countries: Albania, Andorra, Austria, Bosnia and Herzegovina, Bulgaria, Croatia, Czech Republic, Cyprus, Georgia, Greece, Hungary, Italy, Kosovo, Liechtenstein, Malta, Moldova, Montenegro, Poland, Portugal, Republic of North Macedonia, Romania, Serbia, Slovakia, Slovenia, Spain.

STUDENTS CATEGORY Students in restaurant services training program

APRIL 10-11, 2024 "Waiters" contest - Students of Europe

Event at the Yvon Bourges catering school in Dinard, France for candidates from the following countries: Albania, Andorra, Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Georgia, Greece, Hungary, Iceland, Ireland, Italy, Kosovo, Latvia, Liechtenstein, Lithuania, Luxembourg, Republic of North Macedonia, Malta, Moldova, Monaco, Montenegro, Norway, Netherlands, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, United Kingdom.

GURVAN LE MEUR FERRANDI Paris, Rennes campus "Waiters" contest Students of Europe "It is essential that catering professionals

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collaborate with fishermen and aquaculturists and that the sector works in a concerted and sustainable way, turning towards common objectives. This contest allowed me to get out of my comfort zone, to deepen my knowledge, to improve my technique, while working on my creativity by investing in a citizen project facing the

> SIMON BRESSON **Yvon Bourges catering school** of Dinard, France "Cooking" contest

"The Olivier Roellinger contest opened

more my eyes to the importance of marine

Students of Northern

and Western Europe

The oral presentation allows to highlight all the work done and to promote the products that are important to us!" FRANCISCO COSTA

species choice and fishing techniques. In addition, it required a lot of rigor in relation to the organization and management of work in the kitchen.



Escola de Formação Turística e Hoteleira, Portugal (Azores) "Cooking" contest Students of Southern and Eastern Europe "I live on an island totally bathed by the Atlantic Ocean. My father was

a diver and my mother is an amazing cook. I was given a passion for the sea and marine life. As chefs, we must challenge ourselves to use what we are given, and avoid increasing pressure on certain highly consumed species. We must care about these issues so that future generations can have the



privileges we have today."

MAXIME SZCZEPANIAK L'Auberge de Boffres, France "Cooking" contest **Professionals of Europe** "Today, as chefs, it is up to us to set an

example and highlight accessible and

as possible to eat fish, molluscs

sustainable ways that allow as many people

are really very important to me. It therefore seems important to me to demonstrate that "eat" means also "preserve"."

or crustaceans responsibly. Thus, the values defended by the contest



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www.ethic-ocean.org