



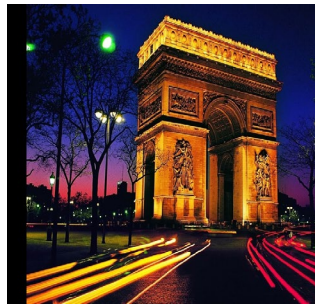
JCR Newsletter



INSIDE THIS ISSUE:

Chaîne update	1
Competition Programme	1
Important Information Links	1
Chaîne women in the Kitchen	2

Paris September 22-27, 2021



With the competition just over a month away, we have set the programme and are awaiting the start of the competition. This year will be very unique in the fact that we will have two years of competitions in one day. The black boxes have been set and a protein will be announced at the end of August. Continue to put hard work in your preparations and to stay well.

During the competition, we will be communicating via WhatsApp for announcements, reminders and notifications. You have been sent an invite to join, so make sure you have downloaded the App.

Competition programme

- Sept. 22:** Long haul competitors arrive- casual dinner
- Sept. 23:** Short haul competitors arrive
Market tour long haul competitors
Welcome Dinner- Yachts de Paris
- Sept. 24:** Tour of Rungis Market (4am)
Brunch
Competition briefing at le Cordon Bleu (bring tools)
Photographs, toolbox inspection
Dinner at Benkay Japonais
- Sept. 25:** Competition (6 am- 6:30 pm)
Welcome Reception at Hotel Intercontinental (7:30 pm)
- Sept. 26:** Competition debriefing (9 am- 11:30am)
Awards and Gala Dinner at The Peninsula (5 pm)
- Sept. 27:** Departures

Our intention with this newsletter is to inform the new candidates for the next International competition. This newsletter will also be provided to members of Bailliages that are involved in Regional and National competitions. If you have any questions or concerns please contact Lois Gilbert, International JCR Committee Member at

lois-gilbert@rogers.com

Please take the time to read and become familiar with the following information:

<https://competitions.chainedesrotisseurs.com/pages/95/important-documents.html>

Code of Competition

Competition Checklist

Competitor Kitchen Schedule

<https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Certificate-of-international-travel>

Sworn Statement document

COVID-19 rules for all countries entering France

Chaine women in the Kitchen



Ece Fenerci Turkey



Amelia Ng Malaysia



Emmiina Lehtonen Finland



Manuela Wechselberger Switzerland



Alexandra Pereszlényi Hungary

Women are starting to make headway in the professional kitchen and we are so proud of our female alumni in their accomplishments. We posed a few questions as to how they got where they are and advice to other young female chefs.

Q: What made you decide to compete regionally or nationally?

EF: I was young and I had just finished my bachelor of Culinary Arts and wanted to see what I could achieve in myself and also I wanted to see other young chef candidates around me. My chef encouraged me and when I arrived at the competition area I was the only woman in the competition! When I won the competition one of the woman jury members came and congratulated me on being the only woman! I answered thank you but there is no difference we were all competitors!

AN: I decided to join the competition because I wanted to push myself to be better. Besides that, I have always wanted to follow the footsteps of my mentor of being a competition chef.

EL: Competing was my trainers idea. At first I was a bit unsure if I had enough courage to take part in the competition. But after thinking about it for a day, I couldn't say no. It would have been too great opportunity to pass. You never know where life takes you when you're open for trying new things and challenging yourself!

MW: I decided to go to the competitions because there I meet a lot of new people and see/learn a lot of new things/practice. At the international competitions it is an honour to represent Austria.

AP: I like the challenges. The spirit of Competition is very strong in me. I work accurately and consciously. I love my profession and since this is a completely different situation I thought I'd try to believe I love to compete anyway. As a woman, it's harder or hardest to prevail in the profession anyway, but I've always learned that, that's what I mean. This is my life.

Q: What was the hardest part of your journey to the international competition?

EF: First of all, it was my first competition and I was still excited about my gold medal nationally. I had no idea what I will need there I went there alone. I think that was one of the hardest parts. When I arrived there I saw I was the only one alone! I was anxious at first but that gave me more self-confidence at the same time. Then I realized I was not alone because even on the first day we were all friends who are enjoying being together!

AN: The hardest part of the competition journey was balancing my full time job and intensive training. I practiced for the competition during my off day once every week for 6 months. The schedule took a toll on me physically and mentally but all the hard work paid off at the end.

EL: The hardest part for me was training without knowing fully what kind of ingredients we were asked to cook with in the competition. Especially seafood was difficult, because we might even not have everything available in Finland. So I just tried to learn how to work with exotic ingredients in theory.

MW: The hardest part of the international competition in Manchester was the time management and searching the right ingredients

AP: The hardest part was preparing. In addition to work, I had practically no free time for at least 3 months so it was work, practice and sleep. We only knew the main protein in the month before and the common table. That's how the training remained with the preparation with plenty of ingredients.

Q: Do you have advice for any young female chefs preparing for international and furthering their career in a professional kitchen.

EF: I believe in equality in every part of life. Unfortunately, there is still not enough equality for the people, especially in the kitchen. There is still the thinking that women are naive. I believe in that idea in some way with a little change people can be naive not just women! What I can say is I never thought about my gender in my life, I would recommend them the same. Just be strong in

yourself, make goals and follow them. And every time believe in yourself. Nothing is impossible if you really want to. Like in every part of the life, kitchen has no gender!

AN: My advice is to work hard and never give up. Don't be intimidated by your competitors, focus on yourself on how to improve your techniques, and always strive to be better.

EL: Stay determined to reach your goal but also remember to take care of yourself at the same time. Just believe in yourself and your skills and don't compare yourself to anyone.

MW: For young women I think it is very important that they believe in themselves and do not feel intimidated or inferior to their male counterpart in the professional kitchen. Women are just as capable to cook equally or better than men. If somebody has the chance to compete in a competition (it doesn't matter if it is national or international) try it !!! No matter what happens, You have nothing to loose!

AP: Love what you do. This profession, like none other, can be done with heart and soul out of compulsion. You can tell when a chef is passionate about their food by the way they present it. I may not look like a typical chef but I carry the passion like pepper, small but strong. Don't let people discourage you from becoming the chef you want to be by saying that this profession is not for women. It is only a matter of thinking and determination. And I think women have a much more sophisticated sense of good and beauty so women can achieve the same success in this profession as a man.

It has been a struggle for women to gain ground in the professional kitchen but after talking to these young chefs, they are giving great advice to other young women chefs. The key is to have confidence in yourself and your skills