



Association
Mondiale de la
Gastronomie

JCR Newsletter

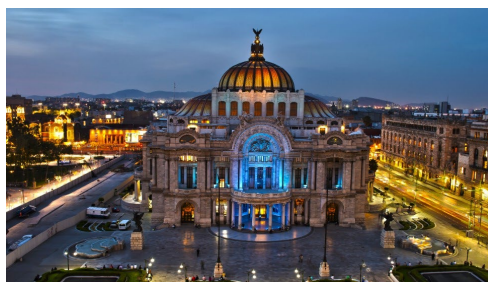


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Mexico City, October 5-10, 2022

Viva Mexico!



As we look forward to returning to regular international competitions, Mexico City is preparing to host the 2022 competition at le Cordon Bleu Mexico. We celebrate the Mexico committee with Bailli Délégué Thierry Blouet waiting to welcome the world. The competitors' programme will provide the young chefs a unique view of this colourful country.

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 and be posted on the JCR Alumni Facebook page. If you have any questions or concerns please contact Lois Gilbert, International JCR Committee Member at

Lois.gilbert@me.com

Competition programme

- Oct 5th:** Arrival
Welcome Dinner "Galeria Plaza Hotel"
- Oct 6th:** Lunch at Xochimilco Floating Market
Folklore Ballet at Palacio de Bellas Artes
Dinner "Azul Historico"
- Oct 7th:** Downtown Mexico City Tour/Rally
Lunch Restaurant "Balcon del Zocalo"
Competition briefing at le Cordon Bleu (bring tools)
Photographs, toolbox inspection
Dinner at "Hacienda de Los Morales"
- Oct 8th:** Competition (6 am- 6:30 pm)
Dine around competitors and Jury different top restaurants
- Oct 9th:** Competition debriefing (9 am- 11:30am)
Awards and Inductions St. Regis Hotel Mexico City
- Oct 10th:** Departures

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

<https://competitions.chainedesrotisseurs.com/pages/116/information-for-competitors.html>

Code of Competition

Competition Checklist

Visa Information:

<https://www.visatraveler.com/visa-guides/mexico-visa-requirements/>

REMINDER: ALL PERSONS ATTENDING THE COMPETITION MUST BE FULLY VACCINATED

What are you doing to prepare?

Check out previous newsletters for past competition black boxes,

Advice from previous competitors

Advice from judges.

<https://competitions.chaine-desrotisseurs.com/pages/24/competition-newsletters.html>

Profile of 2020 and 2021 winners.

This newsletter features the winners from 2020 and 2021 who both happen to be from Norway and from the same town. Emil Lundemo Bakken (2020) and Sindre Fagermo Hjelmseth (2021).

Q: How did you get involved in competing in the Chaîne competition locally?

EB: I was invited by my coach to participate in the regional competition just two days before. I worked very hard for 48 hours to prepare recipes and photos.

SH: I was thinking it would be nice to start competing and my boss Roar Hildonen introduced me to the Chaîne competition. Our restaurant is a Chaîne member.

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

EB: Of course the mystery basket was the hardest part. You have to train on nothing and everything, but also the COVID situation, where my team and I almost lived in lockdown for six months.

SH: The hardest part was training on the black box. You must be creative on everything every time. But in the end, I have learned so much about me and how I work in the kitchen.



Q: Do you have advice for any young chefs regarding preparing and the equipment you took to the competition.

EB: I think the best tips to give to the next generation of competitors is to

- read the rules and get comfortable with them
- train structured
- train on surprises and handicaps
- have fun

SH: Training is the most important thing you can do, don't bring equipment you don't need. Training on the black box is important but you must focus on how you set up the kitchen in 8-10 minutes maximum.

Q: What was one of your best memories about the week of the competition?

EB: Winning of course and the fact that I challenged myself and met a lot of amazing people who love the same things you do.

SH: The friendship with all the other competitors, and of course the gold medal.

Q: Are you involved with this year's competition in your country?

EB: I'm not involved in this year's competition in Norway, I'm taking a "vacation" before the training for the next competition starts.

SH: Yes, I am, I am coaching one of my employees in the Chaîne Norway competition.

Q: What are you doing now?

EB: Right now I am Sous Chef in a company called Hegstad & Blakstad, where I am working with various assignments. Most of the work is catering and new projects.

SH: I am training myself for the Norwegian Cuisine Championship which is a lead up to the Chef of the Year (arets kokk Bocuse dor Norge). So, this year will bring new experiences and much fun.

Q: What was the best piece of advice you received that you would like to pass on to this year's competitors?

EB: I would like to pass on two of the best pieces of advice that I got .

1. Read the rules.
2. Make good food.

SH: Have fun, don't stress. If you do something wrong or if something is not going as planned in the competition, just leave it and move on with the rest on your preparation list.