

Additional Competitor Info	
Competition details (including date and time)	<p>ST3 - Plaice Filleting 30-minute competition - Daily</p> <p>Prepare two plaice, which will be provided by the sponsor, M&J Seafood. The following preparations must be made:</p> <p>Fillet and skin both fish.</p> <ul style="list-style-type: none"> • Leave 2 fillets whole. • Prepare 2 fillets as délice. • Prepare 2 fillets as paupiettes. • Cut 2 fillets into 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	M&J Seafood
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, 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 by Prowrap
Ingredients Provided	Plaice will be provided by M&J Seafood
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 www.internationalsalonculinaire.co.uk after the event
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 19 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 must register online www.hrc.co.uk
Arriving at the show and accessing the hall	HRC and Salon Culinaire is in the North Hall at ExCeL London. The closest entrance from the Central Boulevard is N9, the Salon Culinaire is located at the back of the hall and the competitor Registration Desk will be located behind the Live Theatre. (Competitors will be send a map of the Halls with their joining instructions closer to the event.) If you need drop-off facilities, you have two options: <ol style="list-style-type: none"> 1. The first option is to drive your vehicle up onto the lorry way and unload your vehicle at the back of the exhibition hall. The venues has implemented lorry way traffic booking system, Voyage Control. To book an unloading slot please click here and create an account on Voyage Control. Booking a delivery slot is quite straight forward, you will need the password 'Salon2025', then select the date and time you will arrive and include your driver and vehicle details. When booking a slot please select 'N18' as your unloading area as this is the closest to Salon Culinaire. When you have finished unloading you must immediately remove your vehicle and proceed to the Orange Car Park, (this is a Pay/number plate recognition car park). If you would like to access the lorry way after your comp you will need to book another slot.

2. An alternative option if you do not require unloading facilities via the lorry way, for easier and quicker access, please park in the Orange Car Park. From there take the stairs or lift to Level 1 which will bring you in to the Central Boulevard and proceed with your exhibit/ equipment to the Salon Registration, as above. All competitors will be given 1 hour free of charge to make deliveries. If you require additional time in the car park, then this will be chargeable per day.

ExCeL London have introduced a new pre booking system for their car park so if you require parking, we recommend you book your space in advance. To secure your parking space please [click here](#).