



NATIONAL INDEPENDENCE FESTIVAL OF CREATIVE ARTS 2019
CULINARY ARTS – *The Taste of Barbados!!*
RULES AND REGULATIONS

FORMAT

This year's culinary competition seeks to celebrate Barbadian Culinary Arts through the encouragement of innovation, promotion of locally grown foods, the fostering of greater community participation and the use of new industry technology in the preparation of traditional foods while focusing on environmentally sensitive approaches to food production.

1. ELIGIBILITY

Persons wishing to enter the NIFCA Culinary Arts Competition must be:

- i. Citizens of Barbados or
- ii. Legally resident in Barbados

2. ENTRY TO THE COMPETITION

- a) To enter NIFCA Culinary competition, persons must properly fill out the relevant registration form and submit it to the NCF **on or before Sunday October 13th, 2019** accordingly:
 - by or before 11:59 p.m. for online entries via the website: www.ncf.bb,
 - No entries will be accepted after the closing dates.
- a) Persons may enter as amateur or professional but cannot enter in all two categories. Entrants registering as Professionals cannot enter the competition in the non-professional category in subsequent years.
- b) To enter as a professional, persons must be at least 22 years old at September 1st in the year of the competition and must have:
 - i. Certification from an accredited institution
or
 - ii. At least five (5) years experience working in the particular field;
or
 - iii. The practice of the discipline as their major source of income.
- c) To enter as an amateur, persons MAY or MAY NOT hold certification from an accredited institution. The practice of their discipline does not make up the majority of their income. No limits on the number of years practicing.
- d) To enter as a Junior, persons must be age 4 – 16 years of age.



- e) All eligible individuals or groups may enter. All group entries must be correctly completed and signed by the designated leader of the group. All Participants under 18 years of age at September 1, 2019 must have their registration forms signed by a teacher/tutor, parent or guardian.
- f) Entry forms must indicate the total number of entries per category to be submitted. Please note that a maximum of 30 entries are allowed per participant.
- f.) Any cash prizes awarded will be written in the name of awardee if an individual, OR the name of the institution if part of a group entry
- g.) The competition and exhibition will focus on the following categories of participation:
 - 1. NIFCA Best Bajan Baker
 - 2. NIFCA Best Bajan Beverage
 - 3. NIFCA Best Bajan Pepper Sauce
 - 4. NIFCA Best Bajan Seasoning
 - 5. NIFCABest Bajan Jam or Jelly
 - 6. NIFCABest Bajan Traditional Sweet with a New Fangle Flavour
 - 7. NIFCA Best Bajan Dessert
 - 8. NIFCA Best Bajan Iced Cake

Participants may submit entries for special diets in each category. These include items as such as gluten free, vegan, vegetarian, diabetic, and sugar free in each category which shall be judged as such using the Special diet criteria. These items must be clearly marked.

3. ADJUDICATION

- a) A panel of Judges shall be selected for the adjudication of the Competition;
- b) The NCF shall determine the composition of the panel of judges and shall appoint a member of the panel to be Chief Judge;
- c) The names of the Judges shall be publicly announced before the commencement of the Competition;
- d) The decision of the Judges in all stages of the Competition shall be final;
- e) The judges reserve the right not to award any special prizes offered in this competition.



- f) Adjudication of the NIFCA: Best Bajan Baker, Best Bajan Beverage, Best Bajan Pepper Sauce, Best Bajan Seasoning, Best Bajan Jam or Jelly and Best Bajan Old time Sweet with a New Fangle Flavour shall be by adjudication by the NIFCA panel of judges.

4. ARBITRATION

- a) Prior to the deadline for submission of Entry Forms, the NCF shall appoint an Arbiter to decide and adjudicate on any appeals, complaints and matters in dispute or requiring clarification arising from these Rules;
- b) All complaints related to the Competition must be submitted, in writing, to the Arbiter, in a sealed envelope addressed as follows:

**The Arbiter
National Cultural Foundation
West Terrace
St. James**

- c) All decisions made by the Arbiter will be final.

5. NIFCA CULINARY CALENDAR 2019

Sunday October 6 th	Culinary Arts workshop- Presentation / Product / Quality
Sun October 13 th	Deadline for return of Entry forms
Mon October 7 th	Collection of Tags
Tues October 8 st	Collection of Tags
Wed October 9 th	Collection of Tags
Thurs October 10 th	Collection of Tags
Fri October 11 th	Return of Culinary Arts tags
Sat October 12 th	Culinary Arts workshop – Incorporating local flours
Sat October 19 th	Culinary Arts workshop- Nu Tech in Traditional foods
Sat October 26 th	Launch of NIFCA Culinary Arts Road map
Wed November 13 th	Delivery and judging
Thurs November 14 th	Delivery and judging
Fri November 15 th	Delivery and judging
Saturday Nov 16 th	CULINARY ARTS Competition and Exhibition
Sun November 17 th	Meet the Judges
Sat November 23 rd	Commercial Incentive 100% Bajan Expo at Limegrove 10am – 7pm



6. SUBMISSIONS /COMPETITIONS

Culinary Exhibit Submissions

- a) Entry identification tags for the Culinary Exhibits must be collected from the NCF between the hours of 9:00 AM and 3:30 PM from October 7th, 2019. All tags must be returned in a sealed envelope by 3:30 PM on Friday October 11th, 2019. All entries for judging must be accompanied by an official NIFCA tag.
- b) All entries must be the original works of the participant. The NCF reserves the right to disqualify any entry suspected of not being original to the participant.
- c) All entries, whether single or group must be clearly identified, titled and numbered in accordance with the tags and categories listed on the entry form in order to qualify for judging.
- d) Participants may enter exhibits separately or within a group entry.
- e) All participants in the exhibition are limited to a maximum of thirty (30) entries across all exhibition categories.
- f) Contents of all entries must be clearly visible and presented in containers covered with transparent material, or metal or plastic covers where appropriate.
- g) All entries must be accompanied by a printed list of ingredients detailing all the ingredients used. The NCF reserves the right to publish any list of ingredients that are submitted. Entries without the printed list will be disqualified.
- h) Jams and jellies must be presented in unadorned jars, which must be filled and appropriately covered. The judges reserve the right to disqualify any entry that is deemed not correctly or hygienically presented.
- i) All Beverage entries must be submitted in 2 bottles, one for display and one for sampling. Both bottles shall be no smaller than 500 ml. In consideration of display standards, the display bottle should be appropriate to the beverage submitted. Any beverages submitted for judging in sizes smaller will be disqualified.
- j) All entries MUST be delivered to the exhibition venue between 7:00 a.m. and 10:00 a.m. on Wednesday November 13th to Friday, November 15th 2019 depending on category. No entries will be received for judging after 10:00 a.m.
- k) *Participants are asked to note that the categories of 'Entrees' and 'Appetizers' have been removed from the competition. Those who meet the criteria are eligible*



for a space on the NIFCA 2019 Culinary Arts Road Map. This is an associated community based initiative.

7. ASSESSMENT

- a) Participants who attain the following scores as listed below will be awarded certificates as follows:

Professional	Non-Professional Adult	Junior Category
Gold 96 – 100	Gold 91 – 100	Gold 86 - 100
Silver 86 – 95	Silver 81 – 90	Silver 76 - 85
Bronze 75 – 85	Bronze 70 – 80	Bronze 65 - 75

- b) No duplicate certificates will be issued for any lost/stolen certificates. However, a letter confirming the award will be issued.

8. VENUES

- a) The NCF shall choose the venue for the staging of the Competition.

9. SPECIAL AND GENERAL AWARDS

- a) Participants who receive certificates are eligible for special awards as outlined in Appendix “A”.

10. GENERAL GUIDELINES

- a) General Guidelines established for the Culinary Arts Competition and Exhibition are attached to these rules at Appendix “B”.

APPENDIX “A”

NATIONAL INDEPENDENCE FESTIVAL OF CREATIVE ARTS (NIFCA) 2019 SPECIAL AND GENERAL AWARDS FOR CULINARY ARTS

SPECIAL AWARDS – PROFESSIONAL

1. **The Governor General’s Award of Excellence** will be on offer for the most outstanding gold awarded Professional entry in NIFCA Culinary Arts. This will comprise a cash prize of seven thousand five hundred (\$7,500.00) dollars and a trophy, and will only be awarded should the judges determine that the entry merits the award.
2. ***NEW–NIFCA Best Bajan Baker**



A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

3. ***NEW - NIFCA Best Bajan Beverage –**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

4. ***NEW - NIFCA Best Bajan Pepper Sauce**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

5. ***NEW - NIFCA Best Bajan Seasoning**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

6. ***NEW-NIFCABest Bajan Jam or Jelly**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

7. *** NEW- NIFCABest Bajan Traditional Sweet with a ‘New-Fangle’ Flavour**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

8. *** NEW - NIFCABest Bajan Dessert**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category

9. *** NEW - NIFCA - Best Bajan Iced Cake**

A cash prize and shopping incentive to the value of \$2000.00 –
For the professional medaling entry accumulating the most points
in the category.

10. *** NEW – NIFCA - Best Special Diet Entry**

\$2000 cash prizefor the best special diet professional entry receiving the most
points across all categories

SPECIAL AWARDS - NON-PROFESSIONAL



1. **The Enid Maxwell Award** comprises \$3,000.00 and a trophy will be awarded to the most outstanding non-professional participant winning GOLD in the competition
2. **The Prime Minister's Scholarship** is presented in the Name of the Prime Minister's Office. An individual and/or creator of an entry achieving GOLD (an average score of 91% or higher) may be nominated for this prize. Awardees must demonstrate the greatest potential for training and development in their discipline. This award which may only be won once by any participant is for a maximum of BDS\$35 000.00, for tertiary studies in the awarded discipline, preferably at any Caribbean Arts institution. A maximum of two scholarships will be awarded in the Festival in any year. Scholarships are tenable across all categories of NIFCA.
3. **The Mildeane Massiah Award** comprises a trophy and a \$2,000.00 culinary shopping incentive. It is awarded to schools accumulating the highest percentage of gold awards in the exhibition.
4. **Special Award** for outstanding participation by differently able artist(s). This award comprises a trophy and educational materials to a value of \$500.00. To qualify participants must specify on their entry form their wish to be considered for this award.
5. **Best Bajan Baker**- A cash prize and shopping incentive to the value of \$1000.00. For the amateur entry accumulating the most points in the category.
6. **NIFCA Best Bajan Beverage** - A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category.
7. ***NEW - NIFCA Best Bajan Pepper Sauce** - A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category.
8. **NIFCA Best Bajan Seasoning** - A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category.
9. **NIFCA Best Bajan Jam or Jelly** - A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category
10. **NIFCA Best Bajan Traditional Sweet with a New Fangle Flavour** - A cash prize and shopping incentive to the value of \$1000.00
For the amateur medaling entry accumulating the most points in the category
11. **NIFCA Best Bajan Dessert**- A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category



12. **NIFCA Best Bajan Iced Cake** - A cash prize and shopping incentive to the value of \$1000.00. For the amateur medaling entry accumulating the most points in the category

13. **NIFCA Best Special Diet Entry** - \$1000 cash prized for the best amateur special diet entry receiving the most point across all categories

GENERAL AWARDS

1. **The NIFCA Award** for the Best Original NIFCA Culinary Arts Entry. This award is offered to recognize significant creativity in a NIFCA entry. It will comprise a cash award of \$2,000.00 and a trophy. Only one participant achieving an average score of 91% or higher at the Finals stage may be nominated for this by the judges. There will be only one given in each discipline in any year.
2. **Barbados National Trust Heritage Focus Award** is given to encourage junior artistes to pay more appreciative attention to Barbados' heritage. This award, will comprise cash of \$200.00, and one year's membership in the Barbados National Trust for the winner and a friend entitling them to free admission to all BNT properties and other benefits. The award will be given for works that draw attention to historical aspects of Barbados or to elements of our cultural heritage that are either disappearing or being sustained. A maximum of two prizes will be given in any year.
3. **The "Vision 2020 Prize"** will be awarded to the entry that celebrates the contributions of Barbados and Barbadians across the globe. It comprises a cash award of \$1,000.00 and a trophy. One prize will be on offer in each discipline of NIFCA.
4. **The Cynthia Wilson NIFCA Producer's Prize.** This prize in the name of the first organizing secretary of NIFCA takes the form of a cash award of \$1,000.00 and a trophy. It will be awarded to recognize outstanding participation by a community leader, producer/organizer who facilitates and manages the successful participation of a group of artistes in any discipline of NIFCA. One prize will be awarded each year.
5. **Diabetes Association of Barbados.** This will comprise a cash prize of \$1000.00 and will be considered across all categories of NIFCA to award an entry that successfully increases awareness of the impact on, or avoidance of this non-communicable disease in the Barbadian community.
6. **The UNICEF Awards for NIFCA** is offered in recognition of the 30th Anniversary of the UN Convention on the Rights of the Child. It comprises 8 cash awards of BDS\$2,000.00 each to be awarded in each NIFCA discipline. The prize will be awarded for the most outstanding entry(ies) that draw attention to children's rights.



7. **Two scholarships** to the Barbados Community College will be offered towards training in each of the Associate Degree programmes in Dance, Music, Theatre and Culinary Arts to a value of Bds \$3000.00 each.

APPENDIX “B”

NATIONAL INDEPENDENCE FESTIVAL OF CREATIVE ARTS (NIFCA) 2019 GENERAL GUIDELINES – CULINARY ARTS

- a) This competition is open to the following categories of participants:

Primary School Students
Secondary School Students
Tertiary Institution Students
(All participating teachers must register as Adult Individual Entrants)
Amateurs – 17 years to Adult
Apprentices – Persons attending Culinary Colleges or Trainee Chefs
Bartenders
Professional Chefs, Cooks and Culinary Artists

b) CERTIFICATES

- Participants who attain scores as listed below will be awarded certificates as follows:

	Junior	Non - Professional	Professional
Gold	86 - 100 points	91-100	95-100
Silver	76 - 85 points	81-90	85-94
Bronze	65 - 75 points	70-80	75-84

c) JUDGING CRITERIA

Please see page 11 of this document.

General queries should be directed to the National Cultural Foundation telephone number 417-6634.



NIFCA CULINARY ARTS – JUDGING CRITERIA

Best Bajan Pepper Sauce

Presentation	-	10
Texture	-	35
Appearance	-	20
Flavour	-	35
	-	TOTAL POINTS 100

Best Bajan Seasoning

Presentation	-	10
Texture	-	35
Appearance	-	20
Flavour	-	35
	-	TOTAL POINTS 100

Best Bajan Jam or Jelly

Presentation	-	10
Texture	-	35
Appearance	-	20
Flavour	-	35
	-	TOTAL POINTS 100

Best Bajan Traditional Sweet with a New Fangle

Presentation	-	10
Texture	-	30
Appearance	-	30
Flavour	-	30

Best Bajan Baker

		TOTAL POINTS 100
Presentation		10
Crust	-	20
Appearance	-	10
Texture	-	15
Crumb	-	20
Taste	-	25

Best Bajan iced Cake

		TOTAL POINTS 100
Presentation		10
Workmanship	-	30
Appearance	-	15
Skill	-	25
Taste	-	20

Best Bajan Dessert

	-	TOTAL POINTS 100
Presentation	-	10
Appearance	-	20
Consistency	-	20
Texture	-	25
Taste	-	25

Best Bajan Beverage

	-	TOTAL POINTS 100
Presentation	-	10
Colour	-	30
Texture	-	25
Flavour	-	35

**FLAVOURED WINES**

		TOTAL POINTS 100
Presentation/Packaging	-	10
Colour	-	5
Flavour Balance	-	50
Texture/Clarity	-	10
Bouquet	-	25
TOTAL		100

CREMES

Presentation/Packaging	-	10
Colour	-	5
Flavour Balance	-	50
Texture	-	10
Bouquet	-	25
TOTAL		100

Special Diet

	-	TOTAL POINTS 100
Presentation	-	10
Appearance	-	20
Texture	-	25
Taste	-	25
Consistency	-	20