



Comissão Organizadora do Encontro das Comunidades Macaenses
“Macau 2024”
“澳門 2024” 土生葡人社群聚會準備委員會

REGULATIONS OF THE MACAO COOKING COMPETITION
(MACAU)
PRELIMINARY

Introduction

The Organizing Committee of the “Encounter of the Macao Communities – Macau 2024” is organizing a Macao Cooking Competition in Macau. The winning team will represent Macau in the final phase of the Competition, which will be held here in December, with other candidates from each of the participating Macao Houses, associations or clubs (from Australia, Brazil, Canada, the United States, Portugal, England and Hong Kong).

Article 1

The Organizing Committee of the “Encounter of the Macao Communities – Macau 2024” is establishing the “Macao Cooking Awards”, which will be held in two phases, both in Macau.

Article 2

Members of local Portuguese Associations and their families may enter, as well as other individuals over the age of 21 who declare that they accept the rules of the competition and provide a written declaration that they grant the CCM the copyright of their recipes for publication in a book or other means of dissemination.

Article 3

Contestants must prepare, on a date and at a place to be indicated (in portions that include a minimum of 4 people), during the qualifying phase:

- A dish of the contestant's choice (from the attached list)
- A sweet of the contestant's choice (from those on the attached list)
- A recipe for minchi, a mandatory dish

Article 4

Contestants may use an assistant.

The competition lasts 3 hours.

Article 5

The utensils to be used in the first phase of the competition will be made available by the Organizing Committee, and the contestants must provide themselves with the ingredients and condiments necessary to prepare the dishes.

Article 6

The winning team selected for the final, to be held in December 2024, will be chosen by a jury composed of at least three members of the community, appointed by the Organizing Committee, with full guarantee of independence.

Article 7

The members of the jury cannot compete and must not be directly related to any of the contestants.

Local contestants who also compete in the same competition from other Macao Houses, associations or clubs will not be able to accumulate prizes, even if they compete with different recipes.

Article 8

The contestants must submit the recipes in writing when participating in the competition.

Article 9

The Council of Macanese Communities (CCM) holds all copyrights to the respective recipes of the winning competitors, for their timely publication in a book or other means of promoting Macanese cuisine, as indicated in Article 2.

Anexo

Lista de Cozinhaçam Maquísta:

“Minchi” é o prato obrigatório, podendo os concorrentes confeccionar qualquer tipo de Minchi.

- Ade com inhame
- Ade com Sombrero (Cogumelos)
- Ade com Trate
- Arroz Gordo
- Arroz Pilau
- Bebinca de Inhame
- Bebinca de Nabo
- Bife/Costeleta Pó de Bolacho (Lampo)
- Bolinhos de Bacalhau
- Bredo Raba-raba
- Cabeça de Bonzo
- Chái de Bonzo
- Camarão à Macau
- Canja de galinha
- Capela
- Caril de galinha
- Caril de Vaca
- Caril de Quiápo com camarão
- Casquinha de Caranguejo
- Chatini ou Chachini (de Bacalhau)
- Chau-chau parida
- Chili Cachão
- Creme de abóbora
- Galinha à Cafreal (Galinha Africana)
- Galinha Molho Perdiz
- Iscas
- Lacassá
- Lorcha Margoso
- Missó Cristang
- Peixe cus-cus (todos incluídos)
- Porco Bafassá
- Porco Balichão Tamarindo
- Sambal de Beringela
- Sambal margoso
- Sambal de pepino
- Sopa de Lacassá
- Vaca Estofada
- Vindaloo (galinha/ borrego/ vaca)

Lista de Doces e Sobremesas:

- Baji
- Barba
- Batatada
- Bebinca de leite
- Bicho-bicho
- Bolo mármore
- Bolo Menino
- Cabelo de noiva
- Celicário
- Cha-cha
- Coqueira
- Coscurão
- Doce de camalenga
- Farte
- Fatias da China
- Genete
- Jagra com ovos
- Ladu
- Mousse
- Muchi muchi
- Rebuçados de ovos
- Saransurave
- Soufflé
- Torchas