

# SIRH/+ BOCUSE D'OR

SIRHA LYON  
EUREXPO  
FRANCE

26-27 SEPT. 2021



## + THE COMMIS: A VALUABLE ROLE AND A SPRINGBOARD PRIZE

WITHIN THE TEAM, THE COMMIS PLAYS AN ESSENTIAL ROLE IN THE CHEF'S PERFORMANCE. SINCE 1987, THE BEST COMMIS PRIZE HAS BEEN AWARDED FOR COMMITMENT AND PROFESSIONALISM. THE WINNERS CHRISTIAN WELLENDORF AND MANUELA CARBONE TESTIMONIAL.

"In our team, we had extraordinary leaders who worked together, but my biggest job was to make sure we stayed focused and following the plan", recalls **Christian Wellendorf**, Best Commis 2019 and Captain of the Danish culinary Olympic team. The role of the commis to the chef is valuable. Their complicity and their common experience are decisive to reach the first place of the podium.

"I worked alongside candidate **Emiliano Schobert**, not only on training and culinary skills, but also on the meaning of the competition. It's less about cooking to perfection, and more about learning to think quickly, to be organised, to control the time, the set-up", says **Manuela Carbone**, Best Commis Bocuse d'Or Americas 2018 (Argentina). "The commis is the support of the candidate and the eyes in the back that everyone should have. He must encourage the chef and solve

everything that comes his way. Inside the kitchen, as well as outside".

### CONCENTRATION AND EFFICIENCY

"The Bocuse d'Or is a professional and personal experience: it teaches you a lot, including about yourself," continues the woman who has been training since the age of 19. "Two years after you start training, the moment you walk into the kitchen in Lyon, it's the best adrenaline in the world. The competition taught me a lot about concentration, time management, efficiency, accuracy and precision".

Learning to cook at the highest level and testing one's mental toughness is also what **Christian Wellendorf**, 22 years old at the time of his performance in Lyon, now captain of the Danish team for two years: "Even though the journey together

has been fantastic, spending almost two years with the same people every day is a trial".

### THE BOCUSE D'OR, A REAL SPRINGBOARD

"The prize changed my life. Today, I work and live in Sweden thanks to the Bocuse d'Or. I met the Swedish team in Lyon and they offered me a job, which I accepted without hesitation", says **Manuela Carbone**.

Today, both of them are looking forward to the final of the competition on **26 and 27 September**. For them, the Bocuse d'Or is "an addiction" and "a huge challenge for the teams".

**A piece of advice** for all participants: "Make sure that all members of your team are motivated and happy! The social relations within the teams also play a role in winning", concludes **Christian Wellendorf**.

## + PRESS CONTACT

### Oxygen Agency

Elodie Volant: +33 (0)6 75 50 20 67  
Virginie Raison: +33 (0)6 65 27 33 52  
Eugénie Escoffier: +33 (0)6 17 99 24 94  
boc2021@oxygen-rp.com

### FOLLOW US:

f BOCUSE D'OR  
t BOCUSEDOR  
i BOCUSEDOR  
BOCUSEDOR.COM

Follow the Food Service news on  
[www.sirhafood.com](http://www.sirhafood.com)

The **Best Commis Chef Prize** recognises the valuable work of the Chef's assistant, their involvement and professionalism. It honours their skills, technical ability and creativity. This prize, awarded by a jury composed of members of the Bocuse d'Or Winners Association, encourages the Chef-Commis pairing by promoting the transmission of knowledge.

More information:  
<https://www.bocusedor-winners.com/>