

First, the teams had to prepare a three-course meal. They had 15 minutes to prep their stations, two hours to cook, and fifteen minutes to plate. The plated dishes were then delivered to the panel of judges waiting to critique their work.

Nothing was allowed to be plated early, and the delivery of the dishes had to align with each team's assigned presentation time. Anything that arrived in front of the judges late was penalized. Each dish had to be plated four times - one of each of the judges, and one for a display table on the second floor of the dining hall.

After a break, the teams began round two.

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