

2023 TCAC - Taiwan Culinary Arts Challenge
2023 年台灣 . 國際廚藝美食 . 挑戰賽



Organizers:

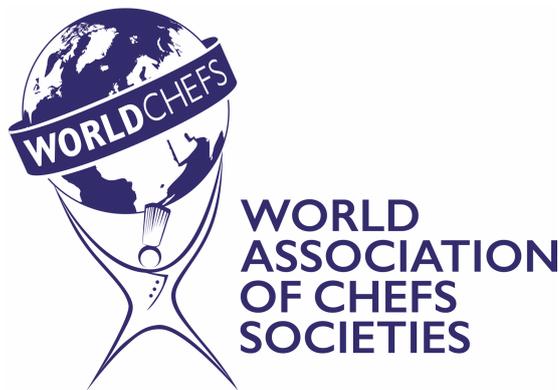
Taiwan Chefs Association

Hsing Wu University of Science & Technology

主辦單位: 台灣廚藝美食協會 . 醒吾科技大學

Supported by: World Association of Chefs' Societies (WorldChefs)

支持單位: 世界廚師協會聯合會(WorldChefs)



Date: Sep 2-3 2023

Venue:

**No. 101, Sec.1, Fenliao Rd., LinKou District,
New Taipei City 244012, Taiwan**

Terms & Declaration 條款及聲明

1. Each Category Class can compete for the highest score for the “Best of the Best Award”
2. Every Culinary or Patisserie Art Display exhibit must be the bona fide work of the individual or team competitor and must not have been entered in other competitions.
3. Applicants should consult with school administrators or staff to apply for leave.
4. Culinary Categories are open to any individual aged 16 or above who is a chef in training or a culinary professional. He/she should be either an existing student enrolled in a course at a culinary / hospitality institution, undergoing apprenticeship or a chef under full-time employment at a food & beverage or hospitality establishment, such as restaurants, cafes, hotels, catering businesses, airlines, etc. All applications must be submitted together with personal identification documents and a letter from the institution or company verifying each applicant’s identity.
5. All applicants must submit recipes (3 copys)
6. Photos, and on-site shooting, Taiwan Chefs Association (TCA) has all rights reserved.
7. The organizer reserves the right to rescind, modify or add on any of the above rules and regulations, and their interpretation of these is final. They also reserve the right to limit the number of entries per class or amend a competition section, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary.
8. The competition is completely following the World Chefs Association specification standards and regulations of the contest.
9. Acceptance of registration is on a first-come-first-secured basis. Do note that practical classes may be fully subscribed to before the registration deadline. Confirmation of participation will be processed upon full payment of the registration fee.
10. Jury members include WORLDCHEFS-approved International Judges and Taiwan Chefs Association (TCA) approved Judges.
11. The registration fee is (per item) : 16-18 years old NT\$800, 18-23 years old NT\$1000 , above 23 years old NT\$1600
12. Professional Chef (above 23years old) / Junior Chef and Colleges University (18-23 years old) / High school (16-18 years old)
13. The registration formalities required to complete the registration fee remittance, are considered successful registration
14. All participants will receive a certificate of participation
15. Registration fees will not be refunded if the competition is cancelled for reasons beyond the Organizer’s control, or if entries are withdrawn by competitors. This is to cover administration costs. Substitution of competitors may be accepted up to four (04) weeks before the competition.
16. The organizer is not responsible for the loss or damage of any equipment. Due to the limited space, the entries of the contestants will be displayed until 4:00 pm on the day of the competition
17. The organizer may dispose of any unrecovered exhibits after 4:00 pm on the same day. (The specific display and processing time will be notified separately)
18. TCAC Best Chef Award Entry 1 Category A1-A4 & 2 Category B1-B5 or C1-C3 who received the highest point
19. TCAC Best Young Chef Award Entry 1 Category A1-A4 & 2 Category B1-B5 or C1-C3 who received the highest point
20. TCAC Best Pastry Chef Award Entry 2 Category D1-D3 & 1 Category E1-E2 who received the highest point
21. TCAC Best CULINARY TEAM To nominate a team of 6 competitors in advance from the same establishment / school. Each competitor to enter at least 2 classes. The scores from each of the 2 classes will be added together and the team which accumulates the highest total from 12 scores will be the winner.

Registration fee Account details

UNION BANK OF TAIWAN. SWIFT CODE: UBOTTWTP
Address:2F, 109, MINGSHENG E.RD., SEC3 TAIPEI TAIWAN
TEL:+886 2 27180001

A/C NAME: TAIWAN CHEFS ASSOCIATION. BANK A/C NO.:065 10 0012231

Contact Person: Taiwan Chefs Association Secretariat Office Ms I-Ching Lee

E-mail: a@formosacooking.com.tw +886 922509733 (Jia Jia)

A-Cold Display Category - Asian / Western

Cookery Artistry Cold Display

A1 4 Types of Finger Food

- To prepare and display Four (4) different kinds of finger food six (6) portions for each kind, a total of 24 pieces.
- Two (2) items are to be hot food items displayed cold and two (2) items are cold food displayed cold.
- All items can be presented on one (1) platter or individually plated.

A2 4 Types of Plated Appetizers

- To display a variety of Four (4) different Appetizer dishes of the competitor's choice. 2 cold and 2 hot displayed cold. Each portion for 1 person is suitable for a restaurant a la carte service, prepared in advance and displayed cold. (Include one vegetarian where eggs and cream may be used)
- Each appetizer should be individually plated and completed with its respective garnishes, suggested plate size of 28-30 cm diameter
- All food items must be glazed with aspic, except for crisps or baked dough
- A brief description of the displayed items must be made available for judges' reference
- Table space allotted: 80cm W x 80 cm D
- One competitor can bring one helper only
- Suggestion Presentation: Meat, Game Meat, Poultry, Seafood, and Vegetarian

A3 4 Varieties of Plated Main Courses

- To display a variety of Four (4) different main dishes of the competitor's choice, prepared in advance and displayed cold. (Include one vegetarian where eggs and cream may be used)
- Each main course should be individually plated and completed with its respective garnishes, suggested plate size of 28-30 cm diameter
- All food items must be glazed with aspic, except for crisps or baked dough
- A brief description of the displayed items must be made available for judges' reference
- Table space allotted: 80cm W x 80 cm D
- One competitor can bring one helper only
- Suggestion Presentation: Meat, Game Meat, Poultry, Seafood, and Vegetarian

A4 5-Course Set Menu

To present a Five (5) Course Set Menu with One (1) Cold Seafood Appetizer, One (1) Clear Soup, One (1) Vegan or Lacto-Ovo Middle Course, One (1) Meat Main Course and One (1) Dessert of competitor's choice.

- All food items must be glazed with aspic, except for crisps or baked dough
- Suitable for A la Carte service
- A brief description of the displayed items must be made available for the Judges' reference
- Table space allotted: 80cmW x 80 cm
- One competitor can bring one helper only
- Suggestion Presentation: Meat, Game Meat, Poultry, Seafood, and /or Vegetarian

NOTES:

- Competitors must provide their own choice of serving china ware (without logo)
- Competitors are invited to set up an attractive display, however, this will not be judged
- Aspic should be used to glaze all entries except for crisps and baked dough
- Name cards or logos of the working place of the competitor may be placed appropriately after judging has been completed
- Information regarding the setup time will be announced at a later stage, after registering
- The Organizer will not be responsible for any loss or damage to any utensils
- Due to limited space, competitors' pieces will be displayed until 4:00 pm on the competition day
- The organizer may dispose of any uncollected exhibits after 4:00 pm on that day. (Exact display and disposal time shall be further notified)

JUDGING CRITERIA

*** Total possible points: 100 (no half points will be given)**

Serving Arrangement (0-10 points)

Clean arrangement, no artificial decorations, no time-consuming arrangements, exemplary plating, in order to make practical serving possible.

Presentation / Innovation (0-30 points)

Comprises an appetising, tasteful, elegant presentation, modern style.

Composition (0-30 points)

Well-balanced food – in a correct proportion of vitamins, carbohydrates, proteins, fats and roughage, harmonizing in colour and

flavour. Should be practical and digestible.

Correct Professional Preparation (0-30 points)

Correct basic preparations of food, corresponding to today's modern culinary art.

Points table for the medals

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

B - Hot Western Cooking Category Professional Chef / Junior Chef / Highschool-Colleges

Western Cuisine - 45 minutes with 2 plates

Every item presented on the plate must be edible and all preparation and cooking are to be completed onsite during the competition.

B1- Meat (Beef, Pork, Lamb, Veal, Game etc).

To prepare and present within 45 minutes, One (1) Main Course with meat for Two (2) persons, in Western Style, individually plated with appropriate garnish. All ingredients and plates are to be supplied by the competitor.

B2 - Poultry (Chicken, Duck, Ostrich, Gamebirds etc).

To prepare and present within 45 minutes, One (1) Main Course dish for Two (2) persons in Western Style, individually plated with appropriate garnish. All ingredients and plates are to be supplied by the competitor.

B3 - Seafood

To prepare and present within 45 minutes, One (1) Main Course with seafood (either alone or as a combination) for Two (2) persons in Western Style, individually plated with appropriate garnish. All ingredients and plates are to be supplied by the competitor.

B4 - Vegetarian / Plant-Based Cuisine

The participant is required to prepare One (1) Main Course Vegetarian dish for Two (2) persons in Western Style, individually plated within 45 minutes. The vegetarian creation must be a balanced meal that is nutritious and contemporary and can be lacto-ovo that contains dairy and egg, All ingredients and plates are to be supplied by the competitor.

B5 - Italian Classic Pasta – (long, short, stuffed)

The participant is required to prepare One (1) Classic Italian Pasta Main Course dish for Two (2) persons in Western Style, individually plated within 45 minutes with appropriate garnish. All ingredients and plates are to be supplied by the competitor.

B6 USA Rice Challenge-Creative Vegan Rice Dish

Participants are required to prepare Two (2) USA Rice Vegan Dishes for Two (2) persons, individually plated in 45 minutes. Cooked USA Rice will be provided at the venue with the choice of (Glutinous rice, medium-grain rice, long-grain rice and Jasmine rice were participants can choose freely)

- The theme of the cooking competition is “USA Rice Challenge-Creative Vegan Rice Dish”
- No Meat, Eggs or any dairy product can be utilized, however, herbs and spices are welcome
- Asian or Western taste and cooking methods can be used
- Visually USA Rice must account for at least 60% of the finished product
- The finished product needs to be able to see the grains of USA Rice



B7 Young Chefs TWO-TO TANGO Challenge (Under25)

Two (2) apprentice chefs from the same establishment cook as a team. Competitors must prepare TWO portions each of One (1) plated appetizer and One (1) plated main course within 60 minutes:

- Two (2) portions each of a Cold Appetizer and Two (2) Hot Main Course are to be prepared (total 4 plates)
- Competitors must prepare and bring along ALL ingredients to their chosen menu.
- The total cost of ingredients should not exceed NT\$ 600 / US\$26
- Serving Time: Appetizer needs to be served between 45-50mins while the Main Course needs to be served between 50-60mins
- Dishes must be presented individually, freestyle, with appropriate starches and garnish
- A complete recipe costing is to be submitted along with the Menu

C - Hot Asian Cooking Category Professional Chef / Junior Chef / Highschool-Colleges

Asian Cuisine 45 minutes with 2 plates

C1 Asian Noodle Challenge

To prepare and present within 45 minutes Two (2) portions of a Main Course of Freestyle Noodles whereby One (1) to be served with a Soup and One (1) to be stir-fried. (Asian Noodles are indicated as Ramen, Egg Noodles, Rice Noodles etc). The dish must be presented on Two (2) individual plates with appropriate garnish in Asian Style. All ingredients and plates are to be supplied by the competitor.

C2 Asian Wok Nestlé Professional Challenge

To prepare and present within 45 minutes a Chinese dish (stir-fried, deep-fried etc.). Two (2) dishes of an A la Carte Chinese Hot Menu with Chinese style presentation. The dish must be presented on Two (2) individual plates and of portion size for 2~3 guests with appropriate garnish. (not necessarily have carbohydrates)

Competitors must incorporate <MAGGI Seasoning / MAGGI Chicken Stock Master Tin / MAGGI White Sauce (Pork) / MAGGI Tengjiao Chicken Bouillon / MAGGI Spicy Liquid Seasoning, **Minimum 2 products**>.



All ingredients and plates are to be supplied by the competitor.

C3 East Meets West – Asian ingredients with Asian flavours presented in Western-style plating

To prepare and present within 45 minutes Two (2) portions of a Main Course dish using Asian ingredients with Western preparation methods and Western plating presentation techniques. The dish must contain a starch and vegetable element to showcase a balanced meal. The dish must be presented on Two (2) individual plates with appropriate garnishes. All ingredients and plates are to be supplied by the competitor.

Ingredient Guideline (for mise en place)

- Basic mother sauces – are permitted but must have further fabrication.
- Salad, cleaned and washed
- Vegetables and fruits cleaned, can be cut/trimmed (any shape) BUT must be raw
- Fruit and vegetable purees are permitted but must not be seasoned or finished item
 - ◆ No glaze or concentrated juices
 - ◆ Dried fruit / or vegetable powder permitted
 - ◆ Dehydrated fruit or sheets permitted
- Vegetable ash and home-made spice mixture are permitted
- Fish – gutted, scaled can be fileted / portioned if required BUT must be raw
- Shellfish/ crustaceans – clean raw can be removed from their shell
- Meat/Poultry/Game, Deboned can be portioned, trimmed but must be raw.
- Proteins cannot be brought in minced. Mincing must be done in the kitchen.
- Liver and sweetbreads can be brought in soaked in milk, but not seasoned or flavoured.
- Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.
- Pasta and other doughs, allowed can be flavoured and rolled into sheets but not portioned and not cooked
- Pastry Sponge, biscuits, not cut or stenciled
- Macarons or macarons need to be made on premise

- Decor elements 100% made on site
 - ◆ No titanium dioxide – no metallic powder no artificial food colours are permitted
- Eggs – can be separated, and pasteurized
- Dry ingredients can be pre-measured
- Flavoured oils and butter are allowed

KITCHEN EQUIPMENT

Each competition kitchen would be equipped with the following items:

- 1 x combination oven
- 4 x induction burners
- 1 x salamander grill
- 1 x sink (to share)
- 1 x fridge (to share)

Competitors are required to bring in the following items, if required, for the competition:

- Pots and pans
- Kitchen utensils
- Hot boxes or trolleys

It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors, resulting in demerit points.

JUDGING CRITERIA

* Total possible points: 100 (no half points will be given)

Mise En Place (0 – 5 points)

Planned arrangement of materials for trouble-free working and service. Correct utilization of working time to ensure punctual completion. Clean, proper working methods during will also be judged as well as conditions after leaving the kitchen.

Correct Professional Preparation (0 – 20 points)

Correct basic preparation of food, corresponding to today's modern culinary art. Preparation should be practical, acceptable methods that exclude unnecessary ingredients. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Working skills and kitchen organization.

Hygiene and Food Waste (0 - 10 points)

Please review the guidelines on Food Hygiene and Food Waste under WORLDCHEFS FOOD SAFETY REGULATIONS in the next section of this competition rulebook.

Service (0 – 5 points)

The punctual delivery of each entry at the appointed time is a matter of urgent necessity. The kitchen jury will determine if the fault of the service if any is the kitchen or service team and recommend any point reductions. The full points will be awarded if service flows smoothly and dishes come out on time from the kitchen.

Presentation (0 – 10 points)

The clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance, there should be no repetition of ingredients, shapes and colour as well as cooking techniques between the different dishes.

Taste (0 – 50 points)

The typical taste of the food should be preserved. The dish must have appropriate taste, seasoning, quality, and flavour. The dish should conform to today's standard of nutritional values

Points table for the medals

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

D - Culinary Pastry Art Display

Pastry and Artistic Showpiece

D1 Pastry or Artistic Showpiece of either:

- A. Chocolate
- B. Sugar
- C. Dough/bread dough, salt dough, Dough figurine
- D. Pastillage

****The Competitor needs to clearly identify his application, no changes are allowed****

Note:

- A. Chocolate Showpiece with a demonstration of a minimum of 3 different techniques including Sprayed, Moulded, Cast Chocolate, Painted Chocolate etc.
- B. Sugar Showpiece, with a demonstration of a minimum of 4 different techniques including Boiled Sugar, Blown Sugar, Cast Sugar, Pulled Sugar etc.
- C. Bread Showpiece, with the inclusion of a minimum of 3 different types of flours. and a recipe must be provided to the Judging panel
- D. A Pastillage Creation (Gum paste used with gelatin).

General Guidelines:

- The entry Showpiece must be of a minimum of 60cm in height and cannot exceed 150cm in height (not including base height)
- The base is of maximum 80cm x 80cm x 12cm(H). The table space allotted is 120cmW x 100cmD
- No frames, wires or moulds are permitted (Competitors breaking the rules will be disqualified)
- All Art Creations, which are sprayed, must contain food gradable edible spray
- The use of gold or silver leaves should be discreet
- The use of glitter and/or metallic dust should be limited and discreet
- Only edible gum-based food varnish or shellac is allowed
- It is not permitted to present a display of cut Styrofoam, (polystyrene), wood, metal or other structural material sprayed with chocolate. Such display will automatically be disqualified
- Seams must be clean and free of drips
- Colouring must be clean, free of smudges or bleeding or dripping
- The use of moulds is limited to less than 25% of the centrepiece
- Displays must be clean and free of any finger marks

Chocolate Showpiece Guidelines

- The showpiece must be comprised solely of chocolate and cocoa products, including plain or coloured cocoa butter and cocoa nibs
- More than three techniques must be used in the preparation of this centrepiece i.e., shiny, flat, dull, sprayed, carved, ribbon, shaved or aerated
- The use of sugar or sugar products is not allowed on the chocolate showpiece
- The use of artificial or inedible structural support is not authorized
- The use of moulds is limited to no more than 25% of the entire display
- Chocolate pastillage is not allowed
- Modelling chocolate is authorized
- Non-commercial transfer sheets are allowed
- Elements made of bloomed chocolate (over-heated) may only be used if intentionally bloomed and incorporated into the design
- Sprayed or “transferred” chocolate must not peel off
- Robot coupe chocolate must be smooth and not cracked
- Modelling chocolate may be smooth, polished, and shiny
- Casted and accent pieces must be free of bubbles, waves, cracks and seams
- Knife cuts and ruffles should be long and even
- Spraying should be clean and not excessive with no visible overspray drips
- The chocolate piece must not be shellacked
- Chocolate, airbrushing, and/or silk screening must not chip or peel
- Can only use edible colouring; cannot use lacquer, including food lacquer or other non-edible products

Sugar Showpiece Guidelines

- Poured sugar display must stand firm (no collapsing) and edges must be rounded and smooth
- Poured sugar must be free of bubbles
- Poured sugar should be delicate and not massive
- Standing pieces must be erected properly and must not be sagging or bending
- Sugar may be poured on a textured surface
- Moulded pieces cannot represent more than 25% of the display
- Pulled Sugar must be thin, shiny, and free of unwanted grains
- Pulled Sugar Lines in ribbons must be even and thin
- Pulled Sugar Elements must be fragile and delicate
- Pulled Sugar Shapes must be crisp and not collapsed
- Sugar centrepieces may be displayed in sealed airtight transparent display cases

Bread Showpiece Guidelines

- The display should demonstrate multiple decoration methods including scoring, flouring, stencilling, stamping, decorative plaques, etc.
- Multiple toppings should be used: seeds, grains, nuts, herbs
- Multiple glazing formulas should be used: lye, protein, sugar, gum, starch
- A minimum of three recipes and three types of grains should be exposed
- The use of moulds is limited to less than 25% of the entire display
- The display should be composed of multiple forms, shapes, and textures
- The display should contain three-dimensional elements
- Only pure natural colours are allowed: beet colour, chlorophyll, annatto, turmeric, saffron and colour extracted from seeds, fenugreek, ground poppy seeds, squid ink, caramel, molasses, etc.; cannot use lacquer, including food lacquer or other non-edible products
- Braiding and/or latticework should be even, consistent
- Glazing must be controlled, not dripping, shiny, contrasting, or icing
- Cut pieces must have precise smooth edges
- The display must be clean and free of finger marks, crumbs, dust, drips of binding material, etc.
- All-natural shades of cream, beige, brown, chocolate, caramel and black are allowed
- These colours may be achieved through various fermentation and baking methods
- The only use of edible props is allowed: grains, flours, sheath, seeds, nuts
- Duplicated pieces must be identical
- Anatomical elements must be proportional and realistic
- All elements must be perfectly baked
- Printing, stencilling, and painting must be precise and clean
- Items exhibited must appear fresh
- Bread should not be dry, cracked, or dull
- Displays must be visible on at least three sides and have a clean and neat fourth side
- Displays must be elegant, artfully displayed and appetizing
- Themes, shapes, methods, formulas, and tools used, should be innovative and creative

Guidelines for Pastillage

- Must be smooth, sanded and free of cracks.
- Pastillage may be textured.
- Pastillage can be coloured in the mass and painted on the surface.
- In architectural constructions, angles must be precise.
- Pieces should be as thin as possible.
- Pastillage may be glued with cooked sugar, royal icing or melted pastillage.
- Non-edible glue is not allowed.

NOTES

- Any advertising included in the designs as well as racist, religious, and political symbols is prohibited, an offensive display may be removed
- Name cards or logos of the working place of the competitor may be placed appropriately only after judging has been completed
- The Organiser will not be responsible for any loss or damage of any brought-in equipment and utensils
- Due to limited space, competitors' pieces will be displayed until 4:00 pm on the competition day Organiser may dispose of any uncollected exhibits after 4:30 pm on that day (Exact display and disposal time shall be further notified)
- Display Artistry of any type which courses doubt about its configuration and material used will be inspected by judges and the questioned Art Work will be opened for scrutiny

TIMING

- A competitor who arrives late can be disqualified
- Points will be deducted if a competitor cannot finish on time; if delay of 10 minutes, the entry will not be judged

JUDGING CRITERIA

Culinary Artistry (Class D-a, b, c, d)

* Total possible points: 100 (no half points will be given)

Creativity and Originality (0-20 points)

First impression, artistic impression.

Design and Composition (0-30 points)

Attention to detail, finished appearance, proportion and symmetry.

Technical Skills and Degree of Difficulty (0-50 points)

Structural techniques, utilisation.

Points table for the medals

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

D2 Four-Plated Dessert

To prepare and display Four(4) different desserts, each for one portion of an A la Carte service.

All desserts are to be presented cold

One (1) hot dessert, One (1) egg and fat-free vegetarian, One (1) freestyle, and One (1) dessert in a glass.

Table space allotted: 100cmW x 100cmD

NOTES

- Name cards or logos of the working place of the competitor may be placed properly only after judging has been completed
- Recipe (3 copies) of the plated desserts must be placed on the display
- The Organiser will not be responsible for any loss or damage of brought-in equipment and utensils
- Due to limited space, competitors' pieces will be displayed until 4:00 pm on the competition day
- The organiser may dispose of any uncollected exhibits after 4:30 pm on that day. (Exact display and disposal time shall be further notified)

TIMING

- A competitor who arrives late can be disqualified
- Points will be deducted if a competitor cannot finish on time; if delay of 10 minutes, the entry will not be judged.

D3 - Petit Fours or Pralines

To display Six (6) bite-sized pieces each of Six (6) different types of either Petit Fours or Pralines, suitable for service. Exactly 36 pieces must be presented and each piece to weigh between 6-14 grams. Practicality is essential for today's modern dining experience. No commercial moulds are allowed. Showpieces should enhance the presentation and it will be judged. An extra plate of One (1) portion of each type (6 pieces) is to be set aside from the display table for tasting by judges.

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

Serving Arrangement (0-10 points)

Clean arrangement, no artificial decorations, no time-consuming arrangements, exemplary plating, in order to make practical serving possible.

Presentation / Innovation (0-30 points)

Comprises an appetising, tasteful, elegant presentation, modern style.

Composition (0-30 points)

Well-balanced food – in a correct proportion of vitamins, carbohydrates, proteins, fats and roughage, harmonizing in colour and

flavour. Should be practical and digestible.

Correct Professional Preparation (0-30 points)

Correct basic preparations of food, corresponding to today's modern culinary art.

Points table for the medals

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

E – Live Pastry Showtime

E1 – Dress the Cake

Competitors have **120 minutes** to decorate one finished cake, which competitors have to provide.

- All decorating ingredients must be edible and mixed on the spot. Sugar can be cooked but not modelled.
- Sugar syrup is allowed.
- Chocolate and royal icing can be pre-prepared but not shaped.
- Sugar paste, marzipan and pastillage can be mixed with colour, but not shaped and modelled.
- There are no height restrictions to the finished piece.
- The cake (either plain or with fillings) should be either round (30cm diameter) or square (30cm x 30cm).
- Only 1 cake is allowed. Points will be deducted for non-compliance.
- Each competitor is required to provide all ingredients, utensils and materials required unless the Organiser informs that any products will be provided.
- No food or working items are to be placed on the floor.

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

Preparation of Cake and Cleanliness of Work Station (0-10 points)

Planned arrangement of materials for trouble-free working. Workstation to be kept neat and tidy.

Presentation and General Impression (0-40 points)

Depending on the materials used, the finished exhibit must present a good impression based on aesthetic and ethical principles.

Technique and Degree of Difficulty (0-50 points)

This is judged by the artistry, competence and expert work involved in the execution or preparation of the exhibit.

E2 - Ultimate Taste of Choux

Each participant is required to produce in 45 minutes Two (2) kinds of choux pastry desserts of 6 pieces for each type of creation, presentation on two individual plates (total 12 pieces). The basic choux pastry can be of any shape.

- Any type of choux is permitted
- The finished product must weigh at least 50g per piece
- Brought-in pre-baked choux is allowed
- Fruit Coulis or Puree are allowed but finished during the competition
- Food wastage will result in a point deduction
- All decorating ingredients used must be edible and be made on-the-spot
- Sugar can be cooked and coloured but not stretched/pulled
- Chocolate may be brought in melted and tempered. Coloured cocoa butter may be brought in melted.
- Almond paste and coloured fondant are allowed.
- Chocolate modelling paste can be brought in but cannot be shaped or sheeted prior.
- Each participant is required to provide all ingredients, utensils and materials required unless the organiser shares information about any available sponsored products.

E3 - Afternoon Tea Set -Theme: NATURE

Each team shall consist of one (1) Team Captain and one (1) Assistant.

Each team, within 2 hours, has to make Two (2) sets of ONE Afternoon Tea Set for TWO persons.

(One set for Display and one set for Judging); each set consists of Five (5) different items:

1) Scones

2) Savory (only sandwich bread can be pre-baked and brought along)

3) Dessert in Glass

4) 2 different types of freestyle

5) A pot of suitable tea to be served on site

- Both Afternoons Tea Sets must be presented on Afternoon Tea set stand (2 sets)
- The competing team must submit the Afternoon Tea Set Menu in English
- All submitted recipes should be original and have never been used
- Recipe (3 copies) of the Afternoon Tea Set to be ready for jurors' collection at the competition
- Everything must be made onsite (including decoration)

PRESENTATION

- Both Afternoons Tea Sets must be presented on Afternoon Tea set stand (2 sets), to be brought along by the competitors
- Plates will not be provided by the organizer, competitors need to bring along their own tray(s) to present all the pastry items, and/or with a background setting to present the theme.
No logo is allowed on the presentation utensils or background

TIMING

- Competitors who arrive late will be disqualified
- Points will be deducted if a competitor cannot finish on time; if delay of 10 minutes, the entry will not be judged.
- As this is a time-limited competition, you are expected to show cooking skills. Your entry should not be completed with more than 10 minutes left on the clock of your allowed time; all entries will not be judged until the scheduled finished time.

NOTES:

- Competitors must provide their own choice of serving china ware (without logo)
- Competitors are invited to set up an attractive display, however, this will not be judged
- Name cards or logos of the working place of the competitor may be placed properly after judging has been completed
- Information regarding the setup time will be announced at a later stage, after registering
- The Organizer will not be responsible for any loss or damage to any utensils
- Due to limited space, competitors' pieces will be displayed until 5:00 pm on the competition day
- The organizer may dispose of any uncollected exhibits after 4:30 pm on the last day. (Exact display and disposal time shall be further notified)

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

Composition & Creativity (0-15 points)

Combination of a good choice of product elements, tastes, texture and colours; creative and original ideas

Technical Skills & Degree of Difficulty (0-15 points)

Correct culinary preparation corresponds to today's modern patisserie; the artistry, competence and expertise involved in the execution of preparation of the exhibit

Practical, Up-to-date Presentation (0-30 points)

Comprises an appetizing, tasteful and harmonized colours presentation, the right portion size and practicability for daily use in food services, without time-consuming arrangements, clean and pleasing to the eye

Taste & Texture (0-30 points)

The typical flavour of the main ingredient should be prevalent without the usage of too many additional flavours. If a mousse dessert is chosen, it is recommended to avoid excessive use of gelatine. The dessert should include a combination of textures

Serving Arrangement (10 points)

A correct number of portions and plates must be displayed. It should be practical, transportable, and stable

Points table for the medals:

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

****This category of each Class can compete for the highest score awards****

F – Classic Fruit and Vegetable Carving

F1 - Classic Fruit and Vegetable Carving

F2 – Artistic Architectural Taro Root Carving

The Competitor needs to clearly identify his application, no changes are allowed

Create your own banquet composition carved out of fresh fruits and vegetables, combining various products within one design. The list of fruits and vegetables to be used is unlimited. Participants should try to maximise the balance in their composition and their use of elements, including balancing the design and contents, colour pallet and a highly artistic carving performance in all elements of the composition.

Dimensions of the exhibits

- Minimum height 60cm, maximum height 120cm including the base (maximum size of the base 80cm x 80cm x 12cm [length x width x height]).
- While the exhibit may extend beyond the length and width of the base, it must not exceed the maximum height.

Tables

- 1 x 180*90cm table
- In the interest of safety in the halls, it is forbidden to remove, rearrange or add one's tables.

Labelling

- The exhibition items have to be uniformly labelled to ensure their meaning is understood clearly.
- All competitors must place their entry card next to the exhibit.
- The judges will not evaluate any exhibition tables marked with a card that does not match the entry card.
- The organiser reserves the right to remove plates that do not fulfil the standard requirements of individual classic fruit and vegetable carving.

Design & composition

- The exhibits have to be presented on time.
- Each exhibit has to be 3-dimensional and appealing from all angles.
- Dimensions and theme (if required) must be respected.
- Attention has to be paid to detail, finishing, proportion and symmetry.
- The theme must not be offensive or violent.
- The theme has to be cleverly interpreted, well-researched and clearly presented.
- The display has to be light, proportionate and well-balanced with a clear focal point.
- All elements have to be properly assembled; any seams must be discreet. Assembled pieces have to fit perfectly.
- The design must be elegant, sophisticated, suave, peaceful and joyful.
- The choice of products, and their harmonious colour, including the peel and core, are important as well as the ability to demonstrate all of it.
- Only natural food colourings are allowed.
- The use of decorative elements such as stones, artificial flowers, ribbons, beads and similar are prohibited. Such elements may only be made of fruits and vegetables.
- The display must be kept fresh throughout the duration of the event.

Technical skills & degree of difficulty

- Structural techniques, utilisation and craftsmanship. Work has to be precise and accurate.
- Cleanliness of the incision (knife lines must not be visibly imprinted into a prepared surface).
- Depth of the incision. The thickness of the incision. Methods of incision used.
- The most important thing is to demonstrate knife skills. Details must be precise.
- Correct proportions for 2- and 3-dimensional shapes.
- Repeated elements have to be in exact symmetry.
- High relief (i.e., when carving separate forms – human, animal, vegetal, the relief should be high, so the figurine is well-defined and the form highlighted).
- After the basic figure is finished, the remaining part of the peel should be smoothed and cleaned (in case it is not removed completely already).
- Carvings must be anatomically correct (when applicable).
- All elements have to be properly assembled; any seams must be discreet. Assembled pieces have to fit perfectly.
- The degree of difficulty must be high.
- The preparation of the exhibits must require many hours of planning and execution.

Creativity and originality:

- First impression, artistic impression: The first impression must be pleasing and attractive. The composition of the elements has to form a harmonious, successful ensemble.
- The exhibit should be original and creative – unusual combinations should be aesthetically pleasing.
- Innovative carving techniques and incisions should be demonstrated.
- New or innovative tools should be used.
- The degree of difficulty must be high.
- The preparation of exhibits must entail many hours of planning and execution.
- The carving exhibit must be usable as a decorative piece for a banquet or reception.

Rules applicable to the carved exhibits

- Each participant must place the exhibition card next to their exhibit(s).
- If found offensive, displays may be removed by a member of the jury or the organiser. Designs may only be carved from raw food items.

Permitted

- The use of toothpicks, wooden skewers, natural food colouring and any type of glue is allowed. Such structures/elements must be totally invisible to avoid a penalty (10 points off the total points earned for the exhibit).
- Using natural greenery is permitted. It may be in a pot with soil but its dimensions must not exceed 1/3 of the composition. The soil must be contained and decorated so that it does not touch the carved elements (to avoid contamination). Supports, textiles and other decorative materials are allowed following the principles of application for the creation of a centrepiece or ornament for a banquet.

Prohibited

- The use of decorative elements such as artificial flowers, earth, sand, animal fur and moss is prohibited. No advertising may be included in the design/composition.
- The internal construction of any type, like glass, metal, plastic or wooden supporting structures, may not be used inside finished carved items (they are only allowed in category F2).
- These materials may only be used as stands used to display the carved pieces.
- No use of flowers and buds is allowed.
- All carvings have to be exhibited until the end of the scheduled duration. Early removal of the carvings is not allowed.

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

Creativity and Originality (0-20 points)

Artistic impressions and first impressions must be pleasing and present a successful ensemble. It should be original and creative. Innovative carving techniques and incisions should be demonstrated. This carving must be usable for a banquet or reception.

Design and Composition (0-30 points)

Attention to detail, finished appearance, proportion & symmetry. It must be three-dimensional and appealing from all angles. The theme must be inoffensive and non-violent. Design must be elegant, sophisticated, sober, peaceful and joyful. The choice of products and their colour harmony including the peel and the core are important as well as the ability to demonstrate all of it.

Technical Skills and Degree of Difficulty (0-50 points)

Structural techniques, utilization and craftsmanship. Work must be precise and accurate. Elements must be properly assembled and seams must be discreet.

Points table for the medals

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

G - Food and Beverage Talent Challenge

G1 - Fine Dining-Themed Table Setting

The objective of this competition is to judge and measure the standards of competitors in their table-setting techniques, skills and knowledge. Participation is open to establishment from hotels, restaurants, culinary institutions, airlines, catering companies, Hospitality Universities and colleges. Instructor / Lecturer / Trainer / Supervisor and above are strictly not allowed to participate. The establishment logo CANNOT be displayed on the attire worn during the competition

Personal Grooming

- You are required to be properly attired. Grooming standards and hygiene observed at all times
- Demonstrate personal attributes including personal hygiene, smart and professional appearance
- The establishment logo should preferably NOT be displayed on the attire worn during the competition

Requirements and Task

- Contestants will be tested on skills required in the "Front of House" of a fine dining restaurant.
- Participants are given 30 minutes to complete the task.

The focus is on:

Mise-en-place: The individual needs to know and understand: A range of standard restaurant materials and equipment including Cutlery, Crockery, Glassware, Linen, and Furniture.

Sanitation and cleanliness

- Changing/laying the tablecloth
- A 5-course creative table d'hote menu and menu knowledge.
- Understanding the steps of table setting with an overall "WOW" themed presentation.
- Technical Skills -Table Setting, Napkin Folds, Changing/Laying of the Table Cloth

Table-setting:

- Set 3 formal place settings. Set table using the appropriate linen, cutlery, glassware, china, cruets, and additional equipment necessary
- All settings must be identical.

Napkin folding, Napkin Folds:

- Competitors will create 3 same unique napkin folds
- Menu terminology/job knowledge

You are required to bring

- All cutleries, glassware, napkins, serviettes, table cloths etc
- Any other items required for preparation and set-up to execute this competition category effectively and efficiently.
- The size of the table decoration must be fitted in within 3ft x 3ft.

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

Personal/Grooming Standard	10 points
Changing/Laying of the Table Cloth	5 points
Organization/Presentation	5 points
Technical Skills	10 points
Mise-en-place	10 points
Centre Piece	5 points
Safety / Hygiene Practices	10 points
Centre Piece	5 points
Table Set Up	10 points
Theme	5 points
Menu Terminology/Job Knowledge	20 points
Timing/Speed	10 points

Points table for the medals:

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

60-69 points Diploma Certificate

All participants will receive a certificate of participation

G6 - Classic Flambé - Live Local Taiwanese Seasonal Fruits Caramelisation Technique

The objective of this competition category is to observe participants applying - flambé skills, techniques, caramelisation & knowledge of flambé dishes/items, handling service gear and also on communication skills.

Participation is open to individuals who are working in Hotels, Restaurants, Cafes, Airlines, Hospitals and any Food and Beverage Establishment. Each establishment can send in two (02) participants. Please take note Supervisor/CDP and above are NOT allowed to take part. The establishment logo CANNOT be displayed on the attire worn during the competition.

Guidelines:

Participants have 10 minutes to prepare Three (3) standard portions of a Local Taiwanese Seasonal Fruits caramelization.

- Each portion must have Three (3) types of fresh Local Taiwanese Seasonal Fruits
- The fruits must be cut into appropriate size
- Each portion must be served with a Crepes
- Crepes can and should be prepared in advance

Each participant must prepare:

- Two (2) plates for Judges Tasting
- One (1) plate set for display
- Clear Menu Description with 3 copies, preferred in colour
- All ingredients must be brought in by the participant

Notes

- Only portable stoves are allowed.
- A non-stick pan is NOT allowed.
- Each participant must prepare for
- Judges tasting: Two (02) plates
- One (01) set for display
- All ingredients must be brought in by the participant

JUDGING CRITERIA

Total possible points: 100 (no half points will be given)

<u>MIS EN PLACE</u>	<u>10 Points</u>
Personal Presentation	3
Correct Par Stock of mise en place	3
Work Station setup	4
<u>Preparation</u>	<u>30 Points</u>
Hygiene Practises	5
Technical Skills displayed - Caramelisation	10
The correct method of preparation	7
Wastage	5
Efficient utilisation of time / Organisation skills	3
<u>Presentation</u>	<u>20 Points</u>
Suitable Temperature	4
Originality / Flair	4
Appropriate and true to menu description	4
Portion Size	4
Complete dish, neat arrangement	4
<u>Taste</u>	<u>40 Points</u>
Harmony of Flavour	20
Balanced Texture	10
Tasty Sauce and Garnish	10

Points table for the medals:

****This category of each Class can compete for the highest score awards****

100 – 90 points Gold medal with certificate
89 – 80 points Silver medal with certificate
79 – 70 points Bronze medal with certificate
60-69 points Diploma Certificate

All participants will receive a certificate of participation

Dear Competitors,

We are often asked what is 'Best Practices' these are the rules that help us govern our competitions and what members of the jury will be looking for as we move forward, these read in conjunction with the competition rules and regulations, will ensure you are on the right track.

Team & Competitors 'Best Practices'

- The whole idea behind this document is to ensure all teams and competitors are on a level playing field and as to what the jury may be looking into during the
- competition.
- Naturally, this document does not cover all aspects of the jury and marking scheme but looks into the 'Best Practices' for competitors which need to be read with the Worldchefs Health and Food Safety Regulations.
- Plastic is something that the world and gastronomy are eliminating.

Plastic Bags

- avoid all unless necessary and required to pack your food items into OR is there an alternate solution.
- Vacuum Bags – are for sous vide or for storage to enhance the shelf life, they are not for transporting items to a competition, to hold liquid etc, and should be avoided as much as possible, think of the waste and the cost.
- Plastic Containers – are permitted to transport and store items in, and must be reusable and are not to be thrown away after one use, they need to be cleaned and packed away.

Aluminium Foil

- **Avoid ALL Aluminium Foil** and replace them with either Lids, Covers or Butter Paper and make use of Ovens to heat plates.

HACCP sheets

- Sheets are required in most of the world in a commercial or professional kitchens. This is Best Practice for the recording of the temperature controls in place for raw, semi-raw, ready cooked and food storage.
- Standard HACCP sheets are available on the WORLDCHEFS web page which are acceptable in any competition.
- Temperature/storage sheets should show the temperature flow chart of food items from purchase – to prep kitchen- to the competition arena.
- The fridge/freezer checklist should be done at a minimum of every hour of the competition, with corrective action when the temperatures are too high.
- Storage of warm food must be done to ensure all international and local regulations are met to avoid any public concerns on food safety.
- Sous Vide records are imperative due to the nature and at time low cooking temperatures, the temperatures and times need to be recorded.
- Jury members are at liberty to check and investigate these documents under any circumstance.
- Competition Timing/ on Time – is an important part of our profession whether in a restaurant or competition, food served at the correct temperature and on time allows a pleasant eating experience for the guests.
- In all competitions there are Service Points awarded on timing, however, if you far exceed this bracket, points will be deducted from competent preparation.
- If your food items have too many hand movements and or components, will affect the temperature of the service food, which will lead to a points deduction.

Food Weight and Nutrition

- There are expected weights to be observed in the hot kitchen and on the chef's table, in a practical world, we should adhere to these weights, 20- 30g on either side is acceptable.
- It is a cooking competition, therefore skills are paramount, cooking skills, flavour profiles allowing the food to speak for itself and hand skills are a must, repetition with moulds will be penalized under professional preparation.
- All food needs to be nutritionally balanced along with the presentation on how it fits into the menu.

Plate temperature

- Good Practices are to have cold food and desserts served on room temperature plates to avoid condensation; warm food should be served on warm plates.
- If serving a salad with a warm appetizer, think about how to support/protect the salad from wilting on a warm plate.
- All salads or herb salad garnishes need some type of dressing or seasoning.

Food Waste

- In today's modern world, food waste is a major issue around the globe, as a professional, you must control all your food waste.

- Excessive mise en place brought into the kitchen will be penalized, the parameters will be 5% of the total required to allow for spoilage and items that may have been dropped etc.
- Overpreparation of the amount required will also be monitored, meals sold Vs meals remaining will be totalled again with a 5% buffer permitted.
- Excessive preparation will cause a points deduction.
- Ideally, you should have 3 bins.
 - One for food waste that may be composted, etc.
 - One for a Recyclable bin for cardboard and paper.
 - One for non-recyclable plastic, rubber, etc.
- Items are not to be removed from the main competition kitchen until checked by a member of the jury, clear bags may be provided.
- Best Practice is the correct disposal of Organic and non-organic waste either at your mise en place kitchen or the competition kitchen after the event.

Please, also read the Worldchefs Hygiene and Food Safety Regulations found on the webpage.



Worldchefs Food Safety Regulations

The following information is to be read in conjunction with the **WORLDCHefs's Competition Guidelines**.

NOTES: Tasting judges do not share plates, 1 x plate will be as a sample and the other meals will be portioned by a Rookie Jury member or a dedicated wait-person

The Five Keys to Worldchefs Food Safety in Competitions

The core messages of the Five Keys to Safer Food are: (1) keep clean; (2) separate raw and cooked; (3) cook correctly; (4) keep food at safe temperatures, and (5) selection of safe raw materials to produce the items.

1. **Keep Clean** *(It takes over 2.5 billion bacteria to make 250 ml of water look cloudy, but in some cases, it takes only 15-20 pathogenic bacteria to make one sick)*
 - a. Wash and sanitize all surfaces and cooking equipment in the preparation area of the kitchen.
 - b. Fruits and vegetables need to be washed and packed in appropriate containers.
 - c. The kitchen area needs to be spotless as it is a showcase of our profession.
 - d. All the equipment, tools, utensils, or service wear including knives and knife containers (wraps, etc...) you may be using, must be clean.
 - e. Floor, walls, cabinets and refrigeration in the competition arena, and the cart or transport equipment must be kept clean.

2. **Separate Raw and Cooked** *(Keeping raw and prepared food separate prevents the transfer of microorganisms. Cross-contamination is a term used to describe the transfer of microorganisms from raw to cooked food, and to the equipment used in the vicinity of the food items)*
 - a. All food ingredients should be packed separately and labelled clearly by; name and date of packing, and if required, "use by" date.
 - b. Raw poultry, fish, seafood, and meat proteins are to be housed in their own closed containers. These items must be transported and stored at <math><5^{\circ}\text{C}</math> (41°F).
 - c. Various packed and labelled dry items can be stored on the same tray.
 - d. Cooked food items must be stored above raw items to avoid drips and cross contamination. There should be no contact between the two items.

3. **Cook Correctly** *(Correct cooking or care of food can kill almost all dangerous microorganisms, which ensure the jury, and guests in attendance, that the food is safe for consumption)*



- a. A standard HACCP sheet should be used in the preparation and cooking of the proteins. Ideally this sheet should contain the following:
 - i. Name of item being cooked
 - ii. Temperature of item prior to cooking
 - iii. Length of time during which the items were subjected to heat
 - iv. The actual temperature upon cooking
 - v. Time at which the cooking process was completed
 - b. Blanched items should be shocked immediately in clean iced water to stop the cooking process, then drained and stored in a clearly labelled and covered container.
 - c. If your National Cuisine needs a partially cooked item to be blanched /dried, then cooked again, please clearly highlight this to the jury members – example Peking Duck. These items are to be held in a clean area to avoid bacteria.
4. **Keep Food at a Safe Temperature** - *Microorganisms multiply quickly if food is not stored correctly. Holding food at a temperature below 5°C (40°F) or above 60°C (140°F), slows down or stops the growth of microorganisms but some dangerous microorganisms can still grow below 5°C (40°F).*
- 5.
- a. As mentioned under **Cooking Correctly**, HACCP sheet should be used in all food preparations.
 - b. Raw proteins can only be left on work table if it is stored on ice, or ice pad, and covered with more ice pad or other cold systems. The temperature of this protein must be kept below 10°C (50°F).
 - c. Cooked food needs to be held above 60°C (140°F) to avoid microbial growth, and ensure the food is served hot to members of the jury and to the guests
 - d. Cooked food can be served à la minute to avoid this.
 - e. A HACCP sheet should be posted on each refrigerator and, or, freezer door. Temperatures must be recorded every hour, and corrective actions must be taken if doors are left open too long.
 - f. Hot food must be cooled to <5°C (4°F) before it can be refrigerated.
 - g. All food items to be refrigerated or kept in the freezer must be covered and labelled.
6. **Selection of Safe Raw materials** (*Raw materials including ice may be contaminated with dangerous microorganisms and chemicals. Toxic chemical can form in mouldy food like fruit and vegetables*)
- a. Temperatures of your produce should be recorded at the market, when you arrive in your preparation facility, and also in your cooking competition kitchen – HACCP.
 - b. Fruits and vegetables should be checked for worms, grubs and mould.
 - c. Fish, seafood and meat proteins need to be <5°C and not bruised or damaged.



- d. Check that fish exhibit all signs of freshness, and verify that they do not have worms or parasites. Verify for signs of freshness.
- e. All dry ingredients, and all fresh, frozen, cured, or smoked food should have the use by or expiring dates checked.

DRESS STANDARDS

Ideally, all members of a team should be dressed near identically.

1. Chef's jacket – The chefs or team of chefs, should enter the competition arena wearing a clean white, pressed chef's jacket.
2. Chef's hat – Standard chef hats, or competition sponsored hats must be worn. Individual event skull caps may be worn.
3. White apron is the standard apron for competitions. Pale coloured ones, and butcher striped aprons are accepted.
4. Safety style, non-slip, must to be worn. Sport shoes are not allowed in the kitchen.
5. Neckties – are optional.
6. No visible jewellery is to be worn except for a wedding band, ear stud (no more than 7 mm diameter) or sleeper (small rings).
7. No watches to be worn in the competition kitchen.

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Chefs should be clean and showered and demonstrate good personal hygiene.
4. Hair which touch the collar, or fall below the collar, must be restrained and covered with a hair net.
5. After shave and perfumes must not be over powering
6. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.

FOOD & DRINK DURING COMPETITION

1. Industrially bottled and packaged beverages may be consumed in the competition kitchen.
2. Industrially produced and packaged energy bars or gels, can be consumed in the competition kitchen.
3. Prepared and cooked foods, like sandwiches or salads, can only be consumed during breaks, and outside the kitchen.

GENERAL RULES TO FOLLOW

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.



2. Remove a sample of a product from the container with one spoon.
3. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
4. Sample the product by tasting.
5. Never re-use used spoons. Use clean and sanitary spoons for each tasting. Always use two spoons to ensure sanitary practices are being followed and the product is not contaminated.
6. Double dipping into sauces or food items with the same spoon is strictly prohibited.
7. Food items in transport, and stored, must be covered with clear plastic or a lid.
8. Ready To Eat food (RTE) should not be handled with bare hands.
9. Equipment acceptable for the handling of cooked food are: tongs, chop sticks, or tweezers.
10. Work areas should always be cleared of unnecessary items.
11. Basic spills should be cleaned up immediately.
12. Knives must be kept clean at all times.
13. Food trimmings should be identified and labelled.
14. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed together, labelled, and stored at 5°C (41°F).
15. Hand paper towels to be used for work surface bench and hands wiping.
16. Cloth towels should only be used to handle hot items.
17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetable, red for meat, blue for fish, brown for cooked meats, and violet for vegan.
18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.
19. Use of wooden cutting boards is not authorized.
20. Cardboard or any porous containers and boxes are not allowed to enter kitchen.
21. Nothing is allowed to be stored on the floor.

1) Face Mask / Face Shield: When requested by the local health authorities or the organisers

- a. These forms of PPE must be worn during the entire competition while in the competition arena.
- b. They must be changed:
 - i. In preparation for service
 - ii. If they are spoiled in any way
 - iii. Upon returning to the kitchen after any break



2) Hand Washing:

It is a 30 second process which must take place;

- a. Upon arrival to the kitchen
- b. At the start of the actual competition
- c. When hands become soiled
- d. On the hour
- e. After handling raw proteins
- f. When each task is finished
- g. After mise en place has been set
- h. Before service
- i. After visiting the wash room
- j. After handling rubbish
- k. At all times upon returning to the kitchen.

3) Sanitizing:

Recommended chemical sanitizer must be applied for a minimum of 10 seconds before it can be wiped off with a paper towel or scrapper-

- a. All work surface must be sanitized upon arrival into kitchen.
- b. All benches must be sanitized at the start of the competition.
- c. All benches must need to be sanitized as they become soiled.
- d. All benches must be sanitized at the completion of each task.
- e. All benches must be sanitized prior to starting service.
- f. All benches must be sanitized at the end of the competition.

4) Aprons:

- a. To enhance and promote our profession, and to avoid cross contamination, chefs should not be working with soiled aprons.
- b. Bib aprons can be used when cleaning proteins.
- c. Aprons should be changed:
 - iv. At the start of the competition
 - v. After working on proteins
 - vi. If they become heavily soiled at any stage
 - vii. Prior to service.

5) Gloves:

- c. Gloves do not give an automatic exemption to proper food handling techniques.
- d. Must be worn when handling hot or cold "Ready To Eat" food (RTE), which will be consumed by the jury/public.



- e. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.
- f. Hand injuries should be protected with a band aid/plaster, and covered with a glove.
- g. Changing the gloves is paramount to avoid cross contamination. It is not necessary to wear gloves during the mise en place or food items, unless the food items will not receive any heat treatment.
- h. Gloves need to be changed;
 - i. If you start to use other equipment after touching proteins
 - ii. Before starting service
 - iii. Regularly during service
 - iv. Before and after cleaning of dirty, or staining vegetables or marinades.

6) Rubbish:

- a. Small bins are permitted on the work bench.
- b. Neither the small table bins nor the main kitchen bin may overflow.
- c. Rubbish needs to be bagged, and removed each hour of the competition, upon closing of the bags.
- d. Bins should be empty at the start of service
- e. Cleaned and washed at the end of service
- f. Sinks must be used for washing and not to hold dirty pots and rubbish.
- g. Rubbish must be separated – i.e.: paper, plastic, organic, not reusable plastic boxes and containers, organic, and disposed of in designated containers.

7) Team Spacing:

Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at time, may be un-avoidable.

8) Glass policy:

- a. Control - No glass items are permitted in any format into the competition kitchen. This may pertain to wine, vinegar, soy sauce, tomato paste, oils, drinking vessels, and any other products.
- b. Items must be decentered into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- c. If sponsored items are in glass, these will remain on the central ingredient table(s), away from the competition kitchen. Competitors will retrieve products from this area in non-breakable containers. This rule will also apply to the Community Catering where Commercial products are permitted.



9) Food efficiency (left overs):

- a. In some circumstances, some food excess is unavoidable but this must be controlled. It is how you manage it that will be noted.
- b. If all your portions are not sold – there must be an accountability, tickets Vs Sales Vs food remaining.
- c. 5% excess is acceptable due to a number of kitchen factors, spillage, replacement, wrong table.
- d. Be mindful when planning menus to avoid waste factor, i.e.: “Pommes Parisiennes” or smaller scooped vegetables or fruits.
- e. Useable trimmings / excess of preparations, must be properly packaged and labelled with date and name of product as a minimum.
- f. Such left over food will be reviewed by the kitchen jury before it is taken away.
- g. Deduction for items thrown in the rubbish, or tried to be washed down a sink.

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