



FHA
CULINARY CHALLENGE

COMPETITION RULES & REGULATIONS

FHA-Food & Beverage

5 – 8 SEPTEMBER 2022

FHA-HoReCa

25 – 28 OCTOBER 2022

SINGAPORE EXPO



FHA Culinary Challenge 2022 is part of:



www.fhafnb.com



www.fhahoreca.com

Supported by:



and Regional Chefs Associations



Organiser:



FHA Culinary Challenge

In association with the World Association of Chefs' Societies (WorldChefs) and supported by the Singapore Chefs' Association (SCA) and regional chefs' associations, the FHA Culinary Challenge (FCC) is the arena for culinary talents from around the world to display their masterly skills and be accredited by a panel of internationally acclaimed judges approved by WorldChefs.

FHA Culinary Challenge – Culinary Categories will kick off the programme at FHA-Food & Beverage from 5 to 8 September 2022 at Singapore Expo. At FHA-HoReCa held from 25 to 28 October 2022, the FHA Culinary Challenge – Patisserie Categories will take place featuring Practical Cake Decoration alongside other dessert and pastry activities.

COMPETITION OVERVIEW



CULINARY

INDIVIDUAL CHALLENGE

Culinary Art Display

Class 1 - Plated Dishes

Class 2 - Tapas / Finger Food

Practical Hot Cooking

Class 3 - Main Course Meat / Poultry / Game

Class 4 - Main Course Fish / Seafood

Class 5 - Main Course East Meets West Cuisine

Class 6 - Vegetarian

TEAM CHALLENGE

Class 7 - Apprentice Team Challenge

PATISSERIE

INDIVIDUAL CHALLENGE

Patisserie Practical

Class 8 - Practical Cake Decoration

Patisserie Art Display

Class 9 - Themed Cake

Class 10 - Plated Desserts

Class 11 - Petits Fours or Pralines

Class 12 - Pastry Showpiece

Class 13 - Artistic Sculpture

REGISTRATION DETAILS

Each competitor or team is required to register online and complete the payment process on www.foodnhotelasia.com.

REGISTRATION PROCESS	DATE
Registration Batch 1 – Priority Booking <i>Priority booking period for competitors who retained registrations from FHA Culinary Challenge 2020. Event was postponed due to COVID-19 pandemic.</i>	1 to 14 May 2022
Registration Batch 2 – All Participants	20 May 2022
Registration Close	15 June 2022
Confirmation of Participation by the Organiser	By 15 July 2022
Submission of Necessary Information/Document	By 30 July 2022

Please refer to each of the competition class for more information.

Acceptance of registration is on a first-come-first-secured basis. Do note that practical classes may be fully subscribed before the registration deadline. Confirmation of participation will be processed upon full payment of registration fee.

As FHA Culinary Challenge will be held at FHA-Food & Beverage (Culinary Categories) and FHA-HoReCa (Patisserie Categories), each competitor is required to register for access badges to the respective tradeshow. Registration for access badges to tradeshow can be done upon successful registration as a competitor of FHA Culinary Challenge.

Submission of registration form indicates acceptance of the rules and regulations of FHA Culinary Challenge 2022.

REGISTRATION FEES

FHA CULINARY CHALLENGE - CATEGORIES	FOR SINGAPORE COMPETITORS (INCLUSIVE OF 7% GST)	FOR INTERNATIONAL COMPETITORS (NO GST)
Individual Challenge	SGD80.25	SGD75.00
Apprentice Team Challenge	SGD160.50	SGD150.00

Registration fees are not refundable. Each participant to consider competition requirements and other participation essentials such as travel arrangement and time outlay prior registering.

ENQUIRIES

For enquiries, please contact the organiser at fccfoodnhotelasia@informa.com.

PRIZES, AWARDS AND CERTIFICATES

A certificate of participation will be presented to each competitor who completed all the competition classes they registered. The respective medals and certificates of awards will be presented to competitors who attain the following points. Team members will receive separate certificates and medals based on team acquired points for the challenge.

Gold with Distinction	100 Points
Gold	90 - 99 Points
Silver	80 - 89 Points
Bronze	70 - 79 Points

The head judge and judges of respective categories reserve the right to withhold the presentation of any awards should scores deem it necessary.

APPRENTICE TEAM CHALLENGE

The team that attains gold medal status and scores the highest points will be awarded the Apprentice Team of the Year and a trophy.

INDIVIDUAL CHALLENGE

Best Chef

The individual chef who accumulates the highest points in his / her best 3 classes (minimum total of 6 medal points) – one must be from the Culinary Art Displays and two must be from the Practical Hot Cooking. At least one gold medal must have received in one of the classes entered, otherwise the award will not take place. Best Chef will be awarded a trophy.

Medal Points : 1 Gold = 3 Medal Points | 1 Silver = 2 Medal Points | 1 Bronze = 1 Medal Point

Outstanding Pastry Chef

The individual chef who accumulates the highest points in his / her best 3 classes (minimum total of 6 medal points) in the Patisserie Section. At least one gold medal must have received in one of the classes entered, otherwise the award will not take place. Outstanding Pastry Chef will be awarded a trophy.

Medal Points : 1 Gold = 3 Medal Points | 1 Silver = 2 Medal Points | 1 Bronze = 1 Medal Point

Outstanding Themed Cake Design

The competitor attains gold medal status and scores the highest points in Patisserie Art Displays – Themed Cake will be awarded Outstanding Themed Cake Design and a trophy.

Outstanding Artistry and Technique

The competitor attains gold medal status and scores the highest points from either Patisserie Art Displays – Pastry Showpiece or Artistic Sculpture will be awarded Outstanding Artistry and Technique and a trophy.

JUDGES

CHEF OTTO WEIBEL
Head Judge, FHA Culinary Challenge 2022

Chef Otto Weibel is one of the most respected veterans in Singapore food and beverage industry. He was the President of the Singapore Chefs' Association (SCA) since 1990 and continues to serve as the Honorary President Mentor of SCA from 2005 till now.

As the honorary life member and approved judge of the World Association of Chefs' Societies, Chef Weibel has been the Chief Judge of various local and international culinary competitions that took place in Singapore, China, Hong Kong, Luxembourg, Switzerland, Germany, Dubai and many more countries. His culinary expertise has also won him many awards, among them are Awards of Excellence, SCA 1999, Chef Restaurateur of the Year, International Foods Beverage Forum, 1999, Lifetime Achievement Award, World Gourmet Summit, Singapore, 2001 and Gold Medal of Chaîne des Rôtisseurs, Paris, 2003.



DR RICK STEPHEN CMC HON YOUNGSAN UNIVERSITY
Chairman, Culinary Competition Committee,
World Association of Chefs' Societies

Dr Rick Stephen has been instrumental in the growth of the culinary profession. Having once an active presence in the competition arena winning many awards and accolades, he has offered guidance and support which contributes to the success of a number of chefs doing well in many competitions and in the culinary profession in Singapore, Fiji, Indonesia, Japan, Taiwan, Malaysia, China and Australia. Dr Stephen was elected as the Continental Director for Asia in May 2011 under the World Association of Chefs' Societies (WACS) banner covering 21 countries. As part of the WACS Congress Committee, he organised and ran the IFK competition in Korea, and did all the final preparation for the World Finals of the Global Chef and Hans Bueschkens competition since 2008. In continuing his efforts to improve the industry and as part of his WACS involvement in the region, Dr Stephen has conducted WACS approved courses and has been an instigator in training and working with young chefs.

GENERAL RULES AND TERMS FOR PARTICIPATION

1. 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.
2. Submission of a completed registration form shall constitute of, and agreement to, abide by the rules and regulations of the FHA Culinary Challenge 2022.
3. An individual competitor can participate in as many competition classes as he / she wishes but is restricted to one entry in any one competition class. Individual Practical Hot Cooking classes can accept only ONE entry per competitor from this combined group of classes, except for competitors who are vying for the Best Chef Award.
4. No change of classes will be allowed. Each competitor is required to notify the organiser if he / she wishes to cancel participation. At the competition, absentees without written pre-notification to the organiser will have their future registrations denied. Empty spaces at display tables are unsightly and each non-attendance at the popular Individual Challenge Practical Hot Cooking means one other chef could have the opportunity to participate.
5. It is competitors' responsibility to advise the organiser should they change employers or contact details to avoid having their registration withdrawn from the competition without notice. Companies registering and paying for competitors have the right to replace staff that leave their employment. Staff that have left the company is considered removed from the competition registration list. Company can replace a competitor for the same class registered up to four (04) weeks prior the competition, should the competitor leave his / her employment before the competition.
6. Competitors registering for more than one class need to register with the organiser on site only once (on the day of their last class) to collect their Certificate of Participation. Uncollected certificates will be disposed three (03) weeks after the competition.
7. For Culinary or Patisserie Art Display competition classes, the competition display areas within the event halls will be opened to competitors from 7.00 am (no earlier), and for judging at 9.00 am. All packing / exhibit debris must be removed from the event hall before judging begins.
8. Competitors and their assistants are strictly not allowed to leave their belongings at the exhibition venue or use onsite furniture for lounging during the set-up and judging hours.
9. Entries for the Individual Challenge Practical Hot Cooking classes are accepted on a first-come-first-secured basis with up to maximum of five (05) competitors per establishment. Applicants for these classes should select another competition class in the event they are unsuccessful for their first choice. Please note that with limited kitchen stations, these classes are usually full before the official closing date.
10. Competitors for Hot Cooking competitions must be present 45 minutes before their appointed time and inform the Kitchen Manager of their arrival. Should there be a cooking station available, it may be allotted to early arrivals. Competitors who are not present at their scheduled time will be considered as no-shows and will be disqualified.
11. Registration fees will not be refunded if the competition is cancelled for reasons beyond the organiser'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.

12. Chef's attire is required during the competition and all official events. No company name/logo should be visible to the judges during judging. It may be included or placed on uniforms once judging is completed. All competitor assistants are not allowed to wear chef uniform.
13. Competitors are to note that points will be deducted if the completed culinary / patisserie art displays is not kept within the space limit specified for the classes.
14. Official ingredient / recipe forms will be sent to individual competitors. These must be placed by the side of exhibits / dishes if required by the rules of the respective competition class. The organiser does not require copies but reserves the right to request them.
15. The organiser reserves all rights to the recipes used, and photographs taken at the event. Any publication, reproduction or copying of the recipes can only be made with their approval.
16. If an award is won, the competitor is required to ensure his/her presence or that of a representative from the same establishment at the ceremony to collect it. All awards are to be accepted in chefs/team uniforms. Any trophy / medal / certificate that is not accepted at the ceremony will be forfeited three (03) weeks after the event.
17. The organiser reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.
18. To avoid disqualification, entries in showcases must be made accessible to judges. No display / decoration on wall panel is allowed.
19. Singapore has strict regulations on the import of food ingredients, in particular, meats and poultry. Relevant information can be obtained from www.sfa.gov.sg, website of Singapore Food Agency.
20. The organiser will not be responsible for any damage or loss of exhibits, equipment, utensils or personal properties of competitors.
21. Due to fire safety regulations, open flame cooking equipment and gas will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge, candles and will be prohibited.
22. Competitors contravening any of the rules and regulations of the competition may be disqualified.
23. By entering the competition, all teams and competitors agree to take part in any publicity concerning the competition at any stage including but not limited to photos, filming and interviews. All teams and competitors grant the organiser a non-exclusive, royalty-free, irrevocable, perpetual, worldwide license to use intellectual property rights whether registered or unregistered in any formats, including name, image, or likeness of the competitors for any business purpose, including but not limited to marketing promotion.
24. The organiser 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.



FHA CULINARY CHALLENGE – CULINARY CATEGORIES

INDIVIDUAL CHALLENGE

1. EVENT DATE, TIME AND VENUE

The Individual Challenge – Culinary categories will take place at FHA-Food & Beverage, from 5 to 8 September 2022 at Singapore Expo. Participation schedule will be announced closer to the date.

2. THE PARTICIPANTS

The Individual Challenge - Culinary Categories are open to any individual aged 16 or above from Singapore or abroad 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 letter from institution or company verifying each applicant's identity at the point of registration.

3. THE PROGRAMME

The Individual Challenge – Culinary programme consists of Culinary Art Display and Practical Hot Cooking categories.

Culinary Art Display

CLASS 1 – PLATED DISHES

To display four (04) different hot dishes, prepared in advance and presented cold. Each item should be a main course with its own garnish. Each participant is required to provide menu description of the items displayed.

CLASS 2 – TAPAS / FINGER FOOD

To prepare and display four (04) different kinds of finger food, tapas and/or snacks, six (06) portions for each kind, total 24 pieces. Two (02) items are to be hot food items displayed cold and two (02) items are cold food displayed cold. All items can be presented on one (01) platter or individually plated.

Practical Hot Cooking

The Individual Challenge – Practical Hot Cooking will take place at FHA-Food & Beverage, from 5 to 8 September 2022 at Singapore Expo. Participation schedule will be informed closer to the date.

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

Each competitor is responsible to collect all the equipment brought in after judging. The organiser will not be accountable for loss or damage of any competitors' belongings.

CLASS 3 – MAIN COURSE MEAT / POULTRY / GAME

To prepare and present within 45 minutes, one (01) main course with meat / poultry / game (either alone or as a combination) for three (03) persons, in western style, individually plated with appropriate garnish.

CLASS 4 – MAIN COURSE FISH / SEAFOOD

To prepare and present within 45 minutes, one (01) main course with fish / seafood (either alone or as a combination) for three (03) persons, individually plated with appropriate garnish in Western style.

CLASS 5 – MAIN COURSE EAST MEETS WEST CUISINE

To prepare and present within 45 minutes, one (01) main course dish for three (03) persons using Asian ingredients with Western preparation and presentation techniques. The dish must contain a starch and vegetables to showcase a balance meal with Asian flavours presented in Western style.

CLASS 6 – VEGETARIAN

Each participant is required to prepare one (01) vegetarian dish for three (03) persons, individually plated in 45 minutes. The vegetarian creation must be a balanced meal that is nutritious, contemporary, and can be lacto-ovo that contain dairy and egg.

4. FOOD INGREDIENTS

Permitted food to be brought into the kitchen at the start of the competition

- Basic stocks, sauces can be reduced but not finished or seasoned. Tasting required to be done at start of the competition
- Salad can be washed and cleaned, but not mixed or cut
- Vegetables, fruits can be washed, peeled, cut but not cooked
- Pumpkin, broad beans seeds can be removed
- Tomatoes can be peeled
- Fish can be gutted, gilled, scaled, and filleted but not cooked
- Seafood / shellfish can be cleaned, filleted but not portioned or cooked
- Meat, poultry can be portioned but not cooked
- Liver can be soaked in milk, not pre-marinated
- Bones can be cut into small pieces
- Pastry sponge and doughs (savoury or sweet) can be brought in but cannot be cut in any format
- Fruit pulps can be brought in but with no additives
- Eggs can be separated
- Decoration to be done onsite
- Dry ingredients can be weighed and measured
- Pasta and dough can be prepared but not cooked
- Coulis-puree can be brought in but needs to be finished in competition

5. 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 use the aforementioned equipment provided by the organiser or sponsors, unless otherwise stated. Please note that items provided may be subject to change. Competitors will be notified of such changes, if any, via email by the organiser.

Each competitor is advised to provide / bring in the following items, if required, for the competition:

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

Any additional equipment to be brought in by competitors has to be approved by the judging committee prior to the competition. Competitors are required to inform the organiser in writing and include proper description of the equipment they wish to bring in, including information such as brand, model name/number and all essential equipment specification by 30 July 2022. 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.

Due to fire safety regulations, open flame cooking equipment and gas hobs are allowed at the venue. Use of lighter, flambé torch, portable gas cartridge stove, candles etc. will be prohibited.

6. COMPETITION SCHEDULE

The Practical Hot Cooking programmes begin at 07.00 am and ends at 06.00 pm daily, except for the last day of the competition which will end at about 01.00 pm. Detailed competition schedule will be released closer to event date.

All competitors are required to report to the Kitchen Manager at least 45 minutes prior their scheduled participation time. Competitors who are not present at the scheduled time will be considered no-show and will be disqualified.

Each competitor should complete their programme 10 minutes prior the time limit.

7. IMPORTANT NOTES

For all Practical Hot Cooking competition classes, competitors can participate in only ONE (01) class from this group, except for competitors who are vying for the Best Chef Award.

Entries are accepted on a first-come-first-secured basis, with a limit of five (05) entries per establishment. Please note that priority will be given to competitors taking two (02) Practical Hot Cooking and one (01) Culinary Art Display classes, thereby qualifying them to vying for the Best Chef Award.

Please note it is usual that Practical Hot Cooking competition classes are fully subscribed before the registration deadline.

No company name or logo should be visible to the judges during the competition time. It could be included or placed on uniforms once judging is completed.

TEAM CHALLENGE

Practical Hot Cooking

CLASS 7 – APPRENTICE TEAM CHALLENGE

1. EVENT DATE, TIME AND VENUE

The Apprentice Team Challenge will take place at FHA-Food & Beverage, 5 to 8 September 2022 at Singapore Expo. Team participation schedule will be announced closer to the date.

2. TEAM COMPOSITION

Each participating team will comprise (02) apprentice chefs in total, both 25 years old or below as at 30 July 2022. Each team is allowed to have one (01) helper to carry things into and clear things out of kitchen. This helper is not allowed to stay in the kitchen once the competition starts.

All members of each participating team must be enrolled in a course or undergoing training at the same institution or employed by the same establishment or organisation.

All applications must be submitted together with personal identification documents and letter from institution or company verifying the identities of the applicants at the point of registration.

Each applicant is only allowed to participate in one (01) apprentice team and compete only once under the Apprentice Team Challenge. Names of all chefs and helper, if any, are to be submitted together at the point of registration.

3. THE PROGRAMME

Each team is required to prepare two (02) dishes consisting of one (01) cold appetiser and one (01) hot main course in 60 minutes. An undisclosed protein will be provided on site for the preparation of the hot main course, which may be seafood, red meat or poultry.

Every item presented on the plate must be edible. All preparation and cooking are to be completed onsite, during the competition. All other food ingredients, utensils, chinaware, plating equipment are to be brought in by the participating teams.

Each team is responsible to collect all their equipment after judging. The organiser will not be accountable for any loss or breakage of participant teams' belongings.

MENU COMPOSITION

1st Dish	Cold Appetiser
2nd Dish	Hot Main Course (prepared with mystery protein)

QUANTITIES

Each team is required to prepare three (03) portions for each dish, individually plated. In total, six (06) plates will be prepared.

4. FOOD INGREDIENTS

Permitted food to be brought into the kitchen at the start of the competition

- Vegetables, fruits, onions, etc. can be cleaned, peeled, cut, but not cooked. Seeds can be removed

- Basic stocks, sauces can be brought in, but not reduced, seasoned or thickened
- Decorations to be done onsite
- Dry ingredients can be weighed and measured
- Bones can be cut into small pieces
- Pastry sponge and doughs (savoury or sweet) can be brought in but cannot be cut in any format
- Fruit pulps can be brought in but with no additives
- Eggs can be separated
- Decorations to be done onsite
- Dry ingredients can be weighed and measured

5. KITCHEN EQUIPMENT

Each team will be allocated one (01) kitchen with the following kitchen equipment:

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

Teams are required to use the above equipment provided by the organiser or sponsors, unless stated otherwise. Please note that items provided may be subject to change. Teams will be notified of such changes, if any, via email by the organiser.

Each team is advised to provide/bring in the following items, if required, for the competition:

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

Any additional equipment to be brought in by competitors has to be approved by the organiser prior to the competition. Competitors are required to inform to the organiser in writing, the proper description of the equipment they wish to bring in, including information such as brand, model name/number and all essential equipment specification by 30 July 2022. It is the 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.

Due to fire safety regulations, open flame cooking equipment and gas hobs will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge stove, candles etc. will be prohibited.

6. COMPETITION SCHEDULE

Competition schedule of the Apprentice Team Challenge will be informed closer to competition date. All participating teams are required to report to the Kitchen Manager at least 45 minutes prior their scheduled competition time. Competitors who are not present at the scheduled time will be considered no-show and will be disqualified. Each team should complete their programme 10 minutes prior to the time limit.

7. SUPPLEMENTARY INFORMATION AND DOCUMENT TO BE SUBMITTED

Each team is required to send the following information to the organiser at fccfoodnhotelasia@informa.com no later than 30 July 2022.

- An A5-size colour photograph in JPEG format with resolution of 300 dpi or higher
- A written menu and recipes of all dishes in English and electronic format
- Specification of any additional equipment that team wish to use at the competition for approval



FHA CULINARY CHALLENGE – PATISSERIE CATEGORIES

INDIVIDUAL CHALLENGE

1. EVENT DATE, TIME AND VENUE

The Individual Challenge - Patisserie categories will take place at FHA-HoReCa, from 25 to 28 October 2022 at Singapore Expo. Participation schedule will be informed closer to the date.

2. THE PARTICIPANTS

The Individual Challenge - Patisserie categories are open to any individual from Singapore or abroad 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 letter from institution or company verifying each applicant's identity at the point of registration.

3. THE PROGRAMME

Patisserie Practical

CLASS 8 – PRACTICAL CAKE DECORATION

Each participant is required to decorate one (01) TRAVEL CAKE with fondant or chocolate or sugar art in 120 minutes. The cake should measure 30cm in diameter for a round cake, or 30cm by 30cm for a square cake. Height should be between 6cm to 8 cm.

- The cake can be plain sponge etc
- Trimming of the cake is not allowed before the competition
- Only one (01) cake is to be used by each participant
- Round / square cake can be transformed to any shape
- Food wastage will result in point deduction
- The cake will not be tasted and cut by the judges

All decorating ingredients used must be edible and be made instantly, on-the-spot. There is no height restriction to the completed cake.

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, Coloured fondant, 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.

The organiser will provide one (01) table and two (02) power points for each participant. Each power point is to connect to one (01) equipment at one point in time. Participants are not allowed to connect multiple electrical appliances to one power point via a multi-plug adaptor. There will be no chiller provided. Participants are not allowed to place any food ingredients, equipment, tools and utensils on the floor.

Patisserie Art Display

CLASS 9 – THEMED CAKE

To incorporate three (03) cakes into one (01) wedding design cake or anniversary cake or birthday cake etc., which can be contemporary or themed and adequate to serve 50 pax. All three (03) tiers not required to be edible. The height of the completed display should not exceed 1.2 metres or lower than 60cm.

The entire cake should be decorated by hand. All decorations, with the exception of pillars must be edible. Royal icing, pastillage, fondant, chocolate modelling paste or any other appropriate materials may be used. Wiring, lace or equivalent are not allowed. Points will be deducted for non-compliance.

Each participant is required to provide display signage indicating title / themed description of the exhibit, including list of ingredients used.

CLASS 10 – PLATED DESSERTS

To prepare and display four (04) different types of desserts, one (01) hot and cold composition, one (01) vegan, one (01) chocolate dessert, one (01) free style creation.

All four (04) desserts display cold, each portion for one (01) person suitable for à la carte service in a restaurant environment. Practical and up-to-date presentation is required.

Each participant is required to provide display signage indicating title / themed description of the exhibit, including list of ingredients used.

CLASS 11 – PETITS FOURS OR PRALINES

To prepare and display six (06) different types of petits fours or pralines, six (06) pieces per type. The presentation should consist of 36 pieces of petits fours or pralines in total. Each of the petits fours or pralines should be bite-size, weighing between 6g to 14 g and suitable for service in a restaurant environment.

No commercial molds are allowed to be used in the preparation of the petits fours or pralines. Pastry art showpieces are not required as part of the exhibit.

Each participant is required to prepare one (01) plate that consists of one (01) of each type of petits fours or pralines for judges to examine the freshness and the composition of the petits fours or pralines.

CLASS 12 – PASTRY SHOWPIECE

To prepare and display one (01) pastry showpiece with the use of either:

- (a) Chocolate;
- (b) Marzipan / Sugar
- (c) Dough / Bread Dough; or
- (d) Dough Figurine

The height of the showpiece should not exceed 100cm. It should have at least three (03) different techniques, meaning a display of three (03) different methods of product utilisation. Non-edible structure elements are not allowed over and above the base. Frames, molds and wires are not allowed. Points will be deducted for non-compliance.

Each participant is required to indicate his / her choice of creation (a, b, c or d) upon registration. No changes will be allowed.

CLASS 13 – ARTISTIC SCULPTURE

To prepare and display one (01) artistic sculpture with the use of either:

- (a) Vegetable;
- (b) Chocolate;
- (c) Sugar; or
- (d) Dough Figurine

The height of the showpiece should not exceed 100cm. Frame and wire support are allowed but must not be exposed. Points will be deducted for non-compliance.

Each participant is required to indicate his / her choice of creation (a, b, c or d) upon registration. No changes will be allowed.

JUDGING CRITERIA

PRACTICAL HOT COOKING

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 skill 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 flow smoothly and dishes come out on time from the kitchen.

Presentation (0 – 10 points)

Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance, there should be no repetition of ingredient, 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

INDIVIDUAL CHALLENGE – PRACTICAL HOT COOKING

COMPETITION CLASS	MISE-EN-PLACE	CORRECT PROFESSIONAL PREPARATION	HYGIENE & FOOD WASTE	SERVICE	PRESENTATION	TASTE	MAXIMUM TOTAL
Main Course Meat / Poultry / Game	0-5	0-20	0-10	0-5	0-10	0-50	100
Main Course Fish / Seafood	0-5	0-20	0-10	0-5	0-10	0-50	100
Main Course East Meets West Cuisine	0-5	0-20	0-10	0-5	0-10	0-50	100
Vegetarian	0-5	0-20	0-10	0-5	0-10	0-50	100

APPRENTICE TEAM CHALLENGE

MENU ITEMS	MISE-EN-PLACE	CORRECT PRESENTATION & HYGIENE	HYGIENE & FOOD WASTE	SERVICE	PRESENTATION	TASTE	MAXIMUM TOTAL
Cold Appetiser	0-10	0-20	0-10	0-5	0-10	0-50	100
Hot Main Course	0-10	0-20	0-10	0-5	0-10	0-50	100
Total:							200
Average Score (Total / 2):							100

Judging will be performed as per the WorldChefs guidelines and judges will take into account the cleanliness and condition of the kitchen after each team completes their programme. Hygiene will be paramount in all areas. Judges will be monitoring matters relating to food waste and plastic waste. It is important to reduce the use of disposable plastic materials and packaging. Teams are advised to use dishwasher-safe plastic containers for food storage and minimise the use of vacuum plastic bags. Violation of the rules will result in loss of points from "Correct Professional Preparation". Points will be deducted for "Food Waste" if there is more than 10% of leftover at the end of the competition.

INDIVIDUAL CHALLENGE – CULINARY ART DISPLAY

COMPETITION CLASS	PRESENTATION / INNOVATION	COMPOSITION	CORRECT PROFESSIONAL PREPARATION	SERVING	MAXIMUM TOTAL
Plated Dishes	0-30	0-30	0-30	0-10	100
Tapas / Finger Food	0-30	0-30	0-30	0-10	100

INDIVIDUAL CHALLENGE – PATISSERIE ART DISPLAY

COMPETITION CLASS	PRESENTATION / INNOVATION	COMPOSITION	CORRECT PROFESSIONAL PREPARATION	TASTE & TEXTURE	SERVING	MAXIMUM TOTAL
Themed Cake	0-30	0-30	0-30	Not Applicable	0-10	100
Plated Desserts	0-30	0-30	0-30	Not Applicable	0-10	100
Petits Fours or Pralines	0-30	0-10	0-30	0-20	0-10	100
Pastry Showpiece	0-30	0-30	0-30	Not Applicable	0-10	100
Artistic Sculpture	0-30	0-30	0-30	Not Applicable	0-10	100

INDIVIDUAL CHALLENGE – PATISSERIE PRACTICAL

COMPETITION CLASS	MISE-EN-PLACE & CLEANLINESS	PRESENTATION & GENERAL IMPRESSION	TECHNIQUE & DEGREE OF DIFFICULTY	MAXIMUM TOTAL
Cake Decoration	0-20	0-40	0-40	100

Points will be deducted for "Food Waste" if there is more than 10% of leftover cake at the end of the competition.



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES

CULINARY
COMPETITION
COMMITTEE

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, 1x 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 produces 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 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 length 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 overpowering.
6. Sleeves of chefs' 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, chopsticks, 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 <math><5^{\circ}\text{C}</math> (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.

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

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 washroom
- j. After handling rubbish
- k. At all times upon returning to the kitchen.

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 surfaces 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.

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:
 - i. At the start of the competition
 - ii. After working on proteins
 - iii. If they become heavily soiled at any stage
 - iv. Prior to service.

Gloves:

- a. Gloves do not give an automatic exemption to proper food handling techniques.
- b. Must be worn when handling hot or cold "Ready To Eat" food (RTE), which will be consumed by the jury/public.
- c. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.
- d. f. Hand injuries should be protected with a band aid/plaster, and covered with a glove.
- e. 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.
- f. 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.

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.

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

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.

Food efficiency (leftovers):

- 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.

© The WORLDCHEFS FOOD SAFETY REGULATIONS has been created and designed by the Culinary and Competition Committee of WorldChefs, for the benefit of WorldChefs and its members; it is not to be reproduced without the consent of WorldChefs.