



SFHCO2026

RULEBOOK

**BEGIN YOUR
COOKING
JOURNEY**

**THE BEST & LARGEST
WORLD CHEFS CULINARY
COMPETITION
IN KOREA**

9-12 JUNE 2026
KINTEX, ILSAN, KOREA

Message from Chairman of Organising committee of SFH Culinary Challenge 2026



Dear Esteemed Chefs and Worldchefs officials,

Greetings from Korea! I am Jeong-hag Kim, President of the Korea Chefs Association.

It is with great pride and excitement that I announce the **Seoul Food & Hotel Culinary Challenge 2026**, a prestigious Worldchefs-endorsed competition. This event will take place from **June 9 to 12, 2026**, at KINTEX in Goyang City, South Korea.

Our mission is to showcase the vibrant excellence of Korean food culture while creating a global stage for chefs to connect, collaborate, and celebrate their craft.

As the world embraces the dynamic allure of K-Culture, K-Food has taken its rightful place as a cornerstone of this cultural wave. From iconic dishes like Kimchi, Bibimbap, Bulgogi, and Tteokbokki to the endless variety of Korean ingredients, the flavours of Korea inspire culinary creativity and passion worldwide.

Korea is a land of unparalleled experiences, a country that words alone cannot capture. Its essence can only be truly understood by seeing, hearing, tasting, and feeling it firsthand.

I warmly invite you to participate in the **Seoul Food & Hotel Culinary Challenge 2026**, where you can demonstrate your culinary artistry, compete among the finest chefs, and immerse yourself in the rich heritage of Korean gastronomy.

While here, I encourage you to explore Korea's breathtaking landscapes and indulge in its extraordinary cuisine. Together, let's make this event an unforgettable celebration of global culinary excellence.

Thank you, and I look forward to welcoming you to Korea in 2026!

Warm regards,

Jeong-hag Kim

President, Korea Chefs Association

Chairman, Organising committee of SFH culinary challenge 2026



Seoul Food & Hotel Culinary Challenge 2026

Date: 9 – 12 June 2026 (4 days)

Venue: KINTEX 1, Goyang-si, Gyeonggi-do, Korea

Opening Hours and Admission

▪ ‘Seoul Food & Hotel’ is a B2B exhibition strictly open to trade professionals and business visitors only. The halls will be open to Culinary Challenge competitors from 7:30am. Non-transferable entry badges will be issued prior to the competition only to competitors, pre-approved helpers and chaperone(supervising teachers), and judges.

Registration Details

- Registration will only be accepted once payment has been received.
- Submission of the entry form indicates acceptance of the Rules & Regulations for the SFH2026 Culinary Challenge (refer to page 6 for details).
- Payment must be made in Korean Won(KRW) via bank transfer only.

How to apply

- Submit the registration form on the official website (<https://www.seoulfoodnhotel.com/event/03.php>)
- Groups with over 10 participants: please download group application form on website, fill out and send the form to Jisu.Hong@informa.com

Registration Period

	Early Bird	Standard
Form Submission	By 22 February 2026	By 8 May 2026
Payment	By 22 February 2026	By 8 May 2026

- Registration is on a first-come, first-served basis and may close early

Participation Fee

	Early Bird	Standard
Individual	80,000KRW/Class	90,000KRW/Class
Team (Class 9)	150,000KRW/Team	170,000KRW/Team
Youth Team (Class 1 & 2)	320,000KRW/Team	330,000KRW/Team

Seoul Food & Hotel Culinary Challenge 2026

Payment Method

International	Group participants from overseas
Beneficiary: Informa Markets Korea Corporation Bank Name: Hana Bank (Mangu-dong Branch) Bank Address: 430, Mangu-ro, Jungnang-gu, Seoul, Korea Account No.: 320-890013-85304 Swift Code: KOEXKRSE	For groups of 10 or more, we will contact you separately

Payment Period

	Early Bird	Standard
Payment	By 22 February 2026	By 8 May 2026

Change, Cancellation, and Refund term

- Class changes are not permitted once registration is confirmed..
- Registration fees must accompany applications and are non-refundable for any reason, unless the registered class is already fully booked, or the Competition is cancelled due to circumstances beyond the Organiser's control.

Secretariat

- Informa Markets Korea

Jisu Hong Tel: + 82 (0)2-6715-5427 Email: Jisu.hong@informa.com

Live Q&A group chat for competition participants

Participants can get information about competition-related questions and updates via following group chats.



To join the WhatsApp group:

Click approval request and email Jisu.Hong@informa.com for administrator approval.

Seoul Food & Hotel Culinary Challenge 2026

COMPETITION OVERVIEW

Registration fees may vary between domestic and international registrants due to bank charges.

CLASS	DESCRIPTION		REGISTRATION FEE	
			Korean	International
The Rising Chefs Challenge (Youth participant only)				
Class 1	Youth Culinary Team Competition	Team	320,000KRW per team	330,000KRW per team
Class 2	Youth Pastry Team Competition	Team	320,000KRW per team	330,000KRW per team
Class 3	Rising Chef's Creative Macaron	Individual	80,000KRW per entry	90,000KRW per entry
Class 4	Rising Chef's Cream Icing Cake Challenge	Individual	80,000KRW per entry	90,000KRW per entry
CULINARY HOT COOKING				
Class 5	Western Main Course Meat or Poultry – Professional	Individual	80,000KRW per entry	90,000KRW per entry
Class 6	Western Main Course Meat or Poultry – Junior	Individual	80,000KRW per entry	90,000KRW per entry
Class 7	TIANYUN Salmon Trout Western Main Course – Professional	Individual	80,000KRW per entry	90,000KRW per entry
Class 8	TIANYUN Salmon Trout Western Main Course – Junior	Individual	80,000KRW per entry	90,000KRW per entry
Class 9	Hot & Cold Pasta Duo – Junior	Team	150,000KRW per team	170,000KRW per team
Class 10	Fresh Pasta Master Challenge	Individual	80,000KRW per entry	90,000KRW per entry
Class 11	Nestlé Professional Chef Challenge	Individual	80,000KRW per entry	90,000KRW per entry
Class 12	Anchor Food Professional Perfect brunch	Individual	80,000KRW per entry	90,000KRW per entry
Class 13	Nestlé Professional Modern Asian WOK Challenge	Individual	80,000KRW per entry	90,000KRW per entry
Class 14	Nestlé Professional Asian Noodles Challenge	Individual	80,000KRW per entry	90,000KRW per entry
Class 15	APRO FOOD Creative Asian Dumpling Challenge	Individual	80,000KRW per entry	90,000KRW per entry
PATISSERIE PRACTICAL COMPETITION				
Class 16	Anchor Food Professionals Cream Icing Cake Challenge	Individual	80,000KRW per entry	90,000KRW per entry
Class 17	Anchor Food Professionals Creative Macaron	Individual	80,000KRW per entry	90,000KRW per entry
CULINARY & PASTRY ART COLD DISPLAY				
Class 18	FINGER FOOD	Individual	80,000KRW per entry	90,000KRW per entry
Class 19	PLATED APPETIZERS	Individual	80,000KRW per entry	90,000KRW per entry
Class 20	PLATED MAIN COURSES	Individual	80,000KRW per entry	90,000KRW per entry
Class 21	PLATED DESSERT	Individual	80,000KRW per entry	90,000KRW per entry
Class 22	THEMED CAKE (Under 25 Apprentice only)	Individual	80,000KRW per entry	90,000KRW per entry
Class 23	PASTRY SHOWPIECE	Individual	80,000KRW per entry	90,000KRW per entry
Class 24	ARTISTIC SCULPTURE	Individual	80,000KRW per entry	90,000KRW per entry

RULES & REGULATIONS

1. Submission of the application form shall mean that the competitor agrees to abide by the Rules & Regulations of the Seoul Food & Hotel Culinary Challenge 2026.
2. Entries for all classes are accepted on a first-come, first-served basis. Please note that due to limited work/kitchen stations, all Classes are usually filled before the stipulated entry deadline.
3. Changes are acceptable until 2 May 2026. Please notify the organiser if you wish to cancel.
4. Competitors must submit their contact details and email address accurately. Otherwise, his/her participation may be cancelled. The organiser is not responsible for any disadvantages caused by incorrect information.
5. Competitors must be present at least 40 minutes before the appointed time.
6. A recipe form is attached to the last page of this rulebook. Competitors may use a free-from format. Two(2) copies of the recipe are required in the kitchen.
7. Competitors must wear appropriate uniforms.
8. The organiser reserves all rights to the recipes used, photographs, and videos taken at the event. Any publication, reproduction, or copying of the recipes, photographs, and videos can only be made with the organiser's approval.
9. Due to fire safety regulations, open flame cooking equipment and gas will not be allowed in the venue. The use of lighters, flambé torches, portable gas cartridges, candles, and any other similar items will be prohibited. (Only safety-certified rechargeable small torches may be used, and only in organizer-approved classes.)
10. If an award is won, the competitor must ensure his/her presence (or that of a representative) to collect it. All winners must wear chef uniforms and attend the ceremony. Any trophy, medal, or certificate that is not collected at the ceremony will be forfeited two weeks after the event.
11. Registration fees must accompany applications and are non-refundable for any reason, unless the registered class is already fully booked, or the Competition is cancelled due to circumstances beyond the Organiser's control.
12. The organiser is not responsible for the loss or damage to any equipment, utensils, or personal effects of competitors.
13. Competitors who contravene any of the Rules and Regulations of the event may be disqualified.
14. The Organiser reserves the right to rescind, modify, or add on any of the above rules and regulations. They also reserve the right to limit the number of entries per class, amend a competition section, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary.
15. Participants under 16 are not eligible to register, except in the Youth category (Class1 to Class4). Please check carefully.
16. Please ensure you register in the age category that matches your actual age. To maintain fairness for all participants, applications with incorrect age information cannot be accepted and may result in withdrawal from the competition.

PRIZES, AWARDS AND CERTIFICATES

An electronic certificate of participation will be presented to each competitor who has completed all the competition classes they registered for. The respective medals and certificates for awards will be presented to competitors who attain the following points.

AWARD MEDAL or CERTIFICATE	SCORES
Gold with Distinction	100 Points
Gold	90-99 Points
Silver	80-89 Points
Bronze	70-79 Points
Diploma	60-69 Points

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

BEST CULINARY TEAM

- To receive this award, a minimum of 10 participants from the same establishment / school must participate.
- There is no limit on the number of participants.
- Points: Gold medal – 3 points, Silver medal – 2 points, Bronze medal – 1 point each. This award will be given to the establishment / school with the highest total number of points.
- The winner for 'Best Culinary Team' will receive a trophy and ₩1,000,000 Cash Prize.

Chef of the Year 2026, Culinary & Pastry Overall Champion

- The candidate with the highest total number of points from the best four classes will be the winner.
- The winner of 'Chef of the Year 2026' will receive a trophy and ₩1,000,000 Cash Prize.
- Chefs who have accumulated three times Chef of the Year awards are honoured to be invited as a "Special Guest Judge" the following year. (No age limit)

BEST CULINARY CHEF

- To receive this award, competitors must enter a minimum of three classes from classes 5–15 and 18–20.
- The candidate with the highest number of points from their best three classes will be the winner.
- The winner of 'Best Culinary Chef' will receive a trophy and ₩500,000 Cash Prize.

BEST PASTRY CHEF

- To receive this award, the competitors must enter a minimum of two classes from classes 16, 17 and 21–24.
- The candidate with the highest number of points from their best two classes will be the winner.
- The winner of 'Best Pastry Chef' will receive a trophy and ₩500,000 Cash Prize.

PRIZES, AWARDS AND CERTIFICATES

BEST YOUTH CULINARY TEAM

- The youth team with the highest points from Class 1 will be the winner.
- The winner of 'Best Youth Culinary Team 2026' will receive a trophy and ₩500,000 Cash Prize.

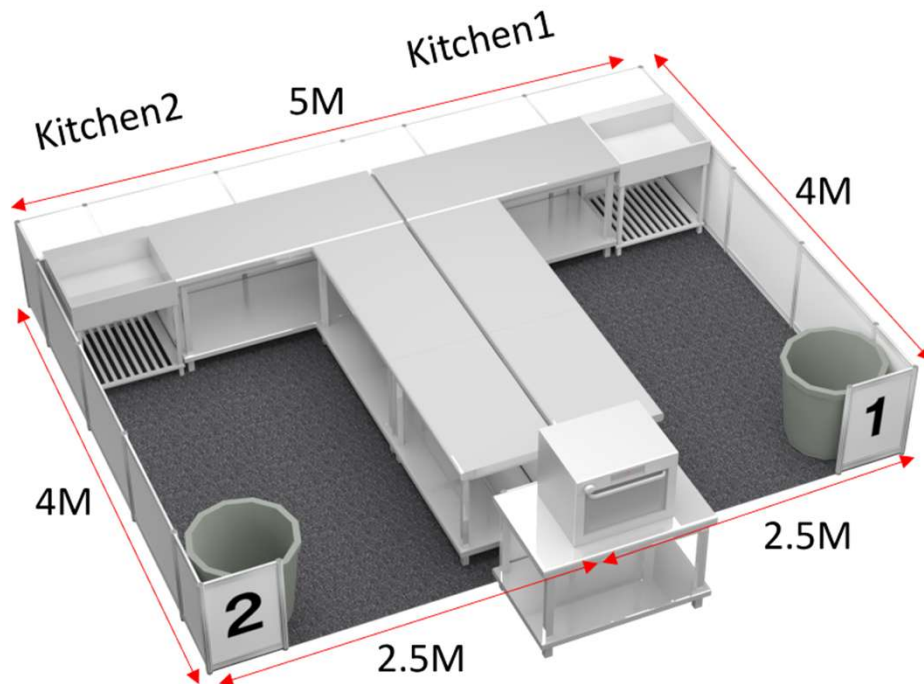
BEST YOUTH PASTRY TEAM

- The youth team with the highest points from Class 2 will be the winner.
- The winner of 'Best Youth Pastry Team 2026' will receive a trophy and ₩500,000 Cash Prize.

AWARDS SCHEDULE

- The Gold, Silver and Bronze medal winners of each class will be awarded at 4pm each day and the first-place winner of each class will be awarded on Friday, 12th June, the last day of the competition.

KITCHEN EQUIPMENT



ONE KITCHEN EQUIPMENT WITH

- 2 Induction cooktops with single stove (220V / 1.8kw each)
- 3 Power sockets
- 3 Steel Tables
- 1 Sink

SHARED EQUIPMENT

- 1 Oven Shared by 2 Kitchens
- 4 Refrigerators with 25 boxes

NOTICE

- Torch & Gas Stove are prohibited. (Only safety-certified rechargeable small torches may be used, and only in organizer-approved classes.)
- Only induction cooking utensils can be used.
- Participants may bring up to two (2) additional induction cooktops.
- If you want to use your own induction, Sous-vide machine, mixer, or extra cooking tool, you must inform us in advance. Please email us the amount of electricity of the cooking tool be used (the electricity used sticker on the cooking device).

COMPETITION INGREDIENT GUIDELINES (FOR MISE EN PLACE)

- Basic mother sauces are permitted but must have further fabrication.
- Salad can be cleaned and washed.
- Vegetables and fruits can be cleaned and cut/trimmed (any shape) but must remain raw.
- Fruit purees are permitted but must not be a finished item.
- No glaze or concentrated juices.
- Dried fruit or vegetable powder permitted.
- Dehydrated fruit or sheets permitted.
- Vegetable ash and home-made spice mixtures are permitted.
- The use of transglutaminase (Meat glue) is not permitted.
- Fish can be gutted, scaled, and fileted/portioned if required but must be raw.
- Shellfish/ crustaceans can be cleaned and removed from their shell but must be raw.
- Meat/Poultry/Game can be deboned, portioned, trimmed but must be raw.
- Pre-seasoning and pre-marinating are strictly prohibited.
- 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 are allowed, can be flavoured and rolled into sheets, but cannot be portioned or cooked.
- Pastry Sponges and biscuits can be brought in, but not cut or stencilled.
- Decor elements must be 100% made on site.
- No titanium dioxide, no metallic powder, and no artificial food colours are permitted.
- The use of gold or silver leaf is not permitted.
- Eggs can be separated, and pasteurised.
- Dry ingredients can be pre-measured.
- Flavoured oils and butter are allowed.

Competitors who violate the above rules will be penalized with up to a 10%-point deduction from their final score.

In case additional rules for each category apply, they are specified on the category information page—
please follow that page.

JUDGING CRITERIA

Culinary Hot Cooking & Patisserie Practical Competition (Class 1 to 17)

- **Mise en Place (0 – 5 points)**
 - Clear arrangement of materials
 - Correct amounts of items brought in
 - Proper working technique
 - Correct utilisation of working time

- **Hygiene and Food Waste (0 – 10 points)**
 - Clean hygienic work techniques. Workflow has been adhered to and followed
 - Clear benches, not cluttered. Correct storage of food items
 - Temperature control on food items – hot and cold. Control on excess and food waste
 - Limitation on plastic waste

- **Correct Professional Preparation (0 – 15 points)**
 - Correct basic preparation of food, corresponding to today's modern culinary art
 - Preparation should be by practical, acceptable methods that exclude unnecessary ingredients
 - Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables
 - Proper working technique and attention paid to hygiene during preparation of food

- **Innovation(0 – 5 points)**
 - The introduction of a new technique or significantly improving and existing dish. New style of dishing presentation that enhances the customer or judge's expectation
 - Allow chefs or team to create a WOW factor
 - Scoring will start from zero (0) and go up to 5 marks. Chairman of the jury will decide when dealing with ethnic or heritage food whether to allocate 5 points automatically

- **Service (0 – 5 points)**
 - Correct number of plates must be presented
 - The meals should be practical and transportable
 - Meals must be presented on time, OR points will be deducted

- **Presentation (0 – 10 points)**
 - Ingredients and side dishes must be in harmony
 - Points are granted for excellent combination, simplicity, and originality in composition
 - Clean arrangement, with no artificial garnishes and no time-consuming arrangements
 - Exemplary plating to ensure an appetizing appearance is required

- **Taste & Texture (0 – 50 points)**
 - The typical taste of the food should be preserved
 - It must have appropriate taste and seasoning
 - In quality, flavour, and colour, the dish should conform to today's standards of nutritional values

Points table for the medals in all class

- 100 points Gold with Distinction
- 99 – 90 points Gold medal with certificate
- 89 – 80 points Silver medal with certificate
- 79 – 70 points Bronze medal with certificate
- 69 – 60 points Diploma with certificate

The Rising Chefs Challenge

The Rising Chefs Challenge is a competition for students who have just begun learning to cook. The full programme of The Rising Chefs Challenge will serve as a stage for middle and high school level participants to showcase the skills they have learned and practiced. Competitors must present their student ID to the organisers at the time of registration.

Class 1 – Youth Culinary Team Competition

- Students who are currently enrolled in middle or high schools may form a team under the same institution. Applicants are required to submit a student ID to verify their status to the organiser.
- Each team must consist of three (3) young chefs and one (1) team manager. Team managers may only advise during the competition from outside the kitchen and are not permitted to cook. There is no age restriction for team managers. (Competitors and team managers will receive certificates and medals.)
- To be prepared and presented within 60 minutes:
 - ✓ (3) portions of a classical salad (e.g., Caesar salad, Greek salad, Niçoise salad, Cobb salad, etc.)
 - **Service Time: Within 40 minutes from the start of the competition**
 - The dish must be based on a Western classical salad. Modern interpretations in plating and presentation are permitted.
 - However, the fundamental flavor profile and identity of the original dish must be preserved.
 - The total portion size per plate must be **150–180 g**, and vegetables must comprise **at least 50–60%** of the total composition.
 - ✓ (3) portions of hot soup or pasta (there are no restrictions on the type or ingredients of the soup and pasta.)
 - **Service Time: Within 50 minutes from the start of the competition**
 - Participants must select and present **one**: either a Western soup or pasta dish.
 - The use of pasta as a garnish component in a soup is permitted.
 - The selected dish must be served **hot**.
 - For pasta dishes, both **dry pasta and fresh pasta** are permitted at the competitor's discretion.
 - Pasta must be presented as a **main course portion**, with a total weight of **250–300 g per plate**.
 - Soup is recommended to be served at **150–180 ml per plate**, accompanied by appropriate garnish.
 - ✓ (3) portions of a Western-style hot main course using any meat, poultry, fish, or seafood.
 - **Service Time: Within 60 minutes from the start of the competition**
 - The portion size of the main course must comply with the standard main course requirements applied in other competition categories.
 - The selection of the main ingredient (meat, poultry, fish, or seafood) is at the discretion of the competitor.
- Each dish must be presented on three individual plates (per menu): two (2) for judging and one (1) for display.
- The main course should include a suitable starch and vegetables. An appropriate sauce (more than one is allowed) must be served.
- All ingredients, kitchen utensils, and plates are to be supplied by the competitor.
- Two (2) copies of each recipe are required in the kitchen.
- The winning team with the highest score will be awarded the “Best Youth Culinary Team Trophy” and a ₩500,000 cash prize.

The Rising Chefs Challenge

Class 1 – Youth Culinary Team Competition

<Sample Images of the Required Submission Set>



In case second menu (Pasta) is selected:

- Within 40 minutes from the start of the competition: **3 dishes of salad** must be submitted
- Within 50 minutes from the start of the competition: **3 dishes of pasta** must be submitted
- Within 60 minutes from the start of the competition: **3 dishes of main course** must be submitted

Total: 9 plates



In case second menu (Soup) is selected:

- Within 40 minutes from the start of the competition: **3 dishes of salad** must be submitted
- Within 50 minutes from the start of the competition: **3 dishes of soup** must be submitted
- Within 60 minutes from the start of the competition: **3 dishes of main course** must be submitted

Total: 9 plates

Judging Criteria	Score
▪ Mise En Place	0 – 5 points
▪ Hygiene and Food Waste	0 - 10 points
▪ Correct Professional Preparation	0 – 15 points
▪ Innovation	0 – 5 points
▪ Service	0 – 5 points
▪ Presentation	0 – 10 points
▪ Taste & Texture	0 – 50 points
Total	100

The Rising Chefs Challenge

Class 2 – Youth Pastry Team Competition

- Students who are currently enrolled in middle or high schools may form a team under the same institution. Applicants are required to submit a student ID to verify their status to the organiser.
 - Each team must consist of three (3) young chefs and one (1) team manager. Team managers may only advise during the competition from outside the kitchen and are not permitted to cook. There is no age restriction for team managers. (Competitors and team managers will receive certificates and medals.)
 - To be prepared and presented within 60 minutes:
 - ✓ (3) portions of No-oven plated dessert – Each Dessert portion suitable for a 3-course menu (approx. 90–120g)
 - ✓ (3) portions of Creative verrine dessert – Each Dessert portion suitable for a 3-course menu (approx. 90–120g)
 - ✓ (1) Whipping Cream & Fruits decorated cake
 - Each dish of desserts must be presented on three individual plates and glasses (per menu): two (2) for judging and one (1) for display.
 - Only one (1) cake is to be presented, and after the presentation has been scored, the judges will cut it in half to evaluate the taste.
 - All ingredients, kitchen utensils, and plates are to be supplied by the competitor.
 - Two (2) copies of each recipe are required in the kitchen.
 - The winning team with the highest score will be awarded the “Best Youth Pastry Team Trophy” and a ₩500,000 cash prize.
-
- Fruit coulis or puree are allowed but must be finished cooking during the competition.
 - All decorating ingredients used must be edible and be made on-the-spot.
 - Macaron shells or meringue cookies used for decoration can be prepared in advance and brought in.
 - Fruits, vegetables, etc. can be cleaned, peeled, and cut, but not cooked.
 - Seeds can be removed.
 - Dried fruit and vegetable powder, and fruit powder are permitted.
 - Dehydrated fruits or sheets are permitted.
 - 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 may be brought in.
 - Chocolate modelling paste can be brought in but cannot be shaped or sheeted prior.
 - The cake size before applying the cream icing should be a 15 cm diameter circle or a 15 cm by 15 cm square.
 - Only one (1) either chiffon or genoise sponge is to be used by each Team.
 - The cake can be plain or flavoured.
 - Trimming of the cake is allowed before the competition.
 - The final shape is not limited (circle, square, dome, or any shape).
 - At least two different piping techniques are mandatory for whipped cream decoration.
 - Titanium dioxide, metallic powders, and artificial food colours are not permitted.
 - The cake will be tasted and cut by the judges.
 - Food wastage will result in point deductions.

Judging Criteria	Score
▪ Mise En Place	0 – 5 points
▪ Hygiene and Food Waste	0 - 10 points
▪ Correct Professional Preparation	0 – 15 points
▪ Innovation	0 – 5 points
▪ Service	0 – 5 points
▪ Presentation	0 – 10 points
▪ Taste & Texture	0 – 50 points
Total	100

The Rising Chefs Challenge

Class 3 – Rising Chef’s Creative Macaron (Youth / Individual)

- Students who are currently enrolled in middle or high schools may participate. Applicants are required to submit a student ID to verify their status to the organiser.
 - Each participant must prepare and present two different types of macarons (10 pieces of each type, 20 pieces total) on two (2) plates within 45 minutes.
 - The macarons can be any shape.
 - Each dish must be presented on two individual plates or trays: one (1) for judging and one (1) for display.
 - All ingredients, kitchen utensils, and plates are to be supplied by the competitor.
 - Two (2) copies of each recipe are required in the kitchen.
-
- Any type of macaron is permitted.
 - Each macaron should weigh between 18g-30g.
 - Pre-made macaron shells may be brought in.
 - Macaron fillings and all decorating ingredients must be edible and may be brought in as prepared items.
 - Food wastage will result in point deductions.
 - Vegetables, fruits, etc. can be cleaned, peeled, cut, and cooked. Seeds can be removed.
 - Dried fruit and fruit powder are permitted.
 - 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 may be brought in.

Judging Criteria	Score
▪ Mise En Place	0 – 5 points
▪ Hygiene and Food Waste	0 - 10 points
▪ Correct Professional Preparation	0 – 15 points
▪ Innovation	0 – 5 points
▪ Service	0 – 5 points
▪ Presentation	0 – 10 points
▪ Taste & Texture	0 – 50 points
Total	100

The Rising Chefs Challenge

Class 4 – Rising Chef’s Cream Icing Cake Challenge (Youth / Individual)

- Students who are currently enrolled in middle or high schools may participate. Applicants are required to submit a student ID to verify their status to the organiser.
 - Each participant must prepare and present one (1) whipping cream icing cake decorated with fruit within 45 minutes.
 - Decorations are limited to whipping cream (which can be flavoured as desired) and fruits only.
 - Whipped cream can be flavoured and coloured, and can be prepared and brought in.
 - Participants must prepare one (1) whole cake using either chiffon or genoise sponge. No other types of cake are allowed.
 - Only one (1) cake is to be presented, and after the presentation has been scored, the judges will cut it in half to evaluate the taste.
 - All ingredients, kitchen utensils, and plates are to be supplied by the competitor.
 - Participants are not allowed to place any food ingredients, equipment, tools, or utensils on the floor.
 - Two (2) copies of each recipe are required in the kitchen.
-
- The cake size before applying the cream icing should be a 15 cm diameter circle or a 15cm by 15cm square.
 - There is no height restriction for the completed cake.
 - Trimming of the cake is allowed before the competition.
 - The final shape is not limited (circle, square, dome, or any shape).
 - Fruits may be cleaned, peeled, cut, and cooked.
 - Seeds can be removed.
 - Dried fruit and vegetable powder are permitted.
 - Dehydrated fruits or sheets are permitted.
 - At least two different piping techniques are mandatory for whipped cream decoration.
 - Fruit coulis or purée may be brought in as finished items.
 - The cake will be tasted and cut by the judges.
 - Food wastage will result in point deductions.

Judging Criteria	Score
▪ Mise En Place	0 – 5 points
▪ Hygiene and Food Waste	0 - 10 points
▪ Correct Professional Preparation	0 – 15 points
▪ Innovation	0 – 5 points
▪ Service	0 – 5 points
▪ Presentation	0 – 10 points
▪ Taste & Texture	0 – 50 points
Total	100

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Xinjiang·China



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Glacier Water of
TianShan Mountain



No Antibiotics



Rich in Protein



High in Omega-3

IQF Fillets Skin-on

Frozen



Net Weight :
900-1100g/1100-1300g/1300+g

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QUICK-FREEZING PRODUCT SERIES

Cold Smoked Salmon Trout Fillet

Frozen



Net Weight :
1kg

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Individual Hot Cooking – Western Cuisine

<The categories and sponsored ingredients are subject to change without prior notice.>

Class 5 – Western Main Course Meat or Poultry – Professional (Over 25 years old as of June 9, 2026)



- Prepare and present within 60 minutes: 3 portions of a Western style hot main course using any Meat or Poultry.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Appropriate garnish, starch, and sauce (can be more than one) to be served.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.
- For beef dishes, only U.S. beef must be used, and failure to submit the purchase receipt at the information desk may affect the judging results.

Class 6 – Western Main Course Meat or Poultry – Junior (Ages 16 to 25 inclusive)



- Prepare and present within 60 minutes: 3 portions of a Western style hot main course using any Meat or Poultry.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Appropriate garnish, starch, and sauce (can be more than one) to be served.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.
- Applicants are required to submit an ID or passport to verify their age to the organiser.
- For beef dishes, only U.S. beef must be used, and failure to submit the purchase receipt at the information desk may affect the judging results.

Class 7 – TIANYUN Salmon Trout Western Main Course – Professional (Over 25 years old as of June 9, 2026)

- Prepare and present within 60 minutes: 3 portions of a Western Style hot main course using Salmon or Salmon trout fish as main ingredients.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Appropriate garnish, starch, and sauce (can be more than one) to be served.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.



Class 8 – TIANYUN Salmon Trout Western Main Course – Junior (Ages 16 to 25 inclusive)

- Prepare and present within 60 minutes: 3 portions of a Western Style hot main course using Salmon or Salmon trout fish as main ingredients.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Appropriate garnish, starch, and sauce (can be more than one) to be served.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.
- Applicants are required to submit an ID or passport to verify their age to the organiser.



Individual Hot Cooking – Western Cuisine

<The categories and sponsored ingredients are subject to change without prior notice.>

Class 9 – Hot & Cold Pasta Duo – Junior (Ages 16 to 25 inclusive)

- Two competitors from the same establishment to prepare within 30minute: Western style one (1) cold pasta or pasta salad and one (1) hot pasta main course menu (for three (3) dishes each – total six (6) plates).
- Use Commercial dry pasta only (any brand); fresh home-made pasta is not allowed.
- Each dish must be presented on three (3) individual plates per menu with appropriate garnish: two (2) for judging and one (1) for display.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.
- Applicants are required to submit an ID or passport to verify their age to the organiser.

Class 10 – Fresh Pasta Master Challenge – Open to all (Over 16 years old as of June 9, 2026)

- Prepare and present within 45 minutes: three (3) portions of a Western Style hot main course pasta (Long, short, or stuffed - any type).
- Use only fresh home-made pasta; Commercial pasta is not allowed.
- Pasta doughs can be flavoured and rolled into sheets but cannot be portioned or cooked.
- The dish must be presented on three (3) individual plates with appropriate garnish: two (2) for judging and one (1) for display.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

MAKING MORE POSSIBLE™



네슬레 프로페셔널은 항상 최상의 제품과 서비스,
그리고 창의적인 비즈니스 솔루션을 제공하는 최고의 식음료 사업 파트너입니다.
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At Nestlé Professional, we're committed to being your inspiring growth partner.
We provide creative, branded Food and Beverage Solutions,
which enable you to be highly innovative and delight your consumers.



Individual Hot Cooking – Free Style

<The categories and sponsored ingredients are subject to change without prior notice.>



Class 11 - Nestlé Professional Chef Challenge

Open to all (Over 16 years old as of June 9, 2026)

- Prepare and present within 60 minutes: three (3) portions of a hot main course using any protein (meat, poultry, game, fish, seafood, or plant based) as the main ingredient.
- Freestyle hot Main Course Dishes must be presented individually on three (3) plates with appropriate starches and garnish in Western presentation - two (2) for judging and one (1) for display.
- Participants must use at least one (1) product provided by the sponsor.
- Meat, Poultry, Fish or Seafood (the main protein item) can be marinated before the competition for this class.
- Appropriate garnish, starch, and sauce (can be more than one) to be served.
- **The sponsor provides product samples to participants in advance for practice (local participants only).**
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



MAGGI
Jus Lie Beef Mix



BUITONI
Tomato Coulis



MAGGI
Chicken Powder



MAGGI
Shitake Mushroom
Bouillon



MAGGI
Beef powder

SPECIAL PRIZE OF CLASS

TOP 1 : Support for participation in WORLDCHEFS international culinary competition (worth ₩1,000,000)

TOP 2 : Fine dining meal voucher

TOP 3 : VIP gift set by Nestlé Professional



**Fresh New Zealand
grass gives**

**our butter its rich
golden colour.**



At Anchor Food Professionals™, we're proud to offer butter that's not only delicious but also made using milk from New Zealand grass-fed* cows. Fonterra cows spend more time grazing outdoors than anywhere else in the world.** Its beta-carotene found in grass which gives our butter a unique / natural golden colour.

**Grass / pasture means grass, grass silage, hay and forage crops.*

Green grass, golden butter, inspiring performance.

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**Read more about our grass-fed farming here:



Anchor™ FP
FOOD PROFESSIONALS

Individual Hot Cooking – Free Style

<The categories and sponsored ingredients are subject to change without prior notice.>

Class 12 – Perfect brunch by Anchor Food Professional



Open to all (Over 16 years old as of June 9, 2026)

- Prepare and present within 45 minutes: three (3) portions of a Perfect brunch dish.
- Create a brunch menu with the following composition:
 - 30–40% of the dish must be egg-based, and the butter or cream provided by the sponsor must be used.
 - Another 30–40% must be a bread- or dough-based brunch item, which may be sweet or savoury, such as burgers, sandwiches, French toast, pancakes, etc., and the cheese or cream provided by the sponsor must be used.
 - Appropriate vegetables or salad and sauce (more than one may be used) must be served.
 - The dish may be served cold, warm, or as a combination of both.
- Competitors can choose any type of bread for menu items and may bring it pre-made and sliced.
- Sandwiches can be any type (Sand, Roll, Open-faced, etc.).
- Pancake, waffle, or other similar batters may be prepared in advance and brought to the competition.
- Any pre-cooked protein items for sandwiches—for example, ham, chicken breast, steak, cold cuts, etc.—are allowed only in this class. However, these proteins may not be served directly on the plate and must be used as ingredients in the menu.
- Using other brands of cheese, butter, or cream is not allowed, If used, you will be disqualified.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



Lactic butter



Unsalted butter



Slice on slice
cheddar cheese



Chef's Classic
Whipping Cream

SPECIAL PRIZE OF CLASS

- TBC

Individual Hot Cooking – Asian Cuisine

<The categories and sponsored ingredients are subject to change without prior notice.>

Class 13 – Nestlé Professional Modern Asian WOK Challenge



Open to all (Over 16 years old as of June 9, 2026)

- Prepare and present within 40 minutes: an Asian dish(stir fried, deep fried, etc.), three (3) dishes of a la carte Asian style hot menu with family style presentation.
- The dish must be presented on three (3) individual plates: two (2) for judging and one (1) for display.
- Each plate should contain portions for 2-3 guests with appropriate garnish. (Carbohydrates are not necessarily required/ No need to present them as Western-style menu compositions.)
- Participants must use at least two(2) products provided by the sponsor.
- **The sponsor provides product samples to participants in advance for practice (local participants only).**
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



MAGGI
Concentrated
Chicken Stock



MAGGI
Beef Powder



MAGGI
Liquid Seasoning



MAGGI
Szechuan Liquid
Chicken Bouillon



MAGGI
Shitake Mushroom
Bouillon

SPECIAL PRIZE OF CLASS

TOP 1 : Support for participation in WORLDCHEFS international culinary competition (worth ₩1,000,000)

TOP 2 : Fine dining meal voucher

TOP 3 : VIP gift set by Nestle Professional

Individual Hot Cooking – Asian Cuisine

<The categories and sponsored ingredients are subject to change without prior notice.>



Class 14 – Nestlé Professional Asian Noodles Challenge

Open to all (Over 16 years old as of June 9, 2026)

- Prepare and present within 40 minutes: three (3) portions of any type of Asian Style noodles as a hot main course portion size. (Noodles with soup, Stir-fried noodles, etc.)
- Use only Asian noodles: (Egg noodles, rice noodles, ramen, guksu, etc.). Fresh home-made or commercial dried noodles are allowed.
- The dish must be presented on three (3) individual plates with appropriate garnish: two (2) for judging and one (1) for display.
- Participants must use at least two(2) products provided by the sponsor.
- **The sponsor provides product samples to participants in advance for practice (local participants only).**
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



MAGGI
Concentrated
Chicken Stock



MAGGI
Beef Powder



MAGGI
Liquid Seasoning



MAGGI
Szechuan Liquid
Chicken Bouillon



MAGGI
Shitake Mushroom
Bouillon

SPECIAL PRIZE OF CLASS

TOP 1 : Support for participation in WORLDCHEFS international culinary competition (worth ₩1,000,000)

TOP 2 : Fine dining meal voucher

TOP 3 : VIP gift set by Nestle Professional



딤섬의 기준을 만듭니다

프리미엄 딤섬 납품 전문

샤오마이 · 샤오롱바오 · 하가우 · 부추교
트러플 샤오마이 · 트러플 샤오롱바오



Individual Hot Cooking

<The categories and sponsored ingredients are subject to change without prior notice.>



Class 15 – APRO FOOD Creative Asian Dumpling Challenge

아프로식품
APROFOOD

Open to all (Over 16 years old as of June 9, 2026)

- Participants must prepare and present their dishes within 40 minutes.
- Two (2) different types of Asian dumplings must be prepared.
- Each type must consist of twelve (12) pieces, for a total of twenty-four (24) pieces.
- Each type must be presented on two (2) separate plates or steamers.
- Therefore, a total of four (4) plates or steamers must be submitted.
- If Asian-style bamboo steamers are used, the dumplings may be presented directly in the steamers.
- Divide each type (12 pieces) into two (2) sets: one (1) set for judging one (1) set for display
- Each dumpling must weigh between 25 g and 35 g per piece.
- Dumpling filling must be prepared on site.
- Dumpling dough may be rolled, cut into wrappers, and brought in prepared.
- Dumplings may be served with one or more appropriate sauces or condiments.
- All ingredients, kitchen utensils, and plates must be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

Patisserie Practical Competition

Class 16 – Anchor Food Professionals Cream Icing Cake Challenge

Open to all (Over 16 years old as of June 9, 2026)



Each participant is required to prepare and present two (2) cakes of the same design within 45 minutes.

Decorations are limited to whipping cream (which can be flavoured as desired) and fruits.

Only Anchor brand cream allowed. If use any other brand cream, you will be disqualified. (Cream will be provided.)

The organiser will provide two (2) types of creams (Anchor Food Professional Whipping Cream & Chef's Classic Whipping Cream). Competitors must use minimum one (1) type.

Participants may choose either chiffon or genoise sponge cakes, with two (2) whole cakes required. No other types of cake are allowed.

The cake size before applying the cream icing should be a 15cm diameter circle or a 15cm by 15cm square.

- Only chiffon or genoise sponge to be used by each participant.
- The cake can be plain or flavoured.
- Trimming of the cake is not allowed before the competition.
- The final shape is not limited (circle, square, dome, or any shape).
- Fruits can be cleaned, peeled, or cut, but not cooked. Seeds can be removed.
- Dried fruits and vegetables or fruits powder are permitted.
- Dehydrated fruits or sheets are permitted.
- At least two different piping techniques are mandatory for whipped cream decoration.
- Fruit coulis or puree are allowed but must be finished cooking during the competition.
- Titanium dioxide, metallic powders, and artificial food colours are not permitted.
- The cake will be tasted and cut by the judges.
- Food wastage will result in point deductions.
- All decorating ingredients used must be edible and made instantly, on-the-spot.
- There is no height restriction for the completed cake.
- Chocolate may be brought in melted and tempered.
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Participants are not allowed to place any food ingredients, equipment, tools, or utensils on the floor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



Whipping Cream



Chef's Classic
Whipping Cream

MENU EXAMPLE FROM LAST YEAR



CULINARY
CHALLENGE 2025

Patisserie Practical Competition

Class 17 – Anchor Food Professionals Creative Macaron

Open to all (Over 16 years old as of June 9, 2026)



Each participant must prepare and present one (1) sweet and one (1) savoury macaron, total two (2) different types of macarons (10 pieces of each type, 20 pieces total) on two (2) plates within 45 minutes. The macarons can be any shape.

- The participant must prepare one (1) sweet macaron using Anchor Whipping Cream, and one (1) savoury macaron using Anchor Cream Cheese provided by the sponsor.
- Any type of macaron is permitted.
- Each macaron weighs between 18g – 30g.
- Premade macaron shells may be brought in.
- Macaron fillings and all decorating ingredients must be edible and made on-site.
- Fruit coulis or puree are allowed but must be finished during the competition.
- Titanium dioxide, metallic powders, and artificial food colours are not permitted.
- Food wastage will result in point deduction.
- All decorating ingredients used must be edible and be made on-the-spot.
- Vegetables, fruits, onions, etc. can be cleaned, peeled, cut, but not cooked.
- Seeds can be removed.
- Dried fruits and vegetables or powders are permitted.
- 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, may be brought in.
- Chocolate modelling paste can be brought in but cannot be shaped or sheeted prior.
- Each competitor will receive the sponsored products on the day of the competition.
- All ingredients, kitchen utensils, and plates to be supplied by the competitor.
- Two (2) copies of the recipe are required in the kitchen.

SPONSORING PRODUCTS



Whipping Cream



Cream cheese

MENU EXAMPLE FROM LAST YEAR



Culinary & Pastry Art Cold Display

JUDGING CRITERIA (Class 18 – 24)

- **Presentation and Innovation (0 - 30 points)**
 - Display must be structured, organised, elegant and natural coloured. It should be original, creative, tasteful, appetizing, and modern style

- **Composition (0 - 30 points)**
 - Attention to details, finished appearance, proportion & symmetry. Harmonized flavours with well- balanced nutrition Correct Professional Preparation, Skills,

- **Techniques (0 – 30 points)**
 - Skilful work with high degree of craftsmanship; demonstrate different correct cooking techniques; clean and precise work; correct aspic technique, and proper consistency

- **Serving Arrangement (0 - 10 points)**
 - Correct number of portions and plates must be displayed. It should be practical, transportable, and stable

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

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 competitor's workplace may be placed appropriately only after judging has been completed
- Information regarding the setup time will be announced at a later stage
- The Organiser will not be responsible for any loss or damage to any brought-in equipment and utensils
- Due to limited space, competitors' pieces will be displayed until 5:00pm on the competition day
- The Organiser may dispose of any uncollected exhibits after the award ceremony on that day. (Exact display and disposal times shall be notified separately.)

TIMING

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

Culinary & Pastry Art Cold Display

Class 18 - FINGER FOOD - Open to all (Over 16 years old as of June 9, 2026)

- To display four (4) different kinds of finger food : two (2) kinds to be prepared hot and two (2) kinds to be prepared cold, all displayed cold.
- Six (6) portions for each type of finger food (24 pieces total)
- Each portion of finger food should weigh 10g - 20g
- Can choose to display all 24 pieces on one platter, or individually plated.
- All food items must be glazed with aspic, except for crisps or baked dough.
- Menu description (menu name) of each dish must be placed next to the display.
- Table space allotted: 90cm(W) x 70cm(D)

Class 19 - PLATED APPETIZER - Open to all (Over 16 years old as of June 9, 2026)

- To display three (3) different appetizer dishes, prepared hot or cold and displayed cold.
- One (1) fish or seafood , one (1) meat or poultry, one (1) free choice, for main ingredients of the dishes.
- Each dish should be individually plated and completed with its respective garnishes.
- Each dish should be suitable for a la carte service.
- All food items must be glazed with aspic, except for crisps or baked dough.
- Menu description (menu name) of each dish must be placed next to the display.
- Table space allotted: 90cm(W) x 70cm(D)

Class 20 - PLATED MAIN COURSES - Open to all (Over 16 years old as of June 9, 2026)

- To display three (3) different main courses dishes, prepared hot and displayed cold
- One (1) fish or seafood , one (1) meat or poultry, one (1) free choice, for main ingredients of the dishes.
- Each dish should be individually plated and completed with its respective garnishes.
- Each dish should be suitable for a la carte service.
- All food items must be glazed with aspic, except for crisps or baked dough
- Menu description (menu name) of each dish must be placed next to the display.
- Table space allotted: 90cm(W) x 70cm(D)

Class 21 - PLATED DESSERT - Open to all (Over 16 years old as of June 9, 2026)

- To display three (3) different types of dessert, displayed cold.
- One (1) with fruits, one (1) with chocolate, one (1) free choice as the main ingredients of the dessert.
- Each dish should be individually plated and completed with its respective garnishes.
- Each dish should be suitable for a la carte service.
- Menu description (menu name) of each dish must be placed next to the display.
- Table space allotted: 90cm(W) x 70cm(D)

Culinary & Pastry Art Cold Display

CLASS 22 – THEMED CAKE – Junior (Ages 16 to 25 inclusive)

To incorporate one (1) cakes into character, wedding, anniversary, birthday or any theme etc., competitors' own choice of either:

(a)	(b)	(c)	(d)	(e)	(f)
Royal icing cake	Pastillage cake	Fondant cake	chocolate modelling pastes	Marzipan cake	Mixed

- Cake size is between 25~35 diameter. No height limit. Circle, square, dome, or any shape allowed.
- Only edible ingredients can be used.
- The entire cake should be decorated by hand. Wiring, lace, or equivalent are not allowed.
- Points will be deducted for non-compliance.
- Each participant is required to provide display signage indicating the title / themed description of the exhibit, including a list of ingredients used.
- Table space allotted: 90cm(W) x 70cm(D)

CLASS 23 – PASTRY SHOWPIECE - Open to all (Over 16 years old as of June 9, 2026)

To prepare and display one (1) pastry showpiece with the use of either:

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

- The height of the showpiece should not exceed 100cm.
- It should have at least three (3) different techniques, meaning a display of three (3) different methods of product utilization.
- Non-edible structure elements are not allowed over and above the base.
- Frames and wires are not allowed. Points will be deducted for non-compliance.
- Table space allotted: 90cm(W) x 70cm(D)

CLASS 24 – ARTISTIC SCULPTURE - Open to all (Over 16 years old as of June 9, 2026)

To prepare and display one (1) artistic sculpture with the use of either:

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

- The height of the showpiece should not exceed 100cm.
- Frame and wire supports are allowed but must not be exposed. Points will be deducted for non-compliance.
- Table space allotted: 90cm(W) x 70cm(D)

Worldchefs Best Practices

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.

Competition & Culinary Committee

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 aspect of the jury and marking scheme, but looks into the 'Best Practices' for competitors which needs to be read with the Worldchefs Health and Food Safety Regulations.

1. Plastic is something that the world and gastronomy is eliminating.

- a) Plastic Bags – avoid all unless necessary and required to pack your food items into OR is there an alternate solution.
- b) 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.
- c) 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.

2. HACCP sheets; are required in most part of the world in a commercial or professional kitchen. This is Best Practice for the recording of the temperature controls in place for raw, semi-raw, ready cooked and food storage.

- a) Standard HACCP sheets are available on the WORLDCHEFS web page which are acceptable in any competition.
- b) Temperature/storage sheets, should show the temperature flow chart of food items from purchase – to prep kitchen- to competition arena.
- c) Fridge/freezer checklist, should be done at a minimum of every hour of the competition, with a corrective action when the temperatures are too high.
- d) Storage of warm food, must be done to ensure all international and local regulations are met to avoid any public concerns on food safety.
- e) Sous Vide records are imperative due to the nature and at time low cooking temperature, the temperatures and times need to be recorded.
- f) Jury members are at liberty to check and investigate these documents under any circumstance.

Worldchefs Best Practices

3. 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.

- a) In all competitions there are Service Points awarded on timing, however, if you far exceed this bracket, points will be deducted from competent preparation.
- b) If your food items have too many hand movements and or components, will affect the temperature of the food for service, which will lead to points deduction.
- c) At the IKA & World Cup, your timing commences once the ticket is handed in at the pass, until that course leaves the pass.

4. Food weight and Nutrition

- a) There are expected weights to be observed in the hot kitchen and on the chefs table, in a practical world, we should adhere to these weights, 20g - 30g either side is acceptable.
- b) 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
- c) All food need to be nutritionally balance along with the presentation on how it fits into the menu

5. Plate temperature – Good Practices is to have cold food and desserts served on room temperature plate to avoid condensation; warm food should be served on warm plates.

- a) If serving a salad with a warm appetizer, think about how to support/protect the salad from wilting on a warm plate.
- b) All salads or herb salad garnishes need some type of dressing or seasoning.

6. Food Waste – In todays modern world, food waste is a major issue around the globe, as a professional, you must control all your food waste.

- a) 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.
- b) Over preparation of the amount required will also be monitored, meals sold Vs Meal remaining will be totalled again with a 5% buffer permitted. Excessive preparation will cause points deduction.
- c) Ideally, you should have 3 bins.
 - i . One for food waste that may be composted, etc.
 - ii. One for Recyclable bin for cardboard and paper
 - iii. One for non-recyclable for plastic, rubber etc
- d) Items are not to be removed from the main competition kitchen until checked by a member of jury, clear bags may be provided.
- e) Best Practices is the correct disposal of Organic and non-organic waste either at your mise en place kitchen or the competition kitchen after the event.

7. 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.

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 < 5°C
 - 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 was 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)
 - 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 before it can be refrigerated.
 - g. All food items to be refrigerated or kept in the freezer must be covered and labelled.

Worldchefs Food Safety Regulations

5. 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 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.

Worldchefs Food Safety Regulations

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
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 colour 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 colour 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.

Worldchefs Food Safety Regulations

5) 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. 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.

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 unavoidable.

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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RECIPE FORM

Class: _____

Registration Number: _____

Name of Dish: _____

Ingredients	Quantity	Preparation

Cooking Method:
