



The 2024 Philippine Culinary Cup

Where The Best Meet To Compete



**JULY 31 TO
AUGUST 3
2024**

SMX CONVENTION CENTER, MANILA

13th PCC Highest Gold from the Dream Team Challenge
by Chef Lee Kyu Jae, Song Jae Won
and Lim Kyu Bin from
World Culinary Arts Bakery-South Korea



RULE BOOK

Co-Organized by:





The
Philippine
Culinary Cup
Where The Best Meet To Compete



RULE BOOK



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES

This Rule Book for the Philippine Culinary Cup contain the governing rules and regulations for the competitions. While every effort was given to come up with the best possible guidelines consistent with international standards, the organizers reserve the right to change regulations without prior notices but shall be communicated to all concerned for the overall success of the event. Please share this rule book to your team for proper compliance to avoid disqualifications or demerits.

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(Note: These rules and regulations are subject to change as deemed necessary by the organizers for the overall success of the competitions. There are limited slots available per category. Please make sure to contact the organizers if interested for confirmation)



GENERAL INFORMATION

1. DATES and VENUE

The Philippine Culinary Cup (PCC) will be held in conjunction with the World Food Expo (WOFEX).

Competition Dates July 31 – August 3, 2024
Competition Venue SMX Convention Center

2. OPENING HOURS

2.1 For visitors Jul 31 – Aug 3, 2024 (10:00AM – 7:00PM)

2.2 For competitors Jul 31 – Aug 3, 2024 (8:00AM – 7:00PM)
Registration starts at 8:00AM

3. ADMISSION

3.1 For competitors Admission to the competition is considered official only upon completion of all required documents and payments as stipulated in the rules and regulations of the competition.

PCC has a 16 years old and above age limit, no competitor under the said age will be accepted to compete.

3.2 For visitors

Registered visitors of World Food Expo are allowed entry into the PCC. WOFEX has an entrance fee of Php200.

WOFEX has a 16 **years old** and above age limit, no PCC Competitor & Visitor under the said age will be allowed into the exhibit.

Student group visitors interested in visiting WOFEX must be pre-registered to enable proper scheduling of the visit.

4. CONTACT INFORMATION

Philippine Culinary Cup

Email : philippineculinarycup@gmail.com

Website : www.philippineculinarycup.com

Facebook : *find us at* Philippine Culinary Cup

Organizers

PEPTarsus, Corp.

72-C Esteban Abada St., Loyola Heights, QC

Tel. Nos. : +63 2 89291576 loc. 105

Email : philippineculinarycup@gmail.com

Website : www.PEPTarsus.com

Viber Channel :



<https://invite.viber.com/?q2=AOBnWq03dRAqOk40034rJWGWRamteUY%2B3mGr1X54zthQOsZIDHG0iI%2FJX897Eulp>

Venue:

SMX Convention Center

Seashell Lane Corner Coral Way, SM Central Business Park
Bay City, Pasay City (next to SM Mall of Asia)

AWARDS & CERTIFICATES

CERTIFICATE of PARTICIPATION:

A Certificate of Participation will be presented to all competitors.

MEDALS and CERTIFICATES of AWARDS:

The respective Medals and Certificates of Awards will be presented to any competitor who attains the following points:

GOLD with Distinction	100 points
GOLD	90 – 99 points
SILVER	80 – 89 points
BRONZE	70 – 79 points

SPECIAL AWARDS

OVER-ALL CHAMPION FOR PROFESSIONAL

Presented to an Establishment who accumulates the highest number of points in Ten (10) different categories (K1-K12 & P1- P7) -Except K10 & P6

- Only the Highest Medal will credit in each Establishment per category.
- Gold with Distinction-10points, Gold-5points, Silver-3points, Bronze-1point

OVER-ALL CHAMPION FOR NON-PROFESSIONAL

Presented to School who accumulates the highest number of points in Ten (10) different categories (K1-12 & P1- P7) Except K10 & P6

- Only the Highest Medal will credit in each School per category.
- Gold with Distinction-10points, Gold-5points, Silver-3points, Bronze-1point

BEST CHEF

Presented to the individual chef who have at least one (1) medal and accumulates the highest points in his/her best classes in four (4) Savory Categories (K4-K12). Except K10

BEST PASTRY CHEF

Presented to the individual Pastry chef who have at least one (1) medal and accumulates the highest points in his/her best classes in four (4) Pastry categories (P1-P7). Except P6

GUIDELINES

1. REGISTRATION

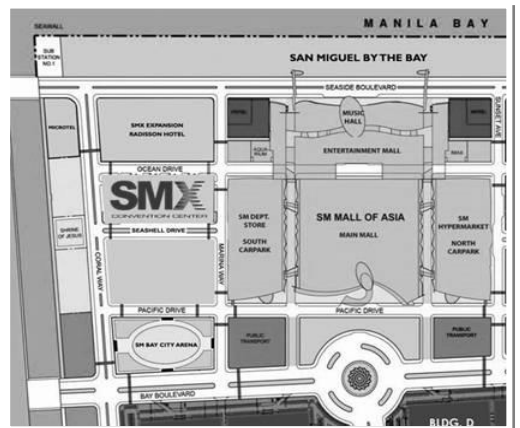
- Competitors are requested to wear their competitor's badges throughout the competition. Please note that the badges are NON-TRANSFERABLE. Lost IDs can only be replaced depending on availability at P200.00 per ID.
- All competitors are required to register one hour prior to their respective session. The registration counter will be located at the Loading Dock outside Hall 1.
- All competitors must wear proper chef uniform at competition. No logo of establishment should be displayed on the chef jacket.
- Wearing of Facemask is optional, but wearing of gloves is required during food handling.
- Individual Competitors participating in more than 1 category:
You need to register for EVERY respective category and please remember to bring your competitors badge as it will not be re-issued.

2. STANDBY

- All competitors are requested to return to the registration counter 15 minutes prior to their respective session to standby.
- For Live Cooking Sessions and Live Pastry Cooking
- A draw lots will be given to the competitors then to decide which cooking station they will be using. This will take place upon registration.
- ALL COMPETITIONS WILL START ON TIME

3. BRING-IN COOKING ITEMS

All self-brought cooking items should be unloaded in the loading bay of SMX Exhibition Center which is located at Ocean Drive. This area is for loading and strictly NOT for parking. Please refer to the map for the location of the loading bay.



4. REMOVAL OF DISPLAYS

All displays must be removed by competitors at the suggested date & time. Please refer to display sheet for different categories. The organizer will not be responsible for any damage or lost items which are not collected by the competitor after the stipulated collection time.

ALL DISPLAYS MUST NOT BE REMOVED UNTIL THE SUGGESTED REMOVAL TIME. Non-compliance may mean revoking of medals.

Trash bins will be provided at the closing time for disposal of displays. Competitors are highly recommended to standby near their displays before the closing time to avoid mishandling of display by a third party.

5. REMOVAL of SELF-BROUGHT PLATES

Competitors are requested to come and collect their self-brought plates at 2 intervals. Collection time will be 1400 – 1500 & 2000 – 2100 as morning session & afternoon session, respectively. The organizer will not be responsible for any damage or loss of items which are not collected by the competitor after the stipulated collection time.

6. ANNOUNCEMENT of the RESULTS

All competition results will be posted on the results board at the competition area after each session.

7. DAILY PRIZE PRESENTATION

All Medals will be awarded at the awarding stage 4PM daily including the GOLD Medals. Medals for competitions after 3PM will be presented on the next day.

All Special Awards (Best Chef, Best Pastry Chef, French Touch Challenge and Over-all Champion) will be presented on the last day, August 3 at 5:30PM, at the Grand Award Presentation Ceremony.

Any medal/certificate not accepted at the awards ceremony will be forfeited three (3) weeks after the event.

All winners are respectfully requested to wear proper chef's uniform with hats for the presentation. No Shorts and Slippers please.

8. QUESTION and ANSWER SESSION

Competitors are given an opportunity to seek judges' comments on their standard of entry at the competition area after each run of competition. However, the judges' decisions are final and competitors' appeal will not be entertained.

9. CHEF'S CORNER

A Chef's Corner will be located at the competition area and all international chefs' participants are welcome.

10. MISCELLANEOUS

Competitors who have not yet remitted their registration fees are urged to send their payment(s) to the Event Secretariat immediately to confirm their participation.

Should you require any clarification, please do not hesitate to contact us. Please refer such concerns to PEPTarsus, Corp.

11. CHANGES IN REGISTRATION

Changes in competitors are allowed up 10 days prior to competition. (July 21, 2024 5pm)

However, because competition slots are limited, it would be unfair for those we do not accept if we allow changes in categories. If an individual or team decides to change categories, it means forfeiture of fees for the original registered category and additional fees should be paid for the new category.

Entry Fees will not be refunded if the competition is cancelled for reasons beyond the Organizer's control or if competitors "withdraw" their entries.

<h3>ADDITIONAL GUIDELINES FOR LIVE THEATRE</h3>
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1. Unless otherwise stated, competitors must supply all food items and the necessary equipment to prepare, cook and serve their entry.
2. A professionally prepared brief menu description card must be provided for all appropriate Live Theatre Classes and placed on your workstation.
3. Competitors must show as many craft skills as possible in front of the Judges. Competitors will be judged on working methods, professional technique, skill, hygiene, timing, balance and quality of flavor, texture and presentation.
4. Competitors are encouraged to seek feedback only after the results are announced.
5. Wearing of Facemask is optional, but wearing of gloves is required during food handling.

K



The
2024
Philippine
Culinary Cup
Where The Best Meet To Compete



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NATIONWIDE

K1

FILIPINO CUISINE CHALLENGE

Traditional Filipino food cooked professionally, making use of superior ingredients, proper cooking techniques and accepted standards of presentation and service.

Practical Category

Team Competition: Each team must consist of two (2) Chefs.

Rules and Guidelines

To prepare and present a Family Style Filipino Meal good for three (3) persons per portion within ninety (90 minutes)

- One (1) Hot or Cold Starter (i.e. salad, spring roll, soup, etc.)
- One (1) Main Course
- One (1) Starch (i.e. rice or noodle dish)
- Two (2) sets to be prepared, one (1) set will be served to the judges and one (1) set will be for display
- All dishes should be served at the same time, but can all be served earlier than the time allowed

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8ql>

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 kit

K1: FILIPINO CUISINE CHALLENGE

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

Total Possible Points 100 points
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- Usage of basic stocks is allowed. The sauces must be finished during the competition. Raw farces can be brought along but they have to be finished during the competition;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All garnishes and carvings must be edible;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display. This means a total of six (6) plates for each team;
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Recipes should be made available for the judges (**3 Copies**);
- Participants will have to provide their own adaptor, AVR, or transformer if needed;
- Participants will bring their OWN plates for serving;
- Each team will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event IDs will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.



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Hightower is a Philippine based importer and distributor of food ingredients. Categories are meat, seafoods, fruits and vegetables, dairy products, baking ingredients, processed foods, condiments, fine foods, and Japanese products. Market channels are food service, retail, processors and online resellers.



MEAT



SEAFOODS



DAIRY



FINE FOODS



CONDIMENTS



BEVERAGES






FRUITS & VEGETABLES



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JAPANESE INGREDIENTS

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 +632 8400 5924  +632 8808 8328  info@hightower.com.ph

K2

DREAM TEAM CHALLENGE

Practical Category

Open to Hotel, Restaurants, Catering, and culinary institutions

Team Competition: Each team must consist of three (3) chefs from the same hotel, school / organization. two (2) Chefs and one (1) Pastry Chef.

- Appetizer, Main Course & Dessert main ingredient- will be sponsored by **Hightower** during the competition proper.

Rules and Guidelines

To prepare and present a three-course menu for three (3) persons within 120 minutes:

Appetizer- *Create appetizer using **Ikura Salmon Soy Sauce & Hokaido Hotate Kaibashira L***
 (should be served within 90 minutes)

Main Course- *Create dish using **Iberico Pork Loin & Santo Tomas Bomba Rice***
 (should be served within 110 minutes)

Dessert- *Create dish using **La Vieja Fabrica Jam Marmalade & Candia Butter & Cream***
 (should be served within 120 minutes)

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste -
<https://wacs.egnyte.com/dl/WFZim6m8qI>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- Remember that cold food should be served cold and hot food should be served hot.
- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- Usage of basic stocks is allowed. The sauces must be finished during the competition. Raw farces can be brought along but they have to be finished during the competition;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All garnishes and carvings must be edible;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display. This means a total of six (6) plates for each team;
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Each team will provide the judges with a menu.
- Recipes should be made available for the judges **(3 Copies)**;
- Participants will have to provide their own adaptor, AVR, or transformer if needed;
- Participants will bring their OWN plates for serving;
- Each team will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event IDs will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.



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YOUNG CHEFS TEAM CHALLENGE

Practical Category

Team Competition: Each team must consist of two (2) Apprentices, 25 years old or younger on the day of the competition. Applications must include a certificate from their school or employer verifying their ages and a photocopy of a valid Driver’s License, Passport or Birth Certificate. **(All submitted entries in this category without proof of age will not be accepted)**

- This category is sponsored by Flyace Corporation. Some of the ingredients will be provided.

Rules and Guidelines

Two (2) Apprentice Chefs must prepare within forty-five (45) minutes the following:

- One Hot or Cold Appetizer (Seafood) served in two (2) plates
- One Hot Main Course (Chicken) served in two (2) plates

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8qj>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on the plate must be edible;
- Fish portions may be brought ready to cook (de-scaled, filleted, and skinned but not cut);
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Participants will provide their own adaptor, AVR or transformer, if needed;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Each team will be allowed to bring two (2) helpers to be stationed backstage during the actual competition. Event IDs will be issued to the respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.

WESTERN CUISINE CATEGORY

U.S. BEEF TOP BLADE

The U.S. has developed one of the world's most efficient systems for meat production, processing, and distribution. U.S. BEEF is your best buy because you know you can rely on its consistently high standards!



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12.F Times Plaza, 81 United Nations Avenue Ermita, Manila City 1000
Office: (632) 8790 4067 / (632) 8790 4068 / +639190002245
Email: philippines@usmef.org
Website: www.usmef.org
Facebook: <https://www.facebook.com/usmeatsphilippines>



Financed by the Beef Checkoff.





K4

U.S. BEEF

<Top Blade>

Practical Category

Individual Competition: Open to All

- U.S. Beef meat will be sponsored by U.S. Meat Export Federation (USMEF) during the competition proper.

Rules and Guidelines

Competitors to prepare and present within forty-five (45) minutes the following:

- One (1) Main Course Dish
- Western-style with U.S. Beef Top Blade as the Main Ingredient
- Dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display
- Garnish with suitable starch, and vegetables.
- Appropriate sauce (can be more than one) to be served

Judging Criteria

- Mise en Place and Hygiene** **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 document of Food Hygiene and Food Waste - <https://wacs.eqnyte.com/dl/WFZim6m8ql>
- 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 kit
- 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

Total Possible Points 100 points
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- Meat portions may be brought ready to cook but un-cut;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event ID's will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Participants to provide their own adaptor, AVR or transformer, if needed;
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.

WESTERN CUISINE CATEGORY
U.S. PORK LOIN

The U.S. has developed one of the world's most efficient systems for meat production, processing, and distribution. U.S. PORK is your best buy because you know you can rely on its consistently high standards!



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Office: (632) 8790 4067 / (632) 8790 4068 / +639190002245
Email: philippines@usmef.org
Website: www.usmef.org
Facebook: <https://www.facebook.com/usmeatsphilippines>





K5

U.S. PORK

<Pork Loin>

Practical Category

Individual Competition: Open to All

- U.S. Pork will be sponsored by U.S. Meat Export Federation (USMEF) during the competition proper.

Rules and Guidelines

Competitors to prepare and present within forty-five (45) minutes the following

- One (1) Main Course Dish
- Western-style with the use of U.S. Pork Loin as Main Ingredient
- Dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Garnish with suitable starch, and vegetables
- Appropriate sauce (can be more than one) to be served

Judging Criteria

Mise en Place and Hygiene **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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8ql>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event IDs will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Participants to provide their own adaptor, AVR, or transformer, if needed;
- Organizers to provide one (1) electrical line per cooking station (220V);
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.

WESTERN CUISINE CATEGORY

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Website: www.usmef.org
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K6

U.S. LAMB

<Lamb Rack French Cut>

Practical Category

Individual Competition: Open to All

- U.S. Lamb will be sponsored by U.S. Meat Export Federation (USMEF) during the competition proper.

Rules and Guidelines

Competitors to prepare and present within forty-five (45) minutes the following:

- One (1) Main Course Dish
- Western-style with U.S. Lamb Rack French Cut as the Main Ingredient
- Dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Garnish with suitable starch, and vegetables
- Appropriate sauce (may be more than one) to be served

Judging Criteria

Mise en Place and Hygiene **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 document of Food Hygiene and Food Waste -

<https://wacs.eqnyte.com/dl/WFZim6m8ql>

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 kit

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

Total Possible Points 100 points
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and other ingredients for the competition;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Participants to provide their own adaptor, AVR, or transformer, if needed;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during the actual competition. Event IDs will be issued to the respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.

K7

POULTRY

<Chicken Leg Quarter >

Practical Category

Individual Competition: Open to All

- Bring your own Poultry (Chicken Leg Quarter).

Rules and Guidelines

Competitors to prepare and present within forty-five (45) minutes the following:

- One (1) Main Course Dish
- Western-style with Chicken Leg Quarter as the Main Ingredient
- Dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Garnish with suitable starch, and vegetables
- Appropriate sauce (can be more than one) to be served

Judging Criteria

Mise en Place and Hygiene **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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8qI>

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 kit

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

Total Possible Points 100 points
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- Meat portions may be brought ready to cook but un-cut;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event ID's will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Participants to provide their own adaptor, AVR or transformer, if needed;
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.



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**K8
PASTA**



Practical Category

Individual Competition: Open to All

Rules and Guidelines

Competitors to prepare and present pasta with sauce within Thirty (30) minutes) as follows:

- One (1) Pasta dish using **DIVELLA PASTA**
- Western-Style Main Course Pasta dish must be presented in two (2) individual plates
- One (1) plate will be served to the judges
- One (1) plate will be for display

Judging Criteria

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8ql>

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 kit

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.

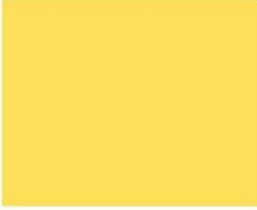
Taste 0 – 50 points

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

Total Possible Points 100 points
(no half points will be given)

Important Notes:

- All competitors should use DIVELLA pasta in their dish
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- The usage of basic stocks is allowed. The sauces must be finished during the competition. Raw farces can be brought along but they have to be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- Recipes should be made available for the judges **(3 Copies)**;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display. This means a total of two (2) plates per team;
- Each competitor will be allowed to bring three (3) helpers to be stationed backstage during actual competition. Event IDs will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Participants to provide their own adaptor, AVR, or transformer if needed;
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.



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CREATIVE BREAKFAST CHALLENGE

Practical Category

Individual Competition: Open to All

- This category is sponsored by Oleofats. Some of the ingredients are provided.

Rules and Guidelines

Competitors to prepare and present within forty-five (45) minutes the following:

- Prepare two (2) plates consist of Starch, Egg and Protein (Meat or Seafood)
- Freestyle
- Dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Accompanied with suitable sidings
- Appropriate sauce (can be more than one) to be served

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8ql>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and other ingredients for the competition;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Participants to provide their own adaptor, AVR, or transformer, if needed;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during the actual competition. Event IDs will be issued to the respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.



COOKING CREAM

SOUR TASTE





K10

FRENCH TOUCH CHALLENGE (SEAFOOD CATEGORY) By Elle & Vire Professionnel

Practical Category

Individual Competition: Open to chefs in hotels, restaurants, catering and culinary institutions from the **Philippines** only. Previous winner of this competition is not allowed to join this category.

Rules and Guidelines

Competitors to prepare and present within Forty-Five (45) minutes the following:

- One (1) Main Course Dish
- French-style dish must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Competitor can use **LOCALLY CAUGHT** or **IMPORTED FRESH FISH**
- Garnish with suitable starch, and vegetables
- Appropriate sauce (can be more than one) to be served
- Must visibly contain Elle & Vire Professionnel products (Cooking Cream Sour Taste, Butter Roll 500g, & US Cream Cheese)

Prizes

Champion:

- **Cash Prize Php100,000**

1st Runner Up:

- **Cash prize Php50,000**

2nd Runner Up:

- **Cash prize Php25,000**

Judging Criteria

Style 0 – 15 points

The creation must match the competitor's identity. It must reflect his/her very own style, his/her personal experience and his/her mindset, in other words be original. The final creation should be a "signature creation".

Boldness..... 0 – 15 points

The creations should be modern and innovative; they must bring something new to modern patisserie. Innovation can be found in technique and degree of difficulty, in flavors match or in the final form, structure or presentation of the creation.

Elegance..... 0 – 20 points

Finished creation should provide a good impression based on balanced proportions & aesthetically pleasing principles. Finished creation must be refined, delicate and elegant

Taste 0 – 50 points

The flavor of the key ingredient must be prevalent without hindrance of secondary tastes, proper texture will also be judged

Total Possible Points 100 points

(no half points will be given)

Important Notes:

- A "french style" preparation refers to a preparation that combines Style, Boldness & Elegance.
- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and other ingredients for the competition;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Participants to provide their own adaptor, AVR, or transformer, if needed;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during the actual competition. Event IDs will be issued to the respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.
- Prior to the competition, competitors can visit Elle & Vire internet webpage dedicated to the French touch for inspiration (<https://www.elle-et-vire.com/pro/en/french-touch/>).



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K11

SOUS VIDE COOKING

<Tomahawk High Choice - Sterling Silver>

Practical Category

Individual Competition: Open to All.

- Meat will be sponsored by Alternative Foods Corporation during the competition proper. Also the following spices: Whole Pepper, Wild Herbs & Chili Flakes

Rules and Guidelines

Competitors to prepare and present within Ninety (90) minutes the following: (30min in the morning to prepare the sous-*vide* and 60 minutes in the afternoon to finish the dish)

- To prepare one (1) meat dish using water as the cooking medium and the thermal water circulator as the cooking apparatus.
- Free-style with **Tomahawk** as the Main Ingredient
- Garnish with suitable starch, and vegetables.
- Appropriate sauce (can be more than one) to be served
- Dish must be presented in two (2) individual platter, one (1) for judging and one (1) for display
- Bring your own vacuum bag & sealer & Sous Vide Machine

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8gl>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- Meat portions may be brought ready to cook but un-cut;
- The usage of basic stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and ingredients for the competition; Bring your own vacuum bag & sealer & Sous Vide Machine
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event ID's will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Participants to provide their own adaptor, AVR or transformer, if needed;
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;

Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification



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K12

PLANT BASED DIET MEAL

Practical Category (Freestyle)

Individual Competition: Open to All

A plant-based diet is a diet consisting entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits. Each dish should not contain ingredients from animal sources.

- This category is sponsored by Prime Pacific. (OmniPork will be provided)

Rules and Guidelines

To prepare and present within Forty-Five (45) minutes the following:

- Prepare two (2) plates Plant Based Diet Meal
- Main Course using OmniPork
- Appropriate sauce (can be more than one) to be served
- One (1) plate will be served to the judges
- One (1) plate will be for display

Judging Criteria

Mise en Place and Hygiene	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 document of Food Hygiene and Food Waste - https://wacs.eqnyte.com/dl/WFZim6m8ql	
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 kit	
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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- All raw food items may be brought in trimmed and peeled but un-cut or shaped;
- All items on plate must be edible;
- The usage of vegetable stocks is allowed. The sauces must be finished during the competition;
- All garnishes and carvings must be edible;
- Dried ingredients must be pre-soaked and brought along to the competition but they must be finished during the competition;
- All competitors have to provide their own cooking utensils and ingredients for the competition;
- Competitors should provide their OWN plain WHITE plates not exceeding thirty-two (32) cm in diameter;
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring two (2) helpers to be stationed backstage during actual competition. Event ID's will be issued to respective teams. (Helpers should be at least 16y/o and above with proper dress code);
- Participants to provide their own adaptor, AVR or transformer, if needed;
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification

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📍 108 Gen. Concepcion St., Brgy. 134, Bagong Barrio, Calocan City

☎ 8365-8281 to 87

✉ info@peotraco.com

🌐 www.peotraco.com

👤 Peotraco Food Inc.

📷 @peotraco

WEDDING CAKES

Display Category

Individual Display Competition: Open to All

Rules and Guidelines

Competitors to prepare and display the following:

- A 3-tier wedding cake is required using PEOTRACO regular powdered sugar
- All tiers must incorporate a wedding design with the lower tier being edible
- The cake must be entirely decorated by hand
- All decorations (except tier supporting pillars) must be edible
- Royal icing, pastillage and other appropriate materials may be used.
- A section of the cake must be cut for judges
- Notes: No wires or metal frames are permitted for the support of the cake with the exception of pillars. Points will be deducted for non-compliance.
- Display table space allotted: 120cm x 90cm

Judging Criteria

Artistic Impression0 – 10 points

Balance, scale, proportion and suitability as a food display exhibit

Presentation and General Impression 0 – 40 points

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

Technique and Degree of Difficulty 0 – 50 points

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

Total Possible Points **100 points**

(no half points will be given)

Important Notes:

- Name cards or logos of the competitor's work place may be placed in proper manner once judging has been completed.
- The Organizer will not be responsible for any loss or damage to any utensils.
- Recipes should be made available for the judges. **(3 Copies)**



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P2

CHOCOLATE PASTRY SHOWPIECE

Display Category

Individual Display Competition

Rules and Guidelines

Competitors are required to display a showpiece as follows:

- Showpiece must be made with 100% Chocolate (White, Dark, or Milk)
- No frames, wires or molds are permitted
- The maximum height of the showpiece shall not exceed 120cm
- Display table space allotted: 120cm x 90cm

Judging Criteria

Artistic Impression 0 – 10 points

Balance, scale, proportion and suitability as a food display exhibit

Presentation and General Impression 0 – 40 points

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

Technique and Degree of Difficulty 0 – 50 points

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

Total Possible Points **100 points**


(no half points will be given)

Important Notes:


- Name cards or logos of the competitor's work place may be placed in proper manner once judging has been completed.
- The Organizer will not be responsible for any loss or damage to any utensils.
- The showpiece must stay on display until the last day of the Expo. The Organizers may dispose of any uncollected showpiece after 4:30PM on the last day.
- Recipes should be made available for the judges **(3 Copies)**



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 945 Estrada Street Malate, Manila

 topchef.1010@yahoo.com.ph

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P3

SUGAR PASTRY SHOWPIECE

Display Category

Individual Display Competition

Rules and Guidelines

Competitors are required to display a showpiece as follows:

- The Sugar Showpiece should be made with approximately 20% Pastillage, 30 % Pulled Sugar, 20% Blown, and 30% free of Choice
- No frames, wires or molds are permitted
- The maximum height of the showpiece shall not exceed 120cm
- Display table space allotted: 120cm x 90cm

Judging Criteria

Artistic Impression0 – 10 points
Balance, scale, proportion and suitability as a food display exhibit

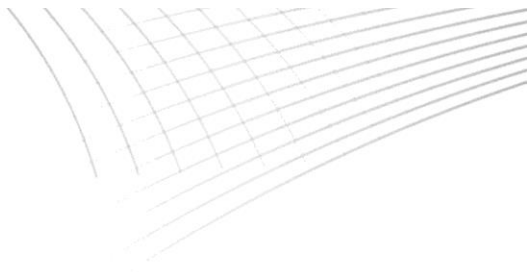
Presentation and General Impression 0 – 40 points
Depending on materials used, finished exhibit must present a good impression based on aesthetic and ethical principles

Technique and Degree of Difficulty 0 – 50 points
This is judged by the artistry, competence, and expert work involved in the execution or preparation of the exhibit

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- Name cards or logos of the competitor's work place may be placed in proper manner once judging has been completed.
- The Organizer will not be responsible for any loss or damage to any utensils.
- The showpiece must stay on display until the last day of the Expo. The Organizers may dispose of any uncollected showpiece after 4:30PM on the last day.
- Recipes should be made available for the judges **(3 Copies)**



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Ecolab is the global leader in water, hygiene and energy technologies and services. Around the world, businesses in the food service, food processing, hospitality, healthcare, industrial and, oil and gas markets choose Ecolab products and services, to keep their environments clean and safe, operate efficiently, and achieve sustainability goals.

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- Engineering and consulting
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Ecolab Philippines, Inc.

18th Floor, W Fifth Building
5th Avenue, Bonifacio Global City
Taguig, 1634 Philippines
Tel No. +632 548 9500
Fax No. +632 548 1501
customer.service.ph@ecolab.com

www.ecolab.com

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P4

BREAD PASTRY SHOWPIECE

Display Category

Individual Display Competition

Rules and Guidelines

Competitors are required to display a showpiece as follows:

- Must consist of Bread
- No frames, wires or molds are permitted
- The maximum height of the showpiece shall not exceed 120cm
- Display table space allotted: 120cm x 90cm

Judging Criteria

Artistic Impression 0 – 10 points

Balance, scale, proportion and suitability as a food display exhibit

Presentation and General Impression 0 – 40 points

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

Technique and Degree of Difficulty 0 – 50 points

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

Total Possible Points **100 points**

(no half points will be given)

Important Notes:

- Name cards or logos of the competitor's work place may be placed in proper manner once judging has been completed.
- The Organizer will not be responsible for any loss or damage to any utensils.
- The showpiece must stay on display until the last day of the Expo. The Organizers may dispose of any uncollected showpiece after 4:30PM on the last day.
- Recipes should be made available for the judges (**3 Copies**)



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P5

BAKERSFIELD

DRESS THE CAKE

Individual Live Category

Rules and Guidelines

Competitors are given ninety (90) minutes to complete the following:

- Decorate one (1) finished sponge cake (provided by the competitors) using **BAKERSFIELD** products (Bakersfield product list to follow)
- All decorating ingredients must be edible, and mixed on the spot
- Sugar can be cooked but not modelled. Sugar syrup is allowed.
- Chocolate and Royal Icing can be prepared.
- There are no height restrictions to the finished piece.
- The cake should be either round (30cm diameter) or square (30cm x 30cm). Only one cake is allowed. Cannot be stacked.
- All ingredients, utensils, implements etc. to be provided by competitors
- Display Table space allotted: 120cm x 90cm
- The completed cake is to be displayed till the last day of the show, and will be disposed by the Organizer, unless the competitor wishes to take it back, in which case it has to be collected at 4:00PM on the last day. (No earlier)

Judging Criteria

- Mise en Place and orderly working area**.....0 – 10 points
Arrangement of all materials, wastage and economical Factors, safety and hygiene, utilization of resources and degree of advance preparation will all be considered in the judging.
- Practical, Up-to-Date Presentation**.....0 – 40 points
Correct basic culinary preparation corresponding to today’s modern patisserie
- Technique and Degree of Difficulty**.....0 – 50 points
This is judged by the artistry, competence, and expert work involved in the execution or preparation of the exhibit
- Total Possible Points** **100 points**
(no half points will be given)

Important Notes:

- Name cards or logos of the competitor’s work place may be placed in proper manner once judging has been completed.
- The Organizer will not be responsible for any loss or damage to any utensils.
- Recipes should be made available for the judges. **(3 Copies)**
- The completed cake is to be displayed till the last day of the show, and will be disposed by the Organizer, unless the competitor wishes to take it back, in which case it has to be collected at 4:00PM on the last day. (No earlier)
- The organizers will provide a table, two (2) power points (230V) for each competitor (upon prior request) and a sink to be shared.

Specification of the facilities provided:

The organizing committee will provide the following equipment for each kitchen:

- Gas cooking range with oven
- Sink with running water
- Fridge (Sharing)
- Working table top

NOTES



Santini Food Specialists, Inc.

1012 Teresa St., Rizal Village, Makati City

Tel. Nos.: 896-1652, 896-1174, 897-6127

Fax. No.: 896-1296

E-mail: santinifoods@yahoo.com

OFFICIAL IMPORTER AND DISTRIBUTOR





P6



FRENCH TOUCH CHALLENGE (PASTRY) By Elle & Vire Professionnel

Practical Category

Individual Competition: Open to chefs in hotels, restaurants, catering and culinary institutions from the **Philippines** only. Previous winner of this competition is not allowed to join this category.

Rules and Guidelines

Competitors to prepare and present within one (1) hour the following:

- French Style Plated Desserts
- Must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Must visibly contain Elle & Vire Professionnel products (Excellence Whipping Cream, Butter block 2.5kg, Cream Cheese OR Mascarpone)

Prizes

Champion:

- **Cash Prize Php100,000**

1st Runner Up:

- **Cash prize Php50,000**

2nd Runner Up:

- **Cash prize Php25,000**

Judging Criteria

Style 0 – 15 points
The creation must match the competitor’s identity. It must reflect his/her very own style, his/her personal experience and his/her mindset, in other words be original. The final creation should be a “signature creation”.

Boldness..... 0 – 15 points
The creations should be modern and innovative; they must bring something new to modern patisserie. Innovation can be found technique and degree of difficulty, in flavors match or in the final form, structure or presentation of the creation.

- Elegance**..... 0 – 20 points
 Finished creation should provide a good impression based on balanced proportions & aesthetically pleasing principles. Finished creation must be refined, delicate and elegant
- Taste** 0 – 50 points
 The flavor of the key ingredient must be prevalent without hindrance of secondary tastes, proper texture will also be judged
- Total Possible Points** **100 points**
(no half points will be given)

Important Notes:

- A "French style" preparation refers to a preparation that combines Style, Boldness & Elegance.
- Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
- Participants to provide their own adaptor, AVR, or transformer, if needed;
- Recipes should be professionally prepared and made available for the judges **(3 Copies)**;
- Each competitor will be allowed to bring one (1) helper to be stationed backstage during the actual competition. Event IDs will be issued to the respective teams. (Helpers should be at least 16y/o and above with proper dress code)
- Organizers will provide one (1) electrical line per cooking station (220V);
- Competitors must leave the workstation in a neat and tidy condition. This is part of the judging criteria;
- The Organizer will not be responsible for any loss or breakage of utensils;
- Competing teams are required to check the equipment before starting to cook. No complaints will be accepted afterwards other than in emergency situations;
- Contestants have to register with the Organizing Committee at least one (1) hour before the actual competition time. Absolutely NO excuses will be accepted for tardiness where the penalty is disqualification.
- Prior to the competition, competitors can visit Elle & Vire internet webpage dedicated to the French touch for inspiration (<https://www.elle-et-vire.com/pro/en/french-touch/>).



California Raisins Sweet by Nature.

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P7

PLANT BASED DESSERTS

Live Category

Individual Competition: Open to All

A plant-based diet is a diet consisting entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits. Each dish should not contain ingredients from animal sources.

- This category is sponsored by California Raisins. Black & Golden Raisins is a must-use product. No other berries or dried fruit can be used.

Rules and Guidelines

Competitors to prepare and present within one (1) hour the following:

- Free Style Plant Based Plated Desserts
- Must be presented in two (2) individual plates, one (1) for judging and one (1) for display.
- Must visibly contain California Raisins. No other berries or dried fruits can be used.

Judging Criteria

Mise en Place and Hygiene 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 document of Food Hygiene and Food Waste - <https://wacs.egnyte.com/dl/WFZim6m8ql>

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 kit

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

Total Possible Points **100 points**
(no half points will be given)

Important Notes:

- The competitors have one (1) hour to prepare the 2 plated western desserts.
- Competitors must leave the workstation in a clean and tidy condition. This will be part of judging criteria
- The competitors can use as much or as little of each ingredient as they like. However, points will be deducted for excessive wastage.
- The desserts can be either hot or cold or a combination of both, it must be reflective of today's modern cooking styles.
- The organizers will supply all the hardware mentioned below. No Supplementary equipment will be available. All competitors shall Provide their own utensils such as cutters, knife, palettes, piping bags with nozzles, moulds, pots and pans, as well as mixing bowls

Specification of the facilities provided:

The organizing committee will provide the following equipment for each kitchen:

- Gas cooking range with oven
- Sink with running water
- Fridge(Sharing)
- Working table top



PHILIPPINE
Young Chefs
CLUB



YOUNGCHEFS

Mission

The Philippine Young Chefs Club is a non-profit organization aiming to work closely with the LTB Philippines Chefs Association and Pastry Alliance of the Philippines in building camaraderie among culinary professionals, training talents, sharing knowledge, and promoting social responsibility.

Vision

The Philippine Young Chefs Club (PYCC) envisions itself to hone future culinary leaders with globally competitive skills, nationalistic pride, discipline and honor, to uplift Filipino food tradition and culture that will contribute to nation building.

philippineyoungchefsclub@gmail.com
www.facebook.com/philippineyoungchefsclub



The
2024
Philippine
Culinary Cup
Where The Best Meet To Compete



**REQUIRED
DOCUMENTS**

REGISTRATION FORM INDIVIDUAL COMPETITION

Closing date:

July 1, 2024

or until

slots still available

Call organizers at +639989721226
to verify slots availability

Each competitor is restricted to one (1) entry per class and two (2) entries per establishment. Registration fees should accompany applications and are not refundable. Applications received without fees may not be processed.
Faxed / Emailed entries should be accompanied by a copy of your bank draft/cheque/postal money/money order.

Email Reg Forms: philippineculinarycup@gmail.com

Fee per entry: **LOCAL- One Thousand Eight Hundred Pesos (Php1800.00)**

FOREIGN PARTICIPANT- Forty Dollars (USD \$40.00)

1. The Organizer reserves the right to limit the number of entries in any class and this will be done on a first-come-first-serve basis. Accepted entries agree to abide by the rules and regulations of the Philippine Culinary Cup.
2. Please complete all sections in either type or write **clearly** in CAPITAL LETTERS.
3. Name stated below is final and will be the name to be used in Certificates and Badges.
4. Incomplete registration form will not be accepted. Recipe can be TO FOLLOW.
5. Competitors contact number is a MUST for important updates.

Name of Competitor* _____

Designation _____

Competitors Cellphone No*. _____ **Email *** _____

Company / School Name * _____

Company / School Address _____

Company / School Tel No.* _____ **Fax No.** _____

Please register me for the following classes (please check on the tick boxes):

CULINARY CATEGORIES

- K4 U.S. BEEF
- K5 U.S. PORK
- K6 U.S. LAMB
- K7 POULTRY
- K8 PASTA
- K9 CREATIVE BREAKFAST CHALLENGE
- K10 FTC SEAFOOD
- K11 SOUS VIDE
- K12 PLANT BASED DIET MEALS

PASTRY CATEGORIES

- P1 WEDDING CAKES
- P2 CHOCOLATE SHOWPIECE
- P3 SUGAR SHOWPIECE
- P4 BREAD SHOWPIECE
- P5 DRESS THE CAKE
- P6 FTC- DESSERT
- P7 PLANT BASED DESSERTS

Total No. of Categories: _____

Total Amount of Fees: P _____

Signature

REGISTRATION FORM TEAM COMPETITION

Closing date:
July 1, 2024
 or until
slots still available
 Call organizers at +639989721226 to
 verify slots availability

Each establishment is restricted to two (2) entries per class. Registration fees should accompany applications and are not refundable. Applications received without fees may not be processed.

Faxed / Emailed entries should be accompanied by a copy of your bank draft/cheque/postal money/money order.

Email Reg Forms: philippineculinarycup@gmail.com

Fee per entry: **LOCAL PARTICIPANT-** Two Thousand Six Hundred Pesos (Php2,600.00)

FOREIGN PARTICIPANT- Fifty Dollars (USD \$50.00)

1. The Organizer reserves the right to limit the number of entries in any class and this will be done on a first-come-first-serve basis. Accepted entries agree to abide by the rules and regulations of the Philippine Culinary Cup.
2. Please complete all sections in either type or write **clearly** in CAPITAL LETTERS.
3. Name stated below is final and will be the name to be used in Certificates and Badges.
4. Incomplete registration form will not be accepted. Recipe can be TO FOLLOW.
5. Competitors contact number is a MUST for important updates.

Name of Team * _____

TEAM MEMBER	NAME	DESIGNATION
Member 1		
Member 2		
Member 3 (K2 only)		

Company / School Name * _____

Company / School Address _____

Group Coordinator * _____

Tel. / Cellphone No.* _____ **Fax No.** _____

Email Address * _____

Please register me for the following classes (please check the tick boxes):

CULINARY TEAM CATEGORIES

- K1 FILIPINO CUISINE CHALLENGE
- K2 DREAM TEAM CHALLENGE
- K3 YOUNG CHEFS TEAM CHALLENGE

Total No. of Categories: _____

Total Amount of Fees: P _____

Rules and Regulations

These rules must be read before submitting the competition Registration Forms

1. Every 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 an agreement to abide by the Rules and Regulations of the Philippine Culinary Cup.
3. An individual competitor may participate in as many classes as he/she wishes but is restricted to only one (1) entry per class. An establishment may enter maximum of two (2) participants per class.
4. Applications for Individual and Team Live Theater classes are accepted in a first-come-first-serve basis. Please file your applications with entry fees early, as limited slots are available. Refunds will be given in the event that the classes are full.
5. No changes of classes will be allowed. Please notify the Organizer should you wish to cancel. Your prompt cancellation will allow others to participate, as competition slots are limited. Failure to cancel in writing or no-shows may affect future applications.
6. Please make sure that the Secretariat has your most current contact details to avoid having your application withdrawn if we are unable to contact you for your competition schedule and final confirmation. The organizer reserves the right to remove competitors who cannot be contacted.
7. All competitors must check in with the Secretariat at least **1 hour** before their scheduled competition time. In the event that there is a free competition kitchen, organizer may elect to move competition schedule. Late check-ins may affect your opportunity to compete.
8. Competitors may collect their Certificates of Participation upon registration 1 hour before the competition from the Secretariat. Uncollected certificates will be disposed within three (3) weeks.
9. Competitors and their assistants are strictly not allowed to leave belongings in exhibition booths, or use the area for lounging during the set-up and judging hours.
10. Removal of display exhibits will not be allowed before 4:00PM of each competition day. Competitors or their representatives should be present at their allocated display area at 4:00PM to collect their exhibits. The Organizer will dispose uncollected exhibits by 5:00PM.
11. Entry Fees will not be refunded if the competition is cancelled for reasons beyond the Organizer's control or if competitors withdraw their entries. Substitute competitors may be accepted no later than **two (2) weeks** before the event.
12. Proper Professional Chef's Attire is required for all events. (Chefs Jacket, Chefs Toque, Black or Checkered Pants, Apron, Closed Black Work Shoes) No Jeans and Sneakers please during competitions. Improper attire may affect your opportunity to compete.

13. For Live Theatre Cooking, no company name/logo should be visible during competition and judging. Competitors may change once judging is completed.
14. Exhibits brought on the wrong day will not be judged. Please refer to the final schedule for your competition date. This will be sent to you in due course.
15. For display classes, points may be deducted if entry is not kept within the space allowed for the specific class.
16. Official ingredients/recipe forms will be sent to individual competitors. These must be placed by the side of exhibits/dishes if the rules require it. Please fill out ingredients/recipe forms professionally. Points may be deducted for unprofessionally filled and incomplete forms.
17. The Organizer 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 the Organizer's written approval.
18. All Medals will be awarded daily 4:00PM. Contestants should be present in complete professional attire. All special awardees must be present for the Grand Prize Presentation on the last day (SATURDAY) of the competition, in professional attire. Any trophy/medal/certificate not accepted at the awards ceremony will be forfeited three (3) weeks after the event.
19. The Organizer reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.
20. To avoid disqualification, entries in showcases must be accessible to judges.
21. The Organizer will not be held responsible for any damage and loss of exhibits, equipment, utensils or personal effects of competitors.
22. Competitors contravening any of the Rules and Regulations of the event may be disqualified.
23. The Organizer reserves the right to rescind, modify or add to the above Rules and Regulations and their interpretation of these are final. They also reserve the right to limit the number of entries per class or amend a competition se on, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary.
24. Competitors who are in doubt of the interpretation of the criteria are advised to contact the Organizer:
PEPTarsus, Corp.
 72-C Esteban Abada St.
 Loyola Heights Quezon City,
 Philippines
 Tel: (+632) 8929.1576
 8920.8136 / 8929. 7993
 Telefax: (+632) 8929.1576
25. **PARTICIPATION FEES.** Individual and Team payment may be made directly to authorized representatives or can deposit directly to the following bank account:
PESO Account:
PEPTARSUS CORP
BDO -Southgate Mall Branch
 Account Number #: 006-860-128-215
PAYPAL Account: pcc@pepgroup.com
DOLLAR Account:
PEPTarsus, Corp.
BDO -Southgate Mall Branch
 Account Number #: 106-860-079-168
 Swift Code: BNORPHMM

Rules for Sanitation, Food Safety and Occupational Safety

- When entering the competition area, competitors should look at their best, clean and pressed uniform and toque, wearing clean black shoes. Hands and nails must be scrupulously clean and hair restrained.
- Knives should be sharp and be appropriate for the tasks that are to be undertaken.
- Cutting boards should be scrupulously clean and the appropriate color-coded boards used for the jobs at hand.
- Color-coded boards or special indicated boards (Fish boards, Meat boards etc) should be provided by the competition organizers.
- Keep the table clear of unnecessary equipment or debris.
- Keep the working floor clean at all times.
- Keep useable waste separated so that it can be re-used for different theoretical jobs.
- Systematic work flow and safe operations must be used at all times.
- Food must be protected at all times.
- Sanitation of all the surfaces, tools and equipment should be done properly according to standard sanitation norms. No sanitation trigger bottles are to be on-work tops or anywhere where food might get contaminated.
- No wiping clothes are to be left on the working tops and clothes are to be used for specific operations and not for everything.
- Cloths should not be tucked into belts for use as a general wiping tool as this could cause cross contamination.
- Tasting is to be carried out correctly using a 'use once only utensil' and protecting the remaining food from any dripping or putting the utensil back into the food.
- Do not make unnecessary contact with food.
- Hand washing and drying correctly and frequently as required.
- No eating, no drinking, no chewing gum and obviously, no smoking are allowed in food preparation areas.
- No jewelry should be worn which could present a risk of contamination. It is acceptable to wear plain wedding bands.
- No breathing into any package which is to be used for food and no mouth contact to any food equipment and utensils.
- Rubbish and rubbish containers should be at a safe distance away from the food preparation area.
- Wearing of Facemask is optional, but wearing of gloves is required during food handling

