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WORLD FOOD EXPO



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The 2025 Philippine Culinary Cup

Where The Best Meet To Compete



15TH Year



14th PCC Highest Gold in Sous Vide Category
by Chef Mavrick A. Javier from Global Academy Alumni Association





The
Philippine
Culinary Cup
Where The Best Meet To Compete



RULE BOOK



WORLD
ASSOCIATION
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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.

TABLE OF CONTENTS

A. General Information

B. Guidelines

C. Categories

a. K – Savory Categories

- | | |
|--|-------|
| 1. FILIPINO CUISINE CHALLENGE (Team) | (K1) |
| 2. DREAM TEAM CHALLENGE (Team) | (K2) |
| 3. YOUNG CHEF CHALLENGE (Team) | (K3) |
| 4. AMUSE BOUCHE (Team) | (K4) |
| 5. U.S. BEEF | (K5) |
| 6. U.S. PORK | (K6) |
| 7. U.S. LAMB | (K7) |
| 8. POULTRY | (K8) |
| 9. PASTA | (K9) |
| 10. CREATIVE BREAKFAST CHALLENGE | (K10) |
| 11. SOUS VIDE (Individual) | (K11) |
| 12. FRENCH TOUCH CHALLENGE (Seafood) | (K12) |
| 13. ASIAN GOURMET CHALLENGE | (K13) |
| 14. PIZZA CHALLENGE | (K14) |
| 15. TAIWANESE BENTO BOX CHALLENGE | (K15) |
| 16. CANADA LAND AND SEA CHALLENGE (Team) | (K16) |
| 17. BACK TO BASICS WITH CANADA BEEF | (K17) |

b. P – Pastry Categories

- | | |
|------------------------------------|------|
| 1. WEDDING CAKES | (P1) |
| 2. CHOCOLATE PASTRY SHOWPIECE | (P2) |
| 3. SUGAR PASTRY SHOWPIECE | (P3) |
| 4. BREAD PASTRY SHOWPIECE | (P4) |
| 5. DRESS THE CAKE | (P5) |
| 6. MODERN FILIPINO PLATED DESSERTS | (P6) |
| 7. FRENCH TOUCH CHALLENGE- PASTRY | (P7) |

D. Required Documents

- Registration Form – Individual Competition
- Registration Form – Team Competition
- Recipe Form

E. Rules and Regulations

(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	August 6 – August 9, 2025
Competition Venue	SMX Convention Center

2. OPENING HOURS

2.1 For visitors	Aug 6 – Aug 9, 2025 (10:00AM – 7:00PM)
2.2 For competitors	Aug 6 – Aug 9, 2025 (8:00AM – 7:00PM) Registration starts at 7:30AM

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.
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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	<p>Registered visitors of World Food Expo are allowed entry into the PCC. WOFEX has an entrance fee of Php400.</p> <p>WOFEX has a 16 years old and above age limit, no PCC Competitor & Visitor under the said age will be allowed into the exhibit.</p>
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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.

Unit 5B St Martin Building, #17 West Point St, Cubao Quezon City

Tel. Nos. : +639989721226

Email : philippineculinarycup@gmail.com

Website : www.PEPTarsus.com

Viber Channel :



<https://invite.viber.com/?g2=AQ8nWg03dRAqQk40034rJWGWRamteUY%2B3mGr1X54zthQOsZIDHG0jI%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-K17 & P1- P6 (Except K12, K16 & P7)

- 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-K17 & P1- P6 (Except K12, K16 & P7)

- 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 K5-K17. (Except K12 & K16)

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-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 excluding the GOLD Medals. Medals for competitions after 3PM will be presented on the next day.

All Gold Medals and Special Awards (Best Chef, Best Pastry Chef, French Touch Challenge and Over-all Champion) will be presented on the last day, August 9 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 14 working days prior to competition. (July 17, 2025 5pm)

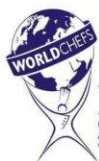
However, because competition slots are limited, it would be unfair for those we do not accept if we allow changes in categories. If an individual or team decides to change categories, it means forfeiture of fees for the original registered category and additional fees should be paid for the new category.

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

ADDITIONAL GUIDELINES FOR LIVE THEATRE

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.

12. WORLDCHEFS BEST PRACTICES



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COMPETITION
COMMITTEE

March 2023

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.



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- 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.

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, 20-30g 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 molds 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.



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

13. HYGIENE AND FOOD WASTE GUIDELINES

https://worldchefs.org/wp-content/uploads/Hygiene_Rules-1.pdf

K



**SAVORY
CATEGORIES**

K1

FILIPINO CUISINE CHALLENGE

<Slow Food Edition>

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

Slow food is food that is prepared using traditional methods and high-quality, usually local, ingredients. It's slow food, really: nice, healthy ingredients and genuine flavors

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

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
<i>(no half points will be given)</i>	

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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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 & Desser 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 **HAMACHI LOIN*** (should be served within 90 minutes)

Main Course- *Create dish using **STANBROKE BEEF ANGUS TENDERLOIN & GRANDI CARNAROLI RICE*** (should be served within 110 minutes)

Dessert- *Create dish using **SIMPLOT AVOCADO HALVES, CANDIA BUTTER & WHIPPING CREAM, & LE GALI CREAM CHEESE*** (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/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 kitchen.

Presentation 0 – 10 points

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

Taste 0 – 50 points

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

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.

K3

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)**

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/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 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.

Cheeses From The USA

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Craftsmanship

Cheeses from the USA showcase exceptional craftsmanship, meeting the highest safety standards while celebrating the diverse flavors and traditions of the United States.



Innovation

U.S. cheesemakers are pushing the boundaries of tradition, blending innovation with craftsmanship to create bold, award-winning flavors and unique cheese varieties.



Variety

As the world's largest cheese producer, the U.S. cheese industry offers hundreds of varieties ranging from soft and fresh to hard and aged.



Versatility

Whether enjoyed as-is or in dishes, USA Cheeses satisfy both the creative needs of culinary professionals and the cravings of every consumer.



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www.CheeseFromTheUSA.org



K4

AMUSE BOUCHE

Practical Category

Open to Hotel, Restaurants, Catering, and Culinary institutions

Team Competition: Each team must consist of two (2) competitors from the same hotel, school / organization.

- This category is sponsored by U.S. Dairy Export Council (USDEC)
- American Heritage Cream Cheese (must-use), California Monterey Jack & Point Reyes Toma (secondary) will be provided.

Rules and Guidelines

To create and present within forty-five (45) minutes the following:

- Two (2) sets of four (4) pre-appetizer small bite size of the same kind Cold Amuse
- Two (2) sets of four (4) pre-appetizer small bite size of the same kind Hot Amuse
- A total of sixteen (16) pieces Amuse to be serve at the same time
- Each team must use a minimum of two cheese varieties in one plated portion.
- The primary cheese (American Heritage Cream Cheese) is required.
- For the secondary cheese, participants may choose to use either California Monterey Jack, Point Reyes Toma, or both.

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
<i>(no half points will be given)</i>	

Important Notes:

- Remember that cold food should be served cold and hot food should be served hot.
- All garnishes and carvings must be edible;
- Every team should have two (2) sets of each hot and cold amuse, one (1) each set of hot and cold amuse for tasting and one (1) each set of hot and cold amuse for display. Total of 4 sets.
- Each set can be place in any suitable wares/plates that would be appropriate for your amuse. (Demitasse, cups, spoons, small plates etc.)
- 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.

WESTERN CUISINE CATEGORY

U.S. BEEF TOP BLADE

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Website: www.usmef.org
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K5

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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Website: www.usmef.org
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K6

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)

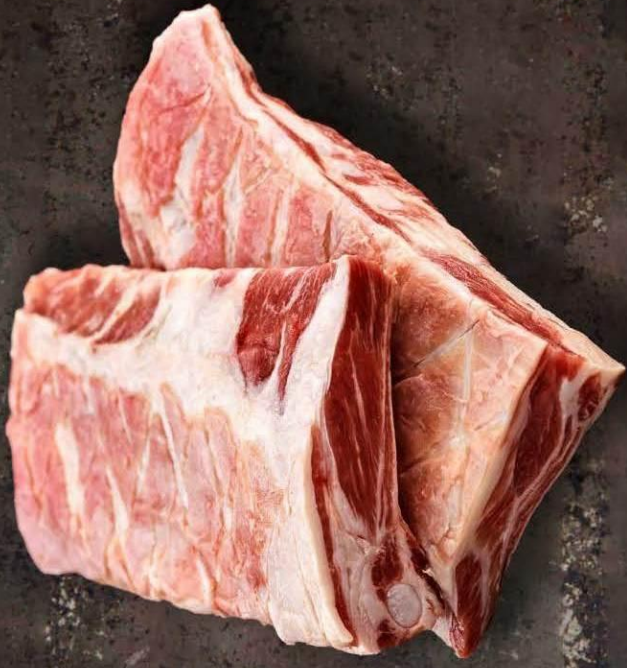
Important Notes:

- 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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K7

U.S. LAMB

<Riblets>

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 Riblets 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.

K8

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.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.



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K9



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/WFZim6m8gI>

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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K10

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.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.



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K11

SOUS VIDE COOKING

<Topblade>

Practical Category

Individual Competition: Open to All.

- Meat will be sponsored by Alternative Foods Corporation during the competition proper. Also some herbs and spices.

Rules and Guidelines

Competitors to prepare and present within (75) minutes the following:
(30min to prepare the sous-vide and 45 minutes 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 **Topblade** 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 plates, 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.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)

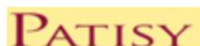
Important Notes:

- 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; Bring your own vacuum bag & sealer & Sous Vide Machine
 - Every team should have two (2) plates of each dish, one (1) for tasting and one (1) for display.
 - 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 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



SANTINI
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Tel. Nos.: 896-1652, 896-1174, 897-6127
Fax. No.: 896-1296
E-mail: santinifoods@yahoo.com



K12

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 (EV Cooking Cream Sour Taste, EV Butter, and EV US Cream Cheese)

Prizes

Champion:

- **Cash Prize Php100,000**

1st Runner Up:

- **Cash prize Php35,000**

2nd Runner Up:

- **Cash prize Php15,000**

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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Website: www.usmeef.org

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K13

ASIAN GOURMET CHEF CHALLENGE

<Pork Shoulder Ends>

Practical Category

Individual Competition: Open to All

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

Rules and Guidelines

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

- One (1) Main Course Dish
- Asian style with the use of U.S. Pork Shoulder Ends as Main Ingredient and McAsia Asian Condiments & Sauces
- 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;
- 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.

WE ARE ARLA PRO.

We created Arla Pro with one clear vision, to bring exceptional dairy products to great chefs with naturalness and quality at their heart.

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PIZZA CHALLENGE

Practical Category

Open to Hotel, Restaurants, Catering, and Culinary institutions

Individual Competition: Open to All

- ARLA will sponsor all Dairy products and Cheeses during the competition proper.

Rules and Guidelines

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

- Two (2) Twelve Inches Pizza (Western Style)
- Pizza must be presented in two (2) individual pizza serving platter. one (1) for judging and one (1) for display
- Pizzas should only be cooked in the provided Breville Pizza Oven
- Garnish with suitable side sauces (non-required)

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
<i>(no half points will be given)</i>	

Specification of the facilities provided:

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

- Breville Smart Oven Pizzaiolo
- Gas cooking range with oven
- Sink with running water
- Fridge (Sharing)
- Salamander (sharing)
- Working table top

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) twelve inches pizza, 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 made available for the judges **(3 Copies)**;
- Participants will have to provide their own adaptor, AVR, or transformer if needed;
- 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;
- 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



GIFT FROM FORMOSA

DISCOVER TAIWAN PREMIUM PORK

A Perfect Blend of Safety, Hygiene, Health, Deliciousness, and Premium Quality.

- **Safety:** Taiwan is one of only two countries in Southeast Asia free from foot-and-mouth disease and African swine fever. It is also on track to become one of the few countries in the world free from classical swine fever.
- **Hygiene:** The Taiwanese government strictly regulates pig farming and slaughtering environments. Moreover, export-oriented slaughterhouses and processing plants must comply with HACCP (Hazard Analysis and Critical Control Points) standards.
- **Taste:** Taiwan Pork is from premium heritage breeds and carefully raised for exceptional quality. The meat is juicy, tender, elastic, and free from unpleasant odors, making it a key ingredient in Taiwanese cuisine.

Taiwan
fresh always



K15

TAIWANESE BENTO BOX CHALLENGE

<Pork Shoulder>

Practical Category

Individual Competition: Open to All

- Taiwanese Pork will be sponsored by CDRI during the competition proper.

Rules and Guidelines

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

- Bento Box Meal
- Asian-style with Taiwanese Pork Shoulder as the Main Ingredient
- Dish must be presented in two (2) individual Bento Boxes, 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 Bento Box.
- Every team should have two (2) bento box 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.



The Great Canadian Cook-Off: Land and Sea Challenge

Join Canada's culinary showdown to create gourmet dishes inspired by Canadian heritage cuisine featuring Canadian beef, British Columbia Seafood and Saskatchewan agri-food ingredients.

Thursday, August 7,
2:45 p.m. to 4:15 p.m.



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Saskatchewan
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Canada



Canadian Beef

Raised in Canada's pristine pastures and fed with quality grains, Canada's grain-finished beef is known for its exceptional quality and white marbling that delivers an extremely juicy and tender gastronomic experience.

British Columbia (BC) Seafood

Sourced from the clean, cold waters of the Pacific Northwest, BC seafood, such as the savory Pacific salmon, is recognized globally for its diversity, freshness and superior quality.

Saskatchewan Agriculture & Agri-Food

At the heart of the Canadian Prairies, Saskatchewan produces high-quality, sustainably grown grains, oilseeds, pulses, and specialty ingredients that feed the world.

Competition Details

- The competition will run for **90 minutes**.
- Each team will have **two chefs** (can be a chef and apprentice).
- There will be **15 stations** in the Main Kitchen.
- Chefs must prepare **two plates** for the following courses using the following ingredients with **Saskatoon Berries and Flax Flour**:
 - **Appetizer** (sea): Pacific Salmon (and possibly other BC seafood products)
 - **Main course** (land): Canada Beef AAA Top Blade

For more info:





CANADA



K16

THE GREAT CANADIAN COOK-OFF: LAND AND SEA CHALLENGE

Team Competition: Open only to Professional chefs from (Hotels, Restaurants, Catering & Academe) Each team must consist of two (2) Chef. Can be a Chef and Apprentice.

Join Canada's culinary showdown to create gourmet dishes inspired by Canadian heritage cuisine featuring Canadian beef, British Columbia Seafood and Saskatchewan agri-food ingredients.

- **Canadian Beef:** Raised in Canada's pristine pastures and fed with quality grains, Canada's grain-finished beef is known for its exceptional quality and white marbling that delivers an extremely
- **British Columbia (BC) Seafood:** Sourced from the clean, cold waters of the Pacific Northwest, BC seafood, such as the savory Pacific salmon, is recognized globally for its diversity, freshness and superior quality.
- **Saskatchewan Agriculture & Agri-Food:** Located at the heart of the Canadian Prairies, Saskatchewan is a leader in sustainable agriculture, producing high-quality grains, oilseeds, pulses, flaxseeds, and indigenous and specialty ingredients that are renowned for their global demand and exceptional quality.

Rules and Guidelines

Two (2) Chefs must prepare within 90 (ninety) minutes the following ingredients with Saskatoon Berries and Flax Flour:

- One (1) Appetizer using Pacific King Salmon Fillet
- One (1) Main Course Dish using Canadian Beef AAA Topblade Muscle
- Western-style
- 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/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
<i>(no half points will be given)</i>	

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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Flavor: Quality grain feeding (barley, wheat, corn) to ensure beef with distinctive rich flavors and superb tenderness, providing an unparalleled dining experience that makes it the preferred choice for high-end restaurants and food connoisseurs.



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K17

BACK TO BASICS WITH CANADA BEEF

<Striploin>

Practical Category

Individual Competition: Open only to Professional chefs from the Philippines (Hotel, Restaurants, Catering & Academe)

- Canada Beef meat will be sponsored by Canada Beef International Institute Inc. (CBII) during the competition proper.
- Theme: "Going back to basics with Canada's Best Beef"

Rules and Guidelines

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

- One (1) Main Course Dish
- Canada Beef Striploin as the Main Ingredient
- No machine, No induction, No blender, Electric equipment's, & etc.
- Only 2 sauté pans, 2 sauce pot & 4 gas burners with oven can only be used.
- 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 CANNOT USE any electrical equipment;
- No machine, No induction, No blender, Electric equipment, & etc.
- Only 2 sauté pan, 2 sauce pot & 4 burners with oven are allowed to be used.
- 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.

P



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www.peotraco.com

info@peotraco.com



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: 90cm 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.
- Recipes should be made available for the judges. **(3 Copies)**



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Available in: 1 KG



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Available in: 800 G

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CHOCOLATE PASTRY SHOWPIECE

Display Category

Individual Display Competition: Open to All

Rules and Guidelines

Competitors are required to display a showpiece as follows:

- Showpiece must be made with 100% CALLEBAUT (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: 90cm 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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www.unifab.ph

P3

SUGAR PASTRY SHOWPIECE

Display Category

Individual Display Competition

Rules and Guidelines

Competitors are required to display a showpiece as follows:

- No frames, wires or molds are permitted
- The maximum height of the showpiece shall not exceed 120cm
- Display table space allotted: 90cm 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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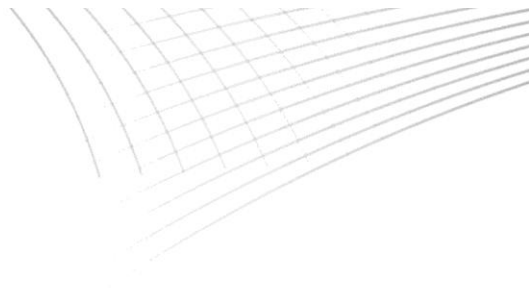
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Ecolab is the global leader in water, hygiene and energy technologies and services. Around the world, businesses in the food service, food processing, hospitality, healthcare, industrial and, oil and gas markets choose Ecolab products and services, to keep their environments clean and safe, operate efficiently, and achieve sustainability goals.

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Ecolab Philippines, Inc.

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Taguig, 1634 Philippines
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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: 90cm 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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E-mail: customerservice@bakersfield.com.ph



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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: 90cm 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



California Raisins Sweet by Nature.

California Raisins provide flavour, texture and colour to a wide variety of products. The natural sweetness allows for reduction of the sugar level in formulations. The high water binding capacity also helps to retain moisture in bakery products. No artificial food colourants or additives are used in the production of California Raisins.





P6

MODERN FILIPINO PLATED DESSERTS By CALIFORNIA RAISINS

Live Category

Individual Competition: Open to All

- This category is sponsored by California Raisins, and the use of Natural Dark California Raisins is a requirement. No other berries or dried fruits are allowed.
- Participants are encouraged to create innovative, modern, and festive versions of traditional Filipino sweets, showcasing the versatility and natural sweetness of California Raisins.

Rules and Guidelines

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

- To revisit classic Filipino desserts and elevate them by incorporating California Raisins.
- 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:

- Competitors will have one (1) hour to prepare two (2) classic Filipino plated desserts with a modern twist using California Raisins as an ingredient.
- 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



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**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 (EV Excellence Whipping Cream, EV Butter, EV US Cream Cheese, & EV Mascarpone)

Prizes

Champion:

- **Cash Prize Php100,000**

1st Runner Up:

- **Cash prize Php35,000**

2nd Runner Up:

- **Cash prize Php15,000**

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/>).



PHILIPPINE
Young Chefs
CLUB



YOUNG CHEFS

Mission

The Philippine Young Chefs Club is a non-profit organization aiming to work closely with the ITB 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



REQUIRED DOCUMENTS

REGISTRATION FORM INDIVIDUAL COMPETITION

Closing date:
Until
slots are still available
Email organizers at
philippineculinarycup@gmail.com 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 **NON-REFUNDABLE**. Applications received without fees may not be processed.
Emailed entries should be accompanied by a copy of your proof of payment.

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

- ☐ K5 U.S. BEEF
- ☐ K6 U.S. PORK
- ☐ K7 U.S. LAMB
- ☐ K8 POULTRY
- ☐ K9 PASTA
- ☐ K10 CREATIVE BREAKFAST CHALLENGE
- ☐ K11 SOUS VIDE
- ☐ K12 FTC-SEAFOOD
- ☐ K13 ASIAN GOURMET CHALLENGE
- ☐ K14 PIZZA CHALLENGE
- ☐ K15 TAIWANESE BENTO BOX CHALLENGE
- ☐ K17 BACK TO BASICS WITH CANADA BEEF

PASTRY CATEGORIES

- ☐ P1 WEDDING CAKES
- ☐ P2 CHOCOLATE SHOWPIECE
- ☐ P3 SUGAR SHOWPIECE
- ☐ P4 BREAD SHOWPIECE
- ☐ P5 DRESS THE CAKE
- ☐ P6 MODERN FILIPINO DESSERTS
- ☐ P7 FTC- PASTRY

Total No. of Categories: _____

Total Amount of Fees: P _____

Signature

REGISTRATION FORM TEAM COMPETITION

Closing date:
Until
slots are still available

Email organizers at
philippineculinarycup@gmail.com to verify slots
availability

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

Emailed entries should be accompanied by a copy of your proof of payment.

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
- ☐ K4 AMUSE BOUCHE
- ☐ K16 CANADA LAND AND SEA CHALLENGE (NO REGISTRATION FEE)

Total No. of Categories: _____

Total Amount of Fees: P _____

Signature

Competition
Category:

Name of Recipe: _____

[illegible][illegible][illegible]

Note : Please photocopy if extra forms are needed. One per Category.

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 **July 17, 2025 5pm.**
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.

Unit 5B Saint Martin Building,
#17 West Point St, Cubao
Quezon City
Tel: (+63) 998 972-1226

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

