



FHA CULINARY CHALLENGE

8 TO 11 APRIL 2025
SINGAPORE EXPO

COMPETITION RULES & REGULATIONS

An event of:



Organised by:



FHA Culinary Challenge

FHA Culinary Challenge will return at FHA-Food & Beverage 2025, April 8 to 11 at Singapore Expo. Jointly organised by Informa Markets and Singapore Chefs' Association, the long-established culinary event is the arena for chefs from around the world to display their masterly skills and be accredited by internationally acclaimed judges and judging system endorsed by World Association of Chefs Societies (WorldChefs).

COMPETITION OVERVIEW

CATEGORIES	DESCRIPTION		REGISTRATION FEE
NATIONAL TEAM CHALLENGE			
National Team	Chef's Table Challenge Hot Kitchen Challenge at the Restaurant of Nations Battle of the Lion at Restaurant of Nations – FINAL	National Team	SGD 800.00 per team
CULINARY CATEGORIES			
Class 1	Culinary Art Display – Modern Lunch	Individual	SGD 80.00 per person
Class 2	Practical Hot Cooking – Main Course Meat / Poultry / Game	Individual	SGD 80.00 per person
Class 3	Practical Hot Cooking – Main Course Fish / Seafood	Individual	SGD 80.00 per person
Class 4	Practical Hot Cooking – Main Course Modern Asian Cuisine	Individual	SGD 80.00 per person
Class 5	Practical Hot Cooking – Vegetarian	Individual	SGD 80.00 per person
Class 6	Practical Hot Cooking – Apprentice Team Challenge	Team	SGD 150.00 per team
PATISSERIE CATEGORIES			
Class 7	Patisserie Practical – Practical Cake Decoration	Individual	SGD 80.00 per person
Class 8	Patisserie Practical – Creative Macaron	Individual	SGD 80.00 per person
Class 9	Patisserie Practical – Fruit and Whipped Cream Frosted Cake	Individual	SGD 80.00 per person
Class 10	Patisserie Practical – Restaurant Dessert Challenge	Individual	SGD 80.00 per person
Class 11	Patisserie Art Display – Themed Cake	Individual	SGD 80.00 per person
Class 12	Patisserie Art Display – Petits Fours or Pralines	Individual	SGD 80.00 per person
Class 13	Patisserie Art Display – Pastry Showpiece	Individual	SGD 80.00 per person
Class 14	Patisserie Art Display – Artistic Sculpture	Individual	SGD 80.00 per person
Class 15	Patisserie Practical – Classic Fruit and Vegetable Carving	Individual	SGD 80.00 per person

REGISTRATION AND PARTICIPATION

Each competitor or team is required to register online and complete the payment process online using the Worldchefs Competition Registration Application.

REGISTRATION AND PARTICIPATION PROCESS	DATES
Registration starts	20 Aug 2024
Registration ends	20 Nov 2024
Confirmation of registration and payment	15 – 30 Nov 2024
Allocation of competition slots	16 Dec 2024 – 20 Jan 2025
Submission of necessary information / document in English	Jan – Feb 2025
Competition dates	08 – 11 Apr 2025

The above are targeted dates for the participation process, which will be subjected to changes. The organiser will reach out to the respective participant(s) about details of participation should the need arise.

Please refer to each of the competition categories for more information about the requirements of each category.

Acceptance of registration is on a first-come-first-secured basis. Confirmation of participation will be processed upon full payment of the registration fee.

The organiser will issue competitor badges to confirmed participants of FHA Culinary Challenge. The same badge allows the competitor access to FHA-Food & Beverage.

Submission of registration form indicates acceptance of the rules and regulations of FHA Culinary Challenge 2025.

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

ENQUIRIES

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

PRIZES, AWARDS AND CERTIFICATES

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

DISTRIBUTION OF POINTS – NATIONAL TEAM CHALLENGE, CHEF’S TABLE CONTEST

AWARD MEDAL	SCORES
Gold with Distinction	100 Points
Gold	90 – 99 Points
Silver	80 – 89 Points
Bronze	70 – 79 Points

DISTRIBUTION OF POINTS – NATIONAL TEAM CHALLENGE, “RESTAURANT OF NATIONS”

AWARD MEDAL	SCORES
Gold with Distinction	100 Points
Gold	90 – 99 Points
Silver	80 – 89 Points
Bronze	70 – 79 Points

The final evaluation is based on the following structure:

Chef’s Table contest	: 100 points
Hot Kitchen / Restaurant Menu contest	: 100 points
TOTAL	: 200 points

DISTRIBUTION OF POINTS – CULINARY & PATISSERIE CATEGORIES

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

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

AWARDS FOR ALL COMPETITION CATEGORIES

Best Chef

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

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

Outstanding Pastry Chef

The individual chef who accumulates the highest points in his / her best three classes (minimum total of six medal points) in the Patisserie 3 Sections as follows:

Section 1: Classes 7 to 10

Section 2: Classes 11 to 12

Section 3: Classes 13 to 14

At least one gold medal must have received in one of the classes entered, otherwise the award will not take place. Outstanding Pastry Chef will be awarded a trophy.

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

Outstanding Artistry and Technique

The individual chef who accumulates the highest points in his / her best two classes (minimum total of Five medal points) in the Patisserie 2 Sections as follows: The competitor will be awarded Outstanding Artistry and Technique certificate and a trophy.

Section 1: Classes 13 to 14

Section 2: Classes 15

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

APPRENTICE TEAM CHALLENGE

Apprentice Team of the Year

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

NATIONAL TEAM CHALLENGE

Champion – A Champion Trophy will be awarded to the national team with the highest total aggregate scores for Chef's Table and Hot Kitchen (Restaurant of Nations) categories.

First Runner Up and Second Runner Up – A trophy will be awarded to the First Runner Up and Second Runner Up teams.

Battle for the Lion

The coveted Lion Trophy – a 9kg bronze sculpture – will be presented to the National Team who accumulates the highest total aggregate points in the Battle for the Lion, which will be fought by the emerging top three teams from the National Team Challenge.

HEAD JUDGE



OTTO WEIBEL
Chief Judge, FHA Culinary Challenge 2025

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

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

GENERAL RULES AND TERMS FOR PARTICIPATION

1. Every Culinary or Patisserie Art Display exhibit must be the bona fide work of the individual or team competitor and must not have been entered in other competitions.
2. Submission of a completed registration form shall constitute of, and agreement to, abide by the rules and regulations of the FHA Culinary Challenge 2025.
3. An individual competitor can participate in as many competition classes as he / she wishes but is restricted to one entry in any one competition class. Individual Practical Hot Cooking classes can accept only ONE entry per competitor from this combined group of classes, except for competitors who are vying for the Best Chef Award.
4. No change of classes will be allowed. Each competitor is required to notify the organiser if he / she wishes to cancel participation.

At the competition, absentees without written pre-notification to the organiser will have their future registrations placed in last priorities. Empty spaces at display tables are unsightly and each non-attendance at the popular Individual Challenge Practical Hot Cooking means one other chef could have the opportunity to participate.

5. All competitors must be 16 years of age or older, unless competing as part of a culinary school.
6. It is competitors' responsibility to advise the organiser should they change employers or contact details to avoid having their registration withdrawn from the competition without notice.

Companies registering and paying for competitors have the right to replace the participating staff that leave their employment.

Staff that have left the company are considered removed from the competition registration list. The company can replace a competitor for the same class registered up to four (04) weeks prior the competition, should the competitor leave his / her employment before the competition.

7. Competitors registering for more than one class need to register with the organiser on site only once (on the day of their last class) to collect their Certificate of Participation. Uncollected certificates will be disposed of three (03) weeks after the competition.
8. For Culinary or Patisserie Art Display competition classes, the competition display areas within the event halls will be opened to competitors from 7.00 am (no earlier), and for judging at 9.00 am. All packing / exhibit debris must be removed from the event hall before judging begins. Competitors may receive feedback on the day of competition, exact time to be determined by judges.
9. Competitors and their assistants are strictly not allowed to leave their belongings at the exhibition venue or use onsite furniture for lounging during the set-up and judging hours.
10. Entries for the Individual Challenge Practical Hot Cooking classes are accepted on a first-come-first-secured basis with up to a maximum of five (05) competitors per establishment. Applicants for these classes should select another competition class in the event they are unsuccessful for their first choice. Please note that with limited kitchen stations, these classes are usually full before the official closing date.
11. Competitors for Hot Cooking competitions must be present 45 minutes before their appointed time and inform the Kitchen Manager of their arrival. Should there be a cooking station available, it may be allotted to early arrivals. Competitors who are not present at their scheduled time will be considered as no-shows and will be disqualified.
12. Registration fees will not be refunded if the competition is cancelled for reasons beyond the organiser's control, or if entries are withdrawn by competitors. The registration fee is to cover administration costs. Substitution of competitors may be accepted up to four (04) weeks before the competition.
13. A chef's attire is required during the competition and all official events. No company name/logo should be visible to the judges during judging. It may be included or placed on uniforms once judging is completed.

All competitor assistants are not allowed to wear chef uniform, their assistant badges must be fully worn/shown for identification.

14. Competitors are to note that points will be deducted if the completed culinary / patisserie art displays are not kept within the space limit specified for the classes.
15. Official ingredient / recipe forms will be sent to individual competitors. These must be placed by the side of exhibits / dishes if required by the rules of the respective competition class. Competitors are advised to prepare and print the hard copies out prior to competition day. The organiser does not require copies but reserves the right to request them.
16. The organiser reserves all rights to the recipes used, and photographs taken at the event. Any publication, reproduction or copying of the recipes can only be made with their approval.
17. If an award is won, the competitor is required to ensure his/her presence or that of a representative from the same establishment at the ceremony to collect it. All awards are to be accepted in chefs/team uniforms. Any trophy / medal / certificate that is not accepted at the ceremony will be forfeited three (03) weeks after the event.
18. The organiser reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.
19. To avoid disqualification, entries in showcases must be made accessible to judges. No display / decoration on wall panel is allowed.
20. Singapore has strict regulations on the import of food ingredients, in particular, meats and poultry. Relevant information can be obtained from www.sfa.gov.sg, website of Singapore Food Agency.
21. The organiser will not be responsible for any damage or loss of exhibits, equipment, utensils, or personal property of competitors.
22. Due to fire safety regulations, open flame cooking equipment and gas will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge, candles and will be prohibited.
23. Competitors contravening any of the rules and regulations of the competition may be disqualified.
24. By entering the competition, all teams and competitors agree to take part in any publicity concerning the competition at any stage including but not limited to photos, filming, and interviews. All teams and competitors grant the organiser a non-exclusive, royalty-free, irrevocable, perpetual, worldwide license to use intellectual property rights whether registered or unregistered in any formats, including name, image, or likeness of the competitors for any business purpose, including but not limited to marketing promotion.
25. The organiser reserves the right to rescind, modify or add to any of the above rules and regulations and their interpretation of these is final. They also reserve the right to limit the number of entries per class or amend a competition section, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary. The organiser assumes no liability for any loss or damage of private exhibition material or other objects of value. The exhibitors are responsible for securing adequate insurance cover against potential risks associated with their participation in the exhibition.

NATIONAL TEAM CHALLENGE

Competition Requirements

1. EVENT DATE, TIME, AND VENUE

The National Team Challenge will take place at FHA-Food & Beverage, from 8 to 11 April 2025 at Singapore Expo. Competition schedule and awards ceremony will be announced closer to the date.

2. TEAM COMPOSITION

Only national culinary associations, which are members of Worldchefs, are allowed to register as a national team. Only one national team can represent a country or region. The competition will accept up to nine national teams with three teams to compete each day. The top three teams will compete in the finals, Battle for the Lion on the last day of the competition.

Each national team consists of:

- six (06) members (culinary chefs/pastry chefs), and
- four (04) helpers

Team members should be individuals aged 16 and above who are chefs in training or culinary professionals.

The team manager cannot be one of the helpers. The helpers are not allowed to stay in the kitchen once the competition starts.

The team must consist of the same members for the Chef's Table and Hot Kitchen contests at the Restaurant of Nations.

For administrative purposes, the surnames and names of the six (06) team members and four (04) helpers must be submitted during registration. The judges' folders will include the six (06) names of the active team members. The organiser will not pay for the helpers or give medals to them.

All applications must be submitted together (in English) with personal identification documents and letter from institution or company verifying the identities of the applicants at the point of registration. Competing teams who successfully register will be notified with confirmation informing them about the competition schedule and further instructions.

TEAM COMPOSITION FOR THE "RESTAURANT OF NATIONS"

- Six (06) team members, including a pastry chef; and four (04) helpers, ten (10) members in total.
- The total of six (06) chefs and one (01) helper must not be exceeded inside each kitchen show booth.
- The team competing in the contest at "The Restaurant of Nations" must be the same as the one competing in the Chef's Table contest.
- The helpers must wear uniforms that are different from the six (06) chefs in the team.
- The four (04) helpers are allowed to carry goods but may not place them in a fridge or freezer.
- The helpers are allowed to polish plates outside the kitchen booth.
- One (01) of the four (04) helpers may wash the dishes.
- Apart from the helper who washes the dishes, no other helper is allowed in the kitchen once the competition starts. The helper at the Restaurant of the Nations who is doing the washing up, may exchange with another team helper, if that person is listed as a reserved.
- To coordinate the service, one helper will take control of the pass during the Restaurant of the Nations and the team will control the pass on the chef's table. The announcer/helper is only allowed to wipe/polish the plates and must not place any garnishes/decorations or sauces on the plates.
- The team manager must stay outside the kitchen and is not permitted to participate in any way.

TEAM COMPOSITION FOR THE "CHEF'S TABLE"

- Six (06) team members, including a pastry chef; and four (04) helpers, ten (10) members in total.
- The total of six (06) chefs and one (01) helper must not be exceeded inside each kitchen show booth.
- The team competing in the Chef's Table contest must be the same as the one competing in Restaurant of Nations contest.
- The four (04) helpers are allowed to carry goods but may not place them in a fridge or freezer.

- The helpers are allowed to polish plates outside the kitchen booth.
- One (01) of the four (04) helpers may wash the dishes.
- Apart from the helper who washes the dishes, no other helper is allowed in the kitchen once the competition starts. The helper at the Chef's Table who is doing the washing up, may exchange with another team helper, if that person is listed as a reserved.
- The team manager must stay outside the kitchen and is not permitted to participate in any way.

TEAM COMPOSITION FOR SERVICE AT THE "CHEF'S TABLE"

- A team member, the serving chef, is responsible for assisting the guests during service at the Chef's Table.
- A team member has to cut/slice off the remaining four (04) portions from each of the main ingredients to be dressed on the festive platter.
- One of the team members is to explain the theme or the dishes to the guests. This person can be any one of the six chefs.
- Three (03) sets of menus/recipes with clear description of the theme and dishes must be provided to the judges.
- The tables may be set up by either the helpers or the team members.
- No helper is allowed to participate in serving the food.
- The centrepiece/decorative piece may only be handled by team members. No helpers are allowed to assist.
- The organiser will provide the waiters who will serve the guests at the Chef's Table.

3. THE PROGRAMME

All participating national teams must participate in a two-part competition over two days.

Part A: One day Restaurant of Nations Hot Kitchen challenge

Part B: One day Chef's Table challenge

The competition schedule for the two-part competition will be determined by the Chief Judge and organiser prior to the competition. The teams will be notified well in advance of the competition schedule. Each team will then know which day they will work in the Restaurant of Nations and which day at the Chef's Table.

The **top three performing teams** of the two-part competition will then enter the finals on the last day of event, **Battle for the Lion at Restaurant of Nations** where all teams will compete on a clean slate.

RESTAURANT OF NATIONS HOT KITCHEN CHALLENGE

Each team is required to prepare 55 portions of a three-course menu. This three-course menu will be individually plated for 50 guests who will be dining at the Restaurant of Nations. The remaining five portions will be individually plated for judges and photography.

MENU COMPOSITION FOR HOT KITCHEN CHALLENGE AT THE RESTAURANT OF NATIONS

1st Dish:

- A hot or mainly hot ingredient of fish and/or shellfish and/or seafood with side dishes. The first dish must be predominantly hot (more than 50%).

2nd Dish:

- A hot preparation of meat and/or poultry and/or game with side dishes and garnish in accordance with modern nutritional standards. The dish must feature two different cuts of meat from the same animal and two different types of preparation (e.g. one braised, one roasted or fried etc.).

3rd Dish:

- With three (03) main components, one of which must be served warm/hot.

If the teams are unable to complete their task within the allocated time, or cause delays during service, the head judge will impose a penalty of up to 10 points off their total points obtained for this contest. The team may select sauces and decoration; however, these will not be considered as a component.

Recipes are to be calculated on the number of pax/guests each team is catering for. The weight of the menu for the Restaurant of Nations will be a minimum of 350g. This is based on the current nutritional standards.

CHEF'S TABLE CHALLENGE

At each competition kitchen, a Chef's Table will be set up for each team. The exact size will be announced nearing the competition. In the interest of safety, it is forbidden to remove, rearrange or add one's own tables in the halls. The only additional items allowed on the table are the menu cards and plinths for the plates. The diameter of the plinths must be smaller than the plates/platters they must support. Only the crockery for the hot preparations is provided by the organiser. All other tableware must be brought by the competition teams.

TOPIC OR THEME OF THE CHEF'S TABLE

Each competition team must choose a topic or theme that best represents their culinary concept. The theme/topic may reflect anything specific to a nation or to a special event, celebration, or other occasion.

MENU COMPOSITION FOR CHEF'S TABLE

- Dips or butter and breads (should reflect the respective national team's local traditions and specialities)
 - ✦ Two (02) different types of dips/butters are required to be made by the team in the kitchen and placed on the table for the guests. One (01) additional set will be set aside for the jury.
 - ✦ The team must offer bread which has to go with the dips/butter. It may be served warm or at room temperature. The bread is not scored.
- Cold and hot finger food
 - ✦ Four (04) different types of finger food: two (02) cold and two (02) hot varieties of finger food.
 - ✦ They should be dressed on two (02) platters for ease of service at the Chef's Table.
 - ✦ Finger food items must weigh between 10g – 20g and the guests should be able to eat them in one bite. They must not be served with any liquid/in bowl.
 - ✦ Two (02) different types should be served cold (14 pieces each = 28 in total), ten (10) pieces of each will be served to the guests and four (04) pieces of each will be served to the jury.
 - ✦ Two (02) different kinds should be served hot (14 pieces each = 28 in total), ten (10) pieces of each will be served to the guests and four (04) pieces of each will be served to the jury.
- One (01) cold festive platter for twelve (12) to be comprised of fish and/or shellfish and/or seafood
 - ✦ Two (02) different preparations of the main ingredient.
 - ✦ Two (02) appropriate garnishes to accompany the main pieces.
 - ✦ The main pieces for the festive platter must have an end piece (butt piece).
 - ✦ Two (02) main pieces must be cut into eight (08) portions displayed on the platter.
 - ✦ Four (04) portions must remain at the end of it. The end piece will later be carved by a team member in front of the guests – it must not be sliced by a helper.
 - ✦ A minimum of two (02) accompanying sauces/chutneys are to be served separately.
 - ✦ One (01) salad to be served separately.
 - ✦ The platter itself must be in one (01) piece, and appear as one unit, it must be moveable as one unit.
 - ✦ No plates, bowls, spoons, or service vessels are permitted on the platter.
 - ✦ Ten (10) portions will be served to the guests and two (02) portions will be served to the jury.
- One (01) plant-based intermediate course to be plated in the kitchen
 - ✦ One (01) hot plated course featuring a combination of ingredients as chosen by the team; it must be served with a sauce and suitable side dish.
- One (01) plated hot main course to be plated in the kitchen
- The meat protein will be announced one month prior to the event.
 - ✦ Side dishes and garnishes in accordance with modern and nutritional standards.
- One (01) dessert to be plated in the kitchen
 - ✦ With three (03) main components, one of which must be served warm/hot.
 - ✦ The team may select sauces and decoration; however, these will not be one of the components.
 - ✦ No refined sugar may be used.
- Petits Fours/Friandises
 - ✦ Fourteen (14) pieces x three (03) varieties = 42 pieces.
 - ✦ Two (02) varieties are of the chef's choice.
 - ✦ One (01) variety must be vegan.

- ♦ One of these three (03) types of petits fours/friandises must be made without the use of any mould.
 - ♦ The petits fours/friandises will be displayed on a serving tray.
 - ♦ The petits fours/friandises will be presented to the guests by the pastry chef.
 - ♦ Ten (10) pieces of each will be served to the guests and four (04) pieces of each will be served to the jury.
- The centrepiece/decorative piece
 - ♦ The minimum height required is 50 cm and the maximum height allowed is 60cm above the base.
 - ♦ The maximum dimensions of the base are 60cm x 40cm x 15cm (length x width x height), but the centrepiece/decorative piece may extend beyond the overall width and/or length of the base.
 - ♦ The centrepiece/decorative should reflect at least three (03) different techniques.
 - ♦ Non-edible structures or elements are not allowed in the centrepiece/decorative piece (except for the base).
 - ♦ All elements of the centrepiece/decorative piece must be self-supporting.
 - ♦ The centrepiece/decorative piece must be completely assembled and displayed on the table at the start of the allocated preparation time.

Recipes are to be calculated on the number of guests each team is catering for. The weight of the menu for the Chef's Table will be a minimum of 450g. This is based on the current nutritional standards.

ADDITIONAL EXPLANATION REGARDING THE MENU COMPOSITION

- Rules for dip/butter - The completed dips must be prepared in the kitchen.
- Rules for intermediate vegan course - All products must be vegan.
- Main component - Must be accompanied by a sauce and suitable accompaniments.

BATTLE FOR THE LION

Live Cooking (Lunch Service) Challenge for the top three National Teams that take place on the final day of the event. Only the top three National Teams who have attained the highest overall scores in the Hot Cooking (Restaurant of Nations) and Chef's Table Challenges will be eligible to compete (on a clean slate).

The results will be revealed at the Final Awards Ceremony on the last day of the competition.

Each team will prepare the following for 30 persons with one additional portion for photography:

- 1 appetiser (hot or cold)
- 1 main course
- 1 dessert

All ingredients will be provided from a mystery basket of ingredients. The three participating teams can view the main ingredients at 6.00 pm the day prior to the Battle for the Lion. (A list will be provided at the same time).

Managers / Captains have one hour to submit a menu and brief recipe to the Chief Judge. The ingredients will only be distributed to the teams on the day of the competition at 7.15 am.

No other ingredients other than those provided by the organisers will be permitted. Teams are allowed to use special moulds etc. if they so desire. Any breach of instruction will be heavily penalised.

The following conditions will apply:

- No change of members is allowed from the original line-up of six (06) members who participate in the National Team Challenge.
- The team manager will not be allowed to participate in the actual cooking or mise en place process. The team manager cannot perform as one of the helpers.
- One of the helpers can call up the orders
- One team helper may wash up during the competition but is not permitted to touch the food.
- The kitchens will open from 7.30am
- The competition begins at 8.00am
- Lunch service starts at 12.00 noon
- Plain white plates will be provided for meal services. Chinaware, plating equipment specifications will be provided closer to date.

4. FOOD INGREDIENTS AND MISE EN PLACE

The competing teams must organise the workplace for the preparation and mise en place for the two contests by themselves. Competent preparation, hand technical skills are encouraged and will be rewarded over the use of moulds and silpat stencils. All moulds must be made of **FOOD GRADE** materials. Mise en place check, all food items need to be on the kitchen table for inspections, dairy and proteins can be stored in chillers. The removal of organic waste must be controlled and approved by the jury.

Items permitted to be brought for the Hot Kitchen challenge at the RESTAURANT OF NATIONS.

Basic stock

- Can be brought in, but not reduced, seasoned or thickened.
- samples for tasting (cold) must be provided from the main batch/supply to the judge.
- Bones for stock (including trimmings etc.), cut into small pieces, can be brought in

Salads

- Cleaned, washed but not mixed or cut.

Vegetables, fruits, potatoes, onions

- Cleaned, peeled, washed, raw, can be cut
- Vegetables like tomatoes may be blanched and peeled
- Broad beans may be shelled
- Pulses may be brought soaked

Vegetable and Fruit Purees

- Vegetable purees cannot be brought in
- Fruit purees may be brought in but cannot be a finished sauce
- No glaze or concentrated juices
- Dried fruit / or vegetable powder permitted
- Dehydrated fruit or sheets permitted
- Vegetable ash and home-made spice mixture are permitted
- No trays of prefabricated jells/jellies (leather) are permitted even if dehydrated

Fish

- May be gutted and scaled but not fileted
- Fish heads can be removed, if required

Shells

- Scallops can be removed from their shells
- Mussels and clams need to be whole

Crustaceans

- Raw or boiled, not peeled
- Cleaned, washed but not mixed or cut

Meat/Poultry

- Deboned, not portioned, meat not trimmed, minced or ground
- Sausages must be made on site
- Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen, but not seasoned or marinated
- Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.

Pastry sponge, biscuit, meringue

- May be brought in, but not cut, sliced, or chopped, stenciled.
- Macarons cannot be brought in.
- Meringue as a décor must be dried on site.

Decorative elements

- Must be 100% done on site.
- No titanium dioxide (TiO₂) – no metallic powder, no artificial food colour.

Eggs

- Can be separated, and pasteurised, but not processed in any other way.

Dry ingredients

- Can be pre-weighted and measured.

Flavoured oils and butter

- Two (02) flavoured oils and butter are allowed.

Items permitted to be brought to the Kitchen for the Chef's Table challenge.

Basic stock

- Can be brought in, but not reduced, seasoned or thickened.
- Samples for tasting (cold) must be provided to the judge.
- Bones for stock (including trimmings etc.), cut into small pieces, can be brought in

Salads

- Cleaned, washed but not mixed or cut

Vegetables, fruits, potatoes, onions

- Cleaned, peeled, washed, raw, can be cut
- Vegetables like tomatoes may be blanched and peeled
- Broad beans may be shelled
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- Dried fruit / or vegetable powder permitted
- Dehydrated fruit or sheets permitted
- Vegetable ash and home-made spice mixture are permitted
- No trays of prefabricated jells/jellies (leather) are permitted even if dehydrated

Fish

- Must be gutted, scaled and can be fileted, not portioned
- Fish heads can be removed, if required
- The team is only allowed to bring in the necessary quantity/piece/size used for the main piece of the festive platter

Shells

- Cleaned, raw in their shells

Crustaceans

- Raw or boiled, not peeled
- Cleaned, washed but not mixed or cut

Meat/Poultry

- Deboned, not portioned, meat not trimmed, minced or ground
- Sausages must be made on site
- Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen, but not seasoned or marinated
- Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.

Pastry sponge, biscuit, meringue

- May be brought in, but not cut, sliced or chopped, stenciled.
- Macarons cannot be brought in
- Meringue as a décor must be dried on site

Decorative elements

- Must be 100% done on site

- no titanium dioxide (TiO₂) – no metallic powder, no artificial food colour

Eggs

- Can be separated, and pasteurised, but not processed in any other way.

Dry ingredients

- Can be pre-weighted and -measured

Flavoured oils and butter

- Two (2) flavoured oils and butter

Centrepiece/decorative piece

- Is permitted to be brought in assembled, or in parts

5. KITCHEN

The kitchen at the Restaurant of Nations is well-equipped and is visible to the public. The national teams are requested to ensure they wear clean kitchen uniforms.

The organiser will provide the crockery for the Restaurant of Nations without any charge to the team.

Kitchen furniture, equipment and other inventory are to be handled with care. Each national team is liable for missing equipment. Hygienic and accurate work will be judged as well as the overall state of the kitchen after cooking.

6. KITCHEN HARDWARE/ELECTRICAL EQUIPMENT

BASIC RULES

- Terrine moulds, flans and cake tins are acceptable, but only 2 moulds and 1 silicon stencil is permitted in each of the challenges, the judges are looking to see hand skills
- The team is allowed to bring a maximum of two (02) transport boxes into the kitchen or boxes on wheels, trolleys, warm or cold. Those boxes have a maximum size of GN 2/1 and maximum height of 185cm.
- A maximum of eight (08) appliances and machines can be used in the Hot Kitchen competition, in addition to what is already supplied by the organiser.
- Each kitchen is equipped with eight (08) 13Amp electrical power points. All power outlets are to be controlled by the team; multiple sockets are not allowed.
- Additional power outlets are not allowed.
- It is the team's responsibility to ensure that the electrical load is not exceeded as this will lead to a power failure. If a team causes a power failure because of power overload, they may be penalised with a deduction of up to 10 points off their obtained total points.
- It is not permitted to exchange equipment during the competition, unless there is a machine failure, and the chief judge approves this.

ELECTRICAL EQUIPMENT ACCEPTED IN THE HOT KITCHEN FOR THE RESTAURANT OF NATIONS AND THE CHEF'S TABLE CHALLENGE:

- Induction hot plate / hob
- Slow cooking and food warmer unit
- Vacuum sealers
- Warm temperature regulator
- Airbrush compressor
- Ice cream maker
- Blender
- Hand mixer
- Thermomix
- Tabletop mixer
- Blast chiller
- Heating unit (on wheels it will be counted as a warm transport box)
- Microwave oven dehydrator
- Pacojet
- Smoking unit

- Sous-vide circulator
- Pasta maker
- Deep fryer
- Meat slicing machine
- Vegetable processor
- Plate heater

A new, modern device that is not listed may be brought by the team. Any such equipment must not exceed the power requirements and must be commercially available from Food Grade materials.

KITCHEN EQUIPMENT AT THE HOT KITCHEN FOR THE RESTAURANT OF NATIONS

Each team will be allocated one (01) kitchen with the following list of anticipated kitchen equipment provided by the organiser or sponsors. The final equipment list and kitchen layout plan will be shared closer to date.

- Electric top / Induction hobs
- Combination oven
- Salamander
- Bain marie
- Chillers
- Mixer (table-top)
- Working tables
- Double sink
- Heating bridge
- Plate warmer
- Jackstack (mobile plate stacker)
- Food warmer
- 8 X 13amp (230V) electrical power points

Three teams will share a communal kitchen which may be equipped with the following:

- Working table
- Ice machine / ice cubes (available at beverage bar)
- Ice cream machine
- Slicing machine
- Vacuum packing machine

EQUIPMENT AND SERVICE AT CHEF'S TABLE

- The organiser will provide a fully equipped kitchen. An equipment list will be sent out six (06) months prior to the competition.
- The team is responsible for the food service at the Chef's Table, while the organiser is in charge of the beverage service.
- Cooking utensils are to be brought in by the competition teams.
- Tableware (chinaware, glassware, flatware) for service will be provided by the organiser.

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

Any additional equipment to be brought in by competitors must be approved by the judging committee prior to the competition. Competitors are required to inform the organiser in writing and include proper description of the equipment they wish to bring in, including information such as brand, model name/number, voltage, and all essential equipment specification, four (04) weeks prior the competition. It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors, resulting in demerit points.

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

7. COMPETITION SCHEDULE

TIME SCHEDULE FOR THE HOT KITCHEN CONTEST AT THE RESTAURANT OF NATIONS

The kitchen will be available to the teams at	: 06:00 am
Mise en place and control	: 06:30 am
Start for the practical preparations	: 07:00 am
Service starts at	: 01:00 pm (13:00hr)

Teams who do not complete their task within the allowed time or cause delays during the service will be penalised with a deduction of up to 10 points off their total obtained points for this contest by the head judge.

A photo of each dish on the menu must be emailed to fccfoodnhotelasia@informa.com within the set deadline (30 November 2024 at the latest). The minimum size of the photo must be 2560 x 1920 pixels: minimal resolution 200 dpi. If the team does not send the photos in time, it will be penalised with a 10-point deduction off its total points.

The recipes of the hot menus must be submitted to the jury at the beginning of the competition.

TIME SCHEDULE FOR THE CHEF'S TABLE CONTEST

The kitchen will be available to the teams at	: 07:30 am
Mise en place and checking of the facilities at	: 07:45 am
Start for the practical preparations at	: 08:00 am
Service will start at	: 01:00 pm (13:00hr)

Teams not completing their tasks within the allowed time or delays during service will have up to 5 points penalty deduction by the head judge from their final mark of that section.

TIME SCHEDULE FOR BATTLE FOR THE LION

Distribution of ingredients	: 07:15 am
The kitchen will be available to the teams at	: 07:30 am
Mise en place and checking of the facilities at	: 07:45 am
Start for the practical preparations at	: 08:00 am
Service will start at	: 12:00 pm (12:00hr)

8. INTERNATIONAL JURY

- All judges are accredited Worldchefs certified judges.
- By participating in the competition, the participants expressly accept these conditions.
- The judges will taste the prepared components of the dishes.
- Each team manager will have two (02) members of the judge at their disposal each day for feedback regarding the accomplished contest elements. Details will be announced during the team manager's briefing.
- Any decision of the judge is final and irrevocable.

FOR THE HOT KITCHEN CONTEST AT THE RESTAURANT OF NATIONS

The international jury starts working at 06:30 am. The judge will start at 6am to moving into kitchens. The evaluation of the plates by the judges will take place during service, which means four (04) plates will be evaluated per service, without the team being able to determine which plates. The served menu must correspond to the photos provided in advance.

FOR THE CHEF'S TABLE CONTEST

The international jury will start working at 07:45 am. The judge will start at 7am. Judging of plates/platters takes place during service times, which means that two (02) samples will be taken for the judges while the guests are being served. The teams will not be able to influence which samples will be taken. The served menu must correspond to the documentation, including the menu provided to the chairperson of the jury.

9. PROCUREMENT OF INGREDIENTS

COST OF GOODS, FOODSTUFFS AND BEVERAGES

The cost of goods, foodstuffs and beverages going into the exhibition items and decorations are at the expense of the respective participating team. For further information, please also refer to Cost Reimbursement for the hot kitchen – “Restaurant of Nations”.

COST REIMBURSEMENT FOR RESTAURANT OF NATIONS HOT KITCHEN CHALLENGE

The organiser will refund 50 portions x SGD15.00 = SGD750.00 per team for the costs of the purchased products.

COST REIMBURSEMENT FOR THE CHEF’S TABLE

The organiser refunds SGD350.00 per national team of the cost of the purchased products.

10. SUPPLEMENTARY INFORMATION AND DOCUMENT TO BE SUBMITTED

Registrations will be processed online only. Each team is required to send the following information to the organiser at fccfoodnhotelasia@informa.com no later than 30 November 2024.

- The team’s name and the names of all team members
- An individual A5-size colour photograph in JPEG format with resolution of 300 dpi or higher
- A colour picture of the entire team by e-mail, to be used for publication.
- A written menu and recipes of all dishes in English and electronic format. The menu proposal must be sent to the same e-mail address together with the team photo.
- Specification of any additional equipment that team wish to use at the competition for approval

11. ACCOMMODATION

All participating teams are required to book their accommodation on their own. The organiser will reimburse the costs of maximum SGD60.00 per person for a limited period of six (06) nights and six (06) persons for a total of maximum SGD2,160.00. Each participating team is required to produce original receipt(s) for the reimbursement of accommodation costs. The exact procedure to claim will be notified when participation is confirmed.

12. LOCAL TRANSPORTS

The organiser will share information about the official transport provider for the event should any team requires transport services such as refrigerated trucks, buses, and minivans.

Each national team will then make their own arrangements with the transport provider. Each team will make payment directly to the transport provider.

FHA CULINARY CHALLENGE – CULINARY CATEGORIES

1. EVENT DATE, TIME, AND VENUE

The Individual Challenge – Culinary categories will take place at FHA-Food & Beverage, from 8 to 11 April 2025 at Singapore Expo. Participation schedule will be announced closer to the date.

2. THE PARTICIPANTS

The Individual Challenge - Culinary Categories are open to any individual aged 16 and above from Singapore or abroad who is a chef in training or a culinary professional.

He/she should be either an existing student enrolled in a course at a culinary/hospitality institution, undergoing apprenticeship or a chef under full time employment at a food & beverage or hospitality establishment, such as restaurants, cafes, hotels, catering businesses, airlines, etc.

All applications must be submitted together with personal identification documents and a letter from an institution or company verifying each applicant's identity at the point of registration. All registration and competition related documents must be in English.

3. THE PROGRAMME

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

INDIVIDUAL CHALLENGE

Culinary Art Display

CLASS 1 – MODERN LUNCH

To display a four (04) course modern light lunch menu for two (02) people, in a combination of hot and cold items. The dishes are to be prepared in advance and presented cold. Each item should be a main course with its own garnish. Each participant is required to provide the recipes and menu description of the items displayed.

INDIVIDUAL CHALLENGE

Practical Hot Cooking

The Individual Challenge – Culinary categories will take place at FHA-Food & Beverage, from 8 to 11 April 2025 at Singapore Expo. Participation schedule will be announced closer to the date.

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

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

CLASS 2 – MAIN COURSE MEAT / POULTRY / GAME

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

CLASS 3 – MAIN COURSE FISH / SEAFOOD

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

CLASS 4 – MAIN COURSE MODERN ASIAN CUISINE

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

CLASS 5 – VEGETARIAN

To prepare and present within 45 mins, one (01) main course vegetarian dish for three (03) persons, individually plated.

The vegetarian creation must be a balanced meal that is nutritious, contemporary, and contains a plant based alternative protein, starch and vegetables and can be lacto-ovo that contains dairy and egg.

4. FOOD INGREDIENTS

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

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

5. KITCHEN EQUIPMENT

Each competition kitchen would be equipped with the following items:

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

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

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

- Pots and pans
- Kitchen utensils
- Hot boxes or trolleys
- Chinaware, glassware
- Plating equipment

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

and all essential equipment specification, four (04) weeks prior the competition. It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors, resulting in demerit points.

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

6. COMPETITION SCHEDULE

FHA Culinary Challenge starts daily at 07.00am and ends at 06.00pm, except for the last day of the competition which will end at about 01.00 pm. Confirmed competition schedule will be released closer to event date.

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

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

7. IMPORTANT NOTES

Each competitor can only register for one Practical Hot Cooking Class, except for competitors who are vying for the Best Chef Award.

Registrations are accepted on a first-come-first-secured basis. Please note that priority will be given to competitors registering for two (02) Practical Hot Cooking classes and one (01) Culinary Art Display class, thereby qualifying them to compete for the Best Chef Award.

It is usual that Practical Hot Cooking competition classes are fully subscribed to before the registration deadline. It is recommended that competitors register early to avoid disappointment.

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

TEAM CHALLENGE

Practical Hot Cooking

CLASS 6 – APPRENTICE TEAM CHALLENGE

1. EVENT DATE, TIME, AND VENUE

The Apprentice Team Challenge will take place at FHA-Food & Beverage, from 8 to 11 April 2025 at Singapore Expo. Participation schedule will be announced closer to the date.

2. TEAM COMPOSITION

Each participating team will comprise two (02) apprentice chefs, both 25 years old and below as at 1 Jan 2025. Each team is allowed to have one (01) helper to carry things into and clear things out of the kitchen. This helper is not allowed to stay in the kitchen once the competition starts.

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

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

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

3. THE PROGRAMME

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

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

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

MENU COMPOSITION

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

QUANTITIES

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

4. FOOD INGREDIENTS

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

- Vegetables, fruits, onions, etc. can be cleaned, peeled, cut, but not cooked. Seeds can be removed
- Basic stocks, sauces can be brought in, but not reduced, seasoned or thickened
- Decorations to be done onsite
- Dry ingredients can be weighed and measured
- Bones can be cut into small pieces
- Pastry sponge and doughs (savory or sweet) can be brought in but cannot be cut in any format
- Fruit pulps can be brought in but with no additives
- Eggs can be separated
- Decorations to be done onsite
- Dry ingredients can be weighed and measured

5. KITCHEN EQUIPMENT

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

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

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

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

- Pots and pans
- Kitchen utensils
- Hot boxes or trolleys
- Chinaware, glassware
- Plating equipment

Any additional equipment to be brought in by competitors must be approved by the judging committee prior to the competition. Competitors are required to inform the organiser in writing and include proper description of the equipment they wish to bring in, including information such as brand, model name/number, voltage, and all essential equipment specification, four weeks prior the competition. It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors, resulting in demerit points.

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

6. COMPETITION SCHEDULE

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

7. SUPPLEMENTARY INFORMATION AND DOCUMENT TO BE SUBMITTED

Each team is required to send the following information to the organiser at fccfoodnhotelasia@informa.com no later than 30 November 2024.

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

FHA CULINARY CHALLENGE – PATISSERIE CATEGORIES

1. EVENT DATE, TIME, AND VENUE

The Individual Challenge - Patisserie categories will take place at FHA- Food & Beverage, from 8 to 11 April 2025 at Singapore Expo. Participation schedule will be announced closer to the date.

2. THE PARTICIPANTS

The Individual Challenge - Patisserie categories are open to any individual aged 16 and above from Singapore or abroad who is a chef in training or a patisserie professional.

He/she should be either an existing student enrolled in a course at a culinary/hospitality institution, undergoing apprenticeship or a chef under full time employment at a food & beverage or hospitality establishment, such as restaurants, cafes, hotels, catering businesses, airlines, etc.

All applications must be submitted together with personal identification documents and a letter from an institution or company verifying each applicant's identity at the point of registration.

3. THE PROGRAMME

INDIVIDUAL CHALLENGE

Patisserie Practical

CLASS 7 – PRACTICAL CAKE DECORATION

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

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

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

Sugar can be cooked and coloured but not stretched/pulled. Chocolate may be brought in melted and tempered. Coloured cocoa butter may be brought in melted. Almond paste, coloured fondant, coloured whipped cream, chocolate modelling paste can be brought in but cannot be shaped or sheeted prior.

Each participant is required to provide all ingredients, utensils and materials required, unless the organiser shares information about any available sponsored products.

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

CLASS 8 – CREATIVE MACARON

Each participant must prepare and present one sweet and one savoury macaron, totaling two varieties with 10 pieces each. Each type should be presented on one plate, for a total of 20 pieces (10 of each variety) within 60 minutes. The macarons can be of any shape and flavour.

- Any type of macaron is allowed.
- Each macaron weighs in between 12gm to 18gm.

- Premade macaron shells may be brought in.
- Fruit coulis or puree is allowed but must be finished during the competition.
- Macaron fillings and all decorating ingredients must be edible and made on-site.
- Sugar can be cooked and colored but not stretched or pulled.
- Chocolate may be brought in melted and tempered.
- Vegetables, fruits, onions, etc. can be cleaned, peeled, cut, but not cooked.
- Seeds can be removed.
- Dried fruit and vegetable powder are permitted.
- Almond paste and bean paste can be brought in but cannot be shaped or sheeted prior.
- Food wastage will result in point deductions.
- Each participant must provide all necessary ingredients, utensils, and materials unless the organiser specifies any available sponsored products.

Each participant is required to provide all ingredients, utensils and materials required, unless the organiser shares information about any available sponsored products.

The organiser will provide one (01) table and two (02) power points for each participant. Each power point is to connect to one (01) piece of equipment at one point in time. Participants are not allowed to connect multiple electrical appliances to one power point via a multi-plug adaptor.

Participants are not allowed to place any food ingredients, equipment, tools, or utensils on the floor.

CLASS 9 – FRUIT AND WHIPPED CREAM FROSTED CAKE

Each participant is required to prepare and present two cakes of the same design within 60 minutes. Decorations are limited to whipping cream (which can be flavoured as desired) and fruits. Participants may choose either chiffon or genoise sponge cakes, with two whole cakes required. No other types of cake are allowed. The cake size before applying the cream icing should be a 15 cm diameter circle or a 15 cm by 15 cm square.

- Only two (02) chiffon or genoise sponge to be used by each participant.
- The cake can be plain or flavoured
- Trimming of the cake is not allowed before the competition.
- The final shape is not limited (circle, square, dome, any shape).
- Fruits can be cleaned, peeled, cut, but not cooked. Seeds can be removed.
- Dried fruit and vegetable powder are permitted.
- Dehydrated fruits or sheets are permitted.
- Non-dairy cream is not permitted.
- At least three different piping techniques are mandatory for whipped cream decoration.
- Fruit coulis or puree are allowed but must be finished cooking during the competition.
- Titanium dioxide, metallic powders, and artificial food colors are not permitted.
- The cake will be tasted and cut by the judges
- Food wastage will result in point deductions.

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

Each participant is required to provide all ingredients, utensils and materials required, unless the organiser shares information about any available sponsored products.

The organiser will provide one (01) table and two (02) power points for each participant. Each power point is to connect to one (01) piece of equipment at one point in time. Participants are not allowed to connect multiple electrical appliances to one power point via a multi-plug adaptor.

Participants are not allowed to place any food ingredients, equipment, tools, or utensils on the floor.

CLASS 10 – RESTAURANT DESSERT CHALLENGE

Competitors are required to prepare and present two (02) different modern restaurant desserts in 90 minutes; each dessert dish will have three (03) ala carte portions.

Each dessert should consist of three (03) main components. The desserts can be either hot or cold or a combination of both. Sauces and decoration are based on competitor's choice and are not considered as a component by itself. There must be three (03) copies of the competitor's recipes for the two (02) desserts placed on the display table.

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

Each competitor is responsible for collecting all their equipment after judging. The organiser will not be accountable for any loss or breakage of participants' belongings.

MENU COMPOSITION

- One (01) Plated Dessert (identical)
 - Hot/cold or a combination of both
 - Two (02) plates for the judges and one (01) plate for photography and display.
- One (01) Glass Dessert (identical)
 - Hot/cold or a combination of both
 - Two (02) plates/bowls for the judges and one (01) plate/bowl for photography and display.

QUANTITIES

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

FOOD INGREDIENTS

Permitted food to be brought into the kitchen at the start of the Competition:

- Vegetables, fruits, onions, etc. can be cleaned, peeled, cut, but not cooked. Seeds can be removed.
- Dried fruit and vegetable powder are permitted.
- Dehydrated fruits or sheets are permitted.
- Vegetable ash and home-made spice mixture are permitted.
- Basic sauces and ice cream mixture can be brought in.
- Eggs can be separated, and pasteurized, but not processed in any other way.
- Dry ingredients can be pre-weighed and measured.
- Pastry sponge and doughs (savory or sweet) can be brought in but cannot be cut in any format.
- Fruit pulps can be brought in but with no additives.
- Decorations to be done onsite.
- Dry ingredients can be weighed and measured.
- Pastry Sponges, biscuits, pain de genes, dacquoise, may be brought in, but not cut, sliced, or chopped, stenciled.
- Cookies, crumbled dough, meringue mixture can be ready made, but not baked.
- Macaroons or macarons need to be made on premise.
- Titanium dioxide, metallic powders, and artificial food colors are not permitted.

The cost of goods, foodstuffs, beverages decorations are at the expense of the respective participating individual.

KITCHEN EQUIPMENT

Each Competitor will be allocated one (01) kitchen to share, with the following list of anticipated kitchen equipment provided by the organiser or sponsors. Final equipment list and kitchen layout plan will be shared closer to date.

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

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

Participants must use the equipment provided, unless otherwise stated. Please note that the items listed above may be subject to change. Participants will be notified of such changes, if any, via email by the organiser.

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

- Pots and pans
- Kitchen utensils
- Hot boxes or trolleys
- Chinaware, glassware
- Plating equipment

INDIVIDUAL CHALLENGE

Patisserie Art Display

CLASS 11 – THEMED CAKE

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

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

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

CLASS 12 – PETITS FOURS OR PRALINES

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

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

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

CLASS 13 – PASTRY SHOWPIECE

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

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

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

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

CLASS 14 – ARTISTIC SCULPTURE

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

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

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

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

CLASS 15 – CLASSIC FRUIT AND VEGETABLE CARVING

To create a banquet composition carved out of fresh fruits and vegetables, combining various products within one design. The list of fruits and vegetables to be used is unlimited. Participants will be given three (03) hours to produce "Free Style Theme" carving.

Each participant is required to bring their own fruits, vegetables, and all other kitchen tools.

No pre-slicing, carving or preparation of the fruits and vegetables will be allowed before the competition begins. All exhibits should be displayed as buffet table food display where the display will be 90cm x 90cm and the height should not exceed 100cm.

JUDGING CRITERIA

NATIONAL TEAM CHALLENGE

RESTAURANT OF NATIONS HOT KITCHEN CHALLENGE BATTLE FOR THE LION

JUDGING CRITERIA	1ST COURSE	2ND COURSE	3RD COURSE
MISE EN PLACE	5 POINTS	5 POINTS	5 POINTS
HYGIENE AND FOOD WASTE	10 POINTS	10 POINTS	10 POINTS
CORRECT PROFESSIONAL PREPARATION BASED ON <ul style="list-style-type: none"> ▪ WORK SKILLS ▪ TECHNIQUES ▪ WORKFLOW 	20 POINTS	20 POINTS	20 POINTS
SERVICE	5 POINTS	5 POINTS	5 POINTS
PRESENTATION	10 POINTS	10 POINTS	10 POINTS
TASTE	50 POINTS	50 POINTS	50 POINTS
SUB TOTAL:	100 POINTS	100 POINTS	100 POINTS
TOTAL:	300 POINTS		
AGGREGATE SCORE:	300 / 3 = 100 POINTS		

CHEF'S TABLE CHALLENGE

JUDGING CRITERIA	CHEF'S TABLE PART A Finger Food & Dips Festive; Platter & Salads	CHEF'S TABLE PART B Intermediate Vegan Course; Hot Main Course	CHEF'S TABLE PART C Desserts; Platter Friandises; Showpiece
MISE EN PLACE	5 POINTS	5 POINTS	5 POINTS
HYGIENE AND FOOD WASTE	10 POINTS	10 POINTS	10 POINTS
CORRECT PROFESSIONAL PREPARATION BASED ON <ul style="list-style-type: none"> ▪ WORK SKILLS ▪ TECHNIQUES ▪ WORKFLOW 	20 POINTS	20 POINTS	20 POINTS
SERVICE	5 POINTS	5 POINTS	5 POINTS
PRESENTATION	10 POINTS	10 POINTS	10 POINTS
TASTE	50 POINTS	50 POINTS	50 POINTS
SUB TOTAL:	100 POINTS	100 POINTS	100 POINTS
TOTAL:	300 POINTS		
AGGREGATE SCORE:	300 / 3 = 100 POINTS		

All three competition elements must be completed to obtain an award and an overall score for the Chef's Table. Any decision of the jury is final and irrevocable.

INDIVIDUAL CHALLENGE – CULINARY ART DISPLAY
CLASS 1 – MODERN LUNCH

JUDGING CRITERIA	SCORE
PRESENTATION / INNOVATION	0 – 30 POINTS
COMPOSITION	0 – 30 POINTS
CORRECT PROFESSIONAL PREPARATION	0 – 30 POINTS
SERVING	0 – 10 POINTS
TOTAL:	100 POINTS

INDIVIDUAL CHALLENGE – PRACTICAL HOT COOKING
CLASS 2 – MAIN COURSE MEAT / POULTRY / GAME
CLASS 3 – MAIN COURSE FISH / SEAFOOD
CLASS 4 – MAIN COURSE MODERN ASIAN CUISINE
CLASS 5 – VEGETARIAN

JUDGING CRITERIA	SCORE
MISE EN PLACE	0 – 5 POINTS
CORRECT PROFESSIONAL PREPARATION	0 – 20 POINTS
HYGIENE AND FOOD WASTE	0 – 10 POINTS
SERVICE	0 – 5 POINTS
PRESENTATION	0 – 10 POINTS
TASTE & TEXTURE	0 – 50 POINTS
TOTAL:	100 POINTS

Mise En Place (0 – 5 points)

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

Correct Professional Preparation (0 – 20 points)

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

Hygiene and Food Waste (0 - 10 points)

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

Service (0 – 5 points)

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

TEAM CHALLENGE – PRACTICAL HOT COOKING CLASS 6 – APPRENTICE TEAM CHALLENGE

JUDGING CRITERIA	COLD APPETISER	HOT MAIN COURSE
MISE EN PLACE	0 – 5 POINTS	0 – 5 POINTS
CORRECT PROFESSIONAL PREPARATION BASED ON <ul style="list-style-type: none"> ▪ WORK SKILLS ▪ TECHNIQUES ▪ WORKFLOW 	0 – 20 POINTS	0 – 20 POINTS
HYGIENE AND FOOD WASTE	0 – 10 POINTS	0 – 10 POINTS
SERVICE	0 – 5 POINTS	0 – 5 POINTS
PRESENTATION	0 – 10 POINTS	0 – 10 POINTS
TASTE	0 – 50 POINTS	0 – 50 POINTS
SUB TOTAL:	100 POINTS	100 POINTS
TOTAL:	200 POINTS	
AGGREGATE SCORE:	200 / 2 = 100 POINTS	

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

INDIVIDUAL CHALLENGE – PÂTISSERIE PRACTICAL CLASS 7 – PRACTICAL CAKE DECORATION

JUDGING CRITERIA	SCORE
MISE-EN-PLACE & CLEANLINESS	0 – 20 POINTS
PRESENTATION & GENERAL IMPRESSION	0 – 40 POINTS
TECHNIQUE & DEGREE OF DIFFICULTY	0 – 40 POINTS
TOTAL:	100 POINTS

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

INDIVIDUAL CHALLENGE – PÂTISSERIE PRACTICAL CLASS 8 – CREATIVE MACARON CLASS 9 – FRUIT AND WHIPPED CREAM FROSTED CAKE

JUDGING CRITERIA	SCORE
MISE EN PLACE	0 – 5 POINTS
CORRECT PROFESSIONAL PREPARATION	0 – 20 POINTS
HYGIENE AND FOOD WASTE	0 – 10 POINTS
SERVICE	0 – 5 POINTS
PRESENTATION	0 – 10 POINTS
TASTE & TEXTURE	0 – 50 POINTS
TOTAL:	100 POINTS

Mise En Place (0 – 5 points)

Bring in food items according to the "Permitted Food Items" section, ensuring clear arrangement and proper labeling. Ensure the correct amount of items are brought in. Employ proper working techniques and utilise working time effectively.

Correct Professional Preparation (0 – 20 points)

Prepare food according to modern culinary pastry art standards. Use practical, acceptable methods that exclude unnecessary ingredients. Apply appropriate cooking techniques for all ingredients. Employ proper working techniques and maintain hygiene during food preparation.

Hygiene and Food Waste (0 -10 points)

Practice clean and hygienic work techniques. Follow and adhere to the workflow. Store food items correctly and maintain proper temperature control for hot and cold food items. Control excess food and minimize food waste and limit plastic waste. Keep the workstation clean and uncluttered, including cleanliness after the competition. Wear clean chef uniform.

Service (0 – 5 points)

Ensure the correct number of entries according to the rules. Deliver all entries punctually at the appointed time. Maintain consistent decoration for both cakes, paying attention to proper food temperature, practicality, and transportability. Full points will be awarded if the service flows smoothly and dishes are delivered on time from the kitchen.

Presentation (0 – 10 points)

Overall food presentation must be harmonious. Points will be awarded for excellent combinations, simplicity, and originality in composition. Arrangements should be clean, with no artificial garnishes or overly time-consuming elements. Exemplary plating is required to ensure an appetizing appearance. Additionally, there should be no repetition of ingredients, shapes, colors, or cooking techniques between the different cakes.

Taste & Texture (0 – 50 points)

The Cakes, macarons should retain its typical taste. It must have appropriate taste, quality, and flavor, and should meet contemporary nutritional standards.

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

INDIVIDUAL CHALLENGE – PATISSERIE PRACTICAL CLASS 10 – RESTAURANT DESSERT CHALLENGE

JUDGING CRITERIA	SCORE
COMPOSITION & CREATIVITY	0 – 5 POINTS
SERVICE	0 – 5 POINTS
HYGIENE & FOOD WASTE	0 – 10 POINTS
PRESENTATION	0 – 10 POINTS
CORRECT PROFESSIONAL PREPARATION BASED ON <ul style="list-style-type: none"> ▪ WORK SKILLS ▪ TECHNIQUES ▪ WORKFLOW 	0 – 20 POINTS
TASTE & TEXTURE	0 – 50 POINTS
TOTAL:	100 POINTS

INDIVIDUAL CHALLENGE – PATISSERIE ART DISPLAY CLASS 11 – THEMED CAKE CLASS 13 – PASTRY SHOWPIECE CLASS 14 – ARTISTIC SCULPTURE

JUDGING CRITERIA	SCORE
PRESENTATION / INNOVATION	0 – 30 POINTS
COMPOSITION	0 – 30 POINTS
CORRECT PROFESSIONAL PREPARATION	0 – 30 POINTS
SERVING	0 – 10 POINTS
TOTAL:	100 POINTS

**INDIVIDUAL CHALLENGE – PATISSERIE ART DISPLAY
CLASS 12 – PETITS FOURS OR PRALINES**

JUDGING CRITERIA	SCORE
PRESENTATION / INNOVATION	0 – 30 POINTS
COMPOSITION	0 – 10 POINTS
CORRECT PROFESSIONAL PREPARATION	0 – 30 POINTS
TASTE & TEXTURE	0 – 20 POINTS
SERVING	0 – 10 POINTS
TOTAL:	100 POINTS

CLASS 15 – CLASSIC FRUIT AND VEGETABLE CARVING

JUDGING CRITERIA	SCORE
CREATIVITY & ORIGINALITY	0 – 20 POINTS
DESIGN & COMPOSITION	0 – 30 POINTS
TECHNIQUE & DEGREE OF DIFFICULTY	0 – 50 POINTS
TOTAL:	100 POINTS

Creativity & Originality (0 – 20 points)

First artistic impression where the design is pleasing and attractive. The elements composition should form a harmonious and successful ensemble where the exhibit displayed originality and creativity, unusual combinations should also be aesthetically pleasing.

Innovative carving techniques and incisions should be demonstrated, and the carved exhibit must be usable as a decorative display piece for a banquet or a reception.

Design & Composition (0 – 30 points)

Maximised the balance in the composition and use of elements, including balancing the design, contents, colour palette and a highly artistic carving performance in all elements of the composition such as the choice of products and their harmonious colours in the peel and core.

Each exhibit should be three-dimensional and appealing from all angles with attention to detail, finishing, proportion, and symmetry. All elements must be properly assembled, and any seams must be discreet.

Technique & Degree of Difficulty (0 – 50 points)

Structural techniques, utilisation and craftsmanship. Work must be precise, accurate and the degree of difficulty must be high. Techniques include the cleanliness of the incision where the knife lines must not be visibly imprinted into a prepared surface, the depth and thickness of the incision and the methods of incision used.

Judging will be performed as per the WorldChefs guidelines if the carved exhibits displayed are found offensive, the displays may be removed by a member of the jury or the organiser.

The prohibited items for this competition class include the use of decorative elements such as artificial flowers, earth, sand, animal fur, moss, live flowers, buds, and live fishes. No advertising may be included in the design/composition. All carvings must be exhibited until the end of the scheduled duration. An early removal of the carvings is not permitted.

WORLDCHEFS FOOD SAFETY REGULATIONS

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

NOTE: Tasting judges do not share plates, 1x plate will be as a sample and the other meals will be portioned by a rookie judge member or a dedicated waitperson.

THE FIVE KEYS TO WORLDCHEFS FOOD SAFETY IN COMPETITIONS

The core messages of the Five Keys to Safer Food are:

- (1) keep clean;
- (2) separate raw and cooked;
- (3) cook correctly;
- (4) keep food at safe temperatures, and
- (5) selection of safe raw materials to produce the items.

1. **Keep Clean** (It takes over 2.5 billion bacteria to make 250 ml of water look cloudy, but in some cases, it takes only 15-20 pathogenic bacteria to make one sick)
 - a. Wash and sanitize all surfaces and cooking equipment in the preparation area of the kitchen.
 - b. Fruits and vegetables need to be washed and packed in appropriate containers.
 - c. The kitchen area needs to be spotless as it is a showcase of our profession.
 - d. All the equipment, tools, utensils, or service wear including knives and knife containers (wraps, etc...) you may be using, must be clean.
 - e. Floor, walls, cabinets and refrigeration in the competition arena, and the cart or transport equipment must be kept clean.
2. **Separate Raw and Cooked** (Keeping raw and prepared food separate prevents the transfer of microorganisms. Cross-contamination is a term used to describe the transfer of microorganisms from raw to cooked food, and to the equipment used in the vicinity of the food items)
 - a. All food ingredients should be packed separately and labelled clearly by; name and date of packing, and if required, "use by" date.
 - b. Raw poultry, fish, seafood, and meat proteins are to be housed in their own closed containers. These items must be transported and stored at <5°C (41°F).
 - c. Various packed and labelled dry items can be stored on the same tray.
 - d. Cooked food items must be stored above raw items to avoid drips and cross contamination. There should be no contact between the two items.
3. **Cook Correctly** (Correct cooking or care of food can kill almost all dangerous microorganisms, which ensure the jury, and guests in attendance, that the food is safe for consumption)
 - a. A standard HACCP sheet should be used in the preparation and cooking of the proteins. Ideally this sheet should contain the following:
 - i. Name of item being cooked
 - ii. Temperature of item prior to cooking
 - iii. Length of time during which the items were subjected to heat
 - iv. The actual temperature upon cooking
 - v. Time at which the cooking process was completed
 - b. Blanched items should be shocked immediately in clean iced water to stop the cooking process, then drained and stored in a clearly labelled and covered container.
 - c. If your National Cuisine needs a partially cooked item to be blanched /dried, then cooked again, please clearly highlight this to the jury members – for example Peking Duck. These items are to be held in a clean area to avoid bacteria.
4. **Keep Food at a Safe Temperature** - Microorganisms multiply quickly if food is not stored correctly. Holding food at a temperature below 5°C (40°F) or above 60°C (140°F), slows down or stops the growth of microorganisms but some dangerous microorganisms can still grow below 5°C (40°F).
5.
 - a. As mentioned under Cooking Correctly, the HACCP sheet should be used in all food preparations.
 - b. Raw proteins can only be left on the worktable if it is stored on ice, or ice pad, and covered with more ice pad or other cold systems. The temperature of this protein must be kept below 10°C (50°F).

- c. Cooked food needs to be held above 60°C (140°F) to avoid microbial growth, and ensure the food is served hot to members of the jury and to the guests.
 - d. Cooked food can be served à la minute to avoid this.
 - e. A HACCP sheet should be posted on each refrigerator and, or freezer door. Temperatures must be recorded every hour, and corrective actions must be taken if doors are left open too long.
 - f. Hot food must be cooled to <5°C (4°F) before it can be refrigerated.
 - g. All food items to be refrigerated or kept in the freezer must be covered and labelled.
6. **Selection of Safe Raw materials** (Raw materials including ice may be contaminated with dangerous microorganisms and chemicals. Toxic chemical can form in mouldy food like fruit and vegetables)
- a. The temperatures of your produces should be recorded at the market, when you arrive in your preparation facility, and in your cooking competition kitchen – HACCP.
 - b. Fruits and vegetables should be checked for worms, grubs, and mould.
 - c. Fish, seafood and meat proteins need to be <5°C and not bruised or damaged.
 - d. Check that fish exhibit all signs of freshness and verify that they do not have worms or parasites. Verify for signs of freshness.
 - e. All dry ingredients, and all fresh, frozen, cured, or smoked food should have the use by or expiring dates checked.

DRESS STANDARDS

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

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

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Chefs should be clean and showered and demonstrate good personal hygiene.
4. Hair length which touches the collar or falls below the collar must be restrained and covered with a hair net.
5. After shave and perfumes must not be overpowering.
6. The sleeves of chefs' jackets must be a minimum elbow length.
7. The correct footwear must be clean.

FOOD & DRINK DURING COMPETITION

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

GENERAL RULES TO FOLLOW

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.
2. Remove a sample of a product from the container with one spoon.

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

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

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

Hand Washing: It is a 30-second process which must take place.

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

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

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

Aprons:

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

Gloves:

- a. Gloves do not give an automatic exemption to proper food handling techniques.
- b. Must be worn when handling hot or cold "Ready to Eat" food (RTE), which will be consumed by the jury/public.
- c. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.
- d. f. Hand injuries should be protected with a band aid/plaster and covered with a glove.
- e. Changing gloves is paramount to avoid cross contamination. It is not necessary to wear gloves during the mise-en-place or food items unless the food items will not receive any heat treatment.
- f. Gloves need to be changed,
 - i. If you start to use other equipment after touching proteins
 - ii. Before starting service
 - iii. Regularly during service
 - iv. Before and after cleaning dirty, or staining vegetables or marinades.

Rubbish:

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

Team Spacing: Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at times may be unavoidable.

Glass policy:

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

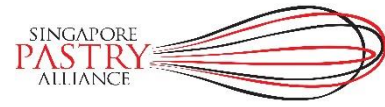
Food efficiency (leftovers):

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

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ACKNOWLEDGEMENTS

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FHA CULINARY CHALLENGE

SPONSORSHIP OPPORTUNITIES

EQUIPMENT & NON-FOOD ITEMS

- ◆ Chefs / Judges Apparel
- ◆ Restaurant / Venue Furniture
- ◆ Chinaware
- ◆ Glassware
- ◆ Silverware
- ◆ Kitchen – Gelato Machine
- ◆ Kitchen – Blast Freezer
- ◆ Kitchen – Cooking Range
- ◆ Kitchen – Combination Oven
- ◆ Kitchen – Induction Wok
- ◆ Kitchen – Mixers / Microwave Ovens
- ◆ Kitchen – Utility and Storage Solutions
- ◆ Dish Washer
- ◆ Ice Machine
- ◆ Beverage and Wine Chiller
- ◆ Coffee Machine
- ◆ Digital Signage

FOOD & BEVERAGE

- ◆ Dairy – Milk, Cream, Butter, Cheeses
- ◆ Olive Oil
- ◆ Poultry and Egg
- ◆ Meat – Beef / Lamb
- ◆ Seafood
- ◆ Fruits and Vegetables
- ◆ Pastry Ingredients
- ◆ Asian Staples – Rice / Noodles
- ◆ Asian Ingredients
- ◆ Chocolate
- ◆ Seasoning Ingredients
- ◆ Coffee Beans
- ◆ Tea
- ◆ Mineral Waters
- ◆ Wines

... and many more

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