



AUSSIE
BEEF & LAMB
澳洲牛羊肉™



RISING STAR

2025 HOTELEX CHINA INTERNATIONAL YOUNG CHEFS COMPETITION
— 2025HOTELEX明日之星中国国际青年厨师比赛 —

支持单位：
Supporting Organizer



全国旅游饭店行业产教融合共同体
National Industry & Education Integration Community
for the Tourism & Hotel Industry

RULEBOOK 赛事规则



2025年3月30日-4月2日

March 30 - April 2, 2025

国家会展中心（上海）· 浦西/7.2号馆7.2R02-18号门

National Exhibition and Convention Center (Shanghai) · Puxi / Hall 7.2, 7.2R02-Gate 18

MESSAGE OF WELCOME 欢迎词

亲爱的青年厨师、评委和嘉宾们：

欢迎来到中国国际青年厨师比赛！很荣幸见证这么多才华横溢的青年厨师展示他们的技艺、创意和热情。

烹饪既是一门艺术，也是连接文化的桥梁。通过这次比赛，我们希望大家能够分享才华、相互学习，并共同庆祝世界各地饮食文化的美丽。

每一道菜都展现了你们的用心与想象力。希望你们迎接挑战，展现个性，享受这一段充满发现与成长的旅程。

感谢所有为本次活动付出努力的人。祝愿每位参赛者取得佳绩，并收获难忘的体验。让我们一起庆祝美食的魅力！

谢谢大家！

Dear young chefs, judges, and guests:

Welcome to the China International Young Chefs Competition! It is an honor to witness such talented young chefs showcase their skills, creativity, and passion.

Cooking is both an art and a bridge between cultures. Through this competition, we hope you will share your talents, learn from each other, and celebrate the beauty of culinary traditions from around the world.

Every dish you create reflects your dedication and imagination. Embrace the challenges, express your individuality, and enjoy this journey of discovery and growth.

Thank you to everyone who made this event possible. I wish all participants great success and unforgettable experiences. Let's celebrate the joy of food together!

Thank you!



朱一帆 Clinton Zhu
主席 Chairman



General Competition Rules and Regulations

Eligibility of competition will be disqualified if there is any violation of the following rules and regulations

Official Rules and Regulations:

Participants should carefully read the rules and regulations of this competition. Any violations will result in disqualification from the competition.

- 1) The judge's assessment is final, and participants are not allowed to raise objections.
- 2) The competition is open to chefs from all countries, regardless of their nationality.
- 3) Contestants must ensure that during the judging process, there are no names, logos, or patterns containing their affiliated units. After the evaluation is completed, the above patterns and words can be placed.
- 4) Once registered, if the contestant is unable to participate due to their own reasons, no refund is allowed.
- 5) Participants who need to cancel the competition due to unforeseen circumstances should immediately notify the organizer.
- 6) The organizer is not responsible for any damage or loss to the contestants' utensils, entries, or equipment.
- 7) Before the event closes, contestants should be present at the competition site throughout the entire competition to prepare to evacuate exhibits and equipment.
- 8) The organizer reserves the right to cancel, modify or supplement competition rules and regulations.
- 9) The organizer has the right to use, for free, the names, portraits, personal information, menu card content, dish images, onsite photos, etc. of participants arising from the competition for related events Promotion activities, including but not limited to pre competition warm-up, post competition review, event live streaming, and event zone.
- 10) Contestants are required to compensate for the loss or damage of items provided by the organizer at the same price.

Date and Venue:

30 March to 2 April , 2025, National Exhibition and Convention Center (Shanghai) (No. 333, Songze Avenue, Qingpu District, Shanghai)

Public Transportation:

- 1) Flight: It is recommended to choose Shanghai Hongqiao Airport.
- 2) Metro: Shanghai Rail Transit Line 2, National Exhibition and Convention Center Station.
- 3) Railway: Shanghai Hongqiao Railway Station: take Metro Line 2 to National Exhibition and Convention Center Station.
- 4) Self driving: Please check the route and parking area around the exhibition hall in advance

The above route information is for reference only. Please check the map or navigation according to your own situation and confirm the route.

Registration and instructions:

- 1) Registration can be made online on official website.
- 2) Once the registration is confirmed, the organizer will send important information such as the entry code and QR code of the contestant through SMS, email, or WeChat message, and notify the contestants. Please pay attention to the relevant information.
- 3) Each contestant can register for a maximum of 2 competition items, and a registration fee of 200 yuan will be charged for each item.
- 4) Once the registration is confirmed, if the contestant withdraws due to personal reasons, the registration fee will not be refunded.

Registration invoice:

After the pending payment is completed, click "Issue Invoice" in the menu at the top of the page, fill in the information, issue and download the invoice (after the invoice is issued, it cannot be modified or repeated)

Proof of participation:

Each contestant who has successfully registered and actually participated in the competition will receive a certificate of participation from World Association of Chefs Societies (WACS)

Awarding Ceremony:

The awarding ceremony will be held at the competition site, on 2 April 2025; 9:00am-12:00pm.

Detailed schedule will be published by the organizer. The award list will be sent to Contestant Group Chat by the organizer once available.

Assistant application:

- 1) Each contestant can bring at least one contestant assistant. The assistant must scan the following QR code for online real name authentication. If the assistant is temporarily changed, scan the QR code below again for online real name authentication.
- 2) Assistants only assist contestants in material transportation, sorting, and other work; Before the start of the competition, the assistant must leave the competition site as soon as possible.
- 3) The assistant entry badge will be distributed along with the contestant's entry badge.

Contestant registration and material collection:

- 1) The host arranges to check in the contestants at the Exhibition Hall 1:00 pm – 4:00 pm on 28th March & 10:00am – 4:00pm on 29th March. (Specific Location will be posted in Contestant group chat).
- 2) The contestant will collect the competition materials at the registration site: the contestants' entry pack including : 1 entry badge for the contestant, 1 entry badge for the assistant (only if you applied), blank menu card (2 for each item), 1 chef jacket, and blank sticky notes.

Dressing requirements for competition:

Participants must wear the standard chef's uniform provided by the organizer and wear a competition badge. The uniform does not contain any signs, patterns, or text that may indicate the affiliation of the participant, and only the

badge number is allowed to be displayed. Participants must wear standard chef hats and chef shoes (prepared by the participants themselves), and must not contain any signs, patterns, or words that may indicate the affiliation of the participants.

Schedule:

The organizer will post competition schedule at least one month before the competition. Participants are requested to check the specific competition time based on the competition code. All participants should participate in the competition according to the specified time. If the contestant fails to participate in the competition on time, they will be automatically disqualified from the competition.

Judges:

Participants and their assistants are not allowed to talk to the judges on the day of the competition, whether before or during the evaluation period.

Positioning of competition works:

Before the contestants complete their work and leave the operating platform, please write the entry code on the blank sticker provided by the organizer and paste it on the work tray. Place recipe cards without the name of the participant's organization correctly in front of the work.

During the evaluation:

During the judging period, participants are not allowed to enter the competition area.

Post match cleaning:

- 1) After evaluate from judges, all participating works will continue to be displayed for the audience to visit. Due to limited space, priority will be given to showcasing the winning works in the competition.
- 2) Damaged entries will be cleaned by participants after 16:00 on the day of the competition.
- 3) The organizer reserves the right to dispose of the entries after the evaluation is completed, without prior notice to the participants.
- 4) Please do not pour garbage and oil into the sink. Once found, the eligibility for the competition will be cancelled.

Equipments of Competition:**Individual Competition:**

- 1) Each station: 2 HOB induction cooker; 1 rack combined steamer; 1 Salamander; wash basin/sink & water usage equipment; 1pc Home 220V Outlets for own equipment.

Team Competition:

- 1) Each station: 4 HOB induction cooker; 1 rack combined steamer; 1 Salamander; wash basin/sink & water usage equipment; 1pc Home 220V Outlets for own equipment.

Organizer has the final authority for explanation.

赛事条例和信息

若有任何违反行为，将被取消参赛资格

总则和条例：

参赛者请仔细阅读赛事规则和条例，若有任何违反行为，将被取消大赛资格。

- 1) 裁判评定为最终决定，参赛者不得提出异议。
- 2) 比赛面向各国厨师，不论其国籍，均可参赛。
- 3) 参赛选手必须确保在裁判评判过程中不得出现含有其所属单位的名称或标志和图案，评判结束后可摆放上述图案和文字。
- 4) 一经报名，若因选手自身原因无法参赛，不得退款。
- 5) 参赛选手由于不可预见的情况而需取消比赛，应立即通知主办单位。
- 6) 主办单位对选手的用具、参赛作品和设备的损坏和损失概不负责。
- 7) 在活动闭馆前，参赛选手应全程位于比赛现场，以便准备撤离展品和用具。
- 8) 主办单位保留对本规则和条例取消、更改或补充的权利。
- 9) 主办方有权无偿使用缘于赛事所产生的包括但不限于参赛者的姓名、肖像、个人资料、菜谱卡内容、菜品图片、现场照片等进行相关赛事 宣传活动，包括但不限于赛前预热、赛后回顾、赛事直播及赛事专区。
- 10) 选手对于丢失和损坏主办方提供的物品需照价赔偿。

比赛时间和地点：

2025 年 3 月 30 日 -4 月 2 日，国家会展中心（上海青浦区崧泽大道 333 号）

交通方式：

- 1) 飞机：建议选择上海虹桥机场。
- 2) 地铁：上海轨道交通 2 号线国家会展中心站。
- 3) 高铁：上海虹桥火车站：乘坐地铁 2 号线抵达国家会展中心站。
- 4) 自驾：请提前进行线路查询及展馆周边停车场区域

以上路线信息仅供参考，请根据自身情况查询地图或导航后确认路线。

报名方式 and 须知：

- 1) 通过报名网址进行在线报名。
- 2) 报名一经确认，主办方将通过短信，邮件等方式，将参赛编码，选手进群二维码等赛事重要信息发送并通知参赛者，敬请参赛者留意相关信息。
- 3) 每位选手最多可以报名 2 个比赛项目，每个参赛项目收取报名费 200 元。
- 4) 报名一经确认，若因选手个人原因退赛，报名费用不予退还。

报名发票：

待付款完成后，点击页面顶部菜单的“开具发票”填写信息开具并下载发票（发票开具完成后不可修改不可重复开票）

参赛证明：

每位报名成功且实际到场参赛的比赛选手，将获得世界厨师联合会参赛证明一份

颁奖仪式：

2025 年 4 月 2 日上午颁发本届赛事所有获奖选手名单

具体颁奖时间，请以主办最终通知为准。获奖名单将由主办发送至选手社群

助手申请：

- 1) 每位参赛选手可以自带至少一位参赛助手。助手须扫描以下二维码进行在线实名认证，若临时变更助手，同样扫描下方二维码重新进行在线 实名认证。
- 2) 助手仅协助参赛选手进行物料运输，整理等工作；比赛开始前，助手须尽快撤离比赛现场。
- 3) 助手入场胸卡将与选手参赛胸卡一并派发。

**选手报到及物料领取：**

- 1) 主办安排 2025 年 3 月 28 日，下午 1 点至下午 4 点、3 月 29 日上午 10 点至下午 4 点，位于国家会展中心进行选手报到。（具体地点会在选手社群通知）
- 2) 选手报到时，现场领取比赛物料：选手入场胸卡一张，助手胸卡一张（若有申请），空白菜谱卡（每个比赛项目 2 份），厨师服一件，空白便签粘贴纸。

参赛着装要求：

参赛者须穿着主办方提供的标准厨师制服并佩戴好参赛胸卡，制服不含任何可能暗示参赛选手所属单位的标志、图案和文字，只许显示胸卡编号。

参赛者须穿着标准厨师帽及厨师鞋（由参赛者自行准备），不得含有任何可能暗示参赛选手所属单位的标志、图案和文字。

比赛日程：

主办将于比赛前至少一个月发布比赛日程，请参赛选手根据参赛编码查询具体比赛时间。所有参赛者应根据规定的时间参加比赛。若未能按时参加比赛，该选手将被自动取消比赛资格。

裁判：

参赛者及其协助者在比赛当天，无论是评判前或评判期间不可与裁判交谈。

参赛作品放置：

在参赛者完成作品离开操作台之前，请在主办提供的空白粘贴纸上写上参赛编码并粘贴在作品餐盘上。将不带有参赛者所属单位名称的菜谱卡正确地摆放在作品前。

评比期间：

在裁判评判期间，参赛者不得进入比赛区域

赛后清理：

- 1) 裁判评判后，所有参赛作品将继续陈列以供观众参观。由于场地有限，将优先展放比赛获奖的作品。
- 2) 损坏的参赛作品由参赛者在比赛结束当天 16:00 以后清理。
- 3) 主办单位在评判结束后保留对参赛作品的处置权，恕不事先通知参赛者。
- 4) 请不要将垃圾及油污倒入水槽中，一旦发现将取消比赛资格。

比赛设备：

个人餐：

- 1) 每个操作台：2 台单头平面电磁炉，1 台万能蒸烤箱台，1 台面火炉，水池和用水装置，家用 220V 插座 1 个。

团队赛：

- 1) 每个操作台：4 台单头平面电磁炉，1 台万能蒸烤箱台，1 台面火炉，水池和用水装置，家用 220V 插座 1 个。

主办单位有最终解释权！

Prizes, Awards & Certificates 奖品，奖牌&证书

Criteria For Medals

奖项得分分配

Gold with Distinction	100 points	特金奖	100 分
Gold	90-99 points	金奖	90-99 分
Silver	80-89 points	银奖	80-89 分
Bronze	70-79 points	铜奖	70-79 分



RISING STAR

明日之星中国国际青年厨师比赛
CHINA INTERNATIONAL YOUNG CHEFS COMPETITION



WORLD
ASSOCIATION
OF CHEFS
SOCIETIES

2025 明日之星中国国际青年厨师比赛

CHINA INTERNATIONAL YOUNG CHEFS COMPETITION



DR. RICK STEPHEN

HONORARY CHAIRMAN
荣誉主席



CLINTON ZHU

CHAIRMAN
主席



JACQUELINE QIU

VICE CHAIRMAN
副主席



SANDERS XU

VICE CHAIRMAN
副主席



JACKY YIN

VICE CHAIRMAN
副主席



TONY WANG

VICE CHAIRMAN
副主席



ROSSI WEI

SECRETARY GENERAL
秘书长



REGGIE LI

SECRETARY GENERAL
秘书长



JAKE KIM

HEAD JUDGE
裁判长

CULINARY ARTS DISPLAY COMPETITION RULES AND REGULATIONS

Class A-01

WESTERN THREE MAIN COURSES MENU

- 1) To display three western main course, displayed cold.
- 2) Each course should be individually plated and complete with garnishes.
- 3) Brief description of displays to be available for judges reference.
- 4) All food items must be glazed with aspic.
- 5) Table space allotted: 60cm x 60cm.

Class A-02

WESTERN FINGER FOOD

- 1) To display 6 different kinds of western finger foods.
- 2) Each kind to have 4 portions (total 24 pieces), 3 are to be hot finger foods displayed cold and 3 cold finger foods displayed cold.
- 3) Can be on platter or individually plated.
- 4) Brief description of displays to be available for judges reference.
- 5) All food items must be glazed with aspic.
- 6) Table space allotted: 60cm x 60cm.

JUDGING CRITERIA

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

Composition

Attention to details, finished appearance, proportion & symmetry.
Ingredients and side dishes must be in harmony with the main piece as to quantity, taste and colour. For classical dishes, the original recipe is applicable.

0-30 points

Correct Professional Preparation

Level of skill must be high; hand skills must be precise, consistent and sophisticated. Appropriate culinary preparation free of unnecessary ingredients.

Dishes conceived hot but exhibited cold, and all cold dishes, must be glazed with aspic (for preservation purposes only)

0-30 points

Presentation / Innovation

Display must be structured, organised, elegant and not excessively colored. It should be original, creative and appetising. Innovative techniques or tools should be used.

0-30 points

Serving Arrangement

Correct number of plates must be displayed. It should be practical, transportable and stable.

Bases using inedible products are not allowed.

0-10 points

烹饪艺术 – 展评类

比赛规则和条例

Class A-01

西式三道主菜 - 展评

- 1) 展示一套西式三道主菜，全部以冷的形式展示。
- 2) 每一道都必须使用独立盘子摆放并配有装饰。
- 3) 需要放置菜牌和配方表供裁判参考。
- 4) 所有菜品必须使用 Aspic 做保鲜处理。
- 5) 展示桌的尺寸为 60cm x 60cm。

Class A-02

西式手指餐 - 展评

- 1) 展示 6 种不同类型的手指餐。
- 2) 每个品种做 4 份，共计 24 份。3 款热手指餐冷展示，3 款冷手指餐冷展示。
- 3) 展示可以单独器皿摆放，也可以用大盘摆放。
- 4) 需要放置菜谱卡和配方表供裁判参考。
- 5) 所有菜品必须使用 Aspic 做保鲜处理。
- 6) 展示桌的尺寸为 60cm x 60cm。

评判标准

参赛作品最高得分 100 分（无 0.5 分计分）

菜品的整体结构

精致度、完成后的观赏、比例及对称。

配料和附加菜在数量、口味和色泽搭配上，必须与主菜协调一致。

典型菜必须采用原始菜谱。

0-30 points

规范的制作流程

高超的技术，精确及稳定的手艺。

请不要使用不必要的原材料装盘；作品以热菜创作构思，冷盘形式展示；

为使作品易保存，全部冷盘展示必须使用肉冻做表面光滑处理。

0-30 points

菜品呈现和创意

作品必须体现出其结构性、组织性、优美及不过份着色，并具备原创性、创意及提升人食欲；可引用创新的技巧及用具。

0-30 points

菜品上菜实用性

必须正确展示所要求的份量，并且是实用的、可稳当出菜的。

不允许使用人造装饰。

0-10 points

INDIVIDUAL CHALLENGE

Practical Hot Cooking

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

For individual hot cooking categories, competitors must prepare and present, with 60 minutes, 1 main course dish for two(2) persons in western style. The dish must be presented on two (2) plates with appropriate garnish.

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.

COMPETITION RULES AND REGULATIONS

Class B-01

AUSSIE BEEF WESTERN MAIN COURSE



- 1) Aussie Beef Sirloin at approximately 700g will provide by Organiser as the main ingredient.
- 2) Competitors choice of accompaniments and garnishes to the Aussie Beef Sirloin.
- 3) Appropriate sauce(can be more than one) to be served.
- 4) Recipe required in the kitchen during competition.

Class B-02

AUSSIE LAMB WESTERN MAIN COURSE



- 1) Aussie Lamb Rack at approximately 700g will provide by Organiser as the main ingredient.
- 2) Competitors choice of accompaniments and garnishes to the Aussie Beef Lamb.
- 3) Appropriate sauce(can be more than one) to be served.
- 4) Recipe required in the kitchen during competition.

Class B-03

SALMON WESTERN MAIN COURSE

- 1) Salmon Fillet with Skin at approximately 600g will provide by Organiser as the main ingredient.
- 2) Competitors choice of accompaniments and garnishes to the Salmon Fillet.
- 3) Appropriate sauce(can be more than one) to be served.
- 4) Recipe required in the kitchen during competition.

Class B-04

AUSSIE LAMB WESTERN MAIN COURSE

To prepare and present within 60 minutes, one (01) main course with chicken for two (02) persons, in western style, individually plated with appropriate garnish.

Class B-05

PASTA WESTERN MAIN COURSE

To prepare and present within 60 minutes, one (01) Pasta main course for two (02) persons, in western style, individually plated with appropriate garnish.

NOTES

- 1) Salads-cleaned, washed, not portioned
- 2) Vegetables or fruits can be cleaned, peeled, washed, not cut to portion, not cooked (tomatoes may be blanched and peeled and broad beans may be shelled), no vegetable purees
- 3) Pasta/doughs - prepared, not cooked
- 4) Fish/seafood/shellfish - cleaned, filleted, not portioned, not cooked
- 5) Meats/poultry - deboned, not portioned, not trimmed, sausages has to be done in the kitchen, no grinded meat can be brought in, bones may be cut into small pieces.
- 6) Mousses - must be made during the competition
- 7) Sauces - reduced, not finished or seasoned
- 8) Stocks - not seasoned are allowed
- 9) Dressings - must be made during the competition
- 10) Coulis-non seasoned puree allowed, must be finished during the competition
- 11) Pastry sponge - can be brought in but not cut or shaped

All competitors have to prepare their own induction cooking utensils and ingredients for the competition. Competitors must leave the work station in a neat and tidy condition; this is part of the judging criteria. The Organiser will not be responsible for any loss or breakage of utensils

JUDGING CRITERIA

PRACTICAL HOT COOKING

Mise En Place

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.

0-5 points

Correct Professional Preparation

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

0-20 points

Hygiene and Food Waste

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

0-10 points

Service

The punctual delivery of each entry at the appointed time is a matter of urgent necessity. The kitchen jury will determine if the fault of the service if any is the kitchen or service team and recommend any point reductions. The full points will be awarded if service flow smoothly and dishes come out on time from the kitchen.

0-5 points

Presentation

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.

0-10 points

Taste

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

0-50 points

个人赛

热菜烹饪

盘子上的每一件物品都必须可食用，所有准备和烹饪都要在比赛期间现场完成。

对于个人热烹饪类别，参赛者必须在60分钟内准备并呈现一道西式主菜，供两人享用。这道菜必须放在两个盘子上，并配以适当的装饰。

评审结束后，每位参赛者需整理所有带入比赛场地的设备。主办方不对任何参赛者物品的丢失或损坏负责。

Class B-01

澳洲牛肉西式主菜



AUSSIE
BEEF & LAMB
澳洲牛羊肉™

- 1) 主办方将提供约 700 克的澳洲西冷牛肉作为主要食材。
- 2) 选手自选配菜及装饰食材搭配澳洲西冷牛肉
- 3) 选手自选合适沙司（可用多种沙司）
- 4) 比赛期间厨房内必须提供菜谱卡

Class B-02

澳洲羊肉西式主菜



AUSSIE
BEEF & LAMB
澳洲牛羊肉™

- 1) 主办方将提供约 700 克的澳洲羊排作为主要食材。
- 2) 选手自选配菜及装饰食材搭配澳洲羊排
- 3) 选手自选合适沙司（可用多种沙司）
- 4) 比赛期间厨房内必须提供菜谱卡

Class B-03

三文鱼西式主菜烹饪

- 1) 主办方将提供约 600 克的带皮三文鱼排作为主要食材。（选手必须使用）
- 2) 选手自选配菜及装饰食材搭配三文鱼排
- 3) 选手自选合适沙司（可用多种沙司）
- 4) 比赛期间厨房内必须提供菜谱卡

Class B-04

家禽西式主菜

在 60 分钟内准备并呈现一道主菜供两人食用的西式鸡肉主菜，每道主菜都单独装盘并配有适当的装饰。

Class B-05

意大利面西餐主菜

在 60 分钟内准备并呈现一道供两人享用的西式意大利面主菜，每道主菜都单独装盘并配有适当的装饰。

比赛注意事项

- 1) 色拉类 - 可清洗，不可份切
- 2) 蔬菜和水果类 - 可清洗，可去皮，不可份切，不可烹饪，番茄可以去皮，蚕豆可剥皮，蔬菜泥不可带。
- 3) 意大利面团 - 可带入，不可烹饪
- 4) 鱼类 / 海鲜类 / 贝壳类 - 可清洗，可去骨，不可份切，不可烹饪。
- 5) 肉类 / 家禽类 - 可去骨，不可份切，不可修清，香肠类需在现场完成，肉糜类不可带入现场，骨头类可以切小块带入。
- 6) 幕斯类 - 必须现场制作
- 7) 酱汁类 - 可浓缩，不可调味
- 8) 基础汤类 - 不可调味
- 9) 冷沙司类 - 必须现场制作
- 10) 稀果酱类 - 不可调味，必须现场完成
- 11) 海绵蛋糕类 - 可带入，不可分切成型

所有选手需准备好适用于电磁炉的锅具，并准备好所有食材。选手离开比赛厨房区域时，必须保证厨房整洁卫生，这是作为评审部分。选手需自行保管自带的工具，如丢失组委会不承担任何责任。

评审准则

热菜烹饪

厨房准备工作

有计划地安排食材以确保工作和服务的流畅。正确利用工作时间，确保准时完成。工作期间的清洁卫生，正确的工作方法也将被评判，包括离开厨房时。

0-5 points

专业正确的食材操作流程

正确的食物基本准备工作，与当今的现代烹饪艺术相一致。准备应该是实用的，可以接受的方法，排除不必要的成分。所有食材都应使用适当的烹饪技术，包括淀粉和蔬菜。工作技能和厨房组织能力。

0-20 points

卫生及食物浪费

请在本竞赛规则手册的下一部分查阅《世界厨师联合会食品安全条例》中有关食品卫生和食品浪费的指引。

0-10 points

服务

在指定的时间准时交付每一个作品是紧急的而有必要性的。厨房评审团将决定是否厨房或服务团队的服务失误，并建议分数的扣除。如果服务顺利，菜肴准时从厨房端出，则可获得满分。

0-5 points

菜肴的呈现

干净的布置，没有人工装饰，浪费时间的装饰品。优异的装盘，以确保一个开胃的外观，不应该有重复的成分，形状和颜色以及不同菜肴采用不同的烹饪技术。

0-10 points

口味

食物的特有味道应该保存下来。这道菜必须有适当的味道、调料、质量和味道，这道菜肴应该符合当今的营养价值标准。

0-50 points

INTERNATIONAL YOUNG CHEFS TEAM CHALLENGE

Practical Hot Cooking

TEAM COMPOSITION

Each participating team will comprise two(02) apprentice chefs, both 28 years old and below.

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

THE PROGRAMME

Each team is required to prepare two (02) dishes consisting of one (01) cold appetizer and one (01) hot main course in 90 minutes.

Aussie Beef Tenderloin will be provided on site for the preparation of the hot main course.

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.

MENU COMPOSITION

1st Dish – Cold Appetizer (Seafood)

2nd Dish – Hot Main Course (Prepared with Aussie Beef Tenderloin)

QUANTITIES

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

TEAM MEMBER

China, Korea, Singapore, Malaysia, Thailand, Taiwan Region.

Total 12 Teams

NOTES

- 1) Salads-cleaned, washed, not portioned
- 2) Vegetables or fruits can be cleaned, peeled, washed, not cut to portion, not cooked (tomatoes may be blanched and peeled and broad beans may be shelled), no vegetable purees
- 3) Pasta/doughs - prepared, not cooked
- 4) Fish/seafood/shellfish - cleaned, filleted, not portioned, not cooked
- 5) Meats/poultry - deboned, not portioned, not trimmed, sausages has to be done in the kitchen, no grinded meat can be brought in, bones may be cut into small pieces.
- 6) Mousses - must be made during the competition
- 7) Sauces - reduced, not finished or seasoned
- 8) Stocks - not seasoned are allowed
- 9) Dressings - must be made during the competition
- 10) Coulis-non seasoned puree allowed, must be finished during the competition
- 11) Pastry sponge - can be brought in but not cut or shaped

All competitors have to prepare their own induction cooking utensils and ingredients for the competition. Competitors must leave the work station in a neat and tidy condition; this is part of the judging criteria. The Organiser will not be responsible for any loss or breakage of utensils

JUDGING CRITERIA

PRACTICAL HOT COOKING

Mise En Place

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.

0-5 points

Correct Professional Preparation

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

0-20 points

Hygiene and Food Waste

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

0-10 points

Service

The punctual delivery of each entry at the appointed time is a matter of urgent necessity. The kitchen jury will determine if the fault of the service if any is the kitchen or service team and recommend any point reductions. The full points will be awarded if service flow smoothly and dishes come out on time from the kitchen.

0-5 points

Presentation

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.

0-10 points

Taste

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

0-50 points

国际青年厨师团队挑战赛

现场热菜烹饪

团队组成

每个参赛团队将由两名 28 岁及以下的学徒厨师组成。

每个参赛团队的所有成员必须在同一机构参加课程或接受培训，或受雇于同一机构或组织。

比赛项目

每个团队需要在 90 分钟内准备两道菜，包括一道冷开胃菜和一道热菜主菜。

现场将提供澳洲牛里脊肉，用于准备热菜主菜。

盘子里的每一件东西都必须是可食用的。比赛期间，所有准备和烹饪都要在现场完成。所有其他食品配料、餐具、瓷器、电镀设备均由参赛队伍携带。

菜单组成

第一道菜——冷开胃菜（海鲜）

第二道菜——热主菜（用澳洲牛里脊肉烹制）

数量

每个小组需要为每道菜准备三份，单独摆放。总共将准备六个盘子。

团队成员

中国、韩国、新加坡、马来西亚、泰国、台湾地区。

共 12 支队伍

比赛注意事项

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- 2) 蔬菜和水果类 - 可清洗，可去皮，不可份切，不可烹饪，番茄可以去皮，蚕豆可剥皮，蔬菜泥不可带。
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- 6) 慕斯类 - 必须现场制作
- 7) 酱汁类 - 可浓缩，不可调味
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0-50 points