



2022中国传承与创新

中餐厨艺挑战赛

2022 CHINA INHERITANCE AND INNOVATION
CHINESE CUISINE CHALLENGE



2022中国传承与创新中餐厨艺挑战赛
2022 CHINA INHERITANCE AND INNOVATION CHINESE CUISINE CHALLENGE

RULES REGULATIONS 比赛规则

28-31 March / 2022

NATIONAL EXHIBITION AND CONVENTION CENTER (SHANGHAI)

Hall: 6.1H



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u
n
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03 OUR MISSION
赛事宗旨

04 RULES & REGULATIONS
大赛规则及条例

PRACTICAL HOT COOKING (LIVE)

中式菜肴（现场制作）

13 1A Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) -
Cold Dish

1A 中式融合菜（中式传统与创新）——冷菜项

15 1B Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) -
Hot Dish

1B 中式融合菜（中式传统与创新）——热菜项

1C Master Kong Noodle Featured Session

1C 康师傅面点创意料理专场 – 现场烹饪

CULINARY ART DISPLAY

厨艺艺术创作

17 2A Elegant Creative Set – Display
2A 精致创意料理套餐展示

19 2B Chinese Artistic Carving – Display
2B 中国艺术雕塑展示

21 THE REQUIREMENTS OF WACS CULINARY COMPETITIONS
“世界厨师联合会”厨艺竞赛规定

23 PRIZES, AWARDS & CERTIFICATES
奖品，奖牌 & 证书

23 SPONSORS' LIST
赞助商名单

Appendix
附录

OUR MISSION 赛事宗旨



The "Search" 2021 China Innovation and Tradition Culinary Challenge is jointly organized by Shanghai Sinoexpo Informa Markets International Exhibition Co.,Ltd. and Shanghai Restaurants Cuisine Association (SRCA), endorsed by WACS (World Association of Chefs Societies), and is supported by Yuanchang, Fusion, ECMA, CCA Elite Culinary Council and TCA. Contestants' skill will be recognized internationally and recognized by the WACS. The purpose of this competition is to promote traditional and innovative culinary skills. It tests the ability of contestants to combine traditional Chinese food with innovative Chinese food, further promotes the construction of high-skilled talents in the Chinese food and provides young chefs with showcase platform to promote better development of Chinese food.

The competition will be held at National Exhibition and Convention Center (Shanghai) from 29th March to 1st April, 2021. The organizer welcomes individuals / teams to display their competency skills level, creativity and master the skills criteria given as per competition rules and regulation in an open, fair, and honest manner.

此次烹饪比赛主办单位为上海市餐饮烹饪行业协会与上海博华国际展览有限公司，经世界厨师联合会 (WACS) 认证，承办单位为上海元昌美食精英会、味 Fusion 创意厨房和上海超越美食精英会，协办单位为中国烹饪协会厨艺精英委员会及台湾厨艺美食协会；以专业方式进行比赛和掌握各种技能，这些技能将得到国际认可，也可获得世界厨师联合会认证的比赛证书。本次赛事旨在大力弘扬传统与创新烹饪技艺，同时也考验了参赛选手将传统中餐与创新中餐结合的能力，进一步推动中餐行业高技能人才队伍建设，为年轻厨师提供切磋技艺，提升技能，展示风采的平台，推动中餐更好的发展。

本次比赛将于 2022 年 3 月 28 日至 2022 年 3 月 31 日在国家会展中心（上海）举办。主办单位热情欢迎个人 / 团队展示你们的能力、技能及水平与创造力，结合创新与传统并找到平衡点。且以公平，公正，公开和诚实的方式，掌握比赛规则和规定来进行这场比赛活动。



General Competition Rules and Regulations

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

General Rules and Regulations:

Participants please read the rules and regulations of this competition carefully. Any violation will result in disqualification.

- 1) The judges' decision is final and the contestants must not raise objections.
- 2) The competition is open to chefs from all countries regardless of their nationality.
- 3) Competitors must ensure that no names or logos or patterns containing their affiliates appear during the judges' judgment process, and the above-mentioned patterns and words may be placed after the judgement is over.
- 4) Once registered, no refund will be given if the contestants cannot participate due to their own reasons.
- 5) Participants who need to cancel the competition due to unforeseen circumstances should immediately notify the organizer.
- 6) The organizer is not responsible for the damage and loss of contestants' equipment.
- 7) Before the event is Opened contestants should be at the competition site in order to prepare to evacuate exhibits and equipment.
- 8) During the competition, the organizer has the right to use the participant's name, portrait and other personal information for related event promotion activities, including pre-match warm-up and post-match review.
- 9) Competitors shall pay for the loss and damage to the items provided by the organizer.
- 10) The organizer reserves the right to cancel, change or supplement these rules and regulations. Their interpretation of these rules and regulations is final.
- 11) The organizer also reserves the right to limit the number of entries in each category or modify the competition section, modify any rules, cancel any course or competition, or cancel / delay the entire competition if deemed necessary.

Confirmation of the Registration:

Once the registration is confirmed, entrant will receive the following information:

- 1) Each competitor or team has to fill in the registration form and complete the online payment process.
- 2) Competition procedure and schedule.
- 3) Two recipe cards for each competition item. The recipe card for the competition must be completed in accordance with the following rules: At the time of registration, the organizer will provide a printed version of the content of the recipe card submitted by players online. After confirmation, the signature is needed to the organizer. Please note: All recipe cards must be submitted to the organizer online in Chinese and English. It is printed clearly by the organizer. Please do not print or write the name of the school or restaurant or company on the recipe card.
- 4) Each competitor's registration fees is 200 RMB and each competitor can register up to 2 items, and once confirmed, the registration fee will not be refunded.
- 5) Registration is open to individuals at the age of 18 from China or overseas country who is a chef in training or a culinary professional.

Organizer has the final authority for explanation.



大赛总规则和条例

参赛者请仔细阅读本比赛规则和条例，若有任何违反行为，将被取消比赛资格。

总则和条例：

参赛者请仔细阅读本大赛规则和条例，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) 比赛期间主办方有权无偿使用参赛者的姓名、肖像及其他个人资料进行相关赛事宣传活动，包括赛前预热及赛后回顾。
- 9) 选手对于丢失和损坏主办方提供的物品需照价赔偿。
- 10) 主办单位保留对本规则和条例取消、更改或补充的权利，对这些规则和法规的解释为最终决定。
- 11) 主办单位保留限制每类参赛项目的数量或修改比赛部分，修改任何规则，取消任何课程或比赛，或在认为必要时取消 / 推迟整个比赛项目的权利。

报名确认：

报名一经确认，主办方将通过短信、邮件或是微信选手群通知参赛者，获取如下资料信息：

- 1) 每位参赛选手都必须填写比赛报名表并完成在线支付流程。
- 2) 大赛程序及时间表。
- 3) 每项参赛类别有二份菜谱卡。必须按照以下细则：在注册登记报到时，主办方将提供选手在线提交菜谱卡内容的印刷版。确认无误后签字提交给主办方。请注意：所有菜谱卡，都须以中英文形式在线提交给主办方。由主办方统一打印清楚。请不要在菜谱卡上打印或写上单位或饭店的名称。
- 4) 每人每项参赛费用为 200 元人民币，每人至多报名两项。一经确认，概不退还报名费用。
- 5) 各国和各地区年满 18 岁以上的人士皆可报名，他们可以为培训厨师或烹饪专业人士。

主办单位有最终解释权！



Registration:

All Participants must register at the 2021 HOT Chinese Cuisine Chef Competition Reporting Hall, National Exhibition and Convention Center (Shanghai) from March 29-April 1, 2021 (9:00 am to 4:00 pm).

Participants who take part in more than one class only need to register once.

Participants are required to show valid identification at the time of registration.

At the time of registration, entrants will receive the following items:

- 1) Participants' badges are distinguished through competition items, they must wear badges throughout the competition.
- 2) Participants must wear chef's uniform throughout the competition.
- 3) Recipe card (in duplicate) which participants submitted online. Participants are required to confirm the content of their recipe cards on the spot and bring the recipe card to the competition.
- 4) Participants are required to stick the sticker on the plates.

Competition uniform:

Participants are required to wear the standard chef uniforms provided by the organizer and wear the badges. The uniforms do not contain any signs, patterns and texts that may indicate the units of the contestants. Only the badge numbers are displayed.

Specification of the facilities provided:

Western & Chinese Cooking: Flat induction cooker, concave induction cooker, combi oven, refrigerator, freezer.

Referee:

Participants are not allowed to talk to the referee on the day of the competition, either before or during the judgement.

Schedule:

All participants should participate in the competition according to the specified time. If you fail to participate in the competition on time, the player will be automatically disqualified.

Set Up Completion:

Before the entrant completes the work, the badge card and the recipe card without the name of the entrant's unit should be placed correctly in front of the work.

Judging Sessions:

Participants are not allowed to enter the competition area during the referee's judgement.

Clearing:

- 1) After the judgement, all the competition works will display for audience to look over. However, due to the limitation of exhibition space, preference will be given to displays which are awarded.
- 2) Damaged exhibits are to be cleared away by contestants at the end of the day after 16:00.
- 3) The organizer reserved the right to dispose of any exhibit after the judging has been completed without prior notice to the contestant.
- 4) Please **DO NOT** pour garbage or greasy dirt into the sink, once found the participant will be disqualified.



注册登记：

参赛者须于 2022 年 3 月 26-27 日（上午 9:00 ~ 下午 4:00）至国家会展中心（上海）西厅选手报到处登记。

一名选手只需登记一次。

登记时，参赛者须出示填妥的菜谱卡。如果参赛者没有递交填好的菜谱卡将被扣掉一分。

登记时，参赛者将收到下列物品：

- 1) 按比赛项目区分的参赛者胸卡，参赛者须在整个比赛过程中佩带胸卡。
- 2) 比赛用厨师服，参赛者须在整个比赛过程中穿着厨师服。

比赛制服：

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。

设备清单：

平面电磁炉，凹面电磁炉，万能蒸烤箱，冷藏冰箱，冷冻冰箱。

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。

时间表：

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。

参赛作品放置：

在参赛者完成作品离开展台之前，应将胸卡及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。**



Practical Hot Cooking (Live)

中式菜肴（现场制作）

1A

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) - Cold Dish

中式融合菜（中式传统与创新）——冷菜项

COMPETITION RULES AND REGULATIONS

比赛规则和条例

This category of competition is an individual competition. Each contestant makes two types cold dish with the same main ingredients, one is a traditional cold dish, and the other is a creative cold dish (with an obviously comparison). Traditional and innovative cold dishes are made 2 plates of each, one for display and one for scoring, 4 plates in all.

此项参赛项目为个人赛，每位选手现场制作两款同一主料的冷菜，一款为传统冷菜，一款为创意冷菜（需有鲜明的对比），每款各制作两份，一份展示，一份评分，共计 4 份。

CATEGORIES AVAILABLE 可用类别

- | | |
|--|------------------|
| 1) Fish / Seafood / Shellfish | 1) 鱼、海鲜、贝类 |
| 2) Beef, Pork, Lamb, Veal | 2) 牛肉、猪肉、羊肉、小牛肉 |
| 3) Poultry- Chicken, Duck, Goose, Pigeon | 3) 家禽 - 鸡、鸭、鹅、鸽子 |
| 4) Vegetarian / Vegetarian Lacto Ovo | 4) 纯素食、蛋奶素 |

REQUIREMENTS 相关规定

- 1) To complete the cooking and display process within 90mins for cold dishes. Each contestant makes traditional or innovation dishes with the same main ingredients.
- 2) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 3) Traditional and innovative cooking techniques and main ingredients need to be the same. Innovative auxiliary materials, taste types and plated ways can be used freely by the players.
- 4) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 5) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.

- 1) 参赛冷菜项，每一项制作同一主料的一款传统和创新菜即可，在 90 分钟内完成并展示。
- 2) 参赛选手可根据自己擅长，自选具有地域文化，烹饪技艺特征的比赛菜品。
- 3) 传统和创新其烹饪技法及主料需相同，创新的辅料、味型及装盘方式由选手自由发挥。
- 4) 创新项的装饰或点缀物需可食用，搭配比例协调，主题突出，注重构图比例，布局关系和谐。
- 5) 营养均衡，调味适当，主味突出，富有层次感。



Judging Criteria 评分标准

■ Mise-En-Place

准备工作

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.

有计划地安排原料，确保操作和出菜无障碍。正确利用操作时间，确保按时完成。操作期间的清洁、正确的工作方法以及离开后厨房的状况也将被评分。

0-5 points

■ Hygiene and Food Waste 卫生和食材浪费

Please review the document of Food Hygiene and Food Waste in the appendix
请查阅本规则附录中关于食品卫生及食材浪费的文件

0-10 points

■ Correct Professional Preparation 正确的专业准备工作

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.

正确的食品基础准备，需符合当今现代烹饪艺术。准备应该是实用的，可接受的方法，排除不必要的部分。必须对所有食材采用适当的烹饪技术，包括淀粉和蔬菜。工作技能和厨房组织能力。

0-20 points

■ Service 服务

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.

每个参赛作品在指定时间准时上菜是非常关键的。厨房裁判将确定上菜服务的过错（如果有）是厨房还是服务团队，并建议是否减分。服务流畅，菜品准时从厨房端上来的选手将获得该项满分。

0-5 points

■ Presentation 作品呈现

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.

干净的布置，没有人造配菜，也没有耗时的安排。优美的摆盘，以确保外观开胃，不同菜肴之间不应有重复的配料、形状和颜色以及烹饪技术。

0-10 points

■ Taste 口味

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.

应保留食物的典型味道。菜肴必须具有适当的口味、调味、质量和风味，菜肴应符合当今的营养价值标准。

0-50 points

Total points

总分

0-100 points

重要提示

评审将监督食物垃圾和塑料垃圾相关事宜，需注意减少一次性塑料材料和包装的使用，若违反，将在“专业准备”项扣分。若比赛结束时食材剩余超过 10%，将在“食物浪费”项扣分。



Practical Hot Cooking (Live)

中式菜肴（现场制作）

1B

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) - Hot Dish

中式融合菜（中式传统与创新）——热菜项

COMPETITION RULES AND REGULATIONS

比赛规则和条例

This category of competition is an individual competition. Each contestant will make a hot dish with the same main ingredients, one for traditional hot dishes and one for creative hot dishes (with an obviously comparison). Traditional and innovative hot dishes are made in two each, one for display and one for scoring, 4 plates in all.

此项参赛项目为个人赛，每位选手现场制作两款同一主料的热菜，一款为传统热菜，一款为创意热菜（需有鲜明的对比），每款各制作两份，一份展示，一份评分，共计4份。

CATEGORIES AVAILABLE 可用类别

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|--|------------------|
| 1) Fish / Seafood / Shellfish | 1) 鱼、海鲜、贝类 |
| 2) Beef, Pork, Lamb, Veal | 2) 牛肉、猪肉、羊肉、小牛肉 |
| 3) Poultry- Chicken, Duck, Goose, Pigeon | 3) 家禽 - 鸡、鸭、鹅、鸽子 |
| 4) Vegetarian / Vegetarian Lacto Ovo | 4) 纯素食、蛋奶素 |

REQUIREMENTS 相关规定

- 1) To complete the cooking and display process within 90mins for hot dishes. Each contestant makes traditional or innovation dishes with the same main ingredients.
- 2) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 3) Traditional and innovative cooking techniques and main ingredients need to be the same. Innovative auxiliary materials, taste types and plated ways can be used freely by the players.
- 4) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 5) Balanced nutrition, proper serving, prominent flavor, and rich sense of hierarchy.

- 1) 参赛热菜项，每一项制作同一主料的一款传统和创新菜即可，在90分钟内完成并展示。
- 2) 参赛选手可根据自己擅长，自选具有地域文化，烹饪技艺特征的比赛菜品。
- 3) 传统和创新其烹饪技法及主料需相同，创新的辅料、味型及装盘方式由选手自由发挥。
- 4) 创新项的装饰或点缀物需可食用，搭配比例协调，主题突出，注重构图比例，布局关系和谐。
- 5) 营养均衡，调味适当，主味突出，富有层次感。



Judging Criteria 评分标准

■ Mise-En-Place

准备工作

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.

有计划地安排原料，确保操作和出菜无障碍。正确利用操作时间，确保按时完成。操作期间的清洁、正确的工作方法以及离开后厨房的状况也将被评分。

0-5 points

■ Hygiene and Food Waste 卫生和食材浪费

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0-10 points

■ Correct Professional Preparation 正确的专业准备工作

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.

正确的食品基础准备，需符合当今现代烹饪艺术。准备应该是实用的，可接受的方法，排除不必要的部分。必须对所有食材采用适当的烹饪技术，包括淀粉和蔬菜。工作技能和厨房组织能力。

0-20 points

■ Service 服务

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.

每个参赛作品在指定时间准时上菜是非常关键的。厨房裁判将确定上菜服务的过错（如果有）是厨房还是服务团队，并建议是否减分。服务流畅，菜品准时从厨房端上来的选手将获得该项满分。

0-5 points

■ Presentation 作品呈现

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.

干净的布置，没有人造配菜，也没有耗时的安排。优美的摆盘，以确保外观开胃，不同菜肴之间不应有重复的配料、形状和颜色以及烹饪技术。

0-10 points

■ Taste 口味

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.

应保留食物的典型味道。菜肴必须具有适当的口味、调味、质量和风味，菜肴应符合当今的营养价值标准。

0-50 points

Total points

总分

0-100 points

重要提示

评审将监督食物垃圾和塑料垃圾相关事宜，需注意减少一次性塑料材料和包装的使用，若违反，将在“专业准备”项扣分。若比赛结束时食材剩余超过 10%，将在“食物浪费”项扣分。



Practical Hot Cooking (Live)

中式菜肴（现场制作）

IC

Master Kong Noodle Featured Session 康师傅面点创意料理专场 – 现场烹饪

COMPETITION RULES AND REGULATIONS 比赛规则和条例

This competition is an individual competition. Each contestant can choose two types of noodle products provided by the "Master Kong" brand on site. The optional noodle products provided by Master Kong are: frozen Lanzhou-style noodle, frozen hand-rolled noodles, frozen Sanuki-style udon, frozen Inaniwa-style udon, and air-dried noodles (leaf-shaped and thin-cut noodle). There are 5 products in total, and contestants can freely choose two of them. Contestants need to use two products of their choice to make soup noodles, fried noodles or noodles. Example: If one product is used to make noodle soup, the other product needs to be fried noodles or noodles. Make two copies of each style, one for display and one for scoring, for a total of 4 copies.

此项参赛项目为个人赛，每位选手现场任选两款由“康师傅”品牌提供的面类产品。康师傅提供的可选面类产品为：冷冻兰州风味拉面，冷冻手擀式面，冷冻赞岐乌冬，冷冻稻庭乌冬，还有热风风干面条（非叶型和细切型）。共有5款产品，选手可自由选择其中两款。选手需各使用自选的两款产品，分别制作汤面、炒面或拌面。举例：若使用一款产品制作汤面，则另一款产品需制作炒面或拌面。每款各制作两份，一份展示，一份评分，共计4份。

CATEGORIES AVAILABLE 可用搭配食材

- | | |
|--|------------------|
| 1) Fish / Seafood / Shellfish | 1) 鱼、海鲜、贝类 |
| 2) Beef, Pork, Lamb, Veal | 2) 牛肉、猪肉、羊肉、小牛肉 |
| 3) Poultry- Chicken, Duck, Goose, Pigeon | 3) 家禽 - 鸡、鸭、鹅、鸽子 |
| 4) Vegetarian / Vegetarian Lacto Ovo | 4) 纯素食、蛋奶素 |

REQUIREMENTS 相关规定

- 1) To complete the cooking and display process within 90mins for hot dishes. Each contestant makes traditional or innovation dishes with the same main ingredients.
- 2) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 3) Traditional and innovative cooking techniques and main ingredients need to be the same. Innovative auxiliary materials, taste types and plated ways can be used freely by the players.
- 4) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 5) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.

- 1) 参赛康师傅面点创意料理专场，4份作品需在90分钟内完成并展示（每款产品各制作两份，一份展示，一份评分）。
- 2) 参赛选手可根据自己擅长，自选具有地域文化，烹饪技艺特征的比赛菜品。
- 3) 其烹饪技法及主料需相同，创新的辅料、味型及装盘方式由选手自由发挥。
- 4) 创新项的装饰或点缀物需可食用，搭配比例协调，主题突出，注重构图比例，布局关系和谐。
- 5) 营养均衡，调味适当，主味突出，富有层次感。



Judging Criteria 评分标准

■ Mise-En-Place

准备工作

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.

有计划地安排原料，确保操作和出菜无障碍。正确利用操作时间，确保按时完成。操作期间的清洁、正确的工作方法以及离开后厨房的状况也将被评分。

0-5 points

■ Hygiene and Food Waste 卫生和食材浪费

Please review the document of Food Hygiene and Food Waste in the appendix
请查阅本规则附录中关于食品卫生及食材浪费的文件

0-10 points

■ Correct Professional Preparation 正确的专业准备工作

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.

正确的食品基础准备，需符合当今现代烹饪艺术。准备应该是实用的，可接受的方法，排除不必要的部分。必须对所有食材采用适当的烹饪技术，包括淀粉和蔬菜。工作技能和厨房组织能力。

0-20 points

■ Service 服务

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.

每个参赛作品在指定时间准时上菜是非常关键的。厨房裁判将确定上菜服务的过错（如果有）是厨房还是服务团队，并建议是否减分。服务流畅，菜品准时从厨房端上来的选手将获得该项满分。

0-5 points

■ Presentation 作品呈现

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.

干净的布置，没有人造配菜，也没有耗时的安排。优美的摆盘，以确保外观开胃，不同菜肴之间不应有重复的配料、形状和颜色以及烹饪技术。

0-10 points

■ Taste 口味

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.

应保留食物的典型味道。菜肴必须具有适当的口味、调味、质量和风味，菜肴应符合当今的营养价值标准。

0-50 points

Total points

总分

0-100 points

重要提示

评审将监督食物垃圾和塑料垃圾相关事宜，需注意减少一次性塑料材料和包装的使用，若违反，将在“专业准备”项扣分。若比赛结束时食材剩余超过 10%，将在“食物浪费”项扣分。



CULINARY ART DISPLAY

厨艺艺术创作

2A

Elegant Creative Set – Display

精致创意料理套餐展示

COMPETITION RULES AND REGULATIONS

比赛规则和条例

REQUIREMENTS 相关规定

- 1) This category of competition is an individual competition, to display a variety of four different dishes including one combination of cold dish (at least 3 combo or more), two hot dishes and one soup/dessert/dim sum. Each set is for one person and glue to keep fresh.
 - 2) Menu card is needed for each player.
 - 3) The products are modern art ornamental, full of appetite and visual impact.
 - 4) The proportion of the main ingredients and ingredients is balanced, focusing on the composition of the dishes, and the various colors are harmonious.
 - 5) Table space allotted: 90cm X 90cm.
-
- 1) 此项参赛类为个人或单位，需展示 4 种不同的菜品，分别为一道组合冷菜（至少 3 拼或 3 拼以上）、两道热菜及一道汤品 / 甜品 / 点心，每道菜为一人份（一人的量），必须上胶保鲜；
 - 2) 每位参赛者需提供完整的作品制作说明书；
 - 3) 作品具有现代艺术观赏性，富有食欲和视觉冲击力；
 - 4) 主料和配料搭配比例协调平衡，注重菜肴在餐具中的构图比例，各种色彩搭配和谐
 - 5) 展示桌尺寸为 90cmX90cm。



Judging Criteria 评分标准

■ Display / Innovation / Aesthetic 展示 / 创新 / 美观	0-30 points
■ Material ingredient 材料 / 成分	0-30 points
■ Correct professional preparation / skills / work methods 专业准备 / 技巧 / 技术方法	0-30 points
■ Service / height / balance point 服务 / 高度 / 平衡点	0-10 points
■ Total points 总分	100 points

Reminder

- The judges will oversee matters related to food waste and plastic waste. It is important to reduce the use of disposable plastic materials and packaging. Violation of the rules will result in "right professional preparation" and reduced points.
- If more than 10% remain at the end of the event, points will be deducted from "food waste".

重要提示

评审将监督食物垃圾和塑料垃圾相关事宜，需注意减少一次性塑料材料和包装的使用，若违反，将在“专业准备”项扣分。若比赛结束时食材剩余超过 10%，将在“食物浪费”项扣分。



CULINARY ART DISPLAY

厨艺艺术创作

2B

Chinese Artistic Carving – Display 中国艺术雕塑展示

COMPETITION RULES AND REGULATIONS 比赛规则和条例

REQUIREMENTS 相关规定

- 1) The use of frames and iron supports is allowed, but not exposed. Points will be deducted for violations.
 - 2) At least 2 different techniques / skills / work methods must be shown.
 - 3) Inedible material elements cannot be used.
 - 4) Prominent theme, novel idea, reasonable design, profound meaning.
 - 5) There is no height restriction on the products, but it must be beautiful in appearance, natural in color and proper in proportion.
 - 6) Beautiful design, fine stitching, creative, can show innovative technology, highly ornamental.
 - 7) Each player must to choose the competition options (a\b\c\d\e\f) in registration form and can't be changed once submitted.
 - 8) Table space allotted: 90cm X 90cm.
-
- 1) 允许使用框架和铁架支撑，但不允许裸露。违规将被扣分。
 - 2) 应至少要显示 2 种不同的技术 / 技巧。
 - 3) 不可食用的材料元素不可使用。
 - 4) 主题突出，构思新颖，设计合理，寓意深刻。
 - 5) 对完成的雕塑没有高度限制，但需成形美观，色泽自然，比例恰当。
 - 6) 设计优美，拼接精细，富有创意，能展示出创新的技术，极具观赏性。
 - 7) 每位参加者都必须在报名表上注明自己的创作选择 (a、b、c、d、e 或 f)，不允许更改。
 - 8) 展示桌尺寸为 90mmX90mm



CATEGORIES AVAILABLE 可用类别

- a) Chinese Dough
- b) Fondant
- c) Chocolate
- d) Cheese
- e) Cereal
- f) Fruit and Vegetables Craving

- a) 面团 (捏面人)
- b) 翻糖
- c) 巧克力
- d) 芝士
- e) 谷物
- f) 蔬果雕刻

Judging Criteria 评分标准

■ Display / Innovation / Aesthetic 展示 / 创新 / 美观	0-30 points
■ Material ingredient 材料 / 成分	0-30 points
■ Correct professional preparation / skills / work methods 专业准备 / 技巧 / 工法	0-30 points
■ Service / height / balance point 服务 / 高度 / 平衡点	0-10 points
■ Total points 总分	100 points

Reminder

- The judges will oversee matters related to food waste and plastic waste. It is important to reduce the use of disposable plastic materials and packaging. Violation of the rules will result in "right professional preparation" and reduced points.
- If more than 10% remain at the end of the event, points will be deducted from "food waste".

重要提示

评审将监督食物垃圾和塑料垃圾相关事宜，需注意减少一次性塑料材料和包装的使用，若违反，将在“专业准备”项扣分。
若比赛结束时食材剩余超过 10%，将在“食物浪费”项扣分。



THE REQUIREMENTS OF WACS CULINARY COMPETITIONS

“世界厨师联合会” 厨艺竞赛规定

Allowed preparation:

允许带入比赛的前置作业材料:

- 1) Basic broth, sauce can be brought in, but not concentrated in advance, not seasoned (the judges will taste the broth and sauce before the competition);
- 2) Salad leaves can be washed first, but not mixed with vegetables;
- 3) Fruits can be washed and peeled first, but not cut and cooked;
- 4) Pumpkin seeds, edamame, broad beans can be removed first;
- 5) Tomatoes can be peeled;
- 6) Fish organs can be removed and scaled but can't be filleted;
- 7) Meat, poultry can be deboned but not cut into equal portions, ground meat cannot be brought in, and salted beforehand;
- 8) Liver can be soaked in milk first, but not seasoned;
- 9) Bone can be brought in, can be cut into small pieces;
- 10) Sponge cake body and dough can be brought in, but not cut or shaped;
- 11) Concentrated fruit puree can be brought in but not seasoned beforehand;
- 12) Eggs can be divided into white or yolk;
- 13) All decorations must be made on-site;
- 14) Dry goods can be weighed beforehand.

- 1) 基本高汤，酱汁可带入，但不可事前浓缩，不可调味（裁判在比赛前会试吃高汤及酱汁）
- 2) 色拉叶可先清洗，但不可混合一起
- 3) 蔬菜，水果可以先清洗，去皮，但不能细切及烹煮
- 4) 南瓜的籽，毛豆，蚕豆类可以先取出
- 5) 蕃茄可以先去皮
- 6) 鱼可以先去内脏及去鳞但不能取菲力鱼片
- 7) 肉类，家禽类可去骨但不可先切等份，不可带入绞肉，不可事前腌制
- 8) 肝，可以先浸泡在牛奶内，但不可以调味腌制
- 9) 骨头可带入，可以切成小块带入
- 10) 海棉蛋糕体及面团可带入，但不可以切或整形
- 11) 浓缩果泥可带入但不可事前调味
- 12) 蛋可以分好蛋白或蛋黄
- 13) 所有装饰必须现场制作
- 14) 干货类可事前称重

Please pay attention: protected animals and wildlife must not appear and used!

特别提示：不得出现保护动物和野生动物！

EQUIPMENTS 厨房设备

- 1) Each kitchen will provide the following equipment: universal steam oven, induction cooker, refrigerated refrigerator and freezer, cutlery;
 - 2) Unless notified by the organizer, each contestant must use equipment provided by the competition sponsors. Please note: The organizer may provide different brands, but the equipment will be the same. If this is the case, the organizer will be notified separately;
 - 3) All players must prepare the materials, spices, containers and various utensils for the competition, such as cooking equipment, utensils, such as pots, carts, finishing boxes, etc.;
 - 4) If you want to bring in any equipment, please send an email to the organizer before March 1, 2022 to inquire whether it is allowed, and inform the brand, power consumption, size, quantity;
 - 5) If the equipment brought by the player causes an electric issue in the competition or seriously affects other players, the final score will be affected;
 - 6) Fire regulations, the use of naked flames is prohibited indoors, and no equipment or utensils such as Kawangas stoves, spray guns, lighters, candles, etc. are prohibited!
-
- 1) 每个厨房都会提供以下设备：万能蒸烤箱、平面电磁炉、凹面电磁炉、冷藏冰箱及冷冻冰箱
 - 2) 除非大会另有通知，每一位选手都必须使用以上大会赞助厂商提供的设备。请注意：大会有可能会提供不同的厂牌，但设备内容都会是一样，如果有这个情况，大会将另行通知；
 - 3) 所有选手要自行准备参赛项目的原料，调料，盛器以及各种用具，如烹调器材，器具及器皿，如锅具，推车，整理箱等；
 - 4) 如果有任何设备希望自行带入，一定要在 2022 年 3 月 1 日前发邮件至主办方询求是否允许，并告知品牌，用电量，大小，数量；
 - 5) 如果选手带入的设备，器材，造成比赛跳电，或严重影响其他选手的比赛，将影响其最终得分；
 - 6) 消防法规，室内禁止使用明火，任何设备，器具如卡旺瓦斯炉，喷枪，打火机，蜡烛等禁止使用！

COMPETITION SCHEDULE

比赛时间表

- All contestant must be reported to the kitchen manager at least 45minutes before the scheduled competition time. Failure to attend at the scheduled time will be considered a non-participation and will be disqualified.
- 所有参赛必须在预定比赛时间之前至少 45 分钟向评委老师报告。在预定时间未出席将被视为不参加比赛，并将被取消比赛资格。



Prizes, Awards & Certificates 奖品, 奖牌 & 证书

Criteria For Medals

奖项得分分配

Gold with Distinction	100 points	杰出金奖	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

Many thanks for the all sponsors!
感谢所有赞助商

主办方
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官方指定电磁炉赞助商
Official Specify Sponsor of Induction Cooker





WorldChefs Food Safety Regulations

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

NOTES: Tasting judges do not share plates, 1 x plate will be as a sample and the other meals will be portioned by a Rookie Jury member or a dedicated wait-person

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 was subjected to heat
 - iv. The actual temperature upon cooking
 - v. Time at which the cooking process was completed
- b. Blanched Items, should be shocked immediately in clean iced water to stop the cooking process, then drained and stored in a clearly labelled and covered container.
- c. If your National Cuisine needs a partially cooked item to be blanched /dried, then cooked again, please clearly highlight this to the jury members – example Peking Duck. These items are to be held in a clean area to avoid bacteria.



4. **Keep Food at a Safe Temperature** - Microorganisms multiply quickly if food is not stored correctly. Holding food at a temperature below 5°C (40°F) or above 60°C (140°F), slows down or stops the growth of microorganisms but some dangerous microorganisms can still grow below 5°C (40°F).

- a. As mentioned under Cooking Correctly1 HACCP sheet should be used in all food preparations.
- b. Raw proteins can only be left on work table if it is stored on ice, or ice pad, and covered with more ice pad or other cold systems. The temperature of this protein must be kept below 10°C (50°F).
- c. Cooked food needs to be held above 60°C (140°F) to avoid microbial growth, and ensure the food is served hot to members of the jury and to the guests
- d. Cooked food can be served à la minute to avoid this.
- e. A HACCP sheet should be posted on each refrigerator and, or, freezer door. Temperatures must be recorded every hour, and corrective actions must be taken if doors are left open too long.
- f. Hot food must be cooled to <5°C (4°F) before it can be refrigerated.
- g. All food items to be refrigerated or kept in the freezer must be covered and labelled.

5. **Selection of Safe Raw materials** (Raw materials including ice may be contaminated with dangerous microorganisms and chemicals. Toxic chemical can form in mouldy food like fruit and vegetables)

- a. Temperatures of your produces should be recorded at the market, when you arrive in your preparation facility, and also in your cooking competition kitchen – HACCP.
- b. Fruits and vegetables should be checked for worms, grubs and mould.
- c. Fish, seafood and meat proteins need to be <5°C and not bruised or damaged.
- d. Check that fish exhibit all signs of freshness, and verify that they do not have worms or parasites. Verify for signs of freshness.
- e. All dry ingredients, and all fresh, frozen, cured, or smoked food should have the use by or expiring dates checked.

DRESS STANDARDS

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

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

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Chefs should be clean and showered and demonstrate good personal hygiene.
4. Hair which touch the collar, or fall below the collar, must be restrained and covered with a hair net.
5. After shave and perfumes must not be over powering
6. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.



FOOD & DRINK DURING COMPETITION

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

GENERAL RULES TO FOLLOW

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.
2. Remove a sample of a product from the container with one spoon.
3. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
4. Sample the product by tasting.
5. Never re-use used spoons. Use clean and sanitary spoons for each tasting. Always use two spoons to ensure sanitary practices are being followed and the product is not contaminated.
6. Double dipping into sauces or food items with the same spoon is strictly prohibited.
7. Food items in transport, and stored, must be covered with clear plastic or a lid.
8. Ready To Eat food (RTE) should not be handled with bare hands.
9. Equipment acceptable for the handling of cooked food are: tongs, chop sticks, or tweezers.
10. Work areas should always be cleared of unnecessary items.
11. Basic spills should be cleaned up immediately.
12. Knives must be kept clean at all times.
13. Food trimmings should be identified and labelled.
14. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed together, labelled, and stored at <5°C (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 kitchen.
21. Nothing is allowed to be stored on the floor.

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

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

2) **Hand Washing:**

It is a 30 second process which must take place;

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



3) **Sanitizing:**

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

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

4) **Aprons:**

- a. To enhance and promote our profession, and to avoid cross contamination, chefs should not be working with soiled aprons.
- b. Bib aprons can be used when cleaning proteins.
- c. Aprons should be changed:
 - 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.

5) **Gloves:**

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

6) **Rubbish:**

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

7) **Team Spacing:**

Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at time, may be un-avoidable.

- e. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.



8) Glass policy:

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

9) Food efficiency (left overs):

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

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Organiser



Endorsed by



上海博华国际展览有限公司

上海市虹桥路355号城开国际大厦8楼 (200030)

8F, Urban Development International Tower , No. 355 Hong Qiao Road, Xu Hui District, Shanghai 200030, China