



# 中国 国际 CHINESE CUISINE 中餐烹饪锦标赛

2025 Hotelex China International Chinese Cuisine Championship

良 路 杯

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25 比赛规则 RULES  
REGULATIONS 7.24-26

成都世纪城新国际会展中心  
(四川省成都市世纪城路 198号)

# RULES & REGULATIONS 大赛规则及条例



## 大赛条例和信息

若有任何违反行为,将被取消大赛资格

### 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) 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7月24日-7月26日,成都世纪城新国际会展中心(四川省成都市世纪城路198号)

### 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300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:

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

# RULES & REGULATIONS 大赛规则及条例



## 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，助理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进行派发。



## 选手报到及物料领取：

- 1) 主办安排 2025 年 7 月 22 日，下午 1 点至下午 4 点、7 月 23 日上午 10 点至下午 4 点，位于成都世纪城新国际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：

- 1) 每个操作台：2 台单头平面电磁炉，1 台凹头平面电磁炉，水池和用水装置，家用 220V 插座 1 个。
- 2) 公用设备：万能烤箱 4 台，烤盘 10 个

# RULES & REGULATIONS 大赛规则及条例



## 食材安全与节约:

- 1) 禁止使用国家保护动植物原料。
- 2) 禁止使用人工合成色素。
- 3) 除开食品雕刻作品外，其他可食用菜品禁止使用牙签、铁丝等影响食品安全的物品。
- 4) 菜品不能出现发臭变质情况。
- 5) 禁止随意丢弃可食用食物。
- 6) 合理使用食材，禁止浪费食材。
- 7) 赛后妥善回收处理参展菜品，分类丢弃废弃物。

## 食材安全与节约:

- 1) 参赛作品配方、工艺、设计版权归创作者所有。
- 2) 组委会有权在宣传中使用作品图片、视频 ( 注明作者 )。

## 主办单位有最终解释权!

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## 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

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# RULES & REGULATIONS 大赛规则及条例



## General Competition Rules and Regulations

Entrants 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' equipment, 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:

24 July to 26 July, 2025

Chengdu Century City New International Convention and Exhibition Center (Chengdu) No. 198 Century City Road, High tech Zone, Chengdu City, Sichuan Province)

### 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 300 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)

# RULES & REGULATIONS 大赛规则及条例



## 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)

## Award Ceremony:

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 evacuate 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 22nd July & 10:00am - 4:00pm on 23rd July.  
(Specific Location will be posted in Contestant group chat.
- 2) The contestant will collect the competition materials at the registration site: the contestant 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.

# RULES & REGULATIONS 大赛规则及条例



## 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:

- 1) Each station: 2 HOB induction cooker; 1 Concave head flat induction cooker; wash basin/sink & water usage equipment; 1 pc Home 220V Outlets for own equipment.
- 2) Common equipment: 4 universal steam ovens and 10 baking pans.

## Food Safety and Conservation:

- 1) The use of raw materials from protected animals and plants by the state is prohibited.
- 2) The use of artificial synthetic pigments is prohibited.
- 3) Except for food carving works, other edible dishes are not allowed to use items such as toothpicks and iron wires that affect food safety.
- 4) Dishes must not show signs of spoilage or deterioration.
- 5) It is prohibited to discard edible food at will.
- 6) Use food materials reasonably and avoid waste.
- 7) After the competition, properly recycle and dispose of the exhibited dishes, and sort and discard the waste.

## Food Safety and Conservation:

- 1) The formula, process, and design of the competition works belong to the creators.
- 2) The organizing committee has the right to use the pictures and videos of the works in promotion (with the author's name indicated).

Organizer has the final authority for explanation.

# RULES & REGULATIONS 大赛规则及条例



主办单位

Organizers



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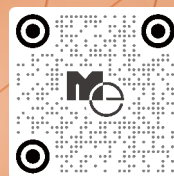
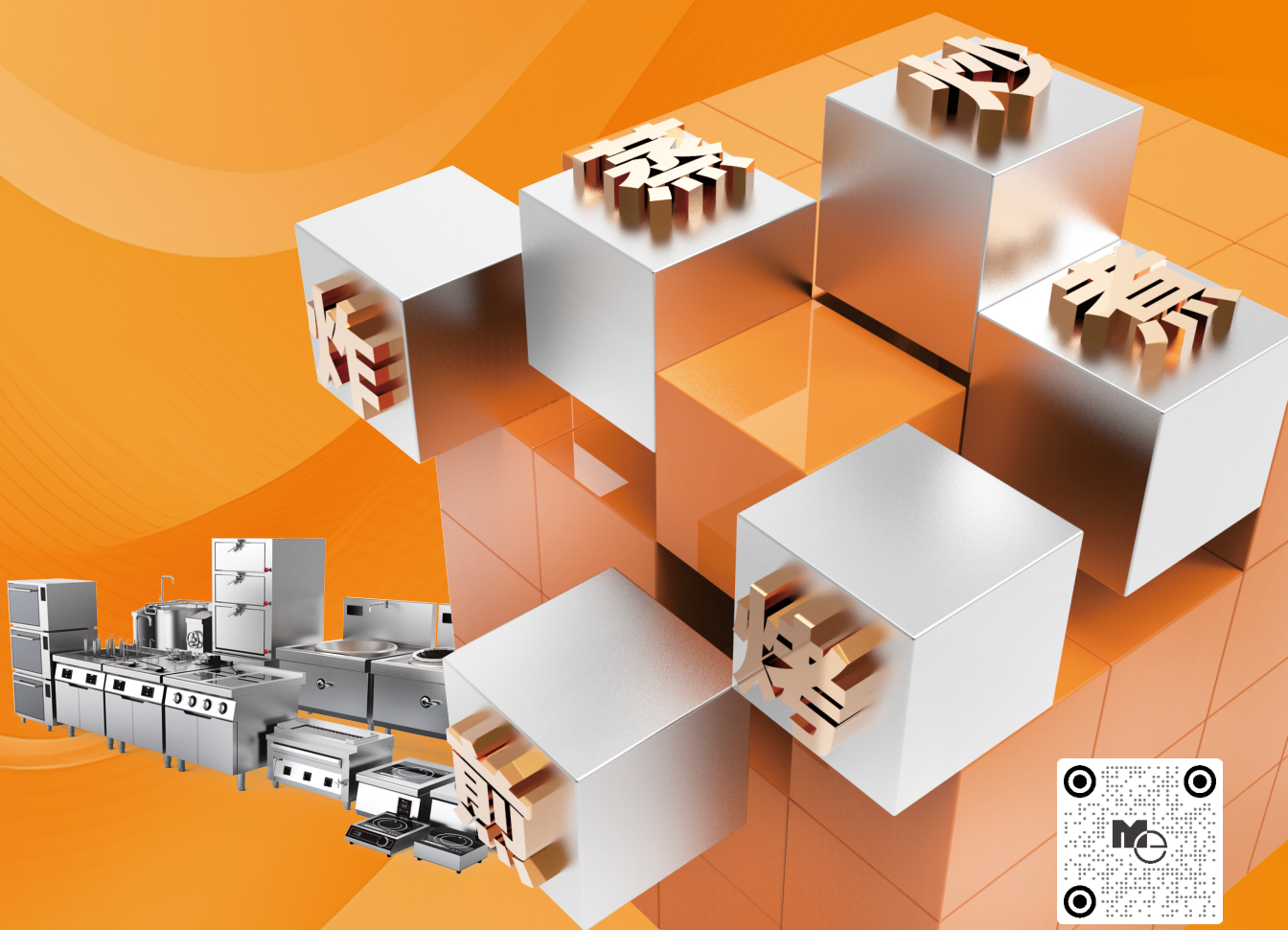




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# RULES & REGULATIONS 大赛规则及条例



## CULINARY ARTS DISPLAY COMPETITION RULES AND REGULATIONS

The competitors have 60 mins to assemble their displays on the exhibition table

### Class A-01

#### Chinese Cuisine Set Display (Team)

- 1) Design and display on site one set of specialty them Chinese cuisine, including cold dishes(4), hot dishes(6, including main course), soup(1), Chinese Dim Sum(1).
- 2) Each dish should be placed in individual plate with proper decoration,
- 3) Menu card and recipe sheet should be placed aside for judges.
- 4) The dishes must comply with the requirements of the daily menu.
- 5) The size of the display table is a round table with a diameter of 2 meters. Please bring your own booth decoration and utensils.

### Class A-02

#### Individual Chinese Cuisine Menu Display

- 1) Display 3 dishes (1 cold dish, 1 hot dish and 1 Chinese Dim Sum) in a cold form. 1 or more of the themes of "Inheritance, Integration and Innovation" should be reflected.
- 2) Each dish should be presented separately and decorated. Pay attention to the artistic and cultural connotation expression of the plate decoration.
- 3) Menu card and recipe sheet should be placed aside for judges.
- 4) SDisplay table size: 90\*90. Please bring your own booth decoration and utensils. (Requirements for individual tableware specifications: length, width and height must not exceed 60cm).

### Class A-03

#### Chinese Dimsun Display

- 1) To display a variety of 4 different Chinese style dimsun, prepared in advance and displayed cold.
- 2) Each course should be individually plated and complete with garnishes.
- 3) Brief description of the displays to be available for judges reference.
- 4) Suitable for a la carte service.
- 5) Table space allotted: 90cm x 90cm.



## Class A-04

### Individual Food Art Display

- 1) Contestants are required to present one of the following items: (food carving, dough figurine making, cold dish platter, sugar art)
- 2) Contestants are required to reflect the theme and content of their works.
- 3) The height of the work must not exceed 120 centimeters.
- 4) Contestants need to complete the assembly within 60 minutes.
- 5) The size of the display table is 90\*90. The decorations and utensils need to be prepared by the contestants.

#### 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

参赛者有 60 分钟的时间在展台上组装他们的展品

## Class A-01

### 中餐宴会菜单展示（团队）

- 1) 设计并现场呈现一桌体现特色主题的中式宴席，包含冷菜 (4 款)、热菜 (6 款，含主菜)、汤羹 (1 款)、中式面点 (1 款)
- 2) 每道菜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评判参考
- 4) 菜品必须符合日常菜单要求
- 5) 展示桌的尺寸为直径 2 米的圆桌，展台装饰及器皿自带。

## Class A-02

### 个人中餐菜单展示

- 1) 展示 3 款菜品 (1 道冷菜 1 道热菜 1 道中式面点)，以冷的形式展示。需体现“传承·融合·创新”主题之一或多个。
- 2) 每道菜都应该单独摆盘并配有装饰。注重盘饰艺术性与文化内涵表达。
- 3) 需展示供评委参考的菜谱说明。
- 4) 菜品必须符合日常菜单要求
- 5) 展示桌尺寸为 90cm\*90cm, 装饰品及器皿需由选手准备（单个餐具规格要求：长宽高不能超过 60cm）

## Class A-03

### 中式点心菜单展示

- 1) 展示 4 种不同的位上现代中式点心，要求作品预先制作，全部以冷的形式进行现场展评。
- 2) 每道菜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评判参考。
- 4) 菜品必须符合日常菜单要求。
- 5) 展示桌的尺寸为 90 厘米 × 90 厘米，展台装饰及器皿自带。



## Class A-04

### 个人食品艺术展示

- 1) 参赛者要求以（食品雕刻，面塑，冷菜拼盘，糖艺）其中 1 项作为展示。
- 2) 参赛者需要体现作品的主题和内容。
- 3) 作品高度不能超过 120 厘米。
- 4) 参赛者需要在 60 分钟内现在完成组装。
- 5) 展示桌尺寸为 90cm\*90cm, 装饰品及器皿需由选手准备。

### 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 分

#### 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 分

#### 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 分

#### 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 分



# RULES & REGULATIONS 大赛规则及条例



## INDIVIDUAL CHALLENGE Hot Dish Cooking

All components on the plate must be edible, and all preparation/cooking must be done on-site during the competition.

For individual hot dish cooking category, competitor should prepare and present 1 Chinese Main Course, for 2 people. This dish must be placed in 2 separate plates, with proper decorations.

After judging, contestants must clear all equipment brought to the venue. The organizer is not responsible for lost or damaged items.

### COMPETITION RULES AND REGULATIONS

The contestants have 60 minutes to live cook their dish on site.

## Class B-01

### Beef Chinese Main Course

Prepare a beef main course within 60 minutes, hot dish. (choose one of the below presenting options)

- a. Use beef as main ingredient, presenting unit: per people. (for 4 people, 160-180 grams per people)
- b. Use beef as main ingredient, prepare for 6 portions, (400-450 grams in total, 2 tasting plate)

Note: presenting wares should not over 40 cm.

## Class B-02

### Poultry Chinese Main Course

Prepare a poultry main course within 60 minutes, hot dish. (choose one of the below presenting options)

- a. Use poultry as main ingredient, presenting unit: per people. (for 4 people, 160-180 grams per people)
- b. Use poultry as main ingredient, prepare for 6 portions, (400-450 grams in total, 2 tasting plate, 100 grams per tasting plate)

Note: presenting wares should not over 40 cm.

## Class B-03

### Pork Chinese Main Course

Prepare a pork main course within 60 minutes, hot dish. (choose one of the below presenting options)

- a. Use pork as main ingredient, presenting unit: per people. (for 4 people, 160-180 grams per people)
- b. Use pork as main ingredient, prepare for 6 portions, (400-450 grams in total, 2 tasting plate, 100 grams per tasting plate)

Note: presenting wares should not over 40 cm.



## Class B-04

### Chinese Innovation Main Course

Prepare an innovation main course within 60 minutes, hot dish. (choose one of the below presenting options)

- 1 innovation main course, presenting unit: per people. (for 4 people, 160-180 grams per person)
- 1 innovation main course, prepare for 6 portions, (400-450 grams in total, 2 tasting plate, 100 grams per tasting plate)

Note: presenting wares should not over 40 cm.

## Class B-05

### Chinese Dimsum Menu

- 1) Participants must prepare 2 types of Chinese dim sum within 60 minutes.
- 2) Participants can bring their own decorations, and all ingredients must be edible.
- 3) Participants must prepare 2 servings of each type of Chinese dim sum, for a total of 4 servings (2 for tasting and 2 for display).

# RULES & REGULATIONS 大赛规则及条例



中国国际中餐烹饪大赛-成都站

## NOTES

### COMPETE INGREDIENT GUIDENLINE (FOR MISE EN PLACE)

1. Basic mother sauces – are permitted but must have further fabrication.
2. Salad, cleaned and washed
3. Vegetables and fruits cleaned, can be cut / trimmed (any shape) BUT must be raw
4. Fruit purees are permitted but must not be a finished item
5. No glaze or concentrated juices
6. Dried fruit / or vegetable powder permitted
7. Dehydrated fruit or sheets permitted
8. Vegetable ash and home-made spice mixture are permitted
9. The use of transglutaminase (Meat glue) is not permitted
10. Fish - gutted, scaled can be fileted / portioned if required BUT must be raw
11. Shellfish/ crustaceans - clean raw can be removed from their shell
12. Meat/Poultry/Game, Deboned can be portioned, trimmed but must be raw.
13. Proteins cannot be brought in minced. Mincing must be done in the kitchen.
14. Liver and sweetbreads can be brought in soaked in milk, but not seasoned or flavoured.
15. Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.
16. Pasta and other doughs, allowed can be flavoured and rolled into sheets but not portioned and not cooked
17. Pastry Sponge, biscuits, not cut or stenciled
18. Macaroons or macarons need to be baked on premise, the mixture may be brought in
19. Decor elements 100% made on site
20. No titanium dioxide - no metallic powder no artificial food colours are permitted
21. Do not use gold or silver leaf
22. Eggs - can be separated, and pasteurized
23. Dry ingredients can be pre-measured
24. Flavoured oils and butter are allowed

For competitors who violates the above rules will be penalized up to 10%- point deduction from their final score

# RULES & REGULATIONS 大赛规则及条例



## JUDGING CRITERIA

### PRACTICAL HOT COOKING

#### Material brought / Mise en place

Clear arrangement of materials. Correct amount of items brought in. Proper working technique. Correct utilization of working time

0-5 points

#### Hygiene & Food Waste

Clean hygienic work techniques. Workflow been adhere too and followed. Clear benches not cluttered. Correct storage of food items. Temperature control on food items - hot and cold. Control on excess and food waste. Limitation on plastic waste

0-10 points

#### Corrects Professional Preparation

Correct basic preparation of food, corresponding to today's modern culinary art.  
Preparation should be by practical, acceptable methods that exclude unnecessary ingredients.  
Appropriate cooking techniques must be applied for all ingredients, including starches and vegetable  
Proper working technique and attention paid to hygiene during preparation of food  
Review of all food waste including excess items.  
Review of team work or the time to make items or serve them.

0-15 points

#### Innovation

The introduction of a new technique or significantly improving and existing dish  
New style of dishing presentation that enhances to customer or judge's expectation.  
allow chefs or team to create a WOW factor.  
Scoring will start for zero (0) and go up to 5 marks  
Chairman of the jury will decided when dealing with ethnic or heritage food whether to allocate 5 points automatically.

0-5 points

#### Service

Correct number of plates must be presented. The meals, should be practical, transportable. Meals must be presented on time OR points will be deducted

0-5 points

#### Presentation

Ingredients and side dishes must be in harmony  
Points are granted for excellent combination, simplicity and originality in composition  
Clean arrangement, with no artificial garnishes and no time-consuming arrangements  
Exemplary plating to ensure an appetizing appearance is required

0-10 points

#### Taste & Texture

The typical taste of the food should be preserved  
It must have appropriate taste and seasoning  
In quality, flavour and colour, the dish should conform to today's standards 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中式主菜，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。

参赛者有 60 分钟的时间在现场烹饪他们的作品

## Class B-01

### 中式牛肉主菜烹饪

60 分钟制作以牛肉作为主要食材的主菜（主食材选手自带），参赛作品的热菜（以下两种呈现形式二选一）

一款以牛肉作为主料，作品呈现为位上（4 份，每份重量 160-180 克）

一款以牛肉作为主料，作品呈现为 6 人量（重量 400-450 克，配尝碟二份各 100 克）

注：餐具不大于 40 厘米

## Class B-02

### 中式禽类主菜烹饪

60 分钟制作以禽类作为主要食材的主菜（主食材选手自带），参赛作品的热菜（以下两种呈现形式二选一）

一款以禽类作为主料，作品呈现为位上（4 份，每份重量 160-180 克）

一款以禽类作为主料，作品呈现为 6 人量（重量 400-450 克，配尝碟二份各 100 克）

注：餐具不大于 40 厘米

## Class B-03

### 中式猪肉主菜烹饪

60 分钟制作以猪肉作为主要食材的主菜（主食材选手自带），参赛作品的热菜（以下两种呈现形式二选一）

一款以猪肉作为主料，作品呈现为位上（4 份，每份重量 160-180 克）

一款以猪肉作为主料，作品呈现为 6 人量（重量 400-450 克，配尝碟二份各 100 克）

注：餐具不大于 40 厘米



## 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中式主菜，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。

参赛者有 60 分钟的时间在现场烹饪他们的作品

## Class B-04

### 中国创新主菜烹饪

60 分钟制作创新主菜（主食材选手自带），参赛作品的热菜（以下两种呈现形式二选一）

一款创新主菜作品呈现为位上（4 份，每份重量 160-180 克）

一款创新主菜作品呈现为 6 人量（重量 400-450 克，配尝碟二份各 100 克）

注：餐具不大于 40 厘米

## Class B-05

### 中式点心制作

1) 选手必须在 60 分钟内完成 2 款中式点心制作。

2) 选手可自带装饰件，所有材料必须可食用。

3) 参赛者每款中式点心各准备 2 份，共 4 份（2 份供品尝，2 份供展示使用）。



# RULES & REGULATIONS 大赛规则及条例



## 比赛注意事项

1. 基础母酱汁—允许使用，但必须进行二次加工。
2. 沙拉允许清洁并洗净。
3. 蔬菜和水果允许清洁，可切割 / 修整（任何形状），但必须保持生鲜状态。
4. 水果泥允许使用，但不得为成品。
5. 禁止使用浓缩酱汁或浓缩果汁。
6. 允许使用干制水果 / 蔬菜粉。
7. 允许使用脱水水果或果片。
8. 蔬菜粉和自制香料混合物允许使用。
9. 禁止使用谷氨酰胺转氨酶（肉类粘合剂）。
10. 鱼类—可去内脏、去鳞，必要时可切片 / 分块，但必须保持生鲜状态。
11. 贝类 / 甲壳类—可去壳并保持生鲜状态。
12. 肉类 / 禽类 / 野味—可去骨、分块或修整，但必须保持生鲜状态。
13. 蛋白质类原料不得以绞碎状态带入，绞碎工序需在厨房内完成。
14. 肝脏和胰脏可浸泡于牛奶中带入，但不得调味或加香料。
15. 熏鱼、意大利火腿、西班牙辣香肠、培根等允许使用，但需在厨房内进一步加工。
16. 面食及其他面团—允许调味并擀成面皮，但不可预先分切或煮熟。
17. 糕点海绵体或饼干—不可预先切割或镂空成型。
18. 马卡龙需现场烘烤，但混合物可预先制备带入。
19. 装饰元素必须 100% 现场制作。
20. 禁止使用二氧化钛、金属粉末及人工合成食用色素。
21. 禁止使用金箔或银箔。
22. 鸡蛋—可分离并巴氏杀菌。
23. 干制原料可预先称量。
24. 允许使用调味油和调味黄油。

违反上述规则的参赛者将被扣分，最高可从最终得分中扣除 10%。

# RULES & REGULATIONS 大赛规则及条例



## 评审准则

### 热食烹饪

#### 自带原料及专业准备工作

物料摆放清晰有序，携带正确数量的物料，操作技术规范得当，工作时间合理利用

0-5 分

#### 卫生与食品浪费

操作过程符合卫生标准，遵守工作流程规范，工作台面整洁无杂乱，食材储存方式正确，食物温度控制得当（热 / 冷食），合理管控食材过量与浪费，减少塑料废弃物产生

0-10 分

#### 专业备餐规范

食材基础处理符合现代烹饪标准  
采用实用，可接受的烹饪准备方法，避免使用非必要的原料  
烹饪技术应用规范，对所有食材采用恰当的烹饪技法（包含淀粉及蔬菜）  
备餐过程中严格执行操作标准并保持卫生  
食材浪费管控，检查食材浪费情况（含过量备料）  
团队协作与时效评估（适用于团队赛）

0-15 分

#### 创新性

技术创新 - 运用全新烹饪技法，或对现有菜品进行显著改良  
呈现创意 - 采用新颖的摆盘风格，超越顾客或评委的预期  
惊喜元素 - 选手需打造令人惊叹的效果

0-5 分

#### 出餐规范

数量准确 - 必须呈现规定数量的餐盘  
菜品实用性 - 确保餐食具备操作性及便于传送特性  
时效性 - 严格准时出餐

0-5 分

#### 呈现与创新

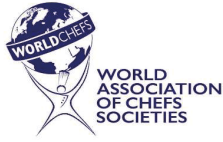
食材协调性 - 主食材与配菜和谐性  
创意组合 - 出色的搭配组合，简洁而富有原创性的结构  
摆盘规范 - 整洁的布局，避免人工装饰物，耗时过度的摆盘设计  
视觉吸引力 - 装盘确保激发食欲的外观

0-10 分

#### 口味与质感

本味呈现 - 保持食材典型风味特征  
调味把控 - 具备恰当的味型层次与调味平衡  
现代营养标准 - 品质 / 风味 / 色泽三维符合当代营养学标准及现代烹饪美学要求

0-50 分



CULINARY  
COMPETITION  
COMMITTEE

<Restricted>

## 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)*

<Restricted>

- 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 – 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**, 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.

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. Temperatures of your produce 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 overpowering
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



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## 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:
  - iv. At the start of the competition
  - v. After working on proteins
  - vi. If they become heavily soiled at any stage
  - vii. 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.

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

#### 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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