

THE 4th HOTELEX "SEARCH" CHINA INHERITANCE AND
INNOVATION CHINESE CUISINE CHALLENGE

第四届“寻”中国传承与创新 中餐厨艺挑战赛

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30 March - 2 April / 2025

NATIONAL EXHIBITION AND CONVENTION CENTER (SHANGHAI)

2025.3.30-4.2

国家会展中心(上海)
上海市青浦区崧泽大道333号

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The "Search" 2025 China Innovation and Tradition Culinary Challenge is jointly organized by Shanghai Sinoexpo Informa Markets International Exhibition Co.,Ltd. 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 30th Mar to 2nd April, 2025. 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；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 2025 年 3 月 30 日 -4 月 2 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) 每项参赛类别有三份菜谱卡。选手自行打印 3 份带到比赛现场，一份在选手报到时提交主办方，一份用于作品展示，一份提交裁判评分。
传统和创新菜品，在空白栏位分别填写。请注意：请不要在菜谱卡上打印或写上单位和饭店的名称。菜谱卡模版详见第 6 页。
- 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！

填写要求: 每个比赛项目填写完整后, 打印3份带到比赛现场, 一份在选手报到时提交主办方, 一份用于比赛现场作品展示, 一份比赛现场提交裁判评分。展评类比赛项目, 仅需要填写参赛编码, 作品名称, 技术要点, 创作作品的意向等即可。

选手参赛编号:

参赛作品名称:

技术要点 (烹饪做法和想法)

原料 (比如牛肉、水)	数量 (比如 1、100)	单位 (比如克、毫升)

Registration:

All Participants must register at the 2025 HOT Chinese Cuisine Chef Competition Reporting Hall, National Exhibition and Convention Center (Shanghai) from Marth 28-29, 2025 (10:00 am to 5:00 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：

参赛选手于 2025 年 3 月 28-29 日 10:00-16:00 至国家会展中心（上海）西厅 8 米层选手报到处登记

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：

每个操作台有两台平面电磁炉，2 个家用插座，1 个洗手池，1 套分类垃圾桶（每套 2 个）；现场共有 4 台万能蒸烤箱，1 台四门立式冷冻柜 2 台四门立式冷藏柜，1 台立式冷冻展示柜

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 Appetizer/ Starter

中式融合菜（中式传统与创新）——冷菜项（冷头盘 / 开胃菜）

REQUIREMENTS 相关规定

This category of competition is an individual competition. Each plate is a single serving, and each participant must prepare two types of cold dishes (cold starters/appetizers) using the same main ingredient -one traditional cold dish and one innovative cold dish (with an obviously comparison. The more tradition is reflected, the higher the score.). Each type must have two plates: one set for display and one set for judging, totaling 4 plates.

此项参赛项目为个人赛 位上每盘一人份，每位选手现场制作两款同一主食材的冷菜-(冷头盘 / 开胃菜)，一款为传统冷菜，一款为创意冷菜（需有鲜明的对比 越体现 传统 得分越高），每款各制作两份，一份展示，一份评分，共计 4 份。

COMPETITION RULES AND REGULATIONS

- 1) To complete the cooking and display process within 90mins for cold dishes. Each contestant makes traditional and innovation dishes with the same main ingredients.
- 2) Each style of dish must belong to the same cooking category.
- 3) The Innovative Chinese dish must reflect your creativity and can be prepared according to your chosen cooking method; however, it must retain classic ingredients from traditional Chinese Cuisine.
- 4) Traditional Chinese dishes: Must be traditional dishes from the various styles of Chinese Cooking.
- 5) Innovative dishes: Must be developed based on an existing traditional dish with creative modifications.
- 6) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 7) 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.
- 8) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 9) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.



- 1) 参赛冷菜项 (冷头盘 / 开胃菜), 每一项制作同一主食材料一款传统和一款创新菜, 在 90 分钟内完成并展示。
- 2) 每种展示风格的菜肴在其烹饪类别上必须相同
- 3) 反映您的 创新中式菜 可以根据您选择的烹饪方式来准备; 但创新中菜必需保有原来传统中菜的经典食材。
- 4) 中式传统菜肴: 必须是中式烹调各菜系之传统菜肴
- 5) 创新菜品: 必须在同一道传统菜基础上做创新传统菜。
- 6) 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。
- 7) 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。
- 8) 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。
- 9) 营养均衡, 调味适当, 主味突出, 富有层次感。

THE FOLLOWING INGREDIENTS ARE RECOMMENDED 建议可使用下列食材

- 1) Fish / Seafood / Shellfish
- 2) Beef, Pork, Lamb, Veal
- 3) Poultry- Chicken, Duck, Goose, Pigeon
- 4) Vegetarian / Vegetarian Lacto Ovo

- 1) 鱼、海鲜、贝类
- 2) 牛肉、猪肉、羊肉、小牛肉
- 3) 家禽 - 鸡、鸭、鹅、鸽子
- 4) 纯素食、蛋奶素



Practical Hot Cooking (Live)

中式菜肴 (现场制作)

1B

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) – Hot Main Dish (Ingredients of your choice)

中式融合菜 (中式传统与创新)——热菜项 (食材自选)

REQUIREMENTS 相关规定

This category of competition is an individual competition. Each plate is a single serving, and each participant must prepare hot main dish using the same main ingredient -one traditional hot main dish and one innovative hot main dish (with an obviously comparison. The more tradition is reflected, the higher the score.). Each type must have two plates: one set for display and one set for judging, totaling 4 plates.

此项参赛项目为个人赛 位上每盘一人份，每位选手现场制作两款同一主食材料的热菜，一款为传统热菜，一款为创意热菜（需有鲜明的对比越体现传统得分越高），每款各制作两份，一份展示，一份评分，共计4份。

COMPETITION RULES AND REGULATIONS

- 1) To complete the cooking and display process within 90mins for Hot Main Dishes. Each contestant makes traditional and innovation dishes with the same main ingredients.
- 2) Each style of dish must belong to the same cooking category.
- 3) The Innovative Chinese dish must reflect your creativity and can be prepared according to your chosen cooking method; however, it must retain classic ingredients from traditional Chinese Cuisine.
- 4) Traditional Chinese dishes: Must be traditional dishes from the various styles of Chinese Cooking.
- 5) Innovative dishes: Must be developed based on an existing traditional dish with creative modifications.
- 6) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 7) 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.
- 8) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 9) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.



- 1) 参赛 食材自选热菜项，每一项制作同一主食材料的一款传统和一款创新菜即可，在 90 分钟内完成并展示。
- 2) 每种展示风格的菜肴在其烹饪类别上必须相同
- 3) 反映您的 创新中式菜 可以根据您选择的烹饪方式来准备；但创新中菜必需保有原来传统中菜的经典食材。
- 4) 中式传统菜肴：必须是中式烹调各菜系之传统菜肴
- 5) 创新菜品：必须在同一道传统菜基础上做创新传统菜。
- 6) 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。
- 7) 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。
- 8) 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。
- 9) 营养均衡，调味适当，主味突出，富有层次感。

THE FOLLOWING INGREDIENTS ARE RECOMMENDED 建议使用下列食材

- 1) Fish / Seafood / Shellfish
- 2) Beef, Pork, Lamb, Veal
- 3) Poultry- Chicken, Duck, Goose, Pigeon

- 1) 鱼、海鲜、贝类
- 2) 牛肉、猪肉、羊肉、小牛肉
- 3) 家禽 - 鸡、鸭、鹅、鸽子



Practical Hot Cooking (Live)

中式菜肴 (现场制作)

IC

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) – Hot Main Dish (Ingredients - Abalone)

中式融合菜 (中式传统与创新)——热菜项 (鲍鱼)

REQUIREMENTS 相关规定

This category of competition is an individual competition. Each plate is a single serving, and each participant must prepare hot main dish using the same main ingredient -traditional hot main dish and one innovative hot main dish (with an obvious comparison. The more tradition is reflected, the higher the score.). Each type must have two plates: one set for display and one set for judging, totaling 4 plates. (The Abalone will be provided by the organizer, and the contestants can receive Abalone on site)

此项参赛项目为个人赛 位上每盘一人份，每位选手现场制作两款同一主食材料的热菜，一款为传统热菜，一款为创意热菜（需有鲜明的对比越体现传统得分越高），每款各制作两份，一份展示，一份评分，共计4份。（鲍鱼由主办方提供，参赛选手可现场领取）

COMPETITION RULES AND REGULATIONS

- 1) To complete the cooking and display process within 90mins for Hot Main Dishes. Each contestant makes traditional and innovation dishes with the same main ingredients.
- 2) Each style of dish must belong to the same cooking category.
- 3) The Innovative Chinese dish must reflect your creativity and can be prepared according to your chosen cooking method; however, it must retain classic ingredients from traditional Chinese Cuisine.
- 4) Traditional Chinese dishes: Must be traditional dishes from the various styles of Chinese Cooking.
- 5) Innovative dishes: Must be developed based on an existing traditional dish with creative modifications.
- 6) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 7) 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.
- 8) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 9) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.



- 1) 参赛食材鲍鱼热菜项，每一项制作同一主食材材料的一款传统和一款创新菜即可，在90分钟内完成并展示。
- 2) 每种展示风格的菜肴在其烹饪类别上必须相同
- 3) 反映您的创新中式菜可以根据您选择的烹饪方式来准备；但创新中菜必需保有原来传统中菜的经典食材。
- 4) 中式传统菜肴：必须是中式烹调各菜系之传统菜肴
- 5) 创新菜品：必须在同一道传统菜基础上做创新传统菜。
- 6) 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。
- 7) 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。
- 8) 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。
- 9) 营养均衡，调味适当，主味突出，富有层次感。

THE FOLLOWING INGREDIENTS ARE RECOMMENDED, BUT THE MAIN INGREDIENT MUST BE ABALONE

建议可搭配下列食材但主食材必须是鲍鱼

- 1) Fish / Seafood / Shellfish
- 2) Beef, Pork, Lamb, Veal
- 3) Poultry- Chicken, Duck, Goose, Pigeon

- 1) 鱼、海鲜、贝类
- 2) 牛肉、猪肉、羊肉、小牛肉
- 3) 家禽 - 鸡、鸭、鹅、鸽子



Practical Hot Cooking (Live)

中式菜肴（现场制作）

1D

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) – Hot Main Dish (Ingredients - Chicken)

中式融合菜（中式传统与创新）——热菜项（鸡肉）

REQUIREMENTS 相关规定

This category of competition is an individual competition. Each plate is a single serving, and each participant must prepare hot main dish using the same main ingredient -one traditional hot main dish and one innovative hot main dish (with an obviously comparison. The more tradition is reflected, the higher the score.). Each type must have two plates: one set for display and one set for judging, totaling 4 plates. (The Chicken will be provided by the organizer, and the contestants can receive 2 kg of Chicken on site)

此项参赛项目为个人赛 位上每盘一人份，每位选手现场制作两款同一主食材料的热菜，一款为传统热菜，一款为创意热菜（需有鲜明的对比体现 传统 得分越高），每款各制作两份，一份展示，一份评分，共计4份。（鸡肉由主办方提供，参赛选手可现场领取鸡肉提供二只 每只1公斤）

COMPETITION RULES AND REGULATIONS

- 1) To complete the cooking and display process within 90mins for Hot dishes. Each contestant makes traditional and innovation dishes with the same main ingredients.
- 2) Each style of dish must belong to the same cooking category.
- 3) The Innovative Chinese dish must reflect your creativity and can be prepared according to your chosen cooking method; however, it must retain classic ingredients from traditional Chinese Cuisine.
- 4) Traditional Chinese dishes: Must be traditional dishes from the various styles of Chinese Cooking.
- 5) Innovative dishes: Must be developed based on an existing traditional dish with creative modifications.
- 6) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 7) 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.
- 8) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 9) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.



- 1) 参赛食材鸡肉热菜项，每一项制作同一主食材料的一款传统和一款创新菜即可，在90分钟内完成并展示。
- 2) 每种展示风格的菜肴在其烹饪类别上必须相同
- 3) 反映您的创新中式菜可以根据您选择的烹饪方式来准备；但创新中菜必需保有原来传统中菜的经典食材。
- 4) 中式传统菜肴：必须是中式烹调各菜系之传统菜肴
- 5) 创新菜品：必须在同一道传统菜基础上做创新传统菜。
- 6) 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。
- 7) 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。
- 8) 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。
- 9) 营养均衡，调味适当，主味突出，富有层次感。

The following ingredients are recommended, But the main ingredient must be Chicken

建议可搭配下列食材但主食材必须是鸡肉

- 1) Fish / Seafood / Shellfish
- 2) Beef, Pork, Lamb, Veal
- 3) Poultry-, Duck, Goose, Pigeon

- 1) 鱼、海鲜、贝类
- 2) 牛肉、猪肉、羊肉、小牛肉
- 3) 家禽 - 鸭、鹅、鸽子



Practical Hot Cooking (Live)

中式菜肴 (现场制作)

1E

Chinese Fusion (Classic Chinese VS Modern Chinese Interpretation) – Hot Main Dish (Vegetarian / Vegetarian Lacto Ovo)

中式融合菜 (中式传统与创新)——热菜项 (健康饮食 - 素食潮起)

REQUIREMENTS 相关规定

This category of competition is an individual competition. Each plate is a single serving, and each participant must prepare hot main dish using the same main ingredient -one traditional hot main dish and one innovative hot main dish (with an obviously comparison. The more tradition is reflected, the higher the score.). Each type must have two plates: one set for display and one set for judging, totaling 4 plates.

此项参赛项目为个人赛 位上每盘一人份，每位选手现场制作两款同一主食材料的素食，一款为传统热菜，一款为创意热菜（需有鲜明的对比体现传统得分越高），每款各制作两份，一份展示，一份评分，共计4份。

COMPETITION RULES AND REGULATIONS

- 1) To complete the cooking and display process within 90mins for Hot Main Dishes. Each contestant makes traditional and innovation dishes with the same main ingredients.
- 2) Each style of dish must belong to the same cooking category.
- 3) The Innovative Chinese dish must reflect your creativity and can be prepared according to your chosen cooking method; however, it must retain classic ingredients from traditional Chinese Cuisine.
- 4) Traditional Chinese dishes: Must be traditional dishes from the various styles of Chinese Cooking.
- 5) Innovative dishes: Must be developed based on an existing traditional dish with creative modifications.
- 6) Participants can choose the dishes with regional culture and cooking skills according to their own skills.
- 7) 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.
- 8) The decoration or embellishments of innovative items need to be edible, coordinated with proportions, prominent themes, showcasing skill of art plating, proportion & symmetry.
- 9) Balanced nutrition, proper flavoring, prominent flavor, and rich sense of hierarchy.
- 10) Vegetarian / Vegetarian Lacto Ovo



- 1) 参赛 (健康饮食 - 素食潮起) 热菜项, 每一项制作同一主食材料的一款传统和一款创新菜即可, 在 90 分钟内完成并展示。
- 2) 每种展示风格的菜肴在其烹饪类别上必须相同
- 3) 反映您的创新中式菜可以根据您选择的烹饪方式来准备; 但创新中菜必需保有原来传统中菜的经典食材。
- 4) 中式传统菜肴: 必须是中式烹调各菜系之传统菜肴
- 5) 创新菜品: 必须在同一道传统菜基础上做创新传统菜。
- 6) 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。
- 7) 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。
- 8) 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。
- 9) 营养均衡, 调味适当, 主味突出, 富有层次感。
- 10) 纯素食、蛋奶素择一皆可



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. All completed dishes must be served four plates together. Presenting dishes separately will be considered a delay, resulting in a penalty of one point deducted for each minute of delay.

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 color 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

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".



评审评分标准

热食烹饪

厨房准备工作

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 分

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 分

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 分

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是否是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。出菜说明，凡制作完成之菜肴，需 4 盘一起上菜，不可单独上菜，如果单独上菜视同延误，每一分钟扣一分

0-5 分

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 分

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 分

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“厨房准备工作”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 Chinese Cuisine -Creative Set – Culinary Cold Display 精致中式创意料理 - 套餐展示

REQUIREMENTS 相关规定

COMPETITION RULES AND REGULATIONS

- 1) This category is open to individuals . Participants must present a plated single-serving set meal comprising the following components: Hot/Cold Appetizers (two combinations),Soup, Seafood, Meat Dish, Each dish must be a single serving (portion for one person) and must be sealed with gelatin for preservation.
 - 2) Menu Details: Each participant must provide complete dish names and a detailed menu description for their presentation.
 - 3) Artistic Appeal: The works must exhibit modern artistic qualities, appealing to both the appetite and the visual senses, with a strong visual impact.
 - 4) Ingredient Balance: The proportions of main ingredients and accompaniments should be harmoniously balanced. Emphasis is placed on the plating composition within the dishware, as well as the harmonious coordination of colors.
 - 5) Display Table Dimensions: The display table will be 90cm x 90cm.(Subject to event organization's final decision)
-
- 1) 此项参赛类目为个人或单位，需展示 位上 1 人份套餐，组合分别为 温 / 冷头盘（双拼），汤品，海鲜，肉类每道菜为一人份（一人的量），必须上胶保鲜；
 - 2) 每位参赛者需提供完整的作品菜名及菜单内容；
 - 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。（主办单位保留空间使用修改权）



CULINARY ART DISPLAY

厨艺艺术创作

2B

Elegant Chinese Cuisine -Four (4) Different Main Course Dishes – Culinary Cold Display

精致中式创意料理 - 四盘主菜展示

REQUIREMENTS 相关规定

COMPETITION RULES AND REGULATIONS

- 1) Competition Category: This category is open to individuals. Participants must present four different main courses, each portioned as a single serving (for one person). Each main course must include an appropriate pairing of starch and vegetables and must be sealed with gelatin for preservation.
- 2) Recommended Ingredients: Participants are encouraged to consider using the following ingredients:
Fish, Seafood, Shellfish / Beef, Pork, Lamb, Veal / Poultry: Chicken, Duck, Goose, Pigeon/Plant-Based Options: Vegan or Lacto-Ovo Vegetarian
- 3) Menu Details: Each participant must provide the complete names of their dishes and a detailed menu description.
- 4) Artistic Appeal: The works must exhibit modern artistic qualities, appealing to both the appetite and the visual senses, with a strong visual impact.
- 5) Ingredient Balance: The proportions of main ingredients and accompaniments should be harmoniously balanced. Emphasis is placed on the plating composition within the dishware, as well as the harmonious coordination of colors.
- 6) Display Table Dimensions: The display table will be 90cm x 90cm.(Subject to event organization's final decision)

- 1) 此项参赛类目为个人或单位，需展示 位上 1 人份套餐，组合分别为 温 / 冷头盘（双拼），汤品，海鲜，肉类每道菜为一人份（一人的量），必须上胶保鲜；
- 2) 每位参赛者需提供完整的作品菜名及菜单内容；
- 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。（主办单位保留空间使用修改权）



JUDGING CRITERIA

Composition

The overall structure and balance of the dish are evaluated, including the combination of main ingredients, accompaniments, and garnishes.

Proportions of the components should reflect culinary harmony, ensuring that flavors, textures, and aromas complement each other seamlessly.

0-30 points

Correct Professional Preparation

Adherence to proper cooking techniques, showcasing professional-level skills in handling ingredients and maintaining consistency.

Evaluation of hygiene standards, efficient workflow, and precise execution during preparation.

The proper application of seasoning and cooking methods to highlight the natural flavors of the ingredients.

0-30 points

Presentation and Innovation

Visual appeal of the dish, including plating artistry, use of color, and overall aesthetic impact.

Creativity in ingredient selection, preparation methods, and visual design, reflecting modern culinary trends and unique artistic expression.

Originality and thoughtful integration of contemporary culinary ideas or cultural influences.

0-30 points

Serving Arrangement

Practicality and functionality of the dish in a real serving environment.

Consideration of portion sizes, temperature retention, and ease of consumption.

How well the dish aligns with the competition theme and whether it demonstrates readiness for service in a professional setting.

0-10 points

Judges will score each criterion based on specific benchmarks, ensuring fairness and recognition of both technical mastery and creativity.



评分标准

菜品的整体结构

评价菜品整体的结构与平衡，包括主食材、配料和装饰的搭配。
各部分比例应体现烹饪的和谐，确保风味、口感和香气彼此完美融合。

0-30 分

规范的制作流程

遵循正确的烹饪技术，展现专业级别的食材处理能力及制作一致性。
评价制作过程中的卫生标准、工作流程的效率以及操作的精准度。
调味及烹饪方法的合理运用，突出食材的天然风味。

0-30 分

菜品呈现和创意

菜品的视觉效果，包括摆盘艺术性、色彩运用及整体美感。
创新性体现在食材选择、制作方法及视觉设计中，展现现代烹饪趋势和独特的艺术表现力。
独创性及文化元素的巧妙融合，体现新颖的烹饪理念。

0-30 分

菜品上菜实用性

菜品在实际上菜环境中的实用性和功能性。
考虑菜品的份量、温度保持及便于食用程度。
菜品是否契合比赛主题，并展示其在专业餐饮场景中的服务准备程度。

0-10 分

评审将根据具体的评分基准对每项标准进行评分，确保公平性，并同时认可选手的技术掌握与创意表现。



CULINARY ART DISPLAY

厨艺艺术创作

2C

Culinary Artistic Sculpture -Display

艺术雕塑 - 展示

CATEGORIES AVAILABLE

- a) Chinese Dough/ Pastry Dough / Bread Dough
- b) Fondant
- c) Chocolate
- d) Seeds, Nuts or Spices
- e) Fruit and Vegetables Carving

Each Contestant must choose the competition options (a\b\c\d\e) in registration form and can't be changed once submitted.

可用类别

- a) 面团（捏面人）/ 西式面团 / 面包面团
- b) 糖（翻糖，拉糖 杏仁膏）
- c) 巧克力
- d) 谷物，种子，辛香料
- e) 蔬果雕刻

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），不允许更改。

REQUIREMENTS 相关规定

COMPETITION RULES AND REGULATIONS

- 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) Table space allotted: 90cm X 90cm. (Subject to event organization's final decision)



- 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) 展示桌尺寸为 90cmX90cm(主办单位保留空间使用修改权)

JUDGING CRITERIA

Degree of Difficulty

The complexity of the techniques employed in creating the sculpture.
Challenges in shaping, assembling, or manipulating materials to achieve the desired effect.
Evaluation of advanced skills required to execute the design successfully.

0-20 points

Artistic Achievement

The overall visual impact of the sculpture, including elegance, proportion, and balance.
The ability of the piece to evoke emotion, tell a story, or convey a theme effectively.
Harmony in the design elements, including use of space and attention to aesthetic details.

0-30 points

Work Involved

The effort and time invested in crafting the piece, reflecting professional dedication.
Precision and expertise in executing complex techniques and processes.
Demonstration of mastery in utilizing the chosen materials to their fullest potential.

0-20 points

Fine Detailed Carving/Work

Intricacy and refinement in the carving or sculptural details.
The clarity and precision of small-scale features, showcasing meticulous craftsmanship.
Attention to finishing touches that enhance the overall quality of the piece.

0-20 points

Creativity and Originality

Novelty and uniqueness of the design concept, distinguishing it from conventional works.
Innovative use of materials, techniques, or thematic elements.

0-10 points

Each sculpture will be assessed based on these criteria to ensure recognition of both technical proficiency and artistic expression.



评分标准

难度系数

裁判将根据作品的艺术性、完美感及难度系数进行评判。

雕塑制作过程中所使用技术的复杂程度。在塑形、组装或操作材料以实现设计效果方面的挑战性。

评价成功执行设计所需的高阶技能水平。

0-20 分

艺术效果

平衡性、美观性、恰当的对比例。整体的视觉冲击力，包括优雅性、比例及平衡性。

作品能否有效传达情感、讲述故事或展现主题。设计元素的和谐统一，包括空间运用及对美学细节的关注。

0-30 分

专业技能

在作品制作和 / 或预备过程中的运用到的专业技能。

作品制作过程中所投入的努力与时间，反映出专业水平的专注力。

精确执行复杂技术和工艺的能力。充分利用所选材料的技能表现。

0-20 分

精细度

裁判将根据作品的精细度、品质、技能熟练度进行评判。

细节的复杂性与精致程度。小规模特征的清晰度与精准度，展现出细致的工艺水平。

对提升作品整体质量的细节处理与收尾工作的关注。

0-20 分

创意及原创性

必须为具有创意的原创作品。

设计理念的新颖性与独特性，使作品区别于传统设计。在材料、技术或主题元素上的创新性运用。

能否展现新颖视角或富有想象力的诠释，吸引观众的目光。

0-10 分

每件作品将依据这些标准进行评审，以确保技术能力与艺术表达都能得到公平公正的认可



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;(Vegetable can be cut)
- 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（蔬菜可以切）
- 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) 海绵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 May 1, 2023 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、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 2023 年 5 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



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 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 <math><5^{\circ}\text{C}</math> (41°F).
15. Hand paper towels to be used for work surface bench and hands wiping.
16. Cloth towels should only be used to handle hot items.
17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetable, red for meat, blue for fish, brown for cooked meats, and violet for vegan.
18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.
19. Use of wooden cutting boards is not authorized.
20. Cardboard or any porous containers and boxes are not allowed to enter 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, saucetomato 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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Worldchefs（世界厨师联合会）食品安全规定

与 WORLDCHIEFS 竞赛指南 相结合阅读

备注：试吃评审不共用盘子，1 盘作为样品，另 1 盘由新手评审或专职服务人员分餐。

WORLDCHIEFS 食品安全的五大关键

五大安全食品的核心讯息是：（1）保持清洁；（2）生熟食分开；（3）正确烹调；（4）食物保持在安全温度；以及（5）选择安全的原料制作食品。

（1）保持清洁（250 毫升水中需要超过 25 亿个细菌才会变得混浊，但在某些情况下，只需要 15-20 个病原细菌就可以使人生病）

- a. 清洗和消毒厨房准备区域的所有表面和烹饪设备。
- b. 水果和蔬菜需要清洗并放入适当的容器中。
- c. 厨房区域需要保持整洁，因为它是我们专业的展示橱窗。
- d. 所有设备、工具、器皿或服务用具，包括刀具和刀具容器（包装等），必须保持清洁。
- e. 竞赛场地中的地板、墙壁、橱柜和冷藏设备，以及推车或运输设备必须保持清洁。

（2）生熟食分开（将生食和加工食品分开可防止微生物的转移。交叉污染是指微生物从生食转移到熟食及其周围使用设备的过程）

- a. 所有食材应分别打包并清楚标示：包括名称和包装日期，如有需要，还要注明使用日期。
- b. 生禽、鱼类、海鲜和肉类蛋白质应存放在各自封闭的容器中。这些物品必须在摄氏 5 度（华氏 41 度）以下运输和储存。
- c. 各种包装好且有标记的干货可以存放在同一个托盘上。
- d. 熟食必须存放在生食上方，以避免滴漏和交叉污染。两种物品之间不应有接触。

（3）正确烹调（适当的烹饪或食物处理可以杀死几乎所有的危险微生物，确保评审和出席的客人食用的食物是安全的。）

- a. 在蛋白质的准备和烹饪过程中应使用标准的 HACCP 表格。理想情况下，这个表格应包含以下内容：
 - i. 被烹饪的项目名称
 - ii. 烹饪前项目的温度
 - iii. 项目受热的时间长度
 - iv. 烹饪时的实际温度
 - v. 烹饪过程完成的时间
- b. 杀菁食物应立即在干净冰水中快速冷却以停止烹饪过程，沥干并存放在明确标记且覆盖容器中。
- c. 如果你的国家美食需要将部分烹煮的食物杀菁/干燥，然后再次烹煮，请清楚地向评审团强调这一点-例如北京烤鸭。这些食物应放在干净的区域中以避免细菌滋生。

(4) 食物保持在安全温度 如果食物储存不正确，微生物会迅速繁殖。将食物保持在 5°C (40°F) 以下或 60°C (140°F) 以上的温度下，可以减慢或停止微生物的生长，但一些危险的微生物仍然可以在 5°C (40°F) 以下生长。

- a. 如在正确烹调性中提到的，所有食物制备过程中应使用 HACCP 表格。
- b. 生肉只有在冰上或冰垫上储存，并用冰垫或其他冷却系统覆盖时才可以放在工作台上。这种蛋白质的温度必须保持在 10°C (50°F) 以下。
- c. 煮熟的食物需要保持在 60°C (140°F) 以上，以避免微生物生长，并确保对评审和客人提供热食。
- d. 为了避免这种情况，煮熟的食物可以立即上菜。
- e. 每个冰箱和/或冷冻库门上都应张贴 HACCP 表格。须每小时记录温度，如果门打开时间过长，必须采取纠正措施。
- f. 热食必须在冷藏前冷却至 <5°C (4°F)。
- g. 所有要放在冰箱或冷冻库中的食物都必须盖好并标明标签。

(5) 选择安全的原料制作食品 (原材料，包括冰，都可能被危险的微生物和化学物质污染。有毒化学物质可能在发霉的食物，如水果和蔬菜中形成)。

- a. 应在市场、抵达准备场所以及烹饪比赛厨房中记录您的产品的温度，以遵守 HACCP 标准。
- b. 应检查水果和蔬菜是否有虫蛀和霉菌。
- c. 鱼类、海鲜和肉类蛋白质的温度应保持在 <5°C，并且不能有瘀伤或损坏。
- d. 检查鱼类是否表现出新鲜的特征，并确保它们没有虫蛀或寄生虫，对新鲜度进行检查。
- e. 所有干燥成分、新鲜食材、冷冻食品、腌制食品或烟熏食品的使用日期或到期日期应进行检查。

着装标准

理想情况下，团队的所有成员应该穿着近乎相同的服装。

1. 厨衣 - 厨师或厨师团队应该穿着一件干净、熨烫整齐的白色厨衣进入比赛场地。
2. 厨师帽 - 应戴着标准的厨师帽，或者比赛赞助的帽子。个人活动可以戴自己的头巾。
3. 白色围裙是比赛中的标准围裙，浅色或带有屠夫条纹的围裙也被接受。
4. 必须穿着安全类型的防滑鞋，在厨房中不允许穿运动鞋。
5. 领带 - 非强制的。
6. 除了婚戒、耳钉（直径不超过 7 毫米）或小耳环（小圈）外，不得佩戴任何显眼的珠宝首饰。
7. 在比赛厨房中不得佩戴手表。



个人卫生

1. 男性厨师应保持脸部干净无胡子。
2. 留胡子的厨师必须戴上胡子网。
3. 厨师应保持清洁、洗净并展示良好的个人卫生习惯。
4. 碰触衬衫领口或垂至衬衫领口的发丝应束起并用发网覆盖，
5. 厨师不得使用过于浓烈的剃须水或香水。
6. 厨师上衣的袖子长度必须至少达到肘部。
7. 正确且干净的鞋子。

比赛期间的饮食

1. 可在比赛厨房内饮用工业装瓶和包装的饮料。
2. 可在比赛厨房内食用工业生产和包装的能量棒或能量果胶。
3. 准备和烹饪的食物（如三明治或沙拉）只能在休息时间和厨房外进食。

一般规则遵守

1. 品尝食物必须使用一次性用具或每次品尝后须清洗的餐具。
2. 用一汤匙从容器中取出产品样品。
3. 将产品样品转移到第二个汤匙上，远离原始食物容器或准备区域。
4. 通过品尝味道来确认产品样品。
5. 严禁使用已使用过的汤匙。每次品尝时都要使用干净和卫生的汤匙，始终使用两个勺子以确保遵循卫生规范，并避免产品受到污染。
6. 严禁使用同一汤匙重复蘸取酱料或食物。
7. 运输和储存的食物必须用透明塑胶袋或盖子覆盖。
8. 不得用裸手接触即食食物（RTE）。
9. 用于处理熟食的设备包括：夹子、筷子或镊子。
10. 工作区域应清除不必要的物品。
11. 一般的溢出物应立即清理。
12. 刀子必须一直保持清洁。
13. 食物配料应标明并贴上标签。
14. 备料中修剪下来且可能会在使用的食物配料，应单独保存并存放在 $<5^{\circ}\text{C}$ (41°F)。
15. 餐纸巾可用于擦拭工作台面和手部。
16. 口布巾只能用于处理热物品。
17. PEHD（高密度聚乙烯）制的砧板为首选，并进行颜色区分：绿色用于蔬菜，红色用于肉类，蓝色用于鱼类，棕色用于熟肉，紫色用于素食。
18. 白色，作为中性颜色，可用于所有任务。砧板应始终保持清洁。
19. 禁止使用木质砧板。
20. 不允许使用纸板或任何多孔的容器和盒子进入厨房。



21. 禁止将任何物品存放在地板上。

1) 口罩/面罩：

当 当地卫生当局或主办单位要求时

- a. 在参赛场地时，必须全程佩戴个人防护装备。
- b. 需要在以下情况下更换：
 - i. 准备服务之前
 - ii. 如果它们在任何方面受损
 - iii. 在休息后返回厨房时

2) 洗手：

这是一个需要持续 30 秒的过程，必须在以下情况下进行：

- a. 到达厨房时
- b. 实际比赛开始时
- c. 手变脏时
- d. 每小时一次
- e. 接触生肉类之后
- f. 完成每个任务之后
- g. 准备好前置作业后
- h. 服务之前
 - i. 上厕所之后
 - j. 处理垃圾之后
- k. 每次返回厨房时都要洗手

3) 消毒：

在使用建议的化学消毒剂后，必须在上停留至少 10 秒，然后用纸巾或刮板擦拭干净。

- a. 所有工作表面必须在到达厨房时进行消毒。
- b. 在比赛开始时，所有台面都必须进行消毒。
- c. 所有台面在变脏时必须进行消毒。
- d. 每个任务完成后，所有台面必须进行消毒。
- e. 在开始服务之前，所有台面必须进行消毒。
- f. 比赛结束时，所有台面必须进行消毒。

4) 围裙：

- a. 为了提升和推广我们的专业形象，并避免交叉污染，厨师在穿着肮脏的围裙时不应从事工作。
- b. 清洁蛋白质时可以使用挂脖围裙。
- c. 围裙应在以下情况下更换：

- i. 比赛开始时
- ii. 在处理蛋白质后
- iii. 如果它们在任何阶段变得非常肮脏
- iv. 服务之前。

5) 手套

- a. 戴上手套并非自动豁免于正确的食品处理技巧。
- b. 在处理热的或冷的「即食」食物（RTE），且这些食物将被评审/公众食用时，必须戴上手套。
- c. 如果与脏污物品或易染色的物品（例如：甜菜根），可以戴手套。
- d. 应该用胶布保护手部受伤的部位，并用手套遮盖。
- e. 为了避免交叉污染，更换手套至关重要。在进行前置准备或食物处理时无需戴手套，除非食物不需经过热处理。
- f. 需要更换手套的情况：
 - i. 在接触蛋白质后开始使用其他设备之前
 - ii. 在开始提供服务之前
 - iii. 在服务期间定期更换
 - iv. 在清洁脏污的蔬菜或腌料之前和之后更换手套。

6) 垃圾：

- a. 可以在工作台上放置小垃圾桶。
- b. 小型桌上垃圾桶和主要厨房垃圾桶都不得溢出。
- c. 垃圾需要被放入袋中，并于每小时清空。
- d. 垃圾桶在服务开始时应该是空的。
- e. 在服务结束时应该清洗垃圾桶。
- f. 水槽应该用于清洗，而不是用于放置脏盘子和垃圾。
- g. 垃圾必须分类-例如：纸张、塑胶、有机物，不可重复使用的塑胶盒和容器，并放入指定容器中处理。

7) 团队间距：

理想情况下，团队应利用厨房所有工作区域，避免过于密切接触，尽管有时可能无法完全避免。

8) 玻璃用品政策

- a. 管制 - 不允许任何形式的玻璃制品进入竞赛厨房。这可能包括葡萄酒、醋、酱油、番茄酱、油和饮用容器和任何其他产品。
- b. 须将物品放入适当的不易破碎包装中，然后才能进入竞赛厨房。
- c. 如果赞助的物品是玻璃制品，它们将留在中央配料桌上，远离竞赛厨房。参赛者将以不易破碎的容器从该区域取出产品。此规定也适用于使用商业产品的社区餐饮。



9) 食品效益（剩余物处理）：

- a. 在某些情况下，难以避免会有一些剩余食物，但必须加以控制，重要的是如何管理这些剩余物。
- b. 如果食物所有份量未售出，必须进行计算，包括订单、销售和剩余食物量。
- c. 考虑到一些厨房因素、溢出、替换或放错位置，可以接受 5%的剩余物。
- d. 在规划菜单时要注意避免浪费，例如选择较小的蔬菜或水果。
- e. 可使用的修整部分或准备过程中的剩余物，必须妥善包装并标明日期和产品名称。
- f. 这些剩余食物在被带走之前，将由厨房评审团进行审查。
- g. 对于被丢弃或试图冲洗到水槽中的物品，将进行扣分。

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