



**CULINARY
COMPETITION
COMMITTEE**

March 2023

Dear Competitors,

We are often asked what is 'Best Practices' these are the rules that help us govern our competitions and what members of the jury will be looking for as we move forward, these read in conjunction with the competition rules and regulations, will ensure you are on the right track.

Competition & Culinary Committee

Team & Competitors ' Best Practices'

The whole idea behind this document is to ensure all teams and competitors are on a level playing field and as to what the jury may be looking into during the competition.

Naturally this document does not cover all aspect of the jury and marking scheme, but looks into the 'Best Practices' for competitors which needs to be read with the Worldchefs Health and Food Safety Regulations.

1. **Plastic** is something that the world and gastronomy is eliminating.
 - a) Plastic Bags – avoid all unless necessary and required to pack your food items into OR is there an alternate solution.
 - b) Vacuum Bags – are for sous vide or for storage to enhance the shelf life, they are not for transporting items to a competition, to hold liquid etc, and should be avoided as much as possible, think of the waste and the cost.
 - c) Plastic Containers – are permitted to transport and store items in, and must be reusable and are not to be thrown away after one use, they need to be cleaned and packed away.
2. **HACCP sheets;** are required in most part of the world in a commercial or professional kitchen. This is Best Practice for the recording of the temperature controls in place for raw, semi-raw, ready cooked and food storage.
 - a. Standard HACCP sheets are available on the WORLDCHEFS web page which are acceptable in any competition.
 - b. Temperature/storage sheets, should show the temperature flow chart of food items from purchase – to prep kitchen- to competition arena.



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- c. Fridge/freezer checklist, should be done at a minimum of every hour of the competition, with a corrective action when the temperatures are too high.
 - d. Storage of warm food, must be done to ensure all international and local regulations are met to avoid any public concerns on food safety.
 - e. Sous Vide records are imperative due to the nature and at time low cooking temperature, the temperatures and times need to be recorded.
 - f. Jury members are at liberty to check and investigate these documents under any circumstance.
- 3. **Competition Timing/ on Time** – is an important part of our profession whether in a restaurant or competition, food served at the correct temperature and on time allows a pleasant eating experience for the guests.
 - a. In all competitions there are Service Points awarded on timing, however, if you far exceed this bracket, points will be deducted from competent preparation.
 - b. If your food items have too many hand movements and or components, will affect the temperature of the food for service, which will lead to points deduction.
 - c. At the IKA & World Cup, your timing commences once the ticket is handed in at the pass, until that course leaves the pass.
- 4. **Food weight and Nutrition**
 - a. There are expected weights to be observed in the hot kitchen and on the chefs table, in a practical world, we should adhere to these weights, 20-30g either side is acceptable.
 - b. It is a cooking competition, therefore skills are paramount, cooking skills, flavour profiles allowing the food to speak for itself and hand skills are a must, repetition with molds will be penalized under professional preparation
 - c. All food need to be nutritionally balance along with the presentation on how it fits into the menu
- 5. **Plate temperature** – Good Practices is to have cold food and desserts served on room temperature plate to avoid condensation; warm food should be served on warm plates.
 - a. If serving a salad with a warm appetizer, think about how to support/protect the salad from wilting on a warm plate.
 - b. All salads or herb salad garnishes need some type of dressing or seasoning.



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6. **Food Waste** – In today's modern world, food waste is a major issue around the globe, as a professional, you must control all your food waste.
 - a. Excessive mise en place brought into the kitchen will be penalized, the parameters will be 5% of the total required to allow for spoilage and items that may have been dropped etc.
 - b. Over preparation of the amount required will also be monitored, meals sold Vs Meal remaining will be totaled again with a 5% buffer permitted. Excessive preparation will cause points deduction.
 - c. Ideally, you should have 3 bins.
 - i. One for food waste that may be composted, etc.
 - ii. One for Recyclable bin for cardboard and paper
 - iii. One for non-recyclable for plastic, rubber etc
 - d. Items are not to be removed from the main competition kitchen until checked by a member of jury, clear bags may be provided .
 - e. Best Practices is the correct disposal of Organic and non-organic waste either at your mise en place kitchen or the competition kitchen after the event.
7. Please, also read the Worldchefs Hygiene and Food Safety Regulations found on the webpage.