

**Dear Myanmar Professional Chefs Team, & Culinary Friends**

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## **1. Myanmar Culinary Champion League 2020**

**Promote Myanmar as the only Global 135 Ethnic Cuisine Culinary Society  
Yangon – August/September 2020**

**Train,- Educate,- Coach,- Promote,- Myanmar Young Chefs.** Enhance Professional Team Work, Best Taste, Texture, Modern Presentation, Guiding & Caring Leadership with Food Safety, Hygiene, balanced Nutrition Top Priority. **Follow at all time the Myanmar COVID19 Health Rules & Guidelines.**

**Put Myanmar Sourced & Healthy Food Products First where ever possible,**

### **Competition Detail**

**Competition Theme – Ethnic Cuisine (no Burmese) or Western Cuisine / Western Modern Plating**  
Team of 2 persons ( 1 cooking Young Chef under 26 years & 1 guiding Culinary Coach any age )

**Start Wednesday 19.8.2020**

2 hours – 14:30 pm to 16:30 pm ( latest arrive 14:00 pm )

**Every Wednesday & Thursday, 2 teams each**

over 4 weeks to find the Myanmar Culinary Champion 2020

### **3 course menu, ZERO Food Waste**

1.) Salad OR Appetizer – 2.) Soup – 3) Myanmar Seafood Main Course

1. Course free Choice also Vegan or Vegetarian
2. Course cooked from 1. & 3. Course Trimmings +, ZERO Food Waste
3. Course Free Choice also Vegan or Vegetarian

**Start sharp:** Cooking 14:30 pm, 1. Course out at 16:00 pm, 3. Course out at 16:30 pm

**1 point deducted for every minute late and 5 minutes delay disqualify**

### **6 portion each course**

1 for Medal Judging & Picture, 1 for Take Away - ZERO Plastic, 4 for Daily Winner Judges  
Bio Degradable Food Boxes are provided we look for food presentation.

**All ingredients, Main Utensils and China Ware provide ( see list provided )**

Herbs & Spices for Ethnic Cuisine can be brought in by Team

**ZERO Protein, Starch, Vegetable, Dairy to Bring in – Sponsored Items ONLY.**

Bring your own small special kitchen equipment – ZERO Sous Vide  
COVID19 social Distancing, Face Mask, Gloves, Shield, Sanitizer, Apron, Hat provided

**Online Face Book & You Tube Globally presented by MCA & World Chefs**

**Judging Criteria**

- **All that day Culinary & Pastry Chefs must arrive at venue at 14:00 pm,- cooking starts 14:30 pm sharp.**
- **The YOUNG Chef cooks 6 portion 3 course menu** of 1. Salad or Appetizer, 2. Soup ( from 1.&3. course trimmings is a must do & can use in addition other ingredients ), 3. Course. The Chef team own design & recipes to send up front to us. Cooking within 2 hours – 1 course serving after 1,5 hours at 16:00 pm final course served at 16:30 pm.  
**The YOUNG Chef must do all plating alone and in Time.**
- **The Culinary Coach is only allowed to cut, clean, pack, present to chef any food item,- NO COOKING. the Coach can talk and advise in moderate & ethical way** to his YOUNG Chef during the cooking, plating **the Couch can taste at any time the food** ( ZERO double dip ) and guide the YOUNG Chef to best Taste.
- **After 1 hours at 15:30 pm will be a 5 minutes brake where each team`s the Culinary Coach can advise** his YOUNG Chef in Relaxed, Ethical,- so determined atmosphere to upgrade the cooking & hygiene performance. Also to advise on the plating best guiding.
- **After 1,5 hours – 16:00 pm the 1. course must be ready plated,** than other courses follow as guest need.
- **At 16:30 pm all must be plated,- than as team all Kitchen area and all Utensils hygiene washed** and placed at original place for next the next round. Waste must be Environmental Sustainable separated. ( MCA will arrange a closed system drum to ensure “ BOKASHI – ZERO Food Waste “ for all food and paper, tissue left over ).
- **Judging will be done by WACS Standards for Medals & Points,- at the spot** on World Chefs Culinary Judging 100 point system, Zero Food Waste, Food Safety & Hygiene, Energy Saving & COVID19 Rules applied during cooking and serving. Judged on two of: 1 Plating & 1 Take Away per course.
- A separate Sponsors Guest Judging ( 4 portions ) will be Judge by individuals choice to find the **Daily Cup Winner of 1.MCCL and 1. Aung Myo Lwin Pastry Cup 2020.**
- **Every Chef will get a Professional Knife as Sponsors present & a Certification of Participation**
- **After 4 weeks rounds the highest 2 Culinary Teams & highest 2 Pastry Chefs will be invited for the “ Final of The 1. Myanmar Culinary Champions League CUP 2020 ”** for a Culinary Final Match to determined the Myanmar Culinary & the Pastry Champion & Runner Up Trophies & a cooking utensil Present.
- **The Final of 1.MMCL Culinary & Pastry rules will be upgraded to 4 course with Coach be allowed to cook & display.** More portions to cook ( food & utensils to use on side sponsored ). **Pastry also upgraded.**

## **World Chefs Judging 100 Point System**

### **Mise en place**

**10 points**

Be in time 14:00 pm register at Kitchen

Clear arrangement of materials, **ZERO Food Waste**

Clean working place, proper working position, **Food Safety**

Clean work clothes, **Personal Hygiene, Covid19 rules conform working**

Proper working technique

Correct utilization of working time **plating between 16:00 and 16:30 pm**

### **Corrects Professional Preparation**

**30 points**

Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables

Correct basic preparation of food, **corresponding to today`s modern culinary art, sponsor main items ONLY**

Preparation should be by practical, acceptable methods that exclude unnecessary ingredients, **nutritious**

**Presentation / Innovation**

**10 points**

Ingredients and side dishes must be in harmony, **colors**

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

**Taste & Texture**

**50 points**

The typical taste of the food should be preserved

It must have appropriate **nutrition, taste and seasoning**

In quality, texture, flavor and color, the dish should conform to today's standards of nutritional values

**1 point deducted for every minute late and 15 minutes delay disqualify**

**Registration only at: [angelatmyanmar@gmail.com](mailto:angelatmyanmar@gmail.com)**

**Required for Registration: Registration Deadline Wednesday 12.8.2020**

**1.) All Chefs names & NRC**

a.) Young Chef

b.) Culinary Coach

c.) Pastry Chef ( can be also independent & individual from a Team )

2.) Short CV on Job History

3.) **Food Safety online Certificate must be passed & e mail sent:** link in by sign up:

<https://www.typsy.com/activate/MCAMEMBER> ( we guide you through the training )

4.) All Chefs close up picture in chefs Jacket ( best quality 3MB )

**5.) Mobile phone, E mail & address ( Chef & Culinary Coach )**

6.) Present Work place

7.) **Printed recipe latest 2 days, 48 hours before competing day as soft copy by E mail.**

Any question information needed pls **contact ONLY:** [angelatmyanmar@gmail.com](mailto:angelatmyanmar@gmail.com)

**We wish you all a Great Culinary Exposure, Education & Vocational Training**

for Chefs & Pastry Chefs in Myanmar. We like to show that during COVID19 times & rules all this is possible and opens very new “ POSITIVE Ways of Culinary Education – Motivation for Myanmar and globally YOUNG Chefs “. It is a time to present your best Kitchen Leadership skills, promote your talent to groom the best culinary trained YOUNG Chef & YOUNG Pastry of Myanmar.

**Live & Cooking at the Show or watch at Face Book – YouTube**

( **join Link we will provide** for Phone, Tablet, Laptop, PC, your place TV or Big Screen. Let all your Friends, Hotel, School, Restaurant ) enjoy it – **“ Culinary Educate it SAFE & All Together “ the:**

## **“1. Myanmar Culinary Champions League 2020”**

together with the

## **“1. Chef Aung Myo Lwin Pastry Cup Myanmar 2020”**

( rules & guide lines at next attached ).

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## **Put Myanmar Sourced Healthy Food Products First where ever possible,**

Local Sourced – **“ From Farm to Fork “**

Support Myanmar Sustainable, Quality Food Farmers, Fishermen, Producer

Reduce CO2 by Local Sourced Quality Food,

Design Your menu as ZERO Food Waste, ZERO Water & Energy Waste

Save the Environment when planning & cooking a Menu

ZERO cooking with Endangered or,- to Health Danger Wildlife

Create a Take Away @ ZERO Plastic,- ensure Biodegradable

Promote Myanmar as the only Global 135 Ethnic Cuisine Culinary Society

**With the Best Culinary Greetings as usual,- “ Keep it Very Hot & Very much Cooking “**

Oliver E Soe Thet,- Myanmar Chefs Association since 1996

Full Member of Global World Chefs since 1999

Ngapali Beach – Rakhine, Myanmar 8.8.2020