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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



14-15-16 MARCH 2023

EVENT ORGANIZERS



WORLD ASSOCIATION
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SOCIETIES



Pakistan Culinary Team



Pakistan Women Culinary Team



Pakistan Young Chefs

LRA
LAHORE RESTAURANT
ASSOCIATION

Royal Palm Golf & Country Club, Lahore





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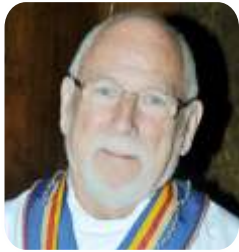
PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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OFFICE BEARERS AND EXECUTIVE MEMBERS OF CHEFS' ASSOCIATION OF PAKISTAN (CAP) LOOKING FORWARD TO YOUR PARTICIPATION AT PICC 2023



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Ahmad Shafiq, Secretary General, CAP & Founder/CEO, COTHM



COTHM has always been there to promote gastronomical tourism in Pakistan. Considering its tradition of promoting Pakistani cuisine all over the world, COTHM is once again going to organize the international culinary championship in Pakistan. Our aim is to encourage young culinarians and give them a chance to showcase their culinary skills at international level. We will give our youth a chance to interact with international chefs and culinary champions.

This championship will bring to light the innovative dishes cooked by Pakistani and international cuisiniers. The event will make Pakistani cuisine famous all over the world and make Lahore famous as 'Food Capital of Pakistan'.



Pakistan International Culinary Championship (PICC) 2023 is the harbinger of a new era of festivals food trends and culture in Pakistan.

On one hand, it is symbolic of national unity, whereas on the other hand, through the inclusion of international culinary teams and delegates from various countries to participate in the Pakistan International Culinary Championship (PICC) 2023 it connects Pakistan with the global world.

PICC 2023 is set to foster an image of Pakistan which will depict us as a peaceful friendly creative and immensely talented nation on the planet.





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TABLE OF CONTENTS

No.	CONTENT	PAGE NO.
1	Categories Live Cooking Display Classes Live Practical	4-12
2	General Rules and Judging Criteria	13-26
3	Summary of Awards, Classes and Registration Fee & Forms	27-30





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Categories

Live Cooking

Display Classes

Live Practical



For Further Information:

Web: www.picc.cap.net.pk

Email: info@picc.cap.net.pk

4/30



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BRIEF OF CLASSES

- FIVE COURSE GOURMET MENU (ASPIC)**
(Display Class)
- CHICKEN PRACTICAL COOKERY**
(Live Cooking)
- BEEF PRACTICAL COOKERY**
(Live Cooking)
- SEAFOOD PRACTICAL COOKERY**
(Live Cooking)
- THREE COURSE GOURMET MENU (Only for International Chefs)**
(Live Cooking) (Best Cuisinier International)
- CAKE DECORATION PRACTICAL**
(Live Practical)
- FOUR PLATES OF DESSERTS**
(Display Class)
- BAKED GOODS, BAKED BREADS**
(Display & Live Class)
- THREE COURSE MODERN PAKISTANI MENU**
(Live Cooking) (Best Pakistani Chef)
- FRUIT & VEGETABLE CARVING SHOWPIECE**
(Display + Live Practical) (Best Carving Artist)
- FOUR COURSE GOURMET MENU**
(Live Cooking) (Best Team)
- PASTA DISH**
(Live Cooking)
- PIZZA CLASS**
(Live Cooking)
- STUDENT / THREE COURSE PAKISTANI MENU**
(Live Cooking) (Student Team Category)
- A MEDLEY OF MOCKTAILS**
(Live Practical)
- K&N'S Little Chef**
(Display Class) (Kids competition, 8-12 years)





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BRIEF OF CLASSES FOR ENTRY

1. FIVE COURSE GOURMET LOCAL BEEF DINNER MENU (ASPIC DISPLAY CLASS)

1. **Time Allowed for Setting Display (45 Minutes)**
2. Five Course local beef Gourmet Dinner Menu
3. Present a plated five-course gourmet meal for one person
4. One of the appetizers for the meal must contain LOCAL BEEF as the main ingredient
5. The meal to consist of:
 - a. A cold appetizer
 - b. A soup
 - c. A hot appetizer
 - d. A main course with its garnish
 - e. A dessert
1. Food coated with aspic or clear gelatin for preservation
2. Hot food presented cold on appropriate plates
3. Total food weight of the 5 plates should be 400-500 grams

2. CHICKEN (LIVE COOKING)

1. **Time Allowed (45 Minutes)**
2. Prepare and present two identical main courses using Whole Chicken with skin, approximate weight 1.4 kg, as the main protein item
3. The carcass of the chicken is to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish
5. Typed written description and typed recipes required
6. Make 2 portions; one for display, and one for judges' tasting
7. Portion 150-170 grams.

3. BEEF (LIVE COOKING)

1. **Time Allowed (45 Minutes)**
2. Prepare and present two identical main courses using beef as the main protein item
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used
4. Weight of beef per portion of main course on the plate to be 150– 170 grams.
5. Present the main courses on individual plates with appropriate garnish
6. Typed written description and typed recipes required
7. Make 2 portions; one for display, and one for judges' tasting



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BRIEF OF CLASSES FOR ENTRY

4. SEAFOOD (LIVE COOKING)

1. **Time Allowed (45 Minutes)**
2. Prepare and present two identical main courses using seafood as the main protein item
3. Weight of the dish per portion of main course on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish
5. Typed written description and typed recipes required
6. Make 2 portions; one for display, and one for judges' tasting

5. THREE COURSE GOURMET DINNER MENU (LIVE COOKING)

(BEST CUISINIER INTERNATIONAL 2023)

1. **Time Allowed (90 Minutes)**
2. An individual chef will represent this class
3. Three-Course Gourmet Dinner Menu live cooking
4. Present a plated three-course gourmet meal for one person two set each
5. Complete menu should represent the international cuisine
6. An appetizer (cold or hot)
7. A Chicken main course with its garnish
8. A dessert
9. Hot food presented hot on appropriate plate and cold food on cold plate
10. Total food weight of the 3 plates should be 400-500 grams.

6. CAKE DECORATION (LIVE PRACTICAL)

1. **Time Allowed (120 Minutes)**
2. Decorate a pre-baked single cake base of the competitor's choice
3. The Theme for the cake decoration will be "The Beauty of Nature"
4. The cake base must be a minimum size of 30 (cm) x 30 (cm) square or 30 (cm) diameter round
5. The cake can be brought already filled without coating – ready to decorate
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up-to standard hygiene food product will not be judged
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/Fondant) minimum height is 30 cm, it should be able to enhance and harmonize with the overall presentation
8. No pre - modelled garnish permitted
9. Chocolate and royal icing can be pre - prepared to the basic level
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required
11. A standard buffet table will be provided for each competitor to work upon
12. The cake will be tasted and cut by the Judges, as part of the judging criteria
13. Typed recipe with procedure to be presented



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BRIEF OF CLASSES FOR ENTRY

7. FOUR PLATES OF DESSERTS (DISPLAY)

1. Time allowed for setting display 20 minutes
2. Prepare four different type of desserts, each for one person
3. Displayed cold, each portion for one person, suitable for a la carte service
 - a. 1 x Hot dessert composition in a plate
 - b. 2 x Pakistani Dessert Free Style creation
 - c. 1 x Cold dessert composition in a plate
4. Practical and up to date presentation is required
5. Type written description and recipes are required
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity
7. Maximum area (w) 90 cm x (d) 75 cm
8. Showpieces are allowed but will not be judged

8. BAKED GOODS, BAKED BREADS (DISPLAY)

1. Time Allowed for Setting Display (20 Minutes)
2. The entire exhibit must comprise baked goods and must include the following:
 - a. A baked bread showpiece.
 - b. Two types of bread loaves 200-300 gms (competitor's choice) two pieces of each loaf to be displayed
 - c. Two types of bread roll 25-40 gms (competitor's choice) three pieces of each roll to be displayed.
 - d. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces of each item to be displayed
 - e. Two types of baked savoury breakfast items 25 50gms (competitor's choice) three pieces of each item to be displayed.
3. One extra piece of each variety to be displayed on a separate platter for judges' tasting
4. All breads & dough must be baked at own work place, as fresh as possible and deliver to the competition venue for judging.
5. Poor hygiene standard of handling bakery products will not qualify for judging
6. Typed written products description and recipes are required
7. Maximum area for display (w) 90 x (d) 75cm

9. THREE COURSE PAKISTANI MODERN MENU (LIVE COOKING)

1. Time allowed 90 minutes
2. Single chef will represent this class as individual
3. Three -Course Modern Pakistani live cooking
4. Present a plated three-course gourmet meal for one person two set each
5. Complete menu should represent the local culture must contain Pakistani spices
6. An appetizer (cold or hot)
7. A main course with its garnish
8. A dessert (cold or hot)
9. Hot food presented hot on appropriate plates and cold food on cold plate
10. Total food weight of the 3 plates should be 300-400 gems.



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BRIEF OF CLASSES FOR ENTRY

10. FRUIT & VEGETABLE CARVING SHOWPIECE (DISPLAY)

PART ONE - DISPLAY

1. Time allowed for setting display 20 minutes
2. To bring in already prepared one display of fruit and / or vegetable carving, no visible Supports are permitted
3. Freestyle presentation
4. Light framing is allowed, but the construction of the piece must not depend upon it
5. Maximum area (w)60 cm x (d)75 cm
6. Maximum height 55 cm (including base or socle)

PART TWO - LIVE CARVING

1. Time allowed 120 minutes
2. Freestyle
3. Hand carved work from competitor's own fruit/vegetables
4. Competitors to use own hand-tools and equipment
5. No power tools permitted

11. FOUR COURSE GOURMET DINNER MENU (LIVE COOKING)

(BEST TEAM CHALLENGE)

1. Time Allowed (90 Minutes)
2. Three chefs will represent this class as team challenge
3. Four-Course Gourmet Dinner Menu live cooking
4. Present a plated four-course gourmet meal for one person two set each
5. Complete menu should represent the international cuisine
6. An appetizer (cold or hot)
7. Soup
8. A main course with its garnish
9. A dessert
10. Hot food presented hot on appropriate plate and cold food on cold plate
11. Total food weight of the 4 plates should be 400-500 grams.



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BRIEF OF CLASSES FOR ENTRY

12. PASTA DISH (LIVE COOKING)

1. **Time Allowed (45 Minutes)**
2. Cook and present a pasta dish for 2 covers
3. Competitor's own choice
4. Uncooked fresh (not manufactured)
5. Pasta will be the only advanced preparation allowed.
6. Typewritten descriptions and recipes required

13. PIZZA CLASS (LIVE COOKING)

1. **Time Allowed (45 Minutes)**
2. Cook and present 2 PIZZA'S
3. Competitor's own choice
4. Uncooked fresh (not manufactured)
5. Pizza Dough will be the only advanced preparation allowed.
6. Typewritten descriptions and recipes required

14. STUDENT / THREE COURSE PAKISTANI MENU (LIVE COOKING)

(Students Team Category)

This class is designed to ensure that the tradition of Pakistani cuisine is preserved and promoted through young chefs. Classic food with modern approach

1. **Time allowed 75 minutes**
2. Present a three-course meal for one person.
3. Suitable for dinner service.
4. Modern style presentation.
5. The meal consists of:
 - Cold start
 - Main course
 - Desserts
6. Cold food cold and hot food should be serve hot
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.



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BRIEF OF CLASSES FOR ENTRY

15. A MEDLEY OF MOCKTAILS (LIVE PRACTICAL)

Time Allowed (45 Minutes)

Display three portions each of three different alcohol-free cocktails using any combination of the following Fresh juices:

Orange
Watermelon
Pineapple
Grapefruit
Strawberry
Lemonade
Carrot
Green Apple
Mango
Cocktail
Guava
Kiwi
Pomegranate
Mint Lemonade
Lemon Concentrate

1. Competitors are allowed to use a maximum of two other ingredients per mocktail.
2. Ice, Salt, Pepper, Spices and Herbs used as seasoning are not counted as ingredients.
3. Competitors are to bring their own equipment, glasses, receptacles, etc.
4. The mocktails must be made entirely on-site; no pre-mixes or pre-mixing is allowed.
5. Garnishes, which can be made from any edible substance, must be prepared,
- 6 cut and shaped entirely on-site.
7. The competition will begin with a close pre-inspection by the judges to ensure that no prep preparation has taken place.
8. Recipes required.

NOTES TO AID COMPETITORS:

Judging Points:

TASTE

60 the highest percentage point possibility is given for a good tasting mocktail.

PRESENTATION

30 the preparation and use of the garnish, the type of glass used the overall look of the mocktail.

WORKING

05 Clean, hygienic and safe work methods.

METHOD INNOVATION

05 New thinking as to glassware, decoration or presentation. Recipes required



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BRIEF OF CLASSES FOR ENTRY

16. K&N'S LITTLE CHEF (KIDS COMPETITION) (DISPLAY CLASS)

(Age 8-12 Years)



1. Time Allowed (30 Minutes)
2. Prepare two dishes at home with the help of your mother only and present in 30 minutes with display at the venue
3. Only K&N's **Easy Cook® (Ready-to-Cook) products will be allowed**
4. Weight of the dish per portion of main course for kids 80 to 100 grams
5. Mother can guide their kid but she can't help them with the display on the day
6. Present the main courses on individual plates with appropriate garnish
7. Typewritten description and typed recipes required
8. Make one portion only for judges tasting

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GENERAL RULES

General Rules

Judging Criteria



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13/30



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GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.
2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document
3. Other regulations relevant to a particular competition would appear under each competition class

HOT COOKING CULINARY CHALLENGE 2023

General

The kind and theme for individual cooking classes are open to the organizer.

The minimum time for cooking is fixed on 45 minutes. (Chefs need to have enough time to work in a professional and proper way). Not only the fashion and presentation counts, but the way to prepare needs to be considered.

Sample of usual classes

Individual Class Number #1 ; Main Course Organizers to select; (beef, chicken, lamb, seafood, fish, game, Vegan/ Plant Based Cuisine)

- To prepared one 100% WESTERN style Contemporary main course dish for 2 portions within 45 minutes
- Dish must be presented on 2 individual plates with appropriate garnish, starch and sauce
- Timing must be adhere too

Individual Class #2 : Modern Local Cuisine Challenge (depending on what region of the world you are in)

- To prepared a Modern local cuisine but with Western Plating Presentation for 2 portions
- within 45 minutes
- Dish must be presented on 2 individual plates with appropriate protein, garnish, starch and sauce
- Must be authentic in taste and be clear on profile of dish

Individual Class #3: Pasta freestyle Challenge

- To prepared one FREE STYLE Pasta Dish (main course) for 2 portions within 30 minutes
- Dish must be presented on 2 individual plates/bowl with appropriate protein, garnish and sauce
- Organizer to decide if fresh pasta or commercial pasta (commercial allows for sponsors)

Team of Two: Class #4: Two Young Chefs (25 and Under)

A team of 2 Young chefs to prepare 3 portions of:

- Cold or warm: seafood/fish or VEGAN /Plant Based cuisine, appetizer suitable for Contemporary dining
- 3 portions of beef, chicken, duck or lamb western style, Contemporary dining main course dish.
-

Time limit will be within 1 hour cooking time, dishes must be on 3 individual plates for each course, appetizer to be served after 50 minutes from start time and main course after 60 minutes. Main course to have starch, appropriate vegetables and sauce.



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GENERAL RULES

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GENERAL RULES FOR CULINARY COMPETITIONS

JUDGING CRITERIA FOR DISPLAYED FOOD (STATIC ASPIC)

Presentation / Innovation 0-30 points

Comprises an appetising, tasteful, elegant presentation, modern style.

Composition 0-30 points

Well-balanced food – in a correct proportion of vitamins, carbohydrates, proteins, fats and roughage, harmonizing in colour and flavour. Should be practical and digestible.

Correct Professional Preparation 0-30 points

Correct basic preparations of food, corresponding to today's modern culinary art.

Serving Arrangement 0-10 points

Clean arrangement, no artificial decorations, no time-consuming arrangements, exemplary plating, in order to make practical serving possible.

NOTES

- Competitors must provide their own choice of serving china ware (without logo)
- Competitors are invited to set up an attractive display, however this will not be judged
- Aspic should be used to glaze all entries with the exception of crisps and baked dough
- Name cards or logos of the working place of the competitor may be placed in proper manner after judging has been completed
- Information regarding the setup time will be announced at a later stage, after registering
- The Organiser will not be responsible for any loss or damage to any utensils
- Due to limited space, competitors' pieces will be displayed until 4:00pm on the competition day
- Organiser may dispose of any uncollected exhibits after 4:30pm on that day. (Exact display and disposal time shall be further notified)

GENERAL RULES

1. Who's is admissible to participate

- Open to chefs and Culinary Students from hotels, restaurants, culinary institutions, airlines and catering organizations
- Junior Chef – 25 years old and below (As of the 1st Jan of that competition year)
- Competitors must be of a minimum age

Legal working age (15 years of age) unless a special School challenge

2. The competition

Competitors to report 30 minute before the competition

- Competitors to bring their own ingredients in accordance of the mise en place rules
- The ingredients brought need to be packed and transported in respect with the international HACCP rules
- 1 portion for display and 1 portion for judge tasting
- 1 set of recipe containing a working plan, picture or sketch of the plate needed in the kitchen
- 1 set of menu card need to be display on display table



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GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

- All contestant have to complete their cooking within the given time.
- 3. Equipment**
 - Standard kitchen equipment provided by the organizer as per list published one month in advance
 - The kitchen setup is not allowed to be changed
 - Competitors to bring their own small kitchen equipment and plate wares. Plate wares must be suitable for service.
 - The brought in equipment/ machines needs to be approved by the jury for technical reasons.
 - * **4- Stainless Steel stove induction-cooking rang**
 - * **Electric oven**
 - * **Stainless Steel Working tabletop**
 - * **Sink with running water**
 - * **Fridge**
 - * **Microwav**
 - * **Juicer/Blender**
- 4. Timing**
 - Your entry must not be completed with more than 10 minutes before the stipulated completion time.
 - Competitors violating this rule will be penalized up to 10% point's deduction from their final score.
 - One point will be deducted on every 1 minute for being late and you will be disqualified if you are 10 mins late for the competition.
- 5. Compete Ingredient Guideline (for mise en place)**
 - Basic mother sauces – are permitted but must have further fabrication.
 - Salad, cleaned and washed
 - Vegetables and fruits cleaned, can be cut/trimmed (any shape) BUT must be raw
 - Fruit and vegetable purees are permitted but must not be seasoned or finished item
 - No glaze or concentrated juices
 - Dried fruit / or vegetable powder permitted
 - Dehydrated fruit or sheets permitted
 - Vegetable ash and home-made spice mixture are permitted
 - Fish – gutted, scaled can be fileted / portioned if required BUT must be raw
 - Shellfish/ crustaceans – clean raw can be removed from their shell

HOT CULINARY CHALLENGE JUDGING CRITERIA

- **Material brought / mise en place 5 points**
 - Clear arrangement of materials
 - Correct amount of items brought in
 - Proper working technique
 - Correct utilization of working time
- **Hygiene & Food Waste 10 points**
 - Clean hygienic work techniques



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GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

- 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
- **Corrects Professional Preparation and Hygiene 20 points**
 - 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
- **Service 5 points**
 - Correct number of plates must be presented.
 - The meals, should be practical, transportable
 - Meals must be presented on time OR points will be deducted
- **Presentation / Innovation 10 points**
 - 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
- **Taste & Texture 50 points**
 - 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

Points table for the medals in this class

100 – 90 points Gold medal with certificate
89 – 80 points Silver medal with certificate
79 – 70 points Bronze medal with certificate
69 – 60 points Diploma with certificate



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WORLD ASSOCIATION
OF CHEFS
SOCIETIES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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GENERAL RULES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES FOR CULINARY COMPETITIONS

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 $<5^{\circ}\text{C}$ (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 were subjected to heat



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GENERAL RULES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES FOR CULINARY COMPETITIONS

- 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. **Cooking Correctly-**
 - 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 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 be worn. Sport shoes are not allowed in the kitchen.



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GENERAL RULES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES FOR CULINARY COMPETITIONS

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.



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

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.



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WORLD ASSOCIATION OF CHEFS SOCIETIES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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GENERAL RULES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES FOR CULINARY COMPETITIONS

- 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.
 - 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 unavoidable.
- 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.



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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GENERAL RULES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES FOR CULINARY COMPETITIONS

9) Food Efficiency (left overs):

- In some circumstances, some food excess is unavoidable but this must be controlled. It is how you manage it that will be noted.
 - If all your portions are not sold – there must be an accountability, tickets Vs Sales Vs food remaining.
 - 5% excess is acceptable due to a number of kitchen factors, spillage, replacement, wrong table.
 - Be mindful when planning menus to avoid waste factor, i.e.: "Pommes Parisiennes" or smaller scooped vegetables or fruits.
 - Useable trimmings / excess of preparations, must be properly packaged and labelled with date and name of product as a minimum.
 - Such left over food will be reviewed by the kitchen jury before it is taken away.
 - Deduction for items thrown in the rubbish, or tried to be washed down a sink.
- Meat/Poultry/Game, Deboned can be portioned, trimmed but must be raw.
 - Proteins cannot be brought in minced. Mincing must be done in the kitchen.
 - Liver and sweetbreads can be brought in soaked in milk, but not seasoned or flavoured.
 - Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.
 - Pasta and other doughs, allowed can be flavoured and rolled into sheets but not portioned and not cooked
 - Pastry Sponge, biscuits, not cut or stenciled
 - Macaroons or macarons need to be made on premise
 - Decor elements 100% made on site
 - No titanium dioxide – no metallic powder no artificial food colours are permitted
 - Eggs – can be separated, and pasteurized
 - Dry ingredients can be pre-measured
 - Flavoured oils and butter are allowed

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

PARTICIPATION

- Participation in the competition is open to anyone professionally employed in the preparation of food for the last at least 3 years (not required for Student: Chicken Display class)
- Unless the organizers specifically mention a class as being a team event, all classes are for entry by a single competitor
- Individual competitors may participate in a maximum of three categories; teams may enter in all team categories in the competition
- Competitors entering to win a trophy must participate fully in every class entered in order to qualify
- Competitors must attend and participate on the date and time allotted to them

COMPETITION ENTRY

- Please ensure you are entering in the right category
- Complete the entry form according to the instructions on the form



Chefs' Association of Pakistan
شیف ایسوسی ایشن آف پاکستان



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SOCIETIES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

11. Completed photocopies of the entry-form are acceptable
12. Submit the completed form to the organizers along with the requisite fee
13. Fee must be submitted along with completed entry forms
14. Fee is payable to:
IBAN: PK45BAHL0011098102867001 - **Acc No.** 0011-0981-028670-01-8
Title: College of Tourism and Hotel Management
Bank: Bank Al Habib Gulberg Branch Lahore, Pakistan
Swift Code: BAHLPPKAXXX
For Jazz Cash: Dial *786*10# and enter the Till ID **00353147**
15. Entries are accepted strictly on a first-paid, first-accepted basis
16. No entry is accepted until the appropriate fee has been received
17. Entry Fee is non-refundable



CERTIFICATES AND LETTERS OF PARTICIPATION

18. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results
19. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate
- b) A written confirmation from the Executive Chef, A pre-paid fee of 1000 Pakistani rupees per certificate

COMPETITORS AND HELPERS

27. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area
28. A helper must be junior in rank to the person he/she is helping
29. A competitor must wear full, freshly laundered chef's uniform with appropriate headgear and footwear when attending the exhibition
30. A competitor's helper must wear full, freshly laundered chef's uniform with appropriate headgear and footwear when attending the exhibition
31. Competitors that are incorrectly dressed at a competition will not have their exhibits judged
32. Helpers that are incorrectly dressed will not be admitted to the exhibition
33. Logos, marks and identifying colours provided by the organizers must be worn by competitor throughout the competition in the position indicated to them by the organizers at the time of registration
34. Logos, marks and identifying colours provided by the organizers must be worn by helpers throughout the competition in the position indicated to them by the organizers at the time of registration
35. A competitor entered in a practical competition must register at least sixty minutes before the commencement of the competition otherwise the competition slot will be given to a wait-listed competitor
36. Any competitor not in place and not ready to start at least ten minutes before the time a competition commences, will be disqualified.
37. Competitors and helpers are forbidden from approaching or speaking with or to a judge without the express permission of the organizers



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

EXHIBITS

38. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager
39. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public
40. All exhibits must be of an edible substance except for framing, socles and stands where they are allowed
41. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish)
42. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit
43. All must be suitable for presentation as a decorative item in a restaurant or banqueting setting
44. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required
45. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified
46. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area
47. Finished exhibits must be placed in the position indicated by the organizers
48. No interference with an exhibit is allowed once the organizers have deemed it as submitted for judging
49. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner
50. Exhibits may, at the discretion of the organizers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition
51. Failure by a competitor to register or exhibit at the specified time could result in disqualification
52. Exhibits which are removed by competitors without permission of the organizers will not qualify for any kind of award

COMPETITION MARSHALS

53. A Marshal-at-arms will be recognizable by a badge displaying the logo of the Chefs' Association of Pakistan
54. Marshals are charged with ensuring that the rules and regulations of the competition are observed by all concerned
55. Competitors, helpers and visitors are all obliged to cooperate with the Marshals - without question, at all times

AWARDS

56. Gold, Silver and Bronze Medals and Certificates of Merit are awarded as per the points tally.
57. The decision of the judges is final and each competitor is required to abide by it without any comment
58. Medals will normally be presented at 1800 hrs each day. This may change according to circumstance
59. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organizers
60. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates
61. Incorrectly dressed competitors/helpers will not be allowed access to the awards area



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP

GENERAL RULES

GENERAL RULES FOR CULINARY COMPETITIONS

COPYRIGHT

62. All exhibitors and competitors will assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings, etc. to the Chefs' Association of Pakistan

DISCLAIMER

63. The organizers are entitled to cancel or postpone the competition, or to alter the duration, timing or schedule of any event
64. The organizers reserve the right to cancel any classes or limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever
65. The organizers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects
66. The decision of the judges will be final and binding, and not challengeable in any court of law
67. All professional chefs (with minimum 3 years experience - not for students - are encouraged to apply. We do not discriminate on the basis of race, religion, nationality, color, gender or disability.

QUERIES

68. Only downloaded, printed (or photocopied) forms with all documents (as mentioned in the Entry forms) attached in hard copy, sent through courier service to The Chefs' Association of Pakistan Head Office Lahore, will be accepted
69. All queries must be submitted by Email, or SMS/Whatsapp to: 0309 3332578
70. The **CHEFS' ASSOCIATION OF PAKISTAN (CAP)** is the body responsible for the creation, organization and administration of the competition
71. The competition is governed by and construed according to the rules of the organizers
72. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizers in all aspects of the PICC 2023
73. The address of CAP Headquarters is 185, Abu Bakar Block, Canal Road, New Garden Town, Lahore.

For International Queries

Mian Shahid Mahmood
Vice President (International Affairs)
Mobile: +92-346-5466408
Email: shahid@cothm.edu.pk
185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore

For Local Queries

Fraaz Mahmud Kasuri
Manager CAP
Mobile: +92-309-3332578
+92-302-800113
Email: info@picc.cap.net.pk
185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore



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Summary of Awards & Classes

Registration Fee and Forms



For Further Information:

Web: www.picc.cap.net.pk

Email: info@picc.cap.net.pk

27/30



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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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BRIEF OF AWARDS

TROPHY ENTRY:

Entrants to a trophy class must enter in all and those classes that pertain to the trophy, for which they are entering. Trophies are awarded on the highest aggregate points from all classes.

1. BEST CUISINIER OF PAKISTAN (Open for Local Chefs only)

In order to qualify for inclusion in the points tally for Best Cuisinier of Trophy a competitor must win three medals, at least one of which must be a gold medal,

FIVE COURSE GOURMET MENU (ASPIC)

CHICKEN PRACTICAL COOKERY

BEEF PRACTICAL COOKERY

(DISPLAY CLASS)

(LIVE COOKING)

(LIVE COOKING)

2. BEST CUISINIER INTERNATIONAL

In order to qualify for inclusion in the points tally for Best Cuisinier of Trophy a competitor must win gold medal with highest points.

THREE COURSE GOURMET MENU

(LIVE COOKING)

3. BEST PASTRY CHEF

In order to qualify for inclusion in the points tally for Best Pastry Chef of Pakistan Trophy a competitor must win at least three medals one of which must be a gold medal,

CAKE DECORATION PRACTICAL

FOUR PLATES OF DESSERTS

BAKED GOODS, BAKED BREADS

(LIVE PRITICAL)

(DISPLAY CLASS)

(DISPLAY & LIVE CLASS)

4. BEST CARVING ARTIST OF PAKISTAN

In order to win for inclusion in the points tally for Best artist of Trophy, point will be tally from the both section part a and part b the gold medalist of class will be the winner

FRUIT & V EGETABLE CARVING SHOWPIECE

(DISPLAY) + (LIVE PRATICAL)

Part one and part two live and display both are compulsory

5. BEST MODERN PAKISTANI CUISINE CHEF

In order to win this title for Best Modern Pakistani Cuisine Chef, a competitor must win highest gold medal points,

THREE COURSE PAKISTANI MENU

(This class is only open for Pakistani Chefs)

(LIVE COOKING)

6. BEST TEAM CHALLENGE (Open for all)

In order to win this title for Best Team, the competitors must win highest gold medal, points

FOUR COURSE GOURMET MENU

(LIVE COOKING)

This category is open to all chefs (team of three chefs)

MEDAL ENTRY:

Medals are awarded on the highest aggregate points from all judges.

1. SEAFOOD PRACTICAL COOKERY

A competitor can win Gold, Silver or Bronze Medal

(LIVE COOKING)

2. PASTA DISH

A competitor can win Gold, Silver or Bronze Medal

(LIVE COOKING)

3. STUDENT / THREE COURSE PAKISTANI MENU (Age limit 18-25)

Competitors can win Gold, Silver or Bronze Medal

(LIVE COOKING)

3. A MEDLEY OF MOCKTAILS

A competitor can win Gold, Silver or Bronze Medal

(LIVE PRACTICAL)



Chefs' Association of Pakistan
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OF CHEFS
SOCIETIES

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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BRIEF OF AWARDS

VENUE & ENTRY FEES:

- PICC-2023 will be held at Royal Palm Golf & Country Club ,Lahore.
- Entrance fee for single entry is 3,000 rupees per person per class, unless or otherwise stated in the Rules and Regulations or the Class Briefs.
- Entrance fee for team entries (team of 3 people) is 7,500 rupees per class, unless or otherwise stated in the Rules and Regulations or the Class Briefs.
- Entrance fee International Teams **\$200 USD** per person which includes accommodations for three nights and four days with meals (2 competitions category fee is included) extra entry will be charged \$ USD 50 per category.
- Entrance fee for the trophy and medal classes are as follows:

AWARDS

- Best Cuisinier of Pakistan
- Best Cuisinier International
- Best Team
- Wedding Cakes
- Best Pastry
- Best Carving Artist
- Best Modern Pakistani Cuisine Chef
- K&N's Little Chef
- A MEDLEY OF MOCKTAILS
- SEAFOOD PRACTICAL COOKERY
- PASTA DISH
- PIZZA CLASS
- STUDENT / THREE COURSE PAKISTANI MENU

LOCAL FEE

- Rs. 9,000
- Rs. 9,000
- Rs. 9,000
- Rs. 9,000
- Rs. 9,000
- Rs. 3,000
- Rs. 3,000
- Rs. 200
- Rs. 3,000
- Rs. 3,000
- Rs. 3,000
- Rs. 3,000
- Rs. 1,500

INTERNATIONAL FEE

- N/A
- US\$ 50
- US\$ 50
- US\$ 50
- US\$ 50
- US\$ 50
- N/A
- N/A
- US\$ 50
- US\$ 50
- US\$ 50
- US\$ 50

Medals will be awarded as follows:

- *90 & Above ➤ Gold Medal
 - 80 – 89 ➤ Silver Medal
 - 70 – 79 ➤ Bronze Medal
 - 60 – 69 ➤ Merit Certificate
- All competitors will receive Pakistan International Culinary Championship Participation Certificates

You will be judged on:

- Execution – Craft/Technique
- Formulation – Ingredients/Recipe
- Interpretation – Style/Creativity
- Taste
- Texture
- Hygiene
- Presentation

CLOSING DATE: Closing date for entries is **28th of February 2023**. However; they may be fully subscribed and closed well before the closing date. (First paid, first accepted basis)



Chefs' Association of Pakistan
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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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	SUMMARY OF CLASSES	FEE	AWARDS
1	FIVE COURSE GOURMET MENU (ASPIC) Display Class Individual 1 Portion	Rs. 9,000 for all 3 classes	Best Cusiner of Pakistan
2	CHICKEN PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion		
3	BEEF PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion		
4	SEAFOOD PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
5	WEDDING CAKES (Display) Display Class Individual Multi Tiers 90 Mins 1 Portion	Rs. 3,000	Best Wedding Cake Chef
6	CAKE DECORATION PRACTICAL Live Practical Individual 120 Mins 1 Portion	Rs. 9,000 for all 3 classes	Best Pastry Chef
7	FOUR PLATES OF DESSERTS Display Class Individual 20 Mins 1 Portion		
8	BAKED GOODS, BAKED BREADS Display Class Individual 20 Mins 1 Portion		
9	THREE COURSE MODREN PAKISTANI MENU Live Cooking Individual 90 Mins 2 Portion	Rs. 3,000	Best Chef Pakistani Cuisine
10	FRUIT & VEGETABLE CARVING SHOWPIECE Display + Live Class Individual 20 + 120 Mins 1 Portion	Rs. 3,000	Best Carving Artist
11	STUDENT / THREE COURSE PAKISTANI MENU Live Cooking Team of 3 60 Mins 2 Portion	Rs. 1,500	Gold, Silver, Bronze Medal, or Merit Certificate
12	PASTA DISH Live Cooking Individual 45 Mins 2 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
13	PIZZA CLASS Live Cooking Individual 45 Mins 2 Portion	Rs. 3,000	Best Pizza Maker
14	A MEDLEY OF MOCKTAILS Live Practical Individual 30 Mins 3 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
15	K&N'S LITTLE CHEF Display Class Individual 30 Mins 1 Portion	Rs. 500	K&N'S Best Little Chef



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REGISTRATION FORM

SELECT	SUMMARY OF CLASSES	FEE	AWARDS
1	FIVE COURSE GOURMET MENU (ASPIC) Display Class Individual 1 Portion	Rs. 9,000 for all 3 classes	Best Cuisiner of Pakistan
2	CHICKEN PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion		
3	BEEF PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion		
4	SEAFOOD PRACTICAL COOKERY Live Cooking Individual 45 Mins 2 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
5	THREE COURSE GOURMET MENU (Only for International Chefs) Live Cooking Individual 90 Mins 2 Portion	Rs. 3,000	Best Cuisiner International
6	CAKE DECORATION PRACTICAL Live Practical Individual 120 Mins 1 Portion	Rs. 9,000 for all 3 classes	Best Pastry Chef
7	FOUR PLATES OF DESSERTS Display Class Individual 20 Mins 1 Portion		
8	BAKED GOODS, BAKED BREADS Display Class Individual 20 Mins 1 Portion		
9	THREE COURSE MODREN PAKISTANI MENU Live Cooking Individual 90 Mins 2 Portion	Rs. 3,000	Best Chef Pakistani Cuisine
10	FRUIT & VEGETABLE CARVING SHOWPIECE Display + Live Class Individual 20 + 120 Mins 1 Portion	Rs. 3,000	Best Carving Artist
11	FOUR COURSE GOURMET MENU Live Cooking Team of 3 120 Mins 2 Portion	Rs. 9,000	Best Gourmet Team
12	PASTA DISH Live Cooking Individual 45 Mins 2 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
13	PIZZA CLASS Live Cooking Team of 3 45 Mins 2 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
14	STUDENT / THREE COURSE PAKISTANI MENU Live Cooking Team of 3 60 Mins 2 Portion	Rs. 1,500	Gold, Silver, Bronze Medal, or Merit Certificate
15	A MEDLEY OF MOCKTAILS Live Practical Individual 30 Mins 3 Portion	Rs. 3,000	Gold, Silver, Bronze Medal, or Merit Certificate
16	K&N'S HEALTHY KIDS COMPETITION Display Class Individual 30 Mins 1 Portion	Rs. 200	K&N'S Best Little Chef

NOTE: To win Best Cuisiner of Pakistan and Best Pastry Chef, you will need to participate in minimum all three classes as required above, Please select an appropriate individual and trophy classes

APPLICANT-1

Name: _____ ☐ Male ☐ Female

Address: _____

Designation: _____ Organization Name _____

Date of Birth: Day _____ Month _____ Year _____ CNIC No: _____

Mobile: _____ E-mail: _____ Signature of Competitor: _____



Entry forms with attached documents should be sent by courier to:

CHEFS' ASSOCIATION OF PAKISTAN

185, Abu Bakar Block, Canal Road, New Garden Town, Lahore. Email: info@picc.cap.net.pk

Fraaz Mahmud Kasuri, Manager CAP, Mobile: +92-309-3332578



Chefs' Association of Pakistan
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For Further Information:

Web: www.picc.cap.net.pk

Email: info@picc.cap.net.pk

P-1

APPLICANT-2

Name: _____ ☐ Male ☐ Female

Address: _____

Designation: _____ Organization Name _____

Date of Birth: Day _____ Month _____ Year _____ CNIC No: _____

Mobile: _____ E-mail: _____ Signature of Competitor: _____

APPLICANT-3

Name: _____ ☐ Male ☐ Female

Address: _____

Designation: _____ Organization Name _____

Date of Birth: Day _____ Month _____ Year _____ CNIC No: _____

Mobile: _____ E-mail: _____ Signature of Competitor: _____

I have attached the following documents:

- ☐ 2 recent passport size photographs in chef's uniform
- ☐ 1 photocopies of National Identity Card
- ☐ Updated CV or Profile (at least 3 years experience)
Not required for Student: Chicken Display class
- ☐ Bank receipt of payment for Pakistan Culinary Championship, as per class(es) of the competition entered
- ☐ I am paying in cash as per the class(es) entered, to **Chefs' Association of Pakistan**, the amount Rs. _____ (Lahore only)
- ☐ I am attaching Bank Receipt of payment made to **Chefs' Association of Pakistan** amount Rs. _____

Our Bank:

IBAN: PK45BAHL0011098102867001- Acc No. 0011-0981-028670-01-8

Title: College of Tourism and Hotel Management

Bank: Bank Al Habib Gulberg Branch Lahore, Pakistan

Swift Code: BAHLPKKAXXX

Jazz Cash: Dial *786*10# and enter the Till ID **00353147**

You may submit in Bank Al Habib branches nationwide, filling in the aforementioned information in the bank submission form



Submission of a completed Entry Form shall constitute of an agreement, to abide by the Rules & Regulations of the Pakistan International Culinary Championship 2023.

Please photocopy if extra forms are needed. Please do not send cash by mail. Competitors will be advised of application outcome before **28th February 2023** (On Merit)

- ☐ If at any time, I am found guilty of criminal offense or similar misconduct, I am liable to be disqualified
- ☐ I have read and understood the rules and regulations of Pakistan International Culinary Championship 2023 and will comply with them.

For Official Use Only:

Class(es): _____

Application/Payment Received on: _____

Bank: _____ Amount: _____

Cash Received: _____ Receipt No.: _____

Remarks: _____ Registration No.: _____

Received by: _____ Signature: _____



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PREVIOUS PICC EVENTS



For Further Information:

Web: www.picc.cap.net.pk

Email: info@picc.cap.net.pk



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Royal Palm Golf & Country Club, Lahore