

# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP 2025

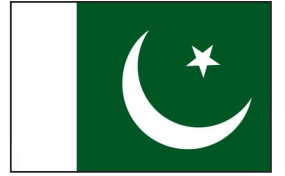
SEASON  
**7**

**JANUARY 28-29-30, 2025**

Royal Palm Golf & Country Club, Lahore



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WORLD  
ASSOCIATION  
OF CHEFS  
SOCIETIES



*Pakistan  
International  
Culinary Championship*



EVENT ORGANIZERS



Chefs' Association of Pakistan  
شیفنس ایسوسی ایشن آف پاکستان





## GUIDELINES FOR INTERNATIONAL PARTICIPANTS

**C**hefs Association of Pakistan (CAP) welcomes international participants to Pakistan International Culinary Championship (PICC) 2025 to be held at Royal Palm Golf & Country Club, Lahore Pakistan on January 28, 29, 30, 2025.

International teams may join the esteemed annual culinary championship of Pakistan to showcase their gastronomic skills and art in different categories. Participants of the international teams, if confirmed in time, would be given the roles of Rookie/Marshall judges.

### Travel Instructions

Below is the Visa portal of the Islamic Republic of Pakistan. This will help you to submit your visa applications online, from the comfort of your home. Apply online, pay the fee and get your Visa.

<https://visa.nadra.gov.pk/>

**For further assistance, contact:**

**Mian Shahid Mahmood**

Vice President (International Affairs), CAP

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185, Abu Bakar Block, Canal Road,  
New Garden Town, Lahore-Pakistan



SEASON 7





SEASON 7





# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP 2025



Chefs' Association of Pakistan  
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**COTHM**  
College of Tourism & Hotel Management  
GROUP OF COLLEGES



Pakistan Tourism Development  
Corporation

**LRA**  
LAHORE RESTAURANT  
ASSOCIATION



**Chocolate  
Academy®**



NATIONAL CULINARY TEAM  
OF PAKISTAN



NATIONAL WOMEN CULINARY TEAM  
OF PAKISTAN



NATIONAL YOUNG CHEFS TEAM  
OF PAKISTAN



**P**akistan International Culinary Championship (PICC) 2025 is the harbinger of a new era of culinary trends 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, it connects Pakistan with the global world.

PICC 2025 is set to foster an image of Pakistan which will depict us as a peaceful, friendly, creative and immensely talented nation on the planet.

## For International Queries

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Vice President (International Affairs), CAP

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## For Local Queries

**Fraaz Mahmud Kasuri**

Manager, CAP

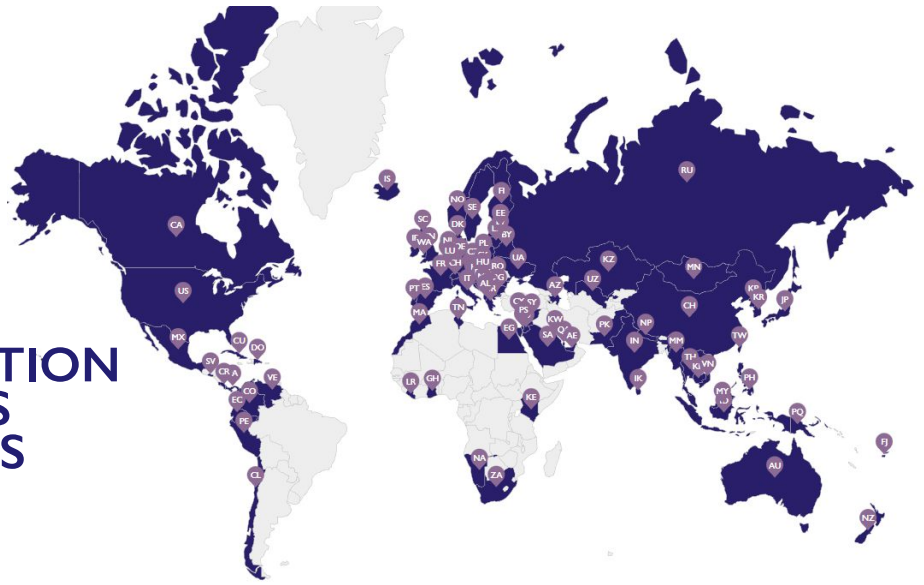
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## WORLD CHEFS ORGANIZATION

### EXECUTIVE COMMITTEE



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President



**Martin Kobald**

Vice President



**Cornelia Volino**

Secretary General



**Uwe Micheel**

Assistant Vice President



**KK Yau**

Assistant Vice President



**Willment Leong**

Continental Director for Asia

## WORLD CHEFS, PARIS ENDORSES PICC 2025

**W**orldchefs, headquartered in Paris, is a prestigious global organization that serves as the voice of culinary professionals from around the world. With a rich history dating back to 1928, Worldchefs is dedicated to promoting the culinary arts, fostering international collaboration among chefs, and setting high standards for culinary excellence.

One of the notable ways in which Worldchefs contributes to the culinary world is through its endorsement of various culinary

events and competitions worldwide. Among these events, the Pakistan International Culinary Championship (PICC) stands out as a shining example. Organized annually by the Chefs Association of Pakistan (CAP) in collaboration with the College of Tourism and Hotel Management (COTHM), PICC has earned the prestigious endorsement of Worldchefs.

This endorsement by Worldchefs underscores the significance and global recognition of PICC within the culinary community. It reflects the event's commitment to

upholding the highest culinary standards, promoting culinary innovation, and providing a platform for international chefs to showcase their talents.

With Worldchefs' endorsement, PICC continues to thrive as the biggest culinary championship in Pakistan, attracting culinary enthusiasts, professionals, and international chef teams eager to participate and compete on a global stage.



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## Chefs' Association of Pakistan

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### Chefs Association of Pakistan (CAP) Elevating Culinary Excellence in Pakistan

**T**he Chefs Association of Pakistan (CAP) takes immense pride in its role as the torchbearer of culinary excellence in Pakistan. As the only national member of Worldchefs, the global authority on culinary matters, CAP has consistently strived to elevate Pakistan's culinary landscape to international standards.

A standout testament to CAP's commitment to culinary innovation and expertise is the annual Pakistan International Culinary Championship (PICC). PICC has firmly established

itself as Pakistan's premier culinary event, drawing the attention of culinary aficionados, professionals, and enthusiasts from across the nation and beyond.

In 2025, CAP continues its tradition of hosting the most awaited culinary extravaganza, PICC, Season 7. This event showcases the exceptional talent, creativity, and craftsmanship of chefs, both local and international, who gather to participate upon CAP's invitation. The endorsement by Worldchefs, Paris, further underscores the global significance

and recognition of PICC.

As we embark on PICC 2025, we invite you to join us in celebrating the culinary arts and witnessing the fusion of flavors, techniques, and cultures that make PICC a truly exceptional culinary experience.

Prepare your taste buds and culinary aspirations for an unforgettable journey at PICC 2025, where the Chefs Association of Pakistan continues to inspire, innovate, and delight the senses.

# MESSAGE

CAP has always been there to promote gastronomical tourism in Pakistan. Considering its tradition of promoting Pakistani cuisine all over the world, CAP 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 cuisiners. The event will make Pakistani cuisine famous all over the world and make Lahore famous as 'Food Capital of Pakistan'.

## Ahmad Shafiq

President

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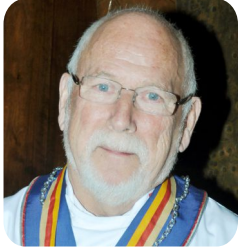
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## OFFICE BEARERS AND EXECUTIVE MEMBERS OF CHEFS' ASSOCIATION OF PAKISTAN (CAP)



**Mr. Petter Jakobsen**  
Honorary Advisor



**Mr. Ahmad Shafiq**  
President



**Mr. Waqar Ilyas**  
Vice President, Corp.



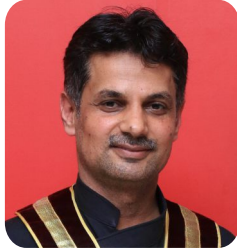
**Mr. Mohammad Yamin**  
Executive Member



**Mr. Muhammad Raees**  
Executive Member



**Mr. Muhammad Hussain**  
Executive Member



**Mr. Muhammad Razaq**  
Executive Member



**Mr. Tauseef Ahmad Butt**  
Executive Member



**Mr. Tipu Imran**  
Executive Member



**Mr. Abdul Hadi**  
Executive Member



**Mian Shahid Mahmood**  
Vice President  
International Affairs



**Mr. Usama Waleem**  
Executive Member



**Falak Gohar**  
Executive Member



**Faiza Iqbal**  
Executive Member



**Mr. Syed Azhar Jamil**  
VP Corporate  
(Sindh & Balochistan)



**Mr. Fraaz Mahmud Kasuri**  
Office Manager  
CAP

# TABLE OF CONTENTS

No.	CONTENT	PAGE NO.
1	<p><b>Categories</b></p> <p>Trophy Classes (Professional) ▶</p> <p>Medal Classes (Professional) ▶</p> <p>Medal Classes (Student) ▶</p>	2-16
2	<p><b>General Rules and Judging Criteria</b></p>	18-32
3	<p><b>Summary of Awards, Classes and Registration Forms &amp; Fee</b></p>	33-35





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# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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## CATEGORIES

TROPHY CLASSES (PROFESSIONAL)

MEDAL CLASSES (PROFESSIONAL)

MEDAL CLASSES (STUDENT)





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# TROPHY CLASSES



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## PROFESSIONAL CHEF

1

### BEST CUISINER OF PAKISTAN {INDIVIDUAL}

#### A BEEF MAIN COURSE

LIVE COOKING

1. Time Allowed (45 Minutes)
2. Only professional chefs are allowed to compete
3. Prepare and present two identical main course items using beef as the main protein item
4. Any cut of beef can be used
5. Weight of beef per portion of main course on the plate to be 150 – 170 grams
6. Present the main course items on individual plates with appropriate garnish
7. Make 2 portions; one for display, and one for judges' tasting
8. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

#### B CHICKEN MAIN COURSE

LIVE COOKING

1. Time Allowed (45 Minutes)
2. Only professional chefs are allowed to compete
3. Prepare and present two identical main course items using any part of chicken
4. The carcass of the chicken is to be kept for inspection by judges
5. Weight of chicken per portion of main course on the plate to be 150 – 170 grams
6. Present the main course items on individual plates with appropriate garnish
7. Make 2 portions; one for display, and one for judges' tasting
8. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

#### C SEAFOOD MAIN COURSE

LIVE COOKING

1. Time Allowed (45 Minutes)
2. Only professional chefs are allowed to compete
3. Prepare and present two identical main courses using Seafood as the main protein item
4. Weight of Seafood per portion on the plate to be 150 grams
5. Present the main courses on individual plates with appropriate garnish
6. Make 2 portions; one for display, and one for judges' tasting
7. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions



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# TROPHY CLASSES



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## PROFESSIONAL CHEF

### 2 BEST PASTRY CHEF OF PAKISTAN {Individual}

#### A BAKED GOODS, BAKED BREADS

#### LIVE DISPLAY

1. **Time Allowed (20 Minutes) for setting up display**
2. **Only professional chefs are allowed to compete**
3. The entire exhibit must comprise baked goods and must include the following:
  - i. A baked bread showpiece
  - ii. Two types of bread loaves 200-300gms (competitor's choice); two pieces of each loaf to be displayed
  - iii. Two types of bread rolls 25-40gms (competitor's choice); three pieces of each roll to be displayed
  - iv. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces of each item to be displayed
  - v. Two types of baked savory breakfast items 25- 50gms (competitor's choice); three pieces of each item to be displayed
  - vi. One extra piece of each variety to be displayed on a separate platter for judges' tasting
  - vii. All breads & dough must be baked at competitor's own workplace, as fresh as possible and deliver to the competition venue for judging
  - viii. Poor hygiene standard of handling bakery products will not qualify for judging
  - ix. Maximum area for display (w) 90 x (d) 75cm
  - x. Make 1 portion for display and tasting both
  - xi. Typewritten recipes with description and procedure are required

▼
Live Display
▼
Individual
▼
20 Mins
▼
1 Portions

#### B CAKE DECORATION

#### LIVE PRACTICAL

1. **Time Allowed (120 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Decorate a pre-baked single cake base of the competitor's choice
4. The theme for the cake decoration will be **"The Beauty of Nature"**
5. Cake base must be a minimum size of 30cm x 30cm square or 30cm diameter round
6. The cake can be brought already filled without coating – ready to decorate
7. The cake must be delivered and set up hygienically with cold box or dry ice storage (Food products will not be judged if they fall short of required hygiene standards)
8. All decorating ingredients must be edible and mixed on the spot (Chocolate/Sugar/ Marzipan /Fondant) Minimum height is 30 cm; it can be enhanced and harmonized with the overall presentation

▼
Live Practical
▼
Individual
▼
120 Mins
▼
1 Portions



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# TROPHY CLASSES

## PROFESSIONAL CHEF



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## 2 BEST PASTRY CHEF OF PAKISTAN {Individual}

9. No pre-modelled garnish permitted
10. Chocolate and royal icing can be pre - prepared to the basic level
11. Competitors must bring all ingredients, cake base, utensils, and small equipment as required
12. A standard buffet table will be provided for each competitor to work upon
13. The cake will be tasted and cut by the judges, as a part of the judging criteria
14. Make 1 portion for display only
15. Typewritten recipes with description and procedure are required

## C FOUR PLATES OF DESSERTS

### LIVE DISPLAY

1. **Time Allowed (45 Minutes) for setting up display**
2. **Only professional chefs are allowed to compete**
3. Prepare four different types of desserts, each for one person
4. Displayed cold, each portion for one person, suitable for a la carte service
5. 1 x Hot dessert composition in a plate
6. 2 x Pakistani desserts, free style creation
7. 1 x Cold dessert composition in a plate
8. Practical and up-to-date presentation is required
9. Tasting will be a part of the judging process if deemed necessary to determine quality and authenticity
10. Maximum area (w) 90 cm x (d) 75 cm
11. Showpieces are allowed but will not be judged
12. Make 1 edible portion for display only
13. Typewritten recipes with description and procedure are required

▼  
Live Display

▼  
Individual

▼  
20 Mins

▼  
1 Portions



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# TROPHY CLASSES



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## PROFESSIONAL CHEF

3

### BEST BLACK BOX-TEAM

Live Cooking

1. **Time Allowed (75 Minutes)**
2. **Only professional chefs are allowed to compete**
3. A team of three (3) Chefs to prepare Three-course Menu
4. The menu will be a combination of / Starters / Main Course items / Desserts of the competitor's choice
5. A complete set of ingredients will be provided at the time of the competition
6. No other ingredients are to be used other than the provided ones
7. The team leader must submit to judges a written menu (in English) before they start their competition
8. Teams are supposed to bring their small equipment
9. Teams will be judged on the effective use of ingredients, balance of the menu, originality, together with culinary skills
10. Steward may be used but is not a part of the team (not to wear chef's uniform)
11. Make 2 portions; one for display, and one for judges' tasting
12. Handwritten recipes with description are required

▼
Live Cooking
▼
Team
▼
75 Mins
▼
2 Portions

4

### FOUR-COURSE GOURMET DINNER - TEAM

Live Cooking

1. **Time Allowed (90 Minutes)**
2. **Only professional chefs are allowed to compete**
3. A team of three (3) chefs can participate in this class
4. Four-Course Gourmet Dinner Menu - live cooking
5. Complete menu should represent any international cuisine
6. An appetizer (cold or hot)
7. Soup
8. A main course with its garnish
9. A dessert
10. Hot food to be presented hot on appropriate plate and cold food on cold plate
11. Total food weight of the 4 plates should be 400-500 grams
12. Make 2 portions; one for display, and one for judges' tasting
13. Typewritten recipes with description are required

▼
Live Cooking
▼
Team
▼
90 Mins
▼
2 Portions



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# TROPHY CLASSES

## PROFESSIONAL CHEF



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5

### BEST CARVING ARTIST OF PAKISTAN {Individual}

Live Display

#### FRUIT & VEGETABLE CARVING SHOWPIECE

##### A PART ONE - DISPLAY

1. **Time Allowed (60 Minutes) for setting up display**
2. **Only professional chefs are allowed to compete**
3. To bring in already prepared one display of fruit and/or vegetable carving; no visible supports are permitted
4. Freestyle presentation
5. Light framing is allowed, but the construction of the piece must not depend upon it
6. Maximum area (w)60 cm x (d)75 cm
7. Maximum height 55 cm (including base or socle)

Live Display

Individual

20 Mins

1 Portions

##### B PART TWO - PRACTICAL

1. **Time Allowed (120 Minutes)**
2. Freestyle
3. Hand carved work on competitors' own fruit\vegetables
4. Competitors to use their own hand-tools and equipment
5. No power-tools permitted

Live Practical

Individual

120 Mins

1 Portions

6

### THREE-COURSE MODERN PAKISTANI MENU {Individual}

Live Cooking

1. **Time Allowed (90 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Three-Course Modern Pakistani Menu
4. Present a plated three-course gourmet meal for one person, two sets 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 grams
11. Make 2 portions; one for display, and one for judges' tasting
12. Typewritten recipes with description are required

Live Cooking

Individual

90 Mins

2 Portions





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# TROPHY CLASSES



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7

## PIZZA CHAMP - PROFESSIONAL {Individual}

Live Cooking

1. **Time Allowed (45Minutes)**
2. **Only professional chefs are allowed to compete**
3. Competitors should make 1 Pizza of his/her own choice
4. Competitors should bring Pizza dough ready and rest of the mise en place as well
5. Competitors will only assemble their Pizzas at the competition
6. All ingredients can be precut and prepared before the start of the competition
7. Each Pizza should be of 12 inches
8. All competitors will be responsible for serving dishes; its competitors' choice to present/serve in the restaurant style
9. Judges will evaluate Pizza technically; tasting, quality, combination of ingredients and creativity
11. Make 1 portion for judges' tasting
12. Typewritten recipes with description are required

Live Cooking

Individual

45 Mins

2 Portions

8

## YOUNG CHEF OF THE YEAR {Individual}

Live Cooking

1. **Time Allowed (60 Minutes)**
2. This class is for the **young chefs ( Age below 25 on the day of competition )**
3. Prepare and present one Pakistani and one Western style main course
4. Portion 150-170 grams with appropriate garnish
5. Make 2 portions each; one for display, and one for judges' tasting
6. Typewritten recipes with description are required

Live Cooking

Individual

60 Mins

2 Portions

9

## THREE-COURSE GOURMET DINNER MENU {Individual}

Live Cooking

► For International Chefs Only

1. **Time Allowed (90 Minutes)**
2. An individual chef will prepare a Three-Course Gourmet Dinner Menu
3. Present a plated three-course gourmet meal for one person; two sets each
4. Complete menu should represent an international cuisine
5. An appetizer (cold or hot), 6. A main course with its garnish, 7. A dessert
8. Hot food presented hot on appropriate plate and cold food on cold plate
9. Total food weight of the 3 plates should be 400-500 grams.
10. Make 2 portions; one for display, and one for judges' tasting
11. Typewritten recipes with description are required

Live Cooking

Individual

90 Mins

2 Portions



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# MEDAL CLASSES

## PROFESSIONAL CHEF



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10

### GRAVITY CAKE FREE STYLE {Individual}

#### Live Practical

#### 1. Time Allowed (120 Minutes) for live practical

#### Only professional chefs are allowed to compete

- Decorate a pre-baked cake, competitor's choice
- The theme of decoration for the cake decoration will go with the competitor's choice
- All decorations must be edible and made entirely by hand
- Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned
- Fine food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste
- Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not depend on these items
- The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
- The cake will be tasted by the judges
- Inedible blanks may be used for the two top layers
- Typewritten description and recipes are required
- Maximum height, there is no height restriction
- The maximum width of the exhibit is 50cm – the elements can exceed the base – but no more than 5cm from each side

PROHIBITED: any non-edible decorations except small elements used for improving stability, non-edible colorings

#### EVALUATION CRITERIA

- Creativity, Originality
- Aesthetics and Visual Impact (cleanliness and quality of the techniques used)
- Difficulty Level
- Balance
- Handmade realization of the decorations without the usage of molds
- Amount and complexity of the modeling

▼
Live Practical
▼
Individual
▼
120 Mins
▼
1 Portions



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# MEDAL CLASSES

## PROFESSIONAL CHEF



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11

### BEEF | MAIN COURSE {Individual}

Live Cooking

1. **Time Allowed (45 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Prepare and present two identical main course items using beef as the main protein item
4. Any cut of beef can be used
5. Weight of beef per portion of main course on the plate to be 150 – 170 grams
6. Present the main course items on individual plates with appropriate garnish
7. Make 2 portions; one for display, and one for judges' tasting
8. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

12

### CHICKEN | MAIN COURSE {Individual}

Live Cooking

1. **Time Allowed (45 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Prepare and present two identical main course items using any part of chicken
4. The carcass of the chicken is to be kept for inspection by judges
5. Weight of chicken per portion of main course on the plate to be 150 – 170 grams
6. Present the main course items on individual plates with appropriate garnish
7. Make 2 portions; one for display, and one for judges' tasting
8. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

13

### SEAFOOD | MAIN COURSE {Individual}

Live Cooking

1. **Time Allowed (45 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Prepare and present two identical main course items using Seafood as the main protein item
4. Weight of Seafood per portion on the plate to be 150 grams
5. Present the main course items on individual plates with appropriate garnish
6. Make 2 portions; one for display, and one for judges' tasting
7. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions



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# MEDAL CLASSES

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14

## PASTA MAIN COURSE {Individual}

### Live Cooking

#### 1. Time Allowed (45 Minutes)

#### Only professional chefs are allowed to compete

2. Prepare and present two identical main pasta dishes
3. Pasta will need to be freshly made by the participant at the venue
4. Competitor's own choice for the selection of dishes
5. Pasta should be uncooked, fresh and homemade (not manufactured)
6. Make 2 portions; one for display, and one for judges' tasting
7. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

15

## PETITES FOUR & PRALINES {Individual}

### Display Class

#### 1. Time Allowed (30 Minutes) for setting up display

#### Only professional chefs are allowed to compete

#### Exhibit 4 varieties

2. Six pieces of each variety (24 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. Each piece to weigh between 6-14grams
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece
5. Showpieces should enhance the presentation and will be judged
6. Written description mentioning the theme is required
7. Typewritten recipes with description are required
8. Maximum area w90 cm x d75 cm
9. Different flavours, textures and cooking techniques will be looked for in the items presented
10. Training on this class will take place prior to the competition

▼
Display Class
▼
Individual
▼
30 Mins
▼
1 Portions



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# MEDAL CLASSES

## PROFESSIONAL CHEF



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16

## HIGH TEA MASTER {Individual}

Display Class

### 1. Time Allowed (30 Minutes) for setting up display

**Only professional chefs are allowed to compete**

Presents two edible High Tea Platters

All items should be prepared personally by the chefs

### 2. Each set must consist of 5 different items

- One (1) type of Scones with condiments
- One (1) type of Savoury items
- (Mini Burger, Open Faced Sandwiches, Finger Sandwiches, Savoury Pies or Quiches)
- One (1) type of Dessert in Glassware
- Two (2) different types of free style French Pastry

### 3. Whole high tea set must be presented on tea set stand or high tea platter

### 4. Each competitor must submit the High Tea Set Menu in English

### 5. Typewritten recipes with description are required

▼
Display Class
▼
Individual
▼
30 Mins
▼
2 Portions

17

## CAKE MASTER {Individual}

Live Practical

### Time Allowed (120 Minutes)

**Must be a current student, Student ID required on time of registration**

1. Participants can choose any design of their choice for cake
2. Frosting and filling of cake would be done by students at home; fondant and other decorations will be done live
3. Cake must consist of a minimum of two tiers or maximum as per participant's choice
4. The minimum size of the cake is 8\*6 while there is no limit for the maximum size
5. The height of the cake must not be less than 10 inches
6. The cake must be decorated with edible stuff
7. The initial or the first part of the cake can be of any flavor and decorate the rest after making dummies
8. Fresh cream and butter cream cakes are not accepted
9. Only fondant and gum paste work is acceptable
10. Typewritten recipes with description are required

▼
Live Practical
▼
Individual
▼
120 Mins
▼
1 Portion



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# MEDAL CLASSES



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## STUDENT

18

### PIZZA CLASS {Individual}

Live Cooking

**1. Time Allowed (45Minutes)**

**Must be a current student, Student ID required on time of registration**

2. Competitors should make 1 Pizza, free style, 12 inches
3. Competitors should bring Pizza dough ready and rest of the mise en place as well
4. Competitors will only assemble their Pizzas at the competition
5. All ingredients can be precut and prepared before the start of competition
6. Its competitors' choice to serve in the restaurant style
7. Judges evaluate Pizza technically; tasting, quality, combination of ingredients and creativity are judged
8. Make 2 portions; one for display, and one for judges' tasting
9. Typewritten description and recipes are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

19

### PASTA MAIN COURSE {Individual}

Live Cooking

**1. Time Allowed (45 Minutes)**

**Must be a current student, Student ID required on time of registration**

2. Prepare and present two identical main pasta dishes
3. Competitor's own choice for the selection of dishes
4. Pasta should be uncooked, fresh and homemade (not manufactured)
5. Advanced preparation of only Pasta will be allowed
6. Make 2 portions; one for display, and one for judges' tasting
7. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions



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# MEDAL CLASSES



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## STUDENT

20

### CHICKEN MAIN COURSE {Individual}

Live Cooking

1. **Time Allowed (45 Minutes)**
2. **Only professional chefs are allowed to compete**
3. Prepare and present two identical main course items using any part of chicken
4. The carcass of the chicken is to be kept for inspection by judges
5. Weight of chicken per portion of main course on the plate to be 150 – 170 grams
6. Present the main course items on individual plates with appropriate garnish
7. Make 2 portions; one for display, and one for judges' tasting
8. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
45 Mins
▼
2 Portions

21

### CUPCAKES CREATIONS {Individual}

Live Practical

1. **Time Allowed (45 Minutes)**
2. A set of 12 pre baked cupcakes decorated of competitor's choice
3. All the cupcakes must cover **12 DIFFERENT DESIGNS** of fresh cream or fondant
4. The whole set must be placed on a base of maximum 35cm x 35cm or 35cm of diameter
5. The way of presenting of competitor's choice
6. There is no height restriction
7. Cupcakes' taste will be judged

▼
Live Practical
▼
Individual
▼
45 Mins
▼
1 Portions

**PERMITTED:** Paper or aluminum baking cases and wrappers, edible sugar pastes for decorations, chocolate, royal icing, caramel/isomalt sugar flowers without wires, florist tapes and stamens

**PROHIBITED:** Any non-edible decorations, wires, stamens, beads, ribbons, fresh flowers, non-edible colorings

#### EVALUATION CRITERIA

- Presentation
- Aesthetics and Visual Impact (cleanliness and quality of the techniques used)
- Handmade Realization of the Decorations without the usage of molds



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# MEDAL CLASSES



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## STUDENT

22

### THREE-COURSE PAKISTANI CUISINE - TEAM

Live Cooking

1. **Time Allowed (75 Minutes)**
2. A team of three (3) student chefs can participate in this class as team challenge
3. Three-Course Pakistani Dinner Menu
4. Complete menu should represent the Pakistani Cuisine
5. **An appetizer (cold or hot)**    6. **A main course with its garnish**    7. **A dessert**
8. Hot food to be presented hot on appropriate plate and cold food on cold plate
9. Total food weight of the 3 plates should be 400-480 grams
10. Make 2 portions; one for display, and one for judges' tasting
11. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
75 Mins
▼
2 Portions

23

### A MEDLEY OF MOCKTAILS {Individual}

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
Apple	Guava	Kiwi
Pomegranate	Mint	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 are allowed
5. Garnishes, which can be made from any edible substance, must be prepared, cut and shaped entirely on-site
7. The competition will begin with a close pre-inspection by the judges to ensure that no preparation has taken place
8. Make 1 portion for display and for judges' tasting
9. Typewritten recipes with description are required

▼
Live Practical
▼
Individual
▼
45 Mins
▼
1 Portion

### Judging Criteria Mocktails

**TASTE:** 60 points; the highest percentage possibility is given for a good tasting

**PRESENTATION:** 30 points for the preparation and use of ingredients

**WORKING:** 05 points for clean, hygienic and safe work methods

**METHOD INNOVATION:** 05 points for new thinking on decoration or presentation



24

### CREATIVE TABLE SET-U P - TEAM

#### Display

**1. Time Allowed (30 Minutes)**

2. A team of two (2) hospitality students

3. To set-up a round table for 4 people with the theme: Free Style

The set-up must include table cloth, centerpiece, place mats, chinaware, glassware and menus. Table setting must have a theme, maximizing the use of local products, two participants may work as a team but each team must be registered under one name

- **Table will be round in shape & will be provided by the organizers**
- **Creativity, innovation and uniqueness of setting will be a major judging point**
- **Menu composition in accordance with equipment set-up**

▼
Display
▼
Team
▼
30 Mins
▼
1 Set-up

#### Judging Criteria:

Creativity and Presentation	0-40 points
Originality & Uniqueness	0-30 points
Practicality	0-20 points
F&B menu must be in line with theme being featured	0-10 points





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## PICC 2024 - PARTNERS



## STRATEGIC PARTNERS



## PARTICIPANTS




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# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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## GENERAL RULES

## JUDGING CRITERIA





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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 Brief 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

## 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 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)



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# GENERAL RULES FOR CULINARY COMPETITIONS



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## 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
- 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



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# GENERAL RULES FOR CULINARY COMPETITIONS



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

5 points

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

10 points

- **Corrects Professional Preparation and Hygiene**
- 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

20 points

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

5 points

- **Presentation / Innovation**
- 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

10 points

- **Taste & Texture**
- The typical taste of the food should be preserved
- It must have appropriate taste and seasoning
- In quality, flavour and colour, the dish should conform to today's standards of nutritional values

## 50 points

### POINTS TABLE

SCORE	Medal / Certificate
90-100 points	Gold Medal with Certificate
80-89 points	Silver Medal with Certificate
70-79 points	Bronze Medal with Certificate
60-69 points	Merit Certificate

### WORLDCHefs FOOD SAFETY REGULATIONS

The following information is to be read in conjunction with the WORLDCHEFS Competition Guidelines.  
NOTES: 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)



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# GENERAL RULES FOR CULINARY COMPETITIONS



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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  $<5^{\circ}\text{C}$  ( $41^{\circ}\text{F}$ )
  - 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 labeled 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  $5^{\circ}\text{C}$  ( $40^{\circ}\text{F}$ ) or above  $60^{\circ}\text{C}$  ( $140^{\circ}\text{F}$ ), slows down or stops the growth of microorganisms but some dangerous microorganisms can still grow below  $5^{\circ}\text{C}$  ( $40^{\circ}\text{F}$ ).
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  $10^{\circ}\text{C}$  ( $50^{\circ}\text{F}$ )
  - c. Cooked food needs to be held above  $60^{\circ}\text{C}$  ( $140^{\circ}\text{F}$ ) 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  $<5^{\circ}\text{C}$  ( $4^{\circ}\text{F}$ ) before it can be refrigerated
  - g. All food items to be refrigerated or kept in the freezer must be covered and labelled





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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 <math>5^{\circ}\text{C}</math> 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. Aftershave 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



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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 labeled
  14. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed together, labeled, and stored at  $<5^{\circ}\text{C}$  ( $41^{\circ}\text{F}$ )
  15. Hand paper towels to be used for work surface bench and hands wiping
  16. Cloth towels should only be used to handle hot items
  17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetable, red for meat, blue for fish, brown for cooked meats, and violet for vegan
  18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean
  19. Use of wooden cutting boards is not authorized
  20. Cardboard or any porous containers and boxes are not allowed to enter kitchen
  21. Nothing is allowed to be stored on the floor
- 1) **Face Mask / Face Shield:**  
When requested by the local health authorities or the organisers
    - a. These forms of PPE must be worn during the entire competition while in the competition arena
    - b. They must be changed:
      - i. In preparation for service
      - ii. If they are spoiled in any way
      - iii. Upon returning to the kitchen after any break



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# GENERAL RULES FOR CULINARY COMPETITIONS



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## 2) Hand Washing:

**It is a 30 second process which must take place;**

- a. Upon arrival to the kitchen
- b. At the start of the actual competition
- c. When hands become soiled
- d. On the hour
- e. After handling raw proteins
- f. When each task is finished
- g. After mise en place has been set
- h. Before service
- i. After visiting the wash room
- j. After handling rubbish
- k. At all times upon returning to the kitchen.

## 3) Sanitizing

**Recommended chemical sanitizer must be applied for a minimum of 10 seconds before it can be wiped off with a paper towel or scrapper.**

- a. All work surface must be sanitized upon arrival into kitchen.
- b. All benches must be sanitized at the start of the competition.
- c. All benches must need to be sanitized as they become soiled.
- d. All benches must be sanitized at the completion of each task.
- e. All benches must be sanitized prior to starting service.
- f. All benches must be sanitized at the end of the competition.

## 4) Aprons:

- a. To enhance and promote our profession, and to avoid cross contamination, chefs should not be working with soiled aprons.
- b. Bib aprons can be used when cleaning proteins.
- c. Aprons should be changed:
  - 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 o wear gloves during the mise en place or food items, unless the food items will not receive any heat treatment.



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# GENERAL RULES FOR CULINARY COMPETITIONS



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## **h. Gloves need to be changed;**

- i. If you start to use other equipment after touching proteins
- ii. Before starting service
- iii. Regularly during service
- iv. Before and after cleaning of dirty, or staining vegetables or marinades.

## **6) Rubbish:**

- a. Small bins are permitted on the work bench.
- b. Neither the small table bins nor the main kitchen bin may overflow.
- c. Rubbish needs to be bagged, and removed each hour of the competition, upon closing of the bags.
- d. Bins should be empty at the start of service
- e. Cleaned and washed at the end of service
- f. Sinks must be used for washing and not to hold dirty pots and rubbish.
- g. Rubbish must be separated – i.e.: paper, plastic, organic, not reusable plastic boxes and containers, organic, and disposed of in designated containers.

## **7) Team Spacing:**

Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at time, may be un-avoidable.

## **8) Glass Policy:**

- a. Control - No glass items are permitted in any format into the competition kitchen. This may pertain to wine, vinegar, soy sauce, tomato paste, oils, drinking vessels, and any other products.
- b. Items must be decentered into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- c. If sponsored items are in glass, these will remain on the central ingredient table(s), away from the competition kitchen. Competitors will retrieve products from this area in non-breakable containers. This rule will also apply to the Community Catering where Commercial products are permitted.

## **9) Food Efficiency (left overs):**

- a. In some circumstances, some food excess is unavoidable but this must be controlled. It is how you manage it that will be noted.
- b. If all your portions are not sold – there must be an accountability, tickets Vs Sales Vs food remaining.
- c. 5% excess is acceptable due to a number of kitchen factors, spillage, replacement, wrong table.
- d. Be mindful when planning menus to avoid waste factor, i.e.: "Pommes Parisiennes" or smaller scooped vegetables or fruits.
- e. Useable trimmings / excess of preparations, must be properly packaged and labelled with date and name of product as a minimum.
- f. Such left over food will be reviewed by the kitchen jury before it is taken away.
- g. Deduction for items thrown in the rubbish, or tried to be washed down a sink.



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# GENERAL RULES FOR CULINARY COMPETITIONS



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- 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
- Macarons 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

1. 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)
2. Unless the organizers specifically mention a class as being a team event, all classes are for entry by a single competitor
3. Individual competitors may participate in a maximum of three categories; teams may enter in all team categories in the competition
4. Competitors entering to win a trophy must participate fully in every class entered in order to qualify
5. Competitors must attend and participate on the date and time allotted to them



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# GENERAL RULES FOR CULINARY COMPETITIONS



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## COMPETITION ENTRY

1. Please ensure you are entering in the right category
2. Complete the entry form according to the instructions on the form
3. Complete photocopies of the entry-form are acceptable
4. Submit the filled form to the organizers along with the requisite fee slip
5. Fee must be submitted along with filled entry forms
6. Fee is payable to:  
**IBAN:** PK45BAHL0011098102867001- **Acc No.** 0011-0981-040975-01-2  
**Title:** COTHM Events (pvt) Ltd.  
**Bank:** Bank Al Habib Gulberg Branch Lahore, Pakistan  
**Swift Code:** BAHLPKKAXXX  
**For Jazz Cash:** Dial \*786\*10# and enter the Till ID **00353147**
7. Entries are accepted strictly on a first-paid, first-accepted basis
8. No entry is accepted until the appropriate fee has been received
9. **Entry Fee is non-refundable**



## CERTIFICATES AND LETTERS OF PARTICIPATION

1. 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
2. Any applications for amendments to letters or certificates will necessitate return of the original certificate
3. A written confirmation from the Executive Chef of the respective organisation; a pre-paid fee of Rs.1000/- per certificate

## COMPETITORS AND HELPERS

1. Each competitor is allowed to have one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area
2. A helper must be junior in rank to the person he/she is helping
3. A competitor must wear full, freshly laundered chef's uniform with appropriate headgear and footwear when attending the competition
4. A competitor's helper must wear full, freshly laundered chef's uniform with appropriate headgear and footwear when attending the competition
5. Competitors that are incorrectly dressed at a competition will not have their exhibits judged
6. Helpers that are incorrectly dressed will not be admitted to the competition
7. 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



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# GENERAL RULES FOR CULINARY COMPETITIONS



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8. 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
9. 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; briefing of each competition will be done at least thirty minutes before the start of the competition
10. Any competitor not in place and not ready to start at least ten minutes before the time a competition commences will be disqualified
11. Competitors and helpers are forbidden from approaching or speaking with or to a judge without the express permission of the organizers

## EXHIBITS

1. 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
2. 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
3. All exhibits must be of an edible substance except for framing, socles and stands where they are allowed
4. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish)
5. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit
6. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting
7. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required
8. 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
9. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the back of the competition area
10. Finished exhibits must be placed in the position indicated by the organizers
11. No interference with an exhibit is allowed once the organizers have deemed it as submitted for judging
12. 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
13. 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
14. Failure by a competitor to register or exhibit at the specified time could result in disqualification
15. Exhibits which are removed by competitors without permission of the organizers will not qualify for any kind of award



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# GENERAL RULES FOR CULINARY COMPETITIONS



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## COMPETITION MARSHALS

1. A Marshal-at-arms will be recognizable by a badge displaying the logo of the Chefs' Association of Pakistan
2. Marshals are directed to ensure that the rules and regulations of the competition are observed by all concerned
3. Competitors, helpers and visitors are all obliged to cooperate with the Marshals - without questioning at all times

## AWARDS

1. Gold, Silver and Bronze Medals and Certificates of Merit are awarded as per the points tally
2. The decision of the judges is final and each competitor is required to abide by it without any comment
3. Medals will normally be presented at the end of each day. This may change according to the circumstances
4. 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
5. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates
6. Incorrectly dressed competitors/helpers will not be allowed access to the awards area

## COPYRIGHT

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

## DISCLAIMER

1. The organizers are entitled to cancel or postpone the competition, or to alter the duration, timing or schedule of any competition /class
2. 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
3. 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
4. The decision of the judges will be final and binding, and not challengeable in any court of law
5. All the professional chefs are encouraged to apply
6. We do not discriminate on the basis of race, religion, nationality, color, gender or disability





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# GENERAL RULES FOR CULINARY COMPETITIONS



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## QUERIES

1. Only downloaded, printed (or photocopied) forms with all documents (as mentioned in the entry forms) attached in hard copy, sent through courier service or by hand to The Chefs' Association of Pakistan  
Head Office Lahore, will be accepted
2. All queries must be submitted by Email: [office@cap.net.pk](mailto:office@cap.net.pk),  
or SMS/Whatsapp to: 0309 -3332578, 0320-8000113
3. The **CHEFS' ASSOCIATION OF PAKISTAN (CAP)** is the body responsible for the creation, organization and administration of the competition
4. The competition is governed by and construed according to the rules of the organizers
5. 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 2025
6. The address of CAP Headquarters is 185, Abu Bakar Block, New Garden Town, Lahore.

### For International Queries

#### Mian Shahid Mahmood

Vice President (International Affairs), CAP  
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,  
+92-320-8000113  
Email: info@picc.cap.net.pk  
185, Abu Bakar Block, Canal Road,  
New Garden Town, Lahore

### 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 **15th of December 2024**. However; they should be fully subscribed and closed well before the closing date. (First paid, first accepted basis)



## SUMMARY OF AWARDS & CLASSES

## REGISTRATION FEE AND FORMS

### POINTS TABLE

SCORE	Medal / Certificate
90-100 points	Gold Medal with Certificate
80-89 points	Silver Medal with Certificate
70-79 points	Bronze Medal with Certificate
60-69 points	Merit Certificate



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# TROPHY AND MEDAL ENTRY



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	SUMMARY OF CLASSES	FEE	AWARDS
1	<b>BEST CUISINER OF PAKISTAN {Individual}</b>	Rs. 5000 for all 3 classes	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
2	<b>BEST PASTRY CHEF OF PAKISTAN {Individual}</b>	Rs. 5000 for all 3 classes	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
3	<b>BEST BLACK BOX {Team}</b>	Rs. 5000	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
4	<b>FOUR-COURSE GOURMET DINNER {Team}</b>	Rs. 5000	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
5	<b>BEST CARVING ARTIST OF PAKISTAN {Individual}</b>	Rs. 3000 for 2 classes	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
6	<b>THREE-COURSE MODERN PAKISTANI MENU {Individual}</b>	Rs. 2500	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
7	<b>PIZZA CHAMP - PROFESSIONAL {Individual}</b>	Rs. 2500	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
8	<b>YOUNG CHEF OF THE YEAR {Individual}</b>	Rs. 2500	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
9	<b>THREE-COURSE GOURMET DINNER MENU {Individual}</b> <b>For International Chefs Only</b>	30\$	Winner 1st Runner-up 2nd Runner-up <i>Medals</i>
10	<b>GRAVITY CAKE FREE STYLE {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
11	<b>BEEF MAIN COURSE {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
12	<b>CHICKEN MAIN COURSE {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
13	<b>SEAFOOD MAIN COURSE {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate



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# TROPHY AND MEDAL ENTRY



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	SUMMARY OF CLASSES	FEE	AWARDS
14	<b>PASTA MAIN COURSE {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
15	<b>PETITES FOUR &amp; PRALINES {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
16	<b>HIGH TEA MASTER {Individual}</b>	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
	CATEGORIES FOR STUDENTS	FEE	AWARDS
17	<b>YOUNG'S BAKING CHAMP {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
18	<b>PIZZA CLASS {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
19	<b>PASTA MAIN COURSE {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
20	<b>CHICKEN MAIN COURSE {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
21	<b>CUPCAKES CREATIONS {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
22	<b>THREE-COURSE PAKISTANI CUISINE {Student Team}</b>	Rs. 3000	Gold, Silver, Bronze Medal, or Merit Certificate
23	<b>A MEDLEY OF MOCKTAILS {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
24	<b>CREATIVE TABLE SET-UP {Student}</b>	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate

# REGISTRATION FORM

#	CLASSES	FEE
1	BEST CUISINER OF PAKISTAN {Individual}	RS. 5000
2	BEST PASTRY CHEF OF PAKISTAN {Individual}	RS. 5000
3	BEST BLACK BOX-TEAM	RS. 5000
4	FOUR-COURSE GOURMET DINNER - TEAM	RS. 5000
5	BEST CARVING ARTIST OF PAKISTAN {Individual}	RS. 3000
6	THREE-COURSE MODERN PAKISTANI MENU {Individual}	RS. 2500
7	PIZZA CHAMP - PROFESSIONAL {Individual}	RS. 2500
8	YOUNG CHEF OF THE YEAR {Individual}	RS. 2500
9	THREE-COURSE GOURMET DINNER MENU {Individual} <b>For International Chefs Only</b>	30\$
10	GRAVITY CAKE FREE STYLE {Individual}	RS. 2500
11	BEEF MAIN COURSE {Individual}	RS. 2500
12	CHICKEN MAIN COURSE {Individual}	RS. 2500
13	SEAFOOD MAIN COURSE {Individual}	RS. 2500
14	PASTA MAIN COURSE {Individual}	RS. 2500

#	CLASSES	FEE
15	PETITES FOUR & PRALINES {Individual}	RS. 2500
16	HIGH TEA MASTER {Individual}	RS. 2500
17	YOUNG'S BAKING CHAMP {Student}	RS. 2000
18	PIZZA CLASS {Student}	RS. 2000
19	PASTA MAIN COURSE {Student}	RS. 2000
20	CHICKEN MAIN COURSE {Student}	RS. 2000
21	CUPCAKES CREATIONS {Student}	RS. 2000
22	THREE-COURSE PAKISTANI CUISINE {Student Team}	RS. 3000
23	A MEDLEY OF MOCKTAILS {Student}	RS. 2000
24	CREATIVE TABLE SET-UP {Student}	RS. 2000

## APPLICANT-1

Name: \_\_\_\_\_  Male  Female

Address: \_\_\_\_\_  
\_\_\_\_\_

Designation: \_\_\_\_\_ Organization Name \_\_\_\_\_

Date of Birth: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_ CNIC No: \_\_\_\_\_

Mobile: \_\_\_\_\_ E-mail: \_\_\_\_\_ Signature of Competitor: \_\_\_\_\_

## APPLICANT-2

Name: \_\_\_\_\_  Male  Female

Address: \_\_\_\_\_  
\_\_\_\_\_

Designation: \_\_\_\_\_ Organization Name \_\_\_\_\_

Date of Birth: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_ CNIC No: \_\_\_\_\_

Mobile: \_\_\_\_\_ E-mail: \_\_\_\_\_ Signature of Competitor: \_\_\_\_\_

# REGISTRATION FORM

## 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 photocopy of National Identity Card
- Updated CV or Profile (at least 3 years of experience)  
*Not required for Students & Chicken Display class*
- Bank receipt of payment for Pakistan International Culinary Championship, as per class(es) of the competition entered
- I am paying in cash as per the class(es) entered, to **COTHM Events**, the amount Rs. \_\_\_\_\_ (Lahore only)
- I am attaching Bank Receipt of payment made to **COTHM Events**, the amount Rs. \_\_\_\_\_

### Our Bank:

**IBAN:** PK45BAHL0011098102867001- Acc 0011-0981-040975-01-2

**Title:** COTHM Events (pvt) Ltd.

**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 2025.

Please photocopy if extra forms are needed. Please do not send cash by mail. Competitors will be advised of applications' outcome before **December 30th, 2024** (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 2025 and will comply with them



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

### CHEFS' ASSOCIATION OF PAKISTAN

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



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### 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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# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



Endorsed By  
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SOCIETIES

## PREVIOUS PICC EVENTS





Chefs' Association of Pakistan  
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# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



Endorsed By  
WORLD ASSOCIATION  
OF CHEFS SOCIETIES

## PREVIOUS PICC EVENTS







Chefs' Association of Pakistan  
شیفینس ایسوسی ایشن آف پاکستان



# PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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WORLD ASSOCIATION  
OF CHEFS  
SOCIETIES

## PREVIOUS PICC EVENTS





JANUARY



2025

ROYAL PALM GOLF & COUNTRY CLUB, LAHORE

**FOR FURTHER INFORMATION**

**Fraaz Mahmud Kasuri**

Manager, CAP

Mobile: +92-309-3332578, +92-320-8000113

Email: [office@cap.net.pk](mailto:office@cap.net.pk)

185, Abu Bakar Block, Canal Road,  
New Garden Town, Lahore