

PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP 2026

SEASON

8

FEBRUARY 9-10-11-12, 2026



Pakistan International Culinary Championship



WORLD
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OF CHEFS
SOCIETIES

خوب کی تلاش

EVENT ORGANIZERS



Chefs' Association of Pakistan
شیفز ایسوسی ایشن آف پاکستان





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Chefs' Association of Pakistan
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Pioneer in Professional Education
COTHM
College of Tourism & Hotel Management
GROUP OF COLLEGES

GUIDELINES FOR INTERNATIONAL PARTICIPANTS

Chefs Association of Pakistan (CAP) welcomes international participants to Pakistan International Culinary Championship (PICC) 2026 to be held at Royal Palm Golf & Country Club, Lahore Pakistan on February 9, 10, 11, 12, 2026.

International teams are graciously invited to join the esteemed annual culinary championship of Pakistan to showcase their gastronomic skills and art in different categories.

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:

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PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP 2026



Pakistan International Culinary Championship (PICC) 2026 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 2026 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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For International Queries

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WORLDCHIEFS ORGANIZATION

EXECUTIVE COMMITTEE



Andy Cuthbert

President



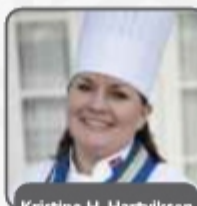
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WORLDCHIEFS, PARIS ENDORSES PICC 2026

Worldchefs, 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

The 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 2026, CAP continues its tradition of hosting the most awaited culinary extravaganza, PICC, Season 8. 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 2026, where the Chefs Association of Pakistan continues to inspire, innovate, and delight the senses.

Web: www.picc.cap.net.pk

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 cuisiniers. The event will make Pakistani cuisine famous all over the world and make Lahore famous as 'Food Capital of Pakistan'.

Ahmad Shafiq

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Office Manager
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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 (60 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 100 – 150 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

60 Mins

2 Portions

B CHICKEN MAIN COURSE

LIVE COOKING

1. Time Allowed (60 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 100 – 150 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

60 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 100 – 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

60 Mins

2 Portions



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TROPHY CLASSES

PROFESSIONAL CHEF



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2 BEST PASTRY CHEF OF PAKISTAN {Individual}

D 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

E 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



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PROFESSIONAL CHEF

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

F 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. Total food weight of the 3 plates should be 350-400 grams
12. Make 2 portions; one for display, and one for judges' tasting
13. Handwritten recipes with description are required

Live Cooking

Team

75 Mins

2 Portions

4

FOUR-COURSE GOURMET DINNER - Team

Live Cooking

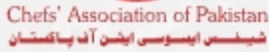
1. **Time Allowed (90 Minutes)**
2. **Only professional chefs are allowed to compete**
3. A team of three (3) chefs can participate in this class
4. Four-Course Gourmet Dinner Menu - live cooking
5. Complete menu should represent any international cuisine
6. An appetizer (cold or hot)
7. Soup
8. A main 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 400-450 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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Live Display

2 Portions



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TROPHY CLASSES

PROFESSIONAL CHEF



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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

1 Portion

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 100 – 150 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

COUNTRY CUISINE CHALLENGE

Live Practical

Team Composition

Each team will consist of three chef participants including one team captain/manager, plus one steward. The team structure would be as follows: -

1. Team captain/manager (can cook) and can guide and assist in the service time
2. Team chef of any age, level
3. Team pastry chef of any age, level
4. One Steward

For each team, four individuals are being recognized at the award ceremony

Live Practical

Team of 3 chef

90 Mins

1 Portion

Competition Task:

The Teams will be required to produce a three-course menu for 6 PAX including, 2 plates for photographs & media coverage. 4 plates shall be served to respected guests, The theme of the meal is to be the country's national cuisine no other cuisine shall be allowed per country. The meal must represent the food that is National to the competing team's country. The food to be presented as it would be in the house or traditionally for a special occasion in their home country. If served family style, then the quantity served needs to be 4 PAX for the table and separate 2 pax for the judges

3 courses to be served to include a selection of Appetizers, warm/ cold, main course with minimum of 1 protein dishes and 2 accompaniments, 1 dessert.

Teams must bring their Mise en place prepared according to the World Chefs' guidelines, It is recommended that teams read carefully the guidelines, teams will take care of their all ingredients, kitchen utensils, and small equipment as needed. Teams shall be allowed to bring table decorations if they wish however this is not judged. 6 copies of a printed menu need to be provided, and 2 sets of type-written recipes are to be submitted

Service of dishes will be as per a restaurant call-off service. The dishes have to be prepared completely 100% in the competition kitchen. Teams must use their serving dishes. The meal is to be presented on plates, bowls or other containers supplied by the teams, no plates will be supplied by the organizers,

Written authorization must be obtained from the organizers to bring in any additional specialized equipment and this confirmation must be shown to the head juror at the competition briefing.

Judging points:

- For the starter – 0-100 of the possible points
- For the main course – 0-100 of the possible points
- For the dessert – 0-100 of the possible points
- In total up to 300 of the possible points / 3 = 100 points

Medals and Certificates are awarded as follows: -

- 100 points – Gold medal with Distinction
- 90-99.99 points – A gold medal with a certificate
- 80-89.99 points – Silver medal with certificate
- 70-79.99 points – Bronze medal with certificate
- 50-69.99 points – Diploma

7. Jury

Judgment by the Jury – The jury will be appointed by World chefs and the organizers. The judges will judge according to the issued conditions of participation and guidelines of world chefs. The result declared by the jury is final. The world chefs' rules and regulations are found here,



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11

GRAVITY CAKE FREE STYLE {Individual}

Live Practical

1. Time Allowed (120 Minutes) for live practical

Only professional chefs are allowed to compete

2. Decorate a pre-baked cake, competitor's choice
3. The theme of decoration for the cake decoration will go with the competitor's choice
4. All decorations must be edible and made entirely by hand
5. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned
6. Fine food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste
7. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not depend on these items
8. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
9. The cake will be tasted by the judges
10. Inedible blanks may be used for the two top layers
11. Typewritten description and recipes are required
13. Maximum height, there is no height restriction
14. 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

- Taste 50% marks
- Creativity, Originality 10% marks
- Aesthetics and Visual Impact (cleanliness and quality of the techniques used) 10% marks
- Difficulty Level & Balance 10% marks
- Handmade realization of the decorations without the usage of molds 10% marks
- Amount and complexity of the modeling 10% marks

▼
Live Practical
▼
Individual
▼
120 Mins
▼
1 Portions



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12

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

13

PETITS FOURS & 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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14

HIGH TEA MASTER {Individual}

Display Class

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

Only professional chefs are allowed to compete

Present one edible High Tea Platter

All items should be prepared personally by the chefs

2. Whole 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

15

HERITAGE CUISINE MASTER

(Class open only for Pakistani Nationals)

Live Practical

1. Time Allowed (90 Minutes)

2. Only professional chefs are allowed to compete

3. Prepare and present (beef Nehari / Gulab Jamun / Bhindi Masala / Mango Drink.

4. This Class is the combination of the National Dish / sweet / vegetable, and Fruit!!

5. Help of the Commis Chef is allowed, at the time of the competition, the helper must be in the Commis or kitchen helper position in the respective organization.

6. Two Identical portions of each item, one for display and one for the Judges' testing!!

7. Weight of protein for each plate per portion on the plate to be 100 – 150 grams

8. Present each item with appropriate garnish

9. Typewritten recipes with a description are required.

Live Practical

Individual

90 Mins

2 Portions

Helper Note!!

The chef can use the help of a kitchen helper throughout this class, / The Helper must be in the Proper Chef Uniform.

Helper must be in any running business to a Commis or Kitchen helper position!

The kitchen helper will receive the medal as the best kitchen helper in this class as well!



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16

BEST RESTAURANT OF PAKISTAN

Live Practical

1. Time Allowed (90 Minutes)

- Only professional chefs are allowed to compete, a team of three chefs
- Three-course menu, Western style, competitor choice for four Respected guests
- The sequence of the menu will be starter / Main Course / Desserts
- Five Identical Plates for each course, four for the guest, and one for Display!
- The guest's final Decision will be the result of this Class
- Competitors should bring their own ingredients
- The first Course will be served after 30 minutes of the Service, the second after 60 minutes
- The final and last course, which is dessert, will be served after 90 minutes of this class!!
- Weight of protein for each plate per portion on the plate to be 100 – 150 grams
- Present all the courses on individual plates with appropriate garnish
- Typewritten recipes with a description are required.

▼
Live Practical

▼
Individual

▼
90 Mins

▼
2 Portions



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MEDAL CLASSES

STUDENT



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20

CHICKEN MAIN COURSE {Individual}

Live Cooking

1. **Time Allowed (60 Minutes)**
2. Prepare and present two identical main course items using any part of chicken
3. Weight of chicken per portion of main course on the plate to be 100 – 150 grams
4. Present the main course items on individual plates with appropriate garnish
5. Make 2 portions; one for display, and one for judges' tasting
6. Typewritten recipes with description are required

▼
Live Cooking
▼
Individual
▼
60 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

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

▼
Live Practical
▼
Individual
▼
45 Mins
▼
1 Portions



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MEDAL CLASSES

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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

Live Practical

Individual

45 Mins

1 Portion

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

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



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MEDAL CLASSES

STUDENT



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24

CREATIVE TABLE SET-UP - 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 2025 - PARTNERS



STRATEGIC PARTNERS



PARTICIPANTS



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GENERAL RULES



JUDGING CRITERIA



TEAM & COMPETITORS



CODE OF CONDUCT





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GENERAL RULES FOR CULINARY COMPETITIONS



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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 – should be under 25 years old at the time of competition
- Competitors must be of a minimum legal working age.

Legal working age (16 years of age) unless a special School challenge

2. The competition

- Competitors to report 30 minutes before the competition.
- Competitors to bring their own ingredients in accordance with the mise en place guidelines.
- The ingredients brought need to be packed and transported in respect with the international HACCP standards.
- 1 portion for display and 1 portion for judge tasting.
- 1 set of recipes containing a working plan, picture or sketch of the plate needed in the kitchen.
- 1 set of menu cards needs to be displayed on display table.
- All contestants must 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 may not be altered.
- Competitors to bring their own small kitchen equipment and plateware.

Plateware must be suitable for service.

- The brought in equipment/machines needs to be approved by the jury for technical reasons.

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 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 minutes late for the competition.

5. Compete Ingredient Guideline (for mise en place)

- a. Basic mother sauces – are permitted, BUT must have further fabrication
- b. Salad, cleaned and washed

- c.** Vegetables and fruits cleaned, can be cut/trimmed (any shape), BUT must be raw
- d.** Fruit purees are permitted, BUT must not be a finished item
 - i.** No glaze or concentrated juices
 - ii.** Dried fruit / or vegetable powder permitted
 - iii.** Dehydrated fruit or sheets permitted
- e.** Vegetable ash and home-made spice mixture are permitted
- f.** The use of transglutaminase (meat glue) is not permitted
- g.** Fish – gutted, scaled can be fileted / portioned if required BUT must be raw
- h.** Shellfish/ crustaceans – clean, raw can be removed from their shell
- i.** Meat/Poultry/Game — deboned can be portioned, trimmed BUT must be raw
- j.** Proteins cannot be brought in minced — mincing must be done in the kitchen
- k.** Liver and sweetbreads can be brought in soaked in milk, BUT not seasoned or flavoured
- l.** All Products must be halal
- m.** Pasta and other doughs can be flavoured and rolled into sheets BUT not portioned and not cooked
- n.** Pastry Sponge, biscuits, not cut or stenciled
- o.** Macaroons or macarons need to be baked on premise, the mixture may be brought in
- p.** Decor elements 100% made on site
 - i.** No titanium dioxide – no metallic powder, no artificial food colors are permitted
 - ii.** Do not use gold or silver leaf
- q.** Eggs – can be separated and pasteurized
- r.** Dry ingredients can be pre-measured
- s.** Flavoured oils and butter are allowed

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

6. The minimum kitchen equipment to be selected and organized by the organizers

- 2-4 top induction/electric or gas burner
- Oven – can be bench top, under bench oven or small combi oven
- Stainless steel work bench minimum 1200cm x 700cm
- A sink with water supply – cold water is sufficient
- 2 power plugs (local amp age)
- 1 chiller (can be share bases)
- 1 fridge (min 120ltr.)
- Display table with neutral cover
- Waiting area for competitors to gather prior to their heat
- Set of separate waste bins for organic and recycling

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
- Workflow has been adhered to
- 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

• Correct Professional Preparation 15 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
- Review of all food waste including excess items
- Review of teamwork or the time to make items or serve them



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• Innovation 5 points

- The introduction of a new technique or significantly improving and existing dish
- New style of dishing presentation that enhances the customer or judge's expectations
- Allow chefs or team to create a WOW factor
- Scoring will start at zero (0) and go up to 5 marks
- Chairman of the jury will decide when dealing with ethnic or heritage food whether to allocate 5 points automatically

• Service 5 points

- Correct number of plates must be presented
- The meals should be practical and 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, flavor and color, 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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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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Legal working age (16 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
- Fish – gutted, scaled can be fileted / portioned if required BUT must be raw
- Shellfish/ crustaceans – clean raw can be removed from their shell



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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)

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



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- iii. Length of time during which the items were 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°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 produce 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

1. Ideally, all members of a team should be dressed near identically.
Chef's jacket – The chefs or team of chefs, should enter the competition arena wearing a clean white, pressed chef's jacket



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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
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.



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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°F)
 15. Hand paper towels to be used for work surface bench and hands wiping
 16. Cloth towels should only be used to handle hot items
 17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetable, red for meat, blue for fish, brown for cooked meats, and violet for vegan
 18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean
 19. Use of wooden cutting boards is not authorized
 20. Cardboard or any porous containers and boxes are not allowed to enter kitchen
 21. Nothing is allowed to be stored on the floor
-
- 1) **Face Mask / Face Shield:**
When requested by the local health authorities or the organisers
 - a. These forms of PPE must be worn during the entire competition while in the competition arena
 - b. They must be changed:
 - i. In preparation for service
 - ii. If they are spoiled in any way
 - iii. Upon returning to the kitchen after any break
 - 2) **Hand Washing:**
It is a 30 second process which must take place;
 - a. Upon arrival to the kitchen
 - b. At the start of the actual competition
 - c. When hands become soiled
 - d. On the hour
 - e. After handling raw proteins
 - f. When each task is finished
 - g. After mise en place has been set
 - h. Before service
 - i. After visiting the wash room
 - j. After handling rubbish
 - k. At all times upon returning to the kitchen.
 - 3) **Sanitizing**
Recommended chemical sanitizer must be applied for a minimum of 10 seconds before it can be wiped off with a paper towel or scrapper.
 - a. All work surface must be sanitized upon arrival into kitchen.
 - b. All benches must be sanitized at the start of the competition.

- c. All benches must need to be sanitized as they become soiled.
- d. All benches must be sanitized at the completion of each task.
- e. All benches must be sanitized prior to starting service.
- f. All benches must be sanitized at the end of the competition.

4) **Aprons:**

- a. To enhance and promote our profession, and to avoid cross contamination, chefs should not be working with soiled aprons.
- b. Bib aprons can be used when cleaning proteins.
- c. Aprons should be changed:
 - i. At the start of the competition
 - ii. After working on proteins
 - iii. If they become heavily soiled at any stage
 - iv. Prior to service.

5) **Gloves:**

- c. Gloves do not give an automatic exemption to proper food handling techniques.
- d. Must be worn when handling hot or cold "Ready To Eat" food (RTE), which will be consumed by the jury/public.
- 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.

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:**

- 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.
- Items must be decanted into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- 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):**

- 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



Chefs' Association of Pakistan
شہسبسی ایسوسی ایشن آف پاکستان



GENERAL RULES FOR CULINARY COMPETITIONS



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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



Chefs' Association of Pakistan
شعبہ کھانا پختہ کرنے والے پیشہ ورانہ تنظیم



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: PK15BAHL0011-0981-040975-01- **Acc No.** 0011-0981-040975-01-2
Title: COTHM Events (pvt) Ltd.
Bank: Bank Al Habib Gulberg Branch Lahore, Pakistan
Swift Code: BAHLPKKAXXX
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
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



Chefs' Association of Pakistan
شعبہ اہل کھانا پاکستان



GENERAL RULES FOR CULINARY COMPETITIONS



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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



Chefs' Association of Pakistan
شعبہ اہل پیشہ آف پاکستان



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



Chefs' Association of Pakistan
شعبہ اہم امور بین الاقوامی پاکستان



GENERAL RULES FOR CULINARY COMPETITIONS



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QUERIES

- 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
- All queries must be submitted by Email: office@cap.net.pk,
or SMS/Whatsapp to: 0309-3332578, 0320-8000113
- The **CHEFS ASSOCIATION OF PAKISTAN (CAP)** is the body responsible for the creation, organization and administration of the competition
- The competition is governed by and construed according to the rules of the organizers
- 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
- 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

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For Local Queries

Fraaz Mahmud Kasuri

Manager, CAP
Mobile: +92-309-3332578,
+92-320-8000113
Email: office@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 2025**. However; they should be fully subscribed and closed well before the closing date. (First paid, first accepted basis)



Chefs' Association of Pakistan
شعبہ سربراہی ایشیائی آف پاکستان



TEAM & COMPETITORS 'BEST PRACTICES'



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

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

1. Plastic is something that the world and gastronomy is eliminating.

- a. Plastic Bags – avoid all unless necessary and required to pack your food items into OR is there an alternate solution.
- b. Vacuum Bags – are for sous vide or for storage to enhance the shelf life, they are not for transporting items to a competition, to hold liquid etc, and should be avoided as much as possible, think of the waste and the cost.
- c. Plastic Containers – are permitted to transport and store items in, and must be reusable and are not to be thrown away after one use, they need to be cleaned and packed away.

2. HACCP sheets; are required in most part of the world in a commercial or professional kitchen. This is Best Practice for the recording of the temperature controls in place for raw, semi-raw, ready cooked and food storage.

- a. Standard HACCP sheets are available on the WORLDCHEFS web page which are acceptable in any competition.
- b. Temperature/storage sheets, should show the temperature flow chart of food items from purchase – to prep kitchen- to competition arena.
- c. Fridge/freezer checklist, should be done at a minimum of every hour of the competition, with a corrective action when the temperatures are too high.
- d. Storage of warm food, must be done to ensure all international and local regulations are met to avoid any public concerns on food safety.
- e. Sous Vide records are imperative due to the nature and at time low cooking temperature, the temperatures and times need to be recorded.
- f. Jury members are at liberty to check and investigate these documents under any circumstance.

3. Competition Timing/ on Time – is an important part of our profession whether in a restaurant or competition, food served at the correct temperature and on time allows a pleasant eating experience for the guests.

- a. In all competitions there are Service Points awarded on timing, however, if you far exceed this bracket, points will be deducted from competent preparation.
- b. If your food items have too many hand movements and or components, will affect the temperature of the food for service, which will lead to points deduction.

- c. At the IKA & World Cup, your timing commences once the ticket is handed in at the pass, until that course leaves the pass.

4. Food weight and Nutrition

- a. There are expected weights to be observed in the hot kitchen and on the chefs table, in a practical world, we should adhere to these weights, 20-30g either side is acceptable.
- b. It is a cooking competition, therefore skills are paramount, cooking skills, flavour profiles allowing the food to speak for itself and hand skills are a must, repetition with molds will be penalized under professional preparation
- c. All food need to be nutritionally balance along with the presentation on how it fits into the menu

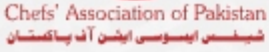
5. Plate temperature – Good Practices is to have cold food and desserts served on room temperature plate to avoid condensation; warm food should be served on warm plates.

- a. If serving a salad with a warm appetizer, think about how to support/protect the salad from wilting on a warm plate.
- b. All salads or herb salad garnishes need some type of dressing or seasoning.

6. Food Waste – In todays modern world, food waste is a major issue around the globe, as a professional, you must control all your food waste.

- a. Excessive mise en place brought into the kitchen will be penalized, the parameters will be 5% of the total required to allow for spoilage and items that may have been dropped etc.
- b. Over preparation of the amount required will also be monitored, meals sold Vs Meal remaining will be totaled again with a 5% buffer permitted. Excessive preparation will cause points deduction.
- c. Ideally, you should have 3 bins.
 - i. One for food waste that may be composted, etc.
 - ii. One for Recyclable bin for cardboard and paper
 - iii. One for non-recyclable for plastic, rubber etc
- d. Items are not to be removed from the main competition kitchen until checked by a member of jury, clear bags may be provided .
- e. Best Practices is the correct disposal of Organic and non-organic waste either at your mise en place kitchen or the competition kitchen after the event.

7. Please, also read the Worldchefs Hygiene and Food Safety Regulations found on the webpage.





Chefs' Association of Pakistan
شعبہ سرانجامی ایشین آف پاکستان



PAKISTAN INTERNATIONAL CULINARY CHAMPIONSHIP



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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



Chefs' Association of Pakistan
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TROPHY AND MEDAL ENTRY



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	SUMMARY OF CLASSES	FEE	AWARDS
1	BEST CUISINER OF PAKISTAN {Individual}	Rs. 5000 for all 3 classes	Winner, 1st Runner-up, 2nd Runner-up Medals
A	BEEF MAIN COURSE {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
B	CHICKEN MAIN COURSE {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
C	SEAFOOD MAIN COURSE {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
2	BEST PASTRY CHEF OF PAKISTAN {Individual}	Rs. 5000 for all 3 classes	Winner, 1st Runner-up, 2nd Runner-up Medals
D	BAKED GOODS, BAKED BREADS {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
E	CAKE DECORATION {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
F	FOUR PLATES OF DESSERTS {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
3	BEST BLACK BOX {Team}	Rs. 5000	Winner, 1st Runner-up, 2nd Runner-up Medals
4	FOUR-COURSE GOURMET DINNER {Team}	Rs. 5000	Winner, 1st Runner-up, 2nd Runner-up Medals
5	BEST CARVING ARTIST OF PAKISTAN {Individual}	Rs. 3000 for 2 classes	Winner, 1st Runner-up, 2nd Runner-up Medals
6	THREE-COURSE MODERN PAKISTANI MENU {Individual}	Rs. 2500	Winner, 1st Runner-up, 2nd Runner-up Medals
7	PIZZA CHAMP - PROFESSIONAL {Individual}	Rs. 2500	Winner, 1st Runner-up, 2nd Runner-up Medals
8	YOUNG CHEF OF THE YEAR {Individual}	Rs. 2500	Winner, 1st Runner-up, 2nd Runner-up Medals
9	THREE-COURSE GOURMET DINNER MENU {Individual} For International Chefs Only	30\$	Winner, 1st Runner-up, 2nd Runner-up Medals
10	CONTRY CUISINE CHALLENGE {Individual}	30\$	Winner, 1st Runner-up, 2nd Runner-up Medals
11	GRAVITY CAKE FREE STYLE {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
12	PASTA MAIN COURSE {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
13	PETITES FOUR & PRALINES {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate



Chefs' Association of Pakistan
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TROPHY AND MEDAL ENTRY



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	SUMMARY OF CLASSES	FEE	AWARDS
14	HIGH TEA MASTER {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
15	HERITAGE CUISINE MASTER {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
16	BEST RESTAURANT OF PAKISTAN {Individual}	Rs. 2500	Gold, Silver, Bronze Medal, or Merit Certificate
	CATEGORIES FOR STUDENTS	FEE	AWARDS
17	STUDENT CHEF OF THE YEAR	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
18	PIZZA CLASS {Individual}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
19	PASTA MAIN COURSE {Student}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
20	CHICKEN MAIN COURSE {Student}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
21	CUPCAKES CREATIONS {Student}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
22	THREE-COURSE PAKISTANI CUISINE {Student Team}	Rs. 3000	Gold, Silver, Bronze Medal, or Merit Certificate
23	A MEDLEY OF MOCKTAILS {Student}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate
24	CREATIVE TABLE SET-UP {Student}	Rs. 2000	Gold, Silver, Bronze Medal, or Merit Certificate

REGISTRATION FORM

#	CLASSES	FEE
1	BEST CUISINER OF PAKISTAN {Individual}	RS. 5000
A	BEEF MAIN COURSE {Individual}	RS. 2500
B	CHICKEN MAIN COURSE {Individual}	RS. 2500
C	SEAFOOD MAIN COURSE {Individual}	RS. 2500
2	BEST PASTRY CHEF OF PAKISTAN {Individual}	RS. 5000
D	BAKED GOODS, BAKED BREADS {Individual}	RS. 2500
E	CAKE DECORATION {Individual}	RS. 2500
F	FOUR PLATES OF DESSERTS {Individual}	RS. 2500
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} For International Chefs Only	30\$
10	COUNTRY CUISINE CHALLENGE {Individual}	30\$
11	GRAVITY CAKE FREE STYLE {Individual}	RS. 2500
12	PASTA MAIN COURSE {Individual}	RS. 2500

#	CLASSES	FEE
13	PETITES FOUR & PRALINES {Individual}	RS. 2500
14	HIGH TEA MASTER {Individual}	RS. 2500
15	HERITAGE CUISINE MASTER {Individual}	RS. 2500
16	BEST RESTAURANT OF PAKISTAN {Individual}	RS. 2500
17	STUDENT CHEF OF THE YEAR	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: PK15BAHL 0011-0981-040975-01

Acc No. 0011-0981-040975-01-2

Title: COTHM Events (pvt) Ltd.

Bank: Bank Al Habib Gulberg Branch Lahore, Pakistan

Swift Code: BAHLPKKAXXX

You must 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 2026.

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



Chefs' Association of Pakistan
انجمن شیفز پاکستان

For Official Use Only:

Class(es): _____

Application/Payment Received on: _____

Bank: _____ Amount: _____

Cash Received: _____ Receipt No.: _____

Remarks: _____ Registration No.: _____

Received by: _____ Signature: _____



FEBRUARY



2026

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

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