

RULES AND REGULATIONS

3rd MEDITERRANEAN CHEFS' COMPETITION ATHENS, GREECE

01-03
FEBRUARY 2025



UNDER THE AUSPICES



ORGANIZERS



ALL MCC2025 COMPETITIONS

A – Chefs Live

A1 – Black Box

A2 – Fish & Sea Food

A3 – Meat Premium Cuts

A4 – Chicken

A5 – Vegan

A6 – Finger Food

A7 – Live Vegetable Carving

D – Culinary Schools Live

D1 – Mediterranean School of the
year

D2 – Black Box

B – Pastry Chefs Live

B1 – Plated Dessert

B2 – Vegan Dessert

B3 – Cake

B4 – Sweet Street Food

E – Culinary Schools - Showpieces

E1 – Chocolate Centerpiece

E2 – Non edible Centerpiece, covered
with sugar paste

C – Teams Live

C1 - Mediterranean Team of the year

C2 – Yacht Chef & Steward

F – Students Live

F1 – Salad / meal

F2 – Chicken

F3 – Plated Dessert

F4 - Risotto

3rd Mediterranean Chef's Competition

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Live Chef's Category [A]



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Black Box [A1]

Individual Participation
Competition time: 1 hour

The contestant prepares a main dish for 3 people, using the materials in the secret basket.

The secret basket will be given to the contestants in a specially designed area, 20 minutes before the competition starts. Contestants should write their recipe and hand it over to the judges within this time.

The contestant cannot deviate from the recipe he has delivered, otherwise he / she will be subjected to a penalty.

The contestant is strictly prohibited from using any extra ingredients other than those contained in the basket.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Fish & Seafood [A2]

Individual Participation

Competition time: 45 minutes

The contestant should prepare a main dish of seafood and / or fish of his choice, accompanied by the appropriate vegetables, starch and garnish for 3 people.

The contestant is responsible for bringing all the raw materials

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Meat Premium Cuts [A3]

Individual Participation
Competition time: 1 hour

The contestant should prepare a main course of meat premium cuts of his choice, accompanied by suitable vegetables, starch and garnish for 3 people.

The contestant is responsible for bringing all the raw materials
The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Chicken [A4]

Individual Participation

Competition time: 45 minutes

The contestant should prepare a main dish of chicken, accompanied by the appropriate vegetables, starch and garnish for 3 people.

The contestant is responsible for bringing all the raw materials

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "General Rules" and "General Rules of Cooking Live".



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Vegan Dish [A5]

Individual Participation

Competition time: 45 minutes

The contestant should prepare 1 dish appropriate for vegan nutrition for 3 people.

The contestant is responsible for bringing all the raw materials (ingredients). Raw materials (suitable for vegans) should come in their original packaging which should be sealed. Then, after being monitored by supervisors, they will either be covered or transported to the appropriate containers.

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Live Chef's Category [A]

Finger Food [A6]

Individual Participation

Competition time: 1 hour

The contestant should prepare 3 different types of finger food (wark or cold), each recipe served for 3 people.

The contestant is responsible for bringing all the raw materials and appropriate dishes.

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



3rd Mediterranean Chef's Competition

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Live Chef's Category [A]

Live carving [A7]

Competition time: 2 hours
Individual participation

Contestants must carve at least 6 fruits and / or vegetables. All materials, knives and sculpture tools are provided by the contestants. Any basis in creation is permitted. 80x80 cm exhibition area. Toothpicks and wooden skewers are allowed, but should not be visible. Height limit 75 centimeters. Subject: Free

Contestants should bring their own tools, fresh fruits and vegetables (clean - washed).

Frames, molds, tableware, and other decorative items are prohibited.

Contestants are required to have read the "General Rules" and "General Rules of Cooking Live"

Evaluation criteria: Degree of difficulty 0 - 20 points / Artistic creation 0 - 40 points / Work required 0-20 points / Carving detail 0-10 points / Total presentation 0-10 points

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Live Pastry Chefs Category [B]



3rd Mediterranean Chef's Competition
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Live Pastry Chefs Competition Category [B]

Plated Dessert [B1]

Individual Participation
Duration: 1 h 15 minutes

The contestants should prepare a chocolate dessert hot or cold, up to 140 gr, for 3 people.

The contestants are responsible for bringing all the raw materials (ingredients).

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided.

All materials should be edible.

Free chocolate decorating theme

Contestants are required to have read the "*General Rules*" and the "*Live Confectionery Rules*".



3rd Mediterranean Chef's Competition

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Live Pastry Chefs Competition Category [B]

Vegan Dessert [B2]

Individual Participation

Duration: 1 h

The contestants should prepare a chocolate dessert hot or cold, appropriate for vegan nutrition, for 3 people.

The contestant is responsible for bringing all the raw ingredients. Raw ingredients (suitable for vegans) should come in their original packaging which should be sealed. Then, after being monitored by supervisors, they will either be covered or transported to the appropriate containers.

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided.

All materials should be edible. Free decorating theme.

Contestants are required to have read the "*General Rules*" and the "*Live Confectionery Rules*".



3rd Mediterranean Chef's Competition
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Live Pastry Chefs Competition Category [B]

Cake [B3]

Individual Participation

Duration: 1 h

The contestants should prepare one chocolate cake of 18cm diameter and 6cm height showcasing a theme of their choice with chocolate décor .

The contestants are responsible for bringing all the raw materials (ingredients).

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided.
All materials should be edible. Free decorating theme

Contestants are required to have read the "*General Rules*" and the "*Live Confectionery Rules*".



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Live Pastry Chefs Competition Category [B]

Sweet Street Food [B4]

Individual Participation

Duration: 1 h

The contestants should prepare two sweet street food suggestions each recipe for three persons.

The contestants are responsible for bringing all the raw materials (ingredients).

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided.

All materials should be edible. Free decorating theme

Contestants are required to have read the "*General Rules*" and the "*Live Confectionery Rules*".

3rd Mediterranean Chef's Competition

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Live Teams Category [C]



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Live Teams Category [C]

Mediterranean Team of the year [C1]

2 participants involved

Competition time: 1 h 30 min

The contestant should prepare a 3 course menu of his choice (appetizer, main course, dessert) for 3 people, showcasing a Mediterranean character through all the dishes. The contestant is responsible for bringing all raw materials.

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*", the "*General Rules of Cooking Live*" and the "*Live Confectionery Rules*".



3rd Mediterranean Chef's Competition

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Live Teams Category [C]

Yacht Chef & Steward [C2]

Participation of 1 chef and 1 steward/stewardess

Competition time: 1 hour

The contestants should prepare 1 type of seafood/fish street food for three persons and an appropriate accompanying cocktail, which will bring out all the dish's aromas.

The contestant is responsible for bringing all the raw materials and every equipment needed to prepare and serve the cocktail.

The contestant must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestant must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "General Rules" and "General Rules of Cooking Live".

3rd Mediterranean Chef's Competition

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Live Culinary Schools Category [D]



3rd Mediterranean Chef's Competition

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Live Culinary Schools Category [D]

Mediterranean School of the year [D1]

2Participants: 3 students, 1 team coach

Duration: 1 h 30 min

Contestants are invited to present a 3 course menu of their choice, for 3 covers: Appetizer, Main dish, Dessert.

All ingredients should be brought by the competitors. In order to bring special equipment, the competitors need to get written approval by the organization.

Competitors have to submit their recipes in English in 4 copies, which includes the ingredients and method of preparation of the dishes.

The team coach is proposed by the school with a formal letter to the organizer. The coach is allowed to be outside of the kitchen, and direct his/her team members in low voice, respecting other competitors.

Entrance in the kitchen premises is forbidden for the coach. Not respecting this rule, equals to teams' exclusion.

Competitors are forbidden to present in any way the school's logo or country of origin. Competitors are obliged to compete in a white chef's jacket, black chef's trousers, white or black apron and black chef's shoes. In the award ceremony, teams are permitted to wear their schools' official uniform. Competitors are obliged to have read the "General Regulations", the "General Regulations for Live Cooking" and the "General Regulations for Pastry"



2nd Mediterranean Chef's Competition

RULES AND REGULATIONS

Live Students Category [D]

Black Box [D2]

2 cooking students, 1 team coach

Duration: 1 hour

Participants are invited to prepare 1 main dish for 3 covers, using all ingredients in the black box. The black box will be presented to the participants in a special room, 20 minutes prior to the competition start. In this time frame, competitors will have to write the recipe they will present and give it to the judges.

The competitors cannot deviate from the original recipe he/she has submitted, otherwise there will be a penalty. The participants are not allowed to use any extra ingredient than the ones found in the basket. The team coach is proposed by the school with a formal letter to the organizer. The coach is allowed to be outside of the kitchen, and direct his/her team members in low voice, respecting other competitors. Entrance in the kitchen premises is forbidden for the coach. Not respecting this rule, equals to teams' exclusion.

Competitors are forbidden to present in any way the school's logo or country of origin. Competitors are obliged to compete in a white chef's jacket, black chef's trousers, white or black apron and black chef's shoes. In the award ceremony, teams are permitted to wear their schools' official uniform.

Competitors are obliged to have read the "General Regulations" and the "General Regulations for Live Cooking"

3rd Mediterranean Chef's Competition

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Display Culinary Schools Category [E]



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Display Culinary Schools Category [E]

Chocolate Centerpiece [E1]

Competitors are required to display a showpiece consisting of chocolate
Theme: Free Showpiece height: min – 80cm max – 120cm Showpiece base: 40*60cm. Maximum height of the base: 50 cm Table space allotted: 90*75cm The showpiece must be comprised solely of chocolate and cocoa products, including plain or colored cocoa butter and cocoa nibs. The chocolate must be presented using at least 3 techniques (i.e. marbled, shaped, sculptured, modeled, piped, etc.) It can not be just one molded piece. Air brushing and painting are not considered as one of the mandatory techniques but the skill will be recognized. The use of artificial or inedible structural support is not authorized The use of mold is limited to no more than 30% of the entire display (the base not included) Competitors are responsible for the Centerpiece transfer It is forbidden to present product or any other kind of advertisement on or near the centerpiece Contestants are required to have read the "*General Rules*" and the "*General Rules Display - individuals*"



3rd Mediterranean Chef's Competition **RULES AND REGULATIONS**

Display Culinairy Schools Category [E]

Non edible Centerpiece, covered with sugar paste [E2]

Free style shape and decoration.

Minimum height 70 cm. Min base dimensions 50*50cm.

Decoration must be entirely edible and handmade.

Inedible blanks can be used as a base

Competitors must present in an appropriate stand next to the cake a description of it (list of ingredients).

Contestants are required to have read the "*General Rules*" and the "*General Rules Display - schools*".

3rd Mediterranean Chef's Competition

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Live Students Category [F]



3rd Mediterranean Chef's Competition

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Live Students Category [F]

Salad / meal [F1]

Individual Participation

Duration: 45 minutes

The contestants should prepare 2 different presentations for a salad meal (consisting of vegetables, beans, pasta, protein, etc.) for 3 people. One gluten free salad and one salad with old-time ingredients from the Mediterranean region (like carob, flax seed, etc.), beans and super foods. Max net weight of the salad 200 gr .

The contestants are responsible for bringing all the raw materials.

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



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Live Students Category [F]

Chicken [F2]

Individual Participation

Duration: 45 minutes

The contestants should prepare a main dish of chicken, accompanied by the appropriate vegetables, starch and garnish for 3 people.

The contestants are responsible for bringing all the raw materials.

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "*General Rules*" and "*General Rules of Cooking Live*".



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Live Students Category [F]

Plated Dessert [F3]

Individual Participation

Duration: 45 min

The contestants should prepare a chocolate dessert warm or cold, up to 140 gr each, for 3 people.

The contestant is responsible for bringing all the raw materials (ingredients).
The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring their recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must faithfully deliver on the recipe they provided.

All materials should be edible.

Free decorating theme.

Contestants are required to have read the "General Rules" and the "Live Confectionery Rules".



3rd Mediterranean Chef's Competition

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Live Students Category [F]

Risotto [F4]

Individual Participation

Duration: 45 min

The contestants should prepare a risotto of his choice for 3 people.

The contestants are responsible for bringing all the raw materials.

The contestants must obtain approval from the organization committee for any specialized equipment he wishes to bring.

The contestants must bring his / her recipe (ingredients and method of preparation) printed in 4 copies in English.

Contestants must cook the dish as described in the recipe.

Contestants are required to have read the "General Rules" and "General Rules of Cooking Live".

3rd Mediterranean Chef's Competition

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General & Type Specific Rules & Regulations



3rd Mediterranean Chef's Competition

RULES AND REGULATIONS

General Rules

GENERAL REGULATIONS FOR COMPETITIONS

1. In general

The 3rd Mediterranean Chef's Competition is organized by the Chef's Club of Greece and is under the auspices of the WORLDCHEFS community and the Hellenic Chef's Federation.

The competitions and award ceremonies will take place at the MEC Exhibition Centre, on February 1-3, 2024 during the 11th Expotrof – The B2B Fine Food Exhibition.

The organizational committee consists of the members of the B.o.D. of the Chef's Club of Greece and the persons appointed by the B.o.D.

2. Right to Participate Individuals permitted to take part in the competitions (depending on the category) from Greece and abroad are as follows: • chefs & pastry chefs, • cooks & confectioners, • young professional cooks and confectioners up to 25 years old, • students with private individual participation, • Private & public schools of tourism professions.

3. Participants' Obligations

All contestants have an obligation to read the regulations carefully and especially those applying to the category they will be participating in.

4. Enrollment in the competition

The contestant can enter the competition ONLY through the official site of the contest <https://medchefcompetition.com>. NOT by phone, NOT orally, NOT by email, NOT by fb message or any other similar way.

Places for live contests are limited. A strict order of priority will be adhered to by the electronic signature of the site registration.

In order to complete the contestant's registration on the site, the payment through online deposit must also be completed and then send the deposit receipt to the info@medchefcompetition.com. In case of cancellation, the club is not obliged to refund the participation fees.



3rd Mediterranean Chef's Competition

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General Rules

5. Costs of participating in contests:

Professional cooks / confectioners: 50 euro

Cook / confectionery students: 30 euro

Teams: 80 euro

Schools Live categories: 200 euro

Schools Exhibits: 150 euro

For Chefs' Club members:

Professional cooks / confectioners: 40 euro

Teams: 60 euro

6. Rights

Contestants waive all rights to the recipe they wrote, prepared and presented. Only the Chef's Club of Greece reserves the right to use the recipes and photos.

7. Time of arrival and contestants' appearance

Contestants must be in the Secretariat with their form of identity no later than 30 minutes before the competition begins, and must carry the full Cook uniform without advertising signs, badges or names. The competition organizational committee has the right to exclude a contestant whose uniform bears any promotional items. The uniform should consist of: white chef's jacket, white or black apron, black pants, chef's footwear, hat and optional scarf.

The contestants should keep the same appearance during the awards, medals, etc ceremony.

Special conditions regarding awards apply to schools only, as stated in the regulations by category.

8. Jury

The members of the jury are prominent professionals, both from Greece and abroad, and will have no affiliation or professional affiliation with any of the contestants. They will judge on the basis of international standards set by WORLDCHEFS.

All participants must respect the rules of the competition and the final results of the judges.

In the event of a tie, the president of the jury in cooperation with the jury shall have the right to decide the winner, as well as to award two medals to the category.

Contestants should avoid talking to the judges before and during the event.



3rd Mediterranean Chef's Competition

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General Rules

9. Supervisors

Competition supervisors monitor the professional conduct in the competition's preparation and waiting area, organize the contestants' time order, and place them in their respective kitchens, and monitor the cleanliness, equipment and preparation provided by the contestants. Contest supervisors are specially marked and designated by the competition.

10. Organizing Committee

The organizing committee of the competition has the right to decide again in case of possible omission of terms and regulations or various problems that may arise and are not provided for by this Regulations.

Only the President and the Board of Directors of the Chef's Club of Greece reserves the right to make any modification required by unforeseen circumstances or by force majeure. The organizing committee also reserves the right to cancel the competition in whole or in part in the event of force majeure, without having to pay any financial compensations claimed.

The organizing committee is not responsible for the loss or destruction of exhibits, equipment, tools or any personal belongings.

11. Competition procedure

The contestant must pass through the competition secretariat at least 30 minutes before the starting time of his category, where he delivers the recipes and receives the special card. In the event that the contestant does not have his / her recipes printed, his participation may be canceled.

He then puts his things in the special place that his supervisors will suggest. Prior to the beginning of the competition, the participants meet with a member of the competition organizing committee and the jury. Following is a kitchen update and draw.

After the draw, the contestant receives the number of the kitchen where the contest will take place or the table number if it is a presentation category, where the contest exhibit will be placed.

The contestant enters the kitchen and is placed 10 minutes before the competition begins.

Materials, utensils, tools should be provided by each contestant unless otherwise specified in the detailed regulations.

Participants who will display inappropriate behavior to members of the Coordination and Jury, Supervisors of the Competition and who offend the event and venue will be excluded from the competition.



3rd Mediterranean Chef's Competition

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General Rules

12. Awarding process

The results of the competition will be posted at a specific point in the competition venue. The award ceremonies will take place on the same day, at the time the event is scheduled. The winners receive their medals only in full chef uniform, which will not carry any badges or advertisements. The organization board has the right to exclude a contestant, in case of improper appearance. The only exceptions are the schools, as defined by the special regulations.

The distinguished participants will be awarded:

Gold medal with diploma and congratulations of the jury. Score: 100 points

Gold medal and diploma. Score: 90 - 99 points

Silver medal and diploma. Score: 80 - 89 points

Bronze medal and diploma. Score: 70 - 79 points

Diploma Score: 60 -69 points

Certificate of Participation: 50 - 59 points

In some categories there may be additional prizes that will be announced in due time.

13. Procedure for Attendance and Unloading

Contestants may arrive one hour prior to the time of contest to unload their utensils / raw materials / exhibits. For this reason, they can use the parking lot behind the kitchens and have the right to remain parked for 30 minutes until unloading. They then have to move their car and park in another location. the same procedure should be followed when picking up after the contest.

Contestants should respect the need for everyone to unload and load exhibits and utensils.

14. Entrance to the competition

Admission to the competition is free with the display of the badge you will receive from the organizing committee.

15. Products and raw materials

The use of raw materials in their original packaging is strictly prohibited. The raw materials should be in suitable containers for professional use, which do not carry any brands or logos.

16. Contestants' kitchen

The kitchen size is 9 sq.m. Each contestant has 2 induction hobs, 1 oven, 3 inox tables, 1 small water sink and waste bin, 1 refrigerator, 1 freezer.

It is the contestants' responsibility to bring kitchen utensils (* pots, pans, utensils, etc.)

Contestants are responsible for carrying their presentation plates, 28-32 cm.

There is space for preparation and storage behind the competitors' kitchens.

17. Material Recycling Policy

The Chef's Club of Greece in cooperation with "Boroume" will make available all the food that will remain in the competition venues, well preserved and stored for charity purposes.



3rd Mediterranean Chef's Competition **LIVE COOKING COMPETITION**

WORLD CHEFS BEST PRACTICES

February 2025

Dear Competitors,

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

Competition & Culinary Committee

Team & Competitors 'Best Practices'

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

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

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

a) Plastic Bags – avoid all unless necessary and required to pack your food items into OR is there an alternate solution.

b) Vacuum Bags – are for sous vide or for storage to enhance the shelf life, they are not for transporting items to a competition, to hold liquid etc, and should be avoided as much as possible, think of the waste and the cost.

c) Plastic Containers – are permitted to transport and store items in, and must be reusable and are not to be thrown away after one use, they need to be cleaned and packed away.

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



3rd Mediterranean Chef's Competition

LIVE COOKING COMPETITION

WORLDCHefs BEST PRACTICES

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.



3rd Mediterranean Chef's Competition

LIVE COOKING COMPETITION

General Rules

Contestants can come and use the facility 1 hour in advance. The use of facilities prior to this is strictly prohibited.

- Contestants are graded for cleanliness of the kitchen at the end of the competition. Non-clean kitchen carries a penalty of 10% of the total score
- Contestants must comply with HACCP hygiene rules before, during and after the competition.
- Promotion of products through competition and prizes is strictly prohibited. Failure to comply with this results in the disqualification of the contestant.
- Contestants must have their recipe printed in 4 copies in English.
- All food must be brought into the competition, in suitable containers and isothermal media.
- Ready made preparations are strictly prohibited and result in the contestant's disqualification.
- Serving dishes should have the appropriate temperature depending on the preparation (hot / cold)
- Contestants may bring ready-made:
 - o Basic broths (without rendering them)
 - o Vegetables - Cleaned, washed, but not cut or mixed
 - oVegetables such as tomatoes, blanched
 - oVegetable purees are allowed
 - oFish: cleaned of scales and offal, but not filleted
 - oShellfish: cleaned, raw in their shells.
 - oCrustacean (shrimp, etc.): Cleaned, washed, boiled in their shells.
 - oMeat and poultry: Filleted, but not in portions.
 - oDough: may come ready, but not cooked.
 - oDry ingredients: may be weighed, but not processed, in suitable containers.
 - oFruit: fruit purees are allowed.
 - o Legumes may be soaked in water, but not fully boiled



3rd Mediterranean Chef's Competition

LIVE COOKING COMPETITION

General Rules

Grading Points

- Taste & Composition - 50 points

Contestants must create a dish that delivers maximum flavor. The composition of the dish must be nutritionally balanced. The taste and colors of the dish should be in harmony and complement each other. The taste and texture should also be carefully attended, emphasizing on the main ingredient of the dish. The serving temperature should be correct and the aftertaste should be seriously taken into account.

- Correct professional preparation – 20 points

Correct basic preparation of food, corresponding to today's modern culinary art. Preparation should be practical, acceptable methods that exclude unnecessary ingredients. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables Working skill and kitchen organization.

- Mise en place - 5 points

The preparation should be precise and show basic cooking skills. Kitchen organization, time management, temperature in sensitive products, cleanliness and proper packaging are taken into account.

Hygiene and Food Waste - 10 points

Please review the document of Food Hygiene and Food Waste: <https://wacs.egnyte.com/dl/WFZim6m8ql>

- Presentation - 10 points

The dish should be presentable, tasty and have a nice appearance. The main ingredient should be easily identifiable and the plate cornices should not be used. The artistic presentation of the dish is of great importance. Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance, there should be no repetition of ingredient, shapes and colour as well as cooking techniques.

- Correct serving time - 5 points

The contestant should serve his dishes within the time given



3rd Mediterranean Chef's Competition

LIVE PASTRY COMPETITION

General Rules

- Contestants can come and use the facility 1 hour in advance. The use of facilities prior to this is strictly prohibited.
- Contestants are graded for cleanliness of the kitchen at the end of the competition. Non-clean kitchen carries a penalty of 10% of the total score
- Contestants must comply with HACCP hygiene rules before, during and after the competition.
- Promotion of products through competition and prizes ceremony is strictly prohibited. Failure to comply with this results in the exclusion of the contestant.
- Contestants must have their recipe printed in 4 copies in Greek and English.
- All food must be brought into the competition, in suitable containers and isothermal media.
- Ready made preparations are strictly prohibited and result in the contestant's disqualification.
- Serving dishes should have the appropriate temperature depending on the preparation (hot / cold)
- All decor elements should be made live in the kitchen
- Contestants may bring ready-made:
 - oStands and structuring materials (such as sponge cake, biscuit, meringues, etc.) can be ready, but not in pastry rings.
 - oBasic pastry recipes can be weighed, but without further processing, in suitable containers.
 - oFruit puree, without thermal processing. oDough: may come ready, but not cooked.



3rd Mediterranean Chef's Competition

LIVE PASTRY COMPETITION

General Rules

Grading Points

- Taste & Composition - 50 points

Contestants must create a dish that delivers maximum flavor. The composition of the dish must be nutritionally balanced. The taste and colors of the dish should be in harmony and complement each other. The taste and texture should also be carefully attended, emphasizing on the main ingredient of the dish. The serving temperature should be correct and the aftertaste should be seriously taken into account.

- Correct professional preparation – 20 points

Correct basic preparation of food, corresponding to today's modern culinary art. Preparation should be practical, acceptable methods that exclude unnecessary ingredients. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables Working skill and kitchen organization.

- Mise en place - 5 points

The preparation should be precise and show basic cooking skills. Kitchen organization, time management, temperature in sensitive products, cleanliness and proper packaging are taken into account.

Hygiene and Food Waste - 10 points

Please review the document of Food Hygiene and Food Waste: <https://wacs.egnyte.com/dl/WFZim6m8ql>

- Presentation - 10 points

The dish should be presentable, tasty and have a nice appearance. The main ingredient should be easily identifiable and the plate cornices should not be used. The artistic presentation of the dish is of great importance. Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance, there should be no repetition of ingredient, shapes and colour as well as cooking techniques.

- Correct serving time - 5 points

The contestant should serve his dishes within the time given



3rd Mediterranean Chef's Competition

DISPLAY SCHOOLS COMPETITION

General Rules

- Each exhibit should be the contestant 's actual work.
- Contestants should respect the table space given in each category for the placement of the exhibit. Exhibits larger than the dimensions specified in the regulations will not be judged.
- Judges reserve the right to intervene in the exhibit in any way to determine the existence of unauthorized internal supports, ensuring the entirety of the exhibit.
- Contestants are responsible for bringing their exhibits and withdrawing them at the time provided by the event. The contestants are solely responsible for the protection and movement of their exhibits and no responsibility is held by the organizer.
- Non-edible colors are prohibited.
- Contestants wishing to receive comments from the judges on their exhibits should meet with the lead judge on the competition site once the overall evaluation is completed. Once the prizes are put on exhibits (approximately one hour after the evaluation) no further comment will be given by the judges.
- Each school may be represented at any competition by the school's coach / teacher responsible for the class in question or any representative whom the school wishes to nominate and up to three students. The same people will also attend the medal ceremony. The medal will be given to the school representative.

Grading Points

Design & Composition - 30 points

Technical Skills & Degree of difficulty - 50 points

Creativity & Originality - 20 points

Total - 100 points