

RULES & REGULATIONS

The Team 团队组成

2 Cooks / Chefs, 1 Pastry Chef

2名厨师，1名糕点师

A set meal 套餐

The set meal must include the following dishes:

套餐必须包含以下的菜：

1 * salads modern freestyle	- 6 individual portions
1 * 创意沙拉	- 6 份
1 * cold appetizers freestyle (Fish or Seafood)	- 6 individual portions
1 * 冷开胃菜 (鱼或海鲜)	- 6 份
1 * hot soup (Fish or Seafood)	- Enough for 6 persons in Soup Terrine
1 *热汤 (鱼或海鲜)	-足够 6 人份
1 * cold tapas	- 6 individual portions each
1 *冷餐前小吃	- 6 份
1 * hot / main course (Beef)	- 6 individual portions in 1 Chaffin Dish
1 *热 / 主菜 (牛肉)	- 1 碟 6 人份
1 * hot / main course (Seafood)	- 6 individual portions in 1 Chaffin Dish
1 *热 / 主菜 (海鲜)	-1 碟 6 人份
1 * desserts	- 6 individual portions
1 *餐后甜点	- 6 份

The Rules (Main Course and set meal)

比赛规则 (主菜和套餐)

1. Set meal Menu must include appropriate dressings, sauces and condiments
套餐菜单必须包括适当的辅料，酱料和调味品
2. All food items must be prepared only in the competition kitchen provided by the organizer

所有的食物只能在主办单位所提供的比赛厨房准备

3. Each team will have the same serving ware no other ware or any type of plastic ware is to be used - deduct 5 point if caught

每队将有相同的餐具使用，没有其他餐具或任何类型的塑料餐具使用

4. Small kitchen equipment, not provided by the organizer are allowed to the Competition Kitchen (Hand Blender, Robot Coupe ect)

厨房小设备，主办方未提供的允许带进厨房（如手动搅拌机，机器搅拌机等）

5. Each team has to prepare a set meal serving 6 individual portions of each team. Each portion must be of equal amount

每队必须准备套餐，每队准备6人份。每个份必须是相等的

6. Only 3 registered Chefs teams are allowed to set up the set meal, no additional helpers are allowed at any point of time.

只有报名的三名厨师才能参加及准备套餐，没有额外的助手被允许在任何时间点

7. The set meal- 6 portions of each menu can either place on small individual receptacle or large platter

套餐 - 每个菜单的6份可以放在个别小容器或大拼盘

All set meal items for 10 portions are to be set on the table at one time, as to complete the buffet. No replenishment allowed.

套餐所有项目将被设置在桌子上在同一时间，以完成套餐。无补给允许）

8. The set meal menu tent card must be prepared & displayed on the set meal counter

套餐台卡必须准备和显示在台字上

9. All team is required to clean up the competition kitchen before leaving, point will be deducted if fail to do so.

所有比赛团队在离开厨房前必须将厨房清理干净，否则分数将扣除

10. Basic Stocks, Sauces can be brought in, but not reduced, seasoned or thickened.

Tasting required to be done at start of event

基本原料、调味汁可以带进来，但不能减少、调味或加厚。要求在比赛开始时进行品尝

11. Salad can be washed and cleaned, but not mixed or cut

沙拉可以清洗，但不能混合或切割。

12. Vegetables, Fruits can be washed, peeled, but cannot be cut or cooked

蔬菜、水果可以清洗、去皮，但不能切或煮。

13. Pumpkin, Broad Beans seeds can be removed

南瓜、蚕豆种子可以移除

14. Tomatoes can be peeled

番茄可以去皮

15. Fish can be gutted, gilled and scaled but not fileted

鱼可以去内脏，去鳃，去鳞，但不能切鱼片

16. Meat, Poultry can be deboned, not portioned, not minced, not pre-marinated

肉、家禽可以去骨、不切段、不切碎、不预先腌制

17. .Liver can be soaked in milk, not pre-marinated

肝脏不可预先腌制

18. Bones can be cut into small pieces

骨头可以切成小块

19. Pastry Sponge and Doughs (savoury or sweet) can be brought in but not cut in any format

糕点海绵和甜甜圈（美味或甜的）可以带来，但不能以任何形式切割。

20. Fruit Pulps can be brought in but with no additives

水果浆可以带入，但不含添加剂

21. Eggs can be separated

鸡蛋可以分离

22. Decorations to be done onsite

现场装饰

23. Dry ingredients can be weighed and measured

干的食材可以称重和测量