



Endorsed by WorldChefs

世界厨师联合会认证

Criteria of competition 赛事标准

Venue 赛事地点



NingBo Gulin Vocational High School – Center of Excellence

宁波市古林职业高级中学——卓越中心

No.270 Zhongxin Road, Gulin, Haishu District, Ningbo, Zhejiang, China

中国浙江省宁波市海曙区古林镇中心路270号

Contact person : **Grace 593257010@qq.com**

Cooking Demonstrations 烹饪示范

To add to the competitor's experiences for this event, there will be a series of cooking demonstration from various masters throughout the day

为了给参赛者增加这次活动的经验，赛事期间将有一系列大师烹饪示范课。

1. Jacky Yin (.)
2. Graham Manvell (.)
3. Alan Orreal (.) All to be confirmed
4. Tony Khoo
5. Jake Kim (.)
6. KimWah (.)
7. Peter Tischhauser (.)
8. YiBin (.)

Hot & Cold Competition Schedule and Dates

热菜&冷菜比赛日程

Thursday 24th October 2019

Friday 25th October 2019

Saturday 26th October 2019

Hot Competition

热菜比赛

Class #1■Two to Tango Teams

项目1■ 2人团队

Class #2 ■NingBo Seafood

项目2 ■ 宁波海鲜

Class #3■Farm to the Plate

项目3■ 畜禽类

Cold Competition 冷菜比赛

All displays to be set up by 8am Sharp

所有陈设早上八点整必须就绪

Thursday 24th October 2019

2019年10月24日星期四

Class 4■Plated Appetizers

项目4 ■ 盘式开胃菜

Class 6■3 Course Fine Dining 1st round

项目6 ■ 正餐菜品第1场

Class 8■Free Style Cake

项目8 ■ 创意蛋糕

Friday 25th October 2019

2019年10月25日星期五

Class 5■Tapas / Finger Food

项目5 ■ 餐前小吃（达帕斯）/手指餐

Class6■3 Course Fine Dining 2nd round

项目6 ■ 正餐菜品第2场

Class 7■Desserts Class

项目7■甜品

Class 9 Sweet centerpiece – to be on display (Thursday, Friday and Saturday until 2pm)

项目9 餐桌中心装饰 — 展示时间为周四 到周六的下午两点

Hot Kitchen Classes 热厨房项目

This is open to Young chefs under the age of 25 years of age and either attending a Culinary College or are working in an establishment such as a restaurant, hotel, cafeteria or Industrial catering , proof of age may be required.

这是专门为 25 岁以下年轻厨师开设的，他们要么在烹饪学院学习，要么在饭店、酒店、咖啡厅或工业餐饮等场所工作，需要年龄证明。

Competitors are expected to be correctly dressed for the competition with chef's pants, chef's jacket, apron, and hat and correct foot wear, no jean will be accepted.

参赛者必须穿着正确的厨师裤、厨师服、围裙、厨师帽和厨师鞋，不允许穿牛仔裤。

You are also expected to bring your own raw ingredients to cook along with your knives and the plates you wish to display on. Plates will also be available but basic plates, knives for the international team are also available due to transport regulations on the trains.

参赛者也可以自带原料、刀具及展示盘子。学校只提供基础餐盘。由于列车禁止携带刀具，国际队所用的刀具学校也将作提供。

As classes will be limited for the Hot Kitchen, first nominations will be accepted once the application is filled in and received.

由于热厨房项目有限，请确认申报填妥后提交，将以第一次提交项目为准。

Class #1■Two to Tango

项目1■ 2人团队

A team of 2 Young chefs to prepare 3 portions of cold or warm seafood/fish appetizer and 3 portions of beef, chicken, duck ,pork or lamb western style, with in a 1 hour cooking time, dishes must be on 3 individual plates for each course, appetizer to be served after 50 minutes from start time and main course after 60 minutes. Main course to have starch, appropriate vegetables and sauce Team of 2 Young Chefs

一个团队 2 位年轻厨师，在 1 个小时的烹调时间内，准备 3 份冷或热的海鲜/鱼开胃菜和 3 份西式牛肉，鸡肉，鸭肉，猪肉或羊肉。每个菜品都必须用 3 个单独的盘子展示。开胃菜从比赛开始时间 50 分钟后出菜，主菜从比赛开始时间 60 分钟后出菜。

主菜要有淀粉类、适量蔬菜和酱汁。（团体项目：1 个团队由 2 名年轻厨师组成）



Class #2■Farm to the Plate

项目2■ 畜禽类

(Main Course – Duck, Beef, Lamb, Chicken or Pork , either alone or as a combination presented Western style)

(主菜——鸭、牛肉、羊肉、鸡肉或猪肉，单独或组合形式展示，西式烹调)

To prepare and present, within 1 hour, 1 main course dish for 2 persons, western style. Dish must be presented on 3 individual plates with appropriate garnish.(starch, sauce and vegetables)

One Young chef only – individual

参赛者必须在1小时内准备且呈现1道2人份的西式主菜。菜品必须装在3个单独的盘子上，加入适当配菜（淀粉类、酱汁和蔬菜）。

个体项目——限1名年轻厨师

Class #3■NingBo Seafood Plate

项目3■宁波海鲜

(Main Course – Fish/Seafood, either alone or as a combination presented Western style)

(主菜-鱼/海鲜，单独或组合形式展示，西式烹调)

To prepare and present, within 1 hour, 1 main course dish for 2 persons, western style. Dish must be presented on 2 individual plates with appropriate garnish. (starch, sauce and vegetables) the seafood can be International seafood and not just from NingBo

参赛者必须在1小时内准备且呈现1道2人份的西式主菜。菜品必须装在2个单独的盘子上，加入适当配菜（淀粉类、酱汁和蔬菜）海产品可以是国际海产品而不仅局限于宁波海产品。

One young Chef only – individual

个体项目——限1名年轻厨师

Mise-En-Place and Cleanliness **0-10 points**

准备工作和清洁 **0-10分**

Planned arrangement of materials for trouble-free working and service. Correct utilization of working time to ensure punctual completion. Clean, proper working methods during the competition will also be judged as are the conditions after leaving the kitchen.

有计划地安排材料，以确保无故障的工作和服务。有效利用比赛时间，确保准时完成。在比赛中，卫生清洁、正确的操作方法都将作为评判标准，直至离开厨房。

Correct Professional Preparation and Service **0-30 points**

正确专业的操作和服务 **0-30分**

Correct basic preparation of food and hygiene. Preparation should be by practical, acceptable methods that exclude unnecessary ingredients. The punctual delivery of each entry at the appointed time is a matter of urgent necessity. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Working skill and kitchen organization.

正确准备食品和卫生工作。准备过程中应采用切实可行的、可接受的方法，排除不必要的食材。在规定时间内准时完成每一项任务是一个迫切需知的问题。所有的原料，包括淀粉和蔬菜，必须采用适当的烹饪技术、工作技能和厨房组织。

Presentation/Innovation **0-10 points**

菜式创作理念展示和应用 **0-10分**

Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance.

盘面整洁，无需耗时人为装饰。规范摆盘，确保美观。

Taste **0-50 points**

口味 **0-50分**

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

须保留食材的原汁原味。菜品须适度品尝调味。菜品不仅要品质高，色香味俱全，还需符合营养价值标准。

Kitchen Equipment Available 可提供厨房设备

- 4 top induction burner 4 台感应燃烧器
- Underneath oven 烤箱
- Chiller 冷却器
- Fryer 油炸锅
- Grill 烤架
- Salamander 面火炉
- Cutting boards 砧板
- Selection of pots & pans 整套锅具
- Selection of tongs, spoons and ladles 钳子、汤匙和长柄勺
- 5 coloured cutting boards 5 块彩色砧板
- Kitchen food processor 厨房食品加工机

Hot Cooking – Practical Rules & Regulations

热菜—实用规则和条例

Important Notes 注意事项

- Entries are accepted on a first-come-first-secured basis.

入场顺序按先到先得原则。

- Competitors must report to the Kitchen Manager at least 45 minutes before their scheduled time in case a kitchen becomes available. Competitors not present at their scheduled time will be considered no-shows and will be disqualified.

参赛者必须在规定时间至少45分钟之前提早向厨房经理报到，以便有厨房工位可用。参赛者如未能按预定时间到场，将被视为自动弃赛，并被取消比赛资格。

- The Hot Cooking Competition begins at 8.00 am and ends at 6.00 pm daily.

热菜比赛时间于每天上午8点开始，下午6点结束。

- Competitors must bring their own plates for all Hot Classes. These plates can be collected once judging is done.

所有热菜项目的参赛者都必须自带盘子。一旦评判完毕，请将盘子收回。

- You may bring extra equipment yourself – sous vide, smokers

你可以自带额外设备——低温机、熏制机。

- The organizers will not be responsible for loss or breakage of competitors' belongings.
主办方对参赛者物品的丢失或破损概不负责。
- Recipe required in the kitchen during competition.
比赛中必须备好菜谱。
- As this is a time limit competition, you are expected to show cooking skills, your entry must not be completed with more than 10 minutes left on the clock of your time.
由于这是一场限时比赛，你必须展示烹饪技巧，你的菜品不得超时10分钟。
- Judging will take into account the condition of the kitchen after your turn.
使用后的厨房情况将计入评判标准。
- Everything on the plate must be edible.
盘子里的所有东西都必须可以食用。
- Notes for pre-preparation for the Hot cooking competition:
热菜比赛前期准备须知:
 - ~ Salad can be cleaned and washed but not portioned
沙拉可以清理，但不可分切。
 - ~ Vegetables/ Fruits can be peeled, cut but not cooked
蔬菜/水果可以去皮，可以切，但不能煮。
 - ~ Pasta & Dough can be prepared but not cooked
意式面食面团可以准备，但不能煮。
 - ~ Fish/Seafood/Shellfish can be cleaned, filleted but not portioned or cooked
鱼/海鲜/贝类可以清洗、切片，但不能分切或煮制。
 - ~ Lamb/Beef/Chicken/Pork can be portioned but not cooked
羊肉/牛肉/鸡肉/猪肉可以分割，但不能煮。
 - ~ Mousses need to be made in the competition but minced items are allowed
慕斯必须在比赛现场制作，允许提前准备好碎末。
 - ~ Pre-marinating of protein is permitted
蛋白质类允许提前浸泡
 - ~ Sauces can be reduced but not finished or seasoned
酱汁可以浓缩，但不能提前完成或调味。
 - ~ Stocks can be bring into competition
可带清汤。
 - ~ Dressings are to be made in competition
调味料必须在比赛现场制作。
 - ~ Coulis – Puree can be brought in but needs to be finished in competition
果酱/果泥可以携带，但需要在比赛现场加工制作。
 - ~ Sponges can be pre-made but not cut or shaped
海绵蛋糕可以预先制作，但不能切割或成形。

**Very Important – you cannot take knives on a train in China, they will be taken from you.
The School can provide if required**

重要说明：中国列车 禁止任何刀具，否则将被没收。如要求，学校 会提供！

Plated Food –Cold Display

盘式食物——冷食展评

Cold food displays are made at your hotel, school or work place; these are creative imaginative designs of food but must be practical in today's modern gastronomy world. To enhance to life and presentation of these items they will need to be coated with gelatin to show the meals and food items at their premium.

For display purposed – please bring some stand to add height to your presentation and name cards for each dish item (preferably in English and Chinese).

在你的酒店、学校或工作场所都进行冷食展示。这些富有创意且充满想象力的食物设计，但在当今的美食世界中必须是可实用的。为了使食物变得生动，通常会将其上胶，以便保质。

为了展评效果，请带一些支架来增加你的展品高度，并为每道菜备好中英文菜名卡。

Food will be on display from 8am daily until 4.30pm when you then can clear down for the next day, a set area for you to do your final plating will be supplied but no kitchen equipment

菜品展评时间从每天上午8点到下午4点30分，然后清理干净，为第二天所用。你可以在一个固定的区域做最后的盘点，但是没有厨房设备。

Class 4■Plated Appetizers

项目4■盘式开胃菜

To display a variety of 4 different appetizers 2 cold and 2 hot, displayed cold, each portion for 1 person, suitable for a la carte service.

展示4个不同类型的开胃菜，2个冷2个热，冷展示，每一份为1人，适合照单点菜服务。

Class 5■Tapas / Finger Food

项目5■餐前小吃（达帕斯）/手指餐

4 different kinds of finger food, tapas and/or snacks, each kind to have 4 portions (16 pieces). 2 are to be hot displayed cold and 2 cold displayed Cold. Can be on one platter or individually plated.

4种不同的手指食品，小吃（达帕斯）或零食，每种有4份(共16份)。2份是热食，冷展示；2份冷食，冷展示。可以共装在一个盘里，也可以单盘分装。

Class 6■3 Course Fine Dining

项目6■3道正餐菜品



To display a 3 course menu consisting of a Seafood/fish starter, Beef/lamb or chicken main course and an appropriate dessert , to be prepared in advance and displayed cold. The main course should have a starch, vegetables and sauce.

展示一份三道菜的正餐，包括海鲜/鱼开胃菜、牛肉/羊肉/鸡肉主菜和一份适量甜点，提前准备，冷展示。主菜应含有淀粉、蔬菜和酱汁。

Class 7■Desserts

项目7■甜品

To display a total of 4 different types of desserts.1 Hot or Cold dessert using Fruit, 1 dessert using Chocolate, 1 Free Style creation, 1 dessert serve in glass.

Displayed cold, each portion for one person, suitable for a la carte service. Practical and up-to-date presentation is required.

总共展示4种不同类型的甜点。1个冷/热水果甜点，1个巧克力甜点，1个自由创意甜品，1个玻璃杯装甜点。

冷展示，一人一份，适合按单点服务。要求新式可操作。



Class 8■Free Style Cake

项目8■创意蛋糕

To display one cake with a diameter of 20 -24cm must have at least one filling inside the cake, one portion to be removed and placed on a plate to show the portion. Only edible food items to be used

展示一个直径为20-24厘米的蛋糕，蛋糕内必须至少有一种馅料，取出一块，放在盘子上做展示。只可使用可食性的食物。

Class 9 Centrepiece

项目9 餐桌中心装饰

This centerpiece is reflection on what you would like to see on your buffet, should not reflect death but happiness, need to stay on display from Thursday through to Saturday 14.00 (2pm)

Can be made of sugar, chocolate or combinations .

餐桌中心装饰反映了您所期待看到的餐桌陈设样子，应充满温馨愉悦感。展示时间为周四开始直到周六下午两点，材料可为糖，巧克力或者结合体。



PROGRAM

节目单

Wednesday 23rd October 6.30pm Opening and Welcoming Ceremony

10月23日星期三下午6点半 开幕欢迎仪式

Thursday 24th October

10月24日星期四

- **Two to Tango** 两人团队
- **NingBo Seafood** 宁波海鲜
- **Plated Appetizers** 盘式开胃菜
- **3 course Fine Dinning** 3道正餐菜品
- **Free Style Cake** 创意蛋糕
- **Centre Pieces** 餐桌中心装饰
- **Chefs cooking demonstrations x 3 Jury members**
厨艺展示 3位陪审团成员

Friday 25th October

10月25日星期五

- **NingBo Seafood** 宁波海鲜
- **Farm to Plate** 畜禽类
- **Finger Food** 手指餐
- **3 course Fine Dinning** 3道正餐菜品
- **Desserts** 甜点
- **Chefs cooking demonstrations x 3 jury members**
厨艺展示3位陪审团成员

Saturday 26th October

10月26日星期六

- **NingBo Seafood** 宁波海鲜
- **Farm to Plate** 畜禽类
- **Chefs Demonstrations x 2 jury members**
厨艺展示 2位陪审团成员
- **VIP New Style cooking competition – invitation only**
VIP新式厨艺展示—仅限受邀团

AWARDS & CERTIFICATES

奖项与证书

A certificate of participation will be presented to all competitors who have completed all the classes they have registered. The respective medals and Certificates of Awards will be presented to competitors who attain the following points. Team members will receive separate certificates and medals based on team acquired points for the Challenge:

所有已注册项目的参赛者，将获得一份参赛证书。根据参赛者所得积分分别颁发各奖项的奖牌及证书。团队成员将根据团队获得的分数分别获得证书和奖牌。

- | | |
|--|-------------------------------|
| • Gold with Distinction
超级金牌 | 100 points
100分 |
| • Gold
金牌 | 90-99 points
90-99分 |
| • Silver
银牌 | 80-89 points
80-89分 |
| • Bronze
铜牌 | 70-79 points
70-79分 |

OVERALL AWARDS

Best International team in Two to Tango	最佳两人团队奖
Best Chinese Team in Two to Tango	最佳中国两人团队奖
Best <u>School</u> Overall	– must do Two to Tango, Ningbo Seafood, Farm to Plate and at least 4 static events 最佳厨艺综合奖（参赛队必须参加两人团队、宁波海鲜、畜禽类和至少4个项目）
Top score in NingBo Seafood Challenge	最佳宁波海鲜挑战奖
Top Score in Farm to Plate	最佳畜禽类奖
Top score in Plate Appetizer	最佳盘式开胃菜奖
Top score in Finger Food	最佳手指餐奖
Top score in 3 Course Fine Dining	最佳正餐菜品奖
Top score in Desserts	最佳甜点奖
Top score in Freestyle Cakes	最佳创新蛋糕奖
Top score in Centerpieces	最佳餐桌中心装饰奖

Entry Form also available for Local China Teams and competitors on the web

NingBo International Young Chefs Challenge 宁波国际青年厨师挑战赛

Deadline Submitted: 1st October 2019

截止时间: 2019年10月1日

Please note : this is a Young Chefs competition and under WorldChefs rules you must be born after January 1st 1994 (no more than 25 years old)

请注意:这是一个年轻厨师的比赛, 根据世界厨师联合会规则, 你必须在1994年1月1日以后出生(不超过25岁)

Classes to attend: (Please tick (✓) boxes) 参加项目: (请在选框中打钩)

		NingBo International Young Chef Challenge 2019 宁波国际青年厨师挑战赛		
		Classes 项目		Please tick which class and you will be notified when you will compete
Class 01	Two to Tango	2人团队		
Class 02	Farm to the Plate	畜禽类		
Class 03	NingBo Seafood Plate	宁波海鲜		
Class 04	Plated Appetizers	盘式开胃菜		
Class 05	Tapas / Finger Food	餐前小吃/手指餐		
Class 06	3 Course Fine Dining	正餐菜品		
Class 07	Desserts	甜品		
Class 08	Free Style Cake	创意蛋糕		
Class 09	Center Piece	餐桌中心装饰		
Competitor's Name: 选手姓名:		Date of Birth: 出生日期:		
Team Mate's Name: 队友姓名:		Date of Birth: 出生日期:		
Job Title : 职称:		Organization or School Address:		
Organization or school : 单位/学校		单位地址/学校地址:		
Phone : 电话:	HP: 手机:	Email: 邮箱:		
Fax : 传真:				

I agree to abide by the rules and regulations of the competition 本人同意遵守比赛规则

Date 日期:

Signed by Competitor's 参赛者签名:

OFFICE Only 以下仅限办公室.....

Date received 接收日期

Confirmed Accepted date 确认接受日期

Competitor Number 参赛者编号