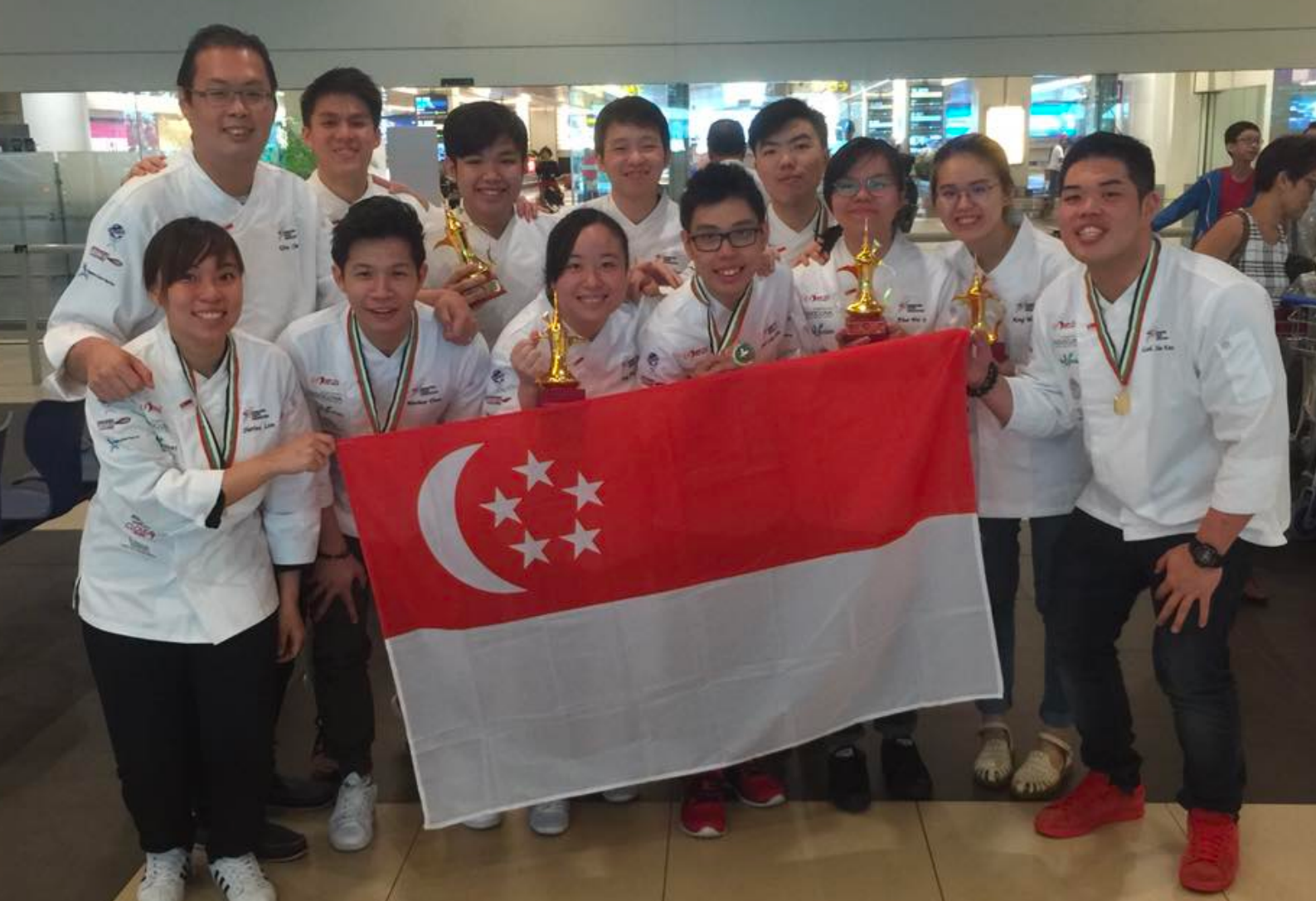


# Singapore National Young Chef Team Selection Rulebook 2023





# About

Over the years, the Singapore National Young Chef Team has been formed by aspiring students from local culinary schools and young chefs in the industry.

We are always looking for the next generation of young chefs with a positive attitude and empathy, but also passionate in food and culinary.

As a team member of the young chef team, the individual will be representing Singapore for competitions, and expanding your horizons as an aspiring young chef.

*Singapore Junior Chefs Club*

Singapore National Young Chef Team

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"Knowledge will be your passport to wherever you want to go in the world"  
- Marco Pierre White

# General Information

## **1) Eligibility**

- The cookoff is open to all young chefs from all culinary schools, hotels, restaurants, catering companies and independent
- Competitor must be a Singaporean or Permanent Resident
- Competitor must not be more than **24** years of age (as of 31st Dec 2023)

## **2) Date and Venue**

- Date of cookoff: 14th January 2023 (Saturday)
- Time: 9am
- Venue: Nanyang Polytechnic
- Address: 180 Ang Mo Kio Ave 8, Singapore 569830 (Block N, Level 6)

## **3) Registration Information**

### **Step 1:**

- Participants are to register via [www.singaporejuniorchefsclub.com/selection-2023](http://www.singaporejuniorchefsclub.com/selection-2023) and complete the necessary details required, failure to comply will result in invalid application

### **Step 2:**

- Download the recipe form from [https://docs.google.com/document/d/1IMCX4LjYNKLGWTRxt6SUUxsbl7W6ooSR/edit?usp=share\\_link&oid=116655895602558701242&rtpof=true&sd=true](https://docs.google.com/document/d/1IMCX4LjYNKLGWTRxt6SUUxsbl7W6ooSR/edit?usp=share_link&oid=116655895602558701242&rtpof=true&sd=true)
- Complete and submit recipe to [sjcc.ongjingqin@gmail.com](mailto:sjcc.ongjingqin@gmail.com)
- Deadline: 7th January 2023 (Sunday)

## **4) Contact Information**

- Email: [sjcc.ongjingqin@gmail.com](mailto:sjcc.ongjingqin@gmail.com)

## **5) Certificate of Participation**

- Certification of Participation will be given to all competitors

# Guidelines for Cookoff

## 01 **STANDBY**

All competitors are to report to the registration counter 30 minutes prior to the start of their cookoff slots

## 02 **ANNOUNCEMENT OF RESULT**

The results will be release on the day of the cookoff

## 03 **COOK-OFF**

Stage 1: Submission of application

Stage 2: Cookoff

Stage 3: Interview by the judges and organizing committee

**To prepare and present within one and a half (1½) hour the following:**

- **One (1) Cold Edible Compound Salad**
  - Four (4) portions, plated on one (1) plate
  - Western cuisine with modern presentation
  - Main Protein: Chicken Breast
  - Competitor to prepare and plate prior to the cookoff
  - Competitor to treat this segment as an outside catering operation as they would from their establishment
- **One (1) Hot Main Course**
  - Two (2) portions, plated on two (2) individual plates
  - Western cuisine with modern presentation
  - Main Protein: Chicken Thigh
  - Compulsory component: Chicken Roulade with Stuffing of competitor's choice
  - Dish to be accompanied with appropriate starch, vegetables, sauce and garnish



# Judging Criteria

1

## **Mise-En-Place**

**0-5 points**

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

2

## **Hygiene and Food Waste**

**0-10 points**

Clean hygienic work techniques | Workflow been adhere to and followed | Clear benches not cluttered – Correct storage of food items | Temperature control on food items – hot and cold | Control on excess and food waste | Limitation on plastic waste

3

## **Correct Professional Preparation**

**0-20 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

4

## **Service**

**0-5 points**

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

5

## **Presentation / Innovation**

**0-10 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

6

## **Taste**

**0-50 points**

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.

# Important Notes

- Marks will be deducted for late registration and late service
- Competitors have to register at the registration at least thirty (30) minutes before the actual cookoff time. For tardiness, the penalty is immediate disqualification
- Competitor will have to sign the indemnity form before the start of the cookoff at the registration counter
- On the day of cookoff, competitors will draw lots that will determine their stations and starting time slots
- Competitors will be starting with 5 minutes interval between each competitor
- Competitors will have 15 minutes prior to the cookoff to set up their station
- Recipes should be professionally prepared and made available for judging using the official cookoff recipe form template provided by organizer
- Recipe form must be present on the station
- Competitors are to bring their own plates of choice and personal equipment/tools
- Organizer will not be responsible for any loss or breakage of equipment/tools
- Competitors are required to check all the equipment before commencement of cookoff
- All ingredients are to be brought in by competitors in accordance of the mise-en-place rules
- The ingredients brought need to be packed and transported in respect with the international HACCP rules
- All ingredients to be used in the kitchen will be inspected by the judges at the beginning of the cookoff
- Competitors are to clean down the workstations and exit the kitchen once dishes have been completed and served
- Washing of personal equipment in the kitchen after cookoff is not allowed
- Scores will not be finalized until a final inspection of the kitchen is conducted. Points may be deducted if the kitchen is not left in clean and proper working condition and if the original equipment provided is missing/damaged

# Important Notes

## **Notes for ingredient pre-preparation for the cookoff:**

1. Basic mother sauces – are permitted but must have further fabrication
2. Salad, cleaned and washed
3. Vegetables and fruits cleaned, can be cut/trimmed (any shape) BUT must be raw
4. Fruit and vegetable purees are permitted but must not be seasoned or finished
  - a. No glaze or concentrated juices
  - b. Dried fruit / or vegetable powder permitted
  - c. Dehydrated fruit or sheets permitted
5. Vegetable ash and home-made spice mixture are permitted
6. Fish – gutted, scaled can be filleted / portioned if required BUT must be raw
7. Shellfish/Crustaceans – clean raw can be removed from their shell
8. Meat/Poultry/Game, deboned can be portioned, trimmed but must be raw
9. Proteins cannot be brought in minced. Mincing must be done in the kitchen
10. Liver and sweetbreads can be brought in soaked in milk, but not seasoned or flavoured
11. Pasta and other doughs, allowed can be flavoured and rolled into sheets but not portioned and not cooked
12. Pastry Sponge, biscuits, not cut or stenciled
13. Macaroons or macarons need to be made on premise
14. Decor elements 100% made on site
15. No titanium dioxide – no metallic powder no artificial food colours are permitted
16. Eggs – can be separated, and pasteurized
17. Dry ingredients can be pre-measured
18. Flavoured oils and butter are allowed

## **Notes for cold edible compound salad:**

1. Competitor to prepare and plate prior to the cookoff
2. Competitor to treat this segment as an outside catering operation as they would from their establishment
3. Competitor may pre-plate the salad and do finishing on site if required