



The best apprentice from each apprentice year and culinary student section from each state and territory are brought together to compete and decide the overall winners. The numbers of competitors, training schools, culinary educators that the NAC touches is staggering with in excess of 4,000 culinary students and teachers, each with links to industry resulting in exposure to over 10,000 chefs throughout Australia. State selection for the top 4 apprentice/student, one from each category will commence May contact your Region Competition Director for details of the competition in your State. All regional finals are to be completed by 31st July. The 2022 National Final will be in September in the Culinary Challenge Arena at Fine Foods, Sydney International Convention Centre TBC

Disclaimer:

The committee of the Australian Culinary Federation and the Management of hosting venues shall not under any circumstances be responsible for any loss or damage to any exhibit, display, goods, equipment, tools, personal effects or injuries. The Competitor shall be responsible for all damages caused to the complex by any person in attendance at the competition (other than those under the control or direction of the Operator/Committee) and shall forward and pay to the organisers on demand the cost of rectification of any damage

COMPETITION RULES - CONDITIONS OF ENTRY

TO COMPETITORS & SUPERVISORS: READ THESE POINTS VERY CAREFULLY!

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF) and the Competition Management shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convenor.
5. All competition work, food and dishes, must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final and no correspondence will be entered into.
8. ACF and the Chairman of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. All correspondence for the competition must be directed to the responsible Convenor.
10. No additional electrical equipment other than stick blenders will be allowed into the kitchen. MUST BE TAGGED BY A CERTIFIED ELECTRICIAN. Noncomplying equipment will not be permitted.
11. The competitors will have been selected by the ACF state chapters to represent the state
12. All competitors are required to use the product as stipulated in criteria.
13. The competitor agrees to participate in a photo, radio recording, video and/or film session, or to provide voice/written testimonials. The above hereby acknowledge that Australian Culinary Federation agrees has the right to use such photos, radio recordings, videos, films or voice/written testimonials in any medium and in any reasonable manner for any purpose as they may deem fit. The competitor also consents to the right of Australian Culinary Federation to use their names, voices or pictures, menu's & recipes
14. The Competitor agrees to allow the ACF to provide their name & email to participating sponsors upon request of such sponsor
15. Submission of a completed entry form with fees included constitutes acceptance of the conditions and terms, Bought to you by The Australian Culinary Federation
16. All submitted recipes will become the property of Australian Culinary Federation and may be used for promotional purposes.
17. Any communication between competitors and their respective coaches / teachers during the competition, as dictated by the Chief Judge will result in disqualification of the competitors
18. Competitors must produce portions of their team's dish as per supporting documents
19. All entries must be on official entry form & become the property of The Australian Culinary Federation and will be used in but not limited to promotions, media, sponsorship.

100% RULE

All ingredients are to be prepared on the day of competition by the competitors. They will be scrutinised on arrival and during the competition. For example:

- Basic stock will be allowed but no glaze reduction. The reduction would have to be made during the time allowed for the competition.
- Vegetables can be washed and peeled but not turned or prepared any further.
- Salads cleaned, washed but not mixed or cut
- Vegetables, fruits, potatoes, onions cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves, onions can be halved to check quality, vegetables like tomatoes may be blanched and peeled, broad beans may be shelled
- Vegetable/fruit purées can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting
- Meat/Poultry not portioned, meat not trimmed, minced or ground, sausages have to be made on site
- Pastry, sponge, biscuit, meringue can be brought in, but not cut, sliced or chopped
- Fruit/vegetable pulps and fruit/vegetable purees can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting.
- Bones for stock, bones (including extra) can be brought in cut into small pieces
- Eggs can be separated and but not processed in any other way
- Dry ingredients can be weighed and measured

COMPETITION ENTRIES

1. APPRENTICE COOKS – SECTIONS 1, 2, 3:

Applicants must be –

- a) Employed as Apprentice Cook.
- b) Enrolled at a TAFE, Institute or Registered Training Organisation.

2. CULINARY STUDENTS - SECTION 4

Applicants must be –

- a) Studying full time CERTIFICATE III in cookery
- b) Students must be enrolled in a TAFE or PRIVATE R.T.O. course.

4. COMPETITION TIMES:

Will be confirmed in writing by competition director at least 14 days prior to the competition day

5. AWARDS, CRITERIA & JUDGES:

- a) Judging panel: All judges are approved by the Organising Committee. ACF registered judges are preferred.
- b) Assessment: Will be conducted in accordance with guidelines for ACF Culinary Competitions.
- c) Medals Will be awarded to any entry which attains the following points:
Gold with honours (Super Gold) 100%
Gold 90% – 99%
Silver 80% – 89%
Bronze 70% – 79%
- d) Certificates: All Competitors will receive a certificate of participation
- e) Prizes: Will be awarded to the winner in each section & the overall best apprentice, prizes can include any of the following...trophies, cash, vouchers, gifts.

6. UNIFORM:

All competitors must comply with the following –

- Cooks uniform. Traditional whites must be worn, including long sleeved cook's jackets.
- Necktie
- Apron
- Hat
- Uniforms must be clean, pressed. **No logos**
- Footwear – clean and safe.
- Hair – covered, in hairnet, if necessary.
- No jewellery

Note: Non-conforming competitors will not be allowed to compete.

JUDGING CRITERIA

Each entrant starts with 100 points and points are deducted in accordance with the following measurable elements:

| | |
|--|-----------|
| Mis En Place | 5 points |
| Personal Presentation | 1 |
| Set up workstation | 1 |
| Correct Mise en place level | 3 |
| Hygiene & Food Waste | 10 points |
| Correct Sanitation Processes | 5 |
| Correct Food Waste Separation | 2 |
| Utilizing Trim & Offcuts | 3 |
| Professional Preparation | 20 Points |
| Technical skills displayed | 5 |
| Correct methods of preparation | 5 |
| Efficient utilisation of time/organisation skills | 5 |
| Service | 5 |
| Timeline adhered to, penalized one point for each minute delayed | |
| Presentation | 10 Points |
| Suitable temperature | 1 |
| Originality/flair | 2 |
| Appropriate too class/true to menu description | 2 |
| Portion size | 1 |
| Clean arrangement & dish | 2 |
| Nutritional balance | 2 |
| Taste | 50 Points |
| Does the major component taste good | 6 |
| Balance of textures | 6 |
| Does the sauce/garnish taste good | 6 |
| Balance of flavours | 6 |
| Do the complements add to the taste of the major component | 6 |
| Seasoning | 8 |
| Is there harmony of flavour combinations in the menu | 6 |
| Taste of food preserved | 6 |

Medals will be awarded to the following levels for entrant

Bronze, 70-79 points

Silver, 80-89 points

Gold, 90-99 points

Gold with distinction, 100 points

SECTION 1

1st Year Apprentice

Each competitor to:

1. Prepare, cook and display two (2) servings of one hot main dish.
2. Provide 1 copy of recipes including food costs using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

60 Minutes to prepare & cook main Dish

30 minutes cleaning up.....Total: 2 Hours

Each competitor presents two (2) individually plated meals using **Protein TBC** with a jus or a sauce.

Each plate/serve must include:

- 1 portion appropriate starch/pulse
- A selection of vegetables
- Tabasco

Special Points:

- Each dish should not exceed \$10.00 food cost.
- No deep frying allowed.
- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 2

2nd Year Apprentice

Each competitor to:

1. Prepare, cook and display two (2) servings of one entree and two (2) servings of one hot main course
2. Provide 1 copy of recipes including food costs using templates provided. To be typed & presented in 1x A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main dishes

30 minutes cleaning up..... Total: 3 Hours

Each competitor presents two (2) individually plated portions of entree and two (2) individually plated portions of main course using 1 x no 18 Chicken with a jus or a sauce.

You **must** use the chicken for entrée & main course.

Menu must include:

- appropriate starch/pulses
- A selection of suitable vegetables
- Tabasco

Special Points:

- Total food cost per person \$15.00...total food cost for 1 entrée & 1 main not to exceed \$15.00
- No deep frying allowed.
- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 3

FINAL YEAR APPRENTICE

Each competitor to:

1. Prepare, cook & display two (2) servings of one entrée
2. Prepare, cook and display two (2) servings of one hot main dish.
3. prepare, cook & display two (2) servings of one dessert
4. Provide 1 copy of recipes including food costs using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

180 Minutes to prepare & cook entrée, main & dessert dishes

30 minutes cleaning up..... Total: 4 Hours

Each competitor to present two (2) individually plated portions of an Ovo - Lacto vegetarian entrée

Each competitor presents two (2) individually plated portions of the main course using a **Protein TBC with jus or a sauce.**

Each Competitor to present two (2) individually plated desserts using a Queen Product

Menu must include:

- Total food cost per person \$20.00...total food cost for 1 entrée & 1 main & 1 dessert not to exceed \$20.00
- A selection of suitable vegetables
- Tabasco

Special Points:

- No deep frying allowed.
- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 4

CULINARY STUDENT.

Each competitor to:

1. Prepare, cook and display two (2) servings of one entrée and two (2) servings of one hot main course
2. Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main Dishes

30 minutes cleaning up..... Total: 3 Hours

Each competitor presents two (2) individually plated portions of an entrée using two (2) individually plated portions of Main Course using 1 x no 18 Chicken with a jus or a sauce.

You **must** use the chicken for entrée & main course.

Menu must include:

- appropriate starch/pulse
- A selection of suitable vegetables
- Tabasco

Special Points:

- Total food cost per person \$15.00...total food cost for 1 entrée & 1 main not to exceed \$15.00
- No deep frying allowed.
- Equipment provided is listed at end of document
- White China Plates will be provided

EQUIPMENT LIST TBC by Competition Director

Competitors will have access to the following equipment

4 burner stove & oven
Chopping Board
Small Mixing Bowls
Medium Mixing Bowls
Large Mixing Bowls
Assorted Small Saucepans
Assorted Medium Saucepans
Small Frypans
Medium Frypans
Oven Trays
Assorted Ladles
Large Metal Spoons
Large Metal Spoons with Holes
Rolling Pins
Sieves
Wooden Spoons
Graters
Tongs
Roasting Trays
Measuring Jugs
Stainless Steel Work Bench

The Following to share

Mixers
Food Processors
Blast chiller
Fridge
Sink
Other items available
 3 Tea Towels
 Cling Wrap, Alfoil, Twine
 Baking Paper

You may bring in the following items: -

Moulds
Cream Guns
Tool Kit
Baking Sheets
Small Glasses/Ramekins
Small Stick blender with attachment,
Electronic scales
Pasta machine
Assorted Ramekins/Shot Glasses/Gratins

Plastic takeaway containers/ spoons
Gloves
Sous vide machine

You may not bring in: - any other equipment

WorldChefs Food Safety Regulations

The following information is to be read in conjunction with the WORLDCHEFS's Competition Guidelines.

NOTES: Tasting 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 waitperson

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°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
 - iii. Length of time during which the item was 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 labelled 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.
- a. As mentioned under **Cooking Correctly**, HACCP sheet should be used in all food preparations.
 - b. Raw proteins can only be left on the worktable 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. The 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 mold.
 - 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

DRESS STANDARDS

Ideally, all members of a team should be dressed nearly identically.

1. Chef's jacket – The chefs or team of chefs should enter the competition arena wearing a clean white, pressed chef's jacket.
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 be worn. Sport shoes are not allowed in the kitchen.
 5. Neckties – are optional.
 6. No visible jewelry 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. After shave and perfumes must not be overpowering
6. The sleeves of chef's jackets must be of minimum elbow length.
7. The 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. Remove a sample of a product from the container with one spoon.
2. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
3. Sample the product by tasting.
4. 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.
5. Double dipping into sauces or food items with the same spoon is strictly prohibited.
6. Food items in transport, and stored, must be covered with clear plastic or a lid.
7. Ready To Eat food (RTE) should not be handled with bare hands.
8. Equipment acceptable for the handling of cooked food are tongs, chop sticks, or tweezers.
9. Work areas should always be cleared of unnecessary items.
10. Basic spills should be cleaned up immediately.
11. Knives must be kept clean at all times.
12. Food trimmings should be identified and labelled.
13. Food trimmings from your mise en place, that may be used later, should be kept

separately, not mixed together, labelled, and stored at <5°C (41°F).

14. Hand paper towels to be used for work surface ~~bench~~ and hands wiping.
15. Cloth towels should only be used to handle hot items.
16. 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.
17. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.
18. Use of wooden cutting boards is not authorized.
19. Cardboard or any porous containers and boxes are not allowed to enter the kitchen.
20. 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 e place.

2) Hand Washing:

- 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 washroom
- 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 surfaces must be sanitized upon arrival into the kitchen.
- b. All benches must be sanitized at the start of the competition.
- c. All benches 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) 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.

6) Team Spacing:

Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at times may be unavoidable.

7) Glass policy:

- a. 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.
- b. Items must be decentered into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- c. 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 Community Catering where Commercial products are permitted.

8) Food efficiency (leftovers):

- a. In some circumstances, some food excess is unavoidable but this must be controlled. It is how you manage it that will be noted.
- b. If all your portions are not sold – there must be accountability, tickets Vs Sales Vs food remaining.
- c. 5% excess is acceptable due to a number of kitchen factors, spillage, replacement, wrong table.
- d. Be mindful when planning menus to avoid waste factor, i.e.: “Pommes Parisiennes” or smaller scooped vegetables or fruits.
- e. Useable trimmings / excess of preparations must be properly packaged and labelled with date and name of product as a minimum.
- f. Such leftover food will be reviewed by the kitchen jury before it is taken away.
- g. Deduction for items thrown in the rubbish or tried to be washed down a sink.