



RULEBOOK



OCTOBER 26TH-29TH

GASTRO ALB 9 - INTERNATIONAL GASTRONOMY FESTIVAL 2026



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Welcome message by the President of Albanian Chefs & Cooks Association



Dear Colleagues and Friends,

On behalf of the Albanian Chefs & Cooks Association, it is my pleasure to invite you and your association to join us for the 9th edition of Gastro ALB – International Gastronomy Festival, taking place 26–29 October 2026 at Te Stela Resort, Tirana, Albania.

We are proud that Gastro ALB has become a meeting point for culinary professionals, bringing together Chefs and teams in an atmosphere of competition, creativity, cultural exchange, and friendship!

We would be delighted to welcome you and your team and give you the opportunity to represent your country alongside professionals from Albania and abroad.

Beyond the competition, we see Gastro ALB as an opportunity to build lasting professional relationships and strengthen cooperation between Associations and Chefs internationally.

Our organising team is available to assist you with any information you may need regarding participation, registration, accommodation, transportation, and your visit to Tirana.

It would be a great honour for us to welcome you to Albania and to share these special days of gastronomy and professional exchange with you.

We look forward to meeting you in Tirana, 26–29 October 2026.

Asim Prengëzaj

President
Albanian Chefs & Cooks Association

Welcome message by the Continental Director of Southern Europe

Distinguished guests, colleagues,
& friends of gastronomy,



It is with great pleasure and pride to announce that **9th edition of Gastro ALB – International Gastronomy Festival**, taking place from 26th to 29th of October. I am certain you must be truly honoured to host such talented chefs, professionals, and passionate young culinarians from across Europe. Your presence adds immense value to this event, which celebrates creativity, innovation, and excellence in the culinary arts.

The **9th edition of Gastro ALB – International Gastronomy Festival**, is more than just a contest — it is a celebration of inspiration, friendship, and cultural exchange. Through our shared passion for gastronomy, we strengthen the bonds between nations and highlight the spirit of collaboration and respect that unites our region. I would like to express my sincere gratitude to Asim Prengëzaj for his leadership and support. My thanks also go to the judges, sponsors, and everyone who contributed to making this remarkable gathering possible.

To all competitors, I wish you the very best of luck!

Remember — the finest ingredient in every dish is the love and passion you bring to your craft. Thank you all, and may you enjoy every moment of this exciting and flavourful journey here in Tirana.

George Damianou

Continental Director Southern Europe

Chairman of the Judges Committee

GENERAL INFORMATION

Date: 26–29 October 2026

Location: Te Stela Resort, Tirana, Albania.

Accommodation at Te Stela Resort follow the link: <https://testela.al/gastro-alb-9/>

Judging and Preparation Start Time: 09:00

METHOD OF PAYMENT

Bank transfer: EURO

ALL PAYMENTS TO BE SUBSCRIBED TO THE FOLLOWING ACCOUNT:

Bank: BANKA KOMBËTARE TREGTARE

Account Number: 403004338CLTJCFEURE8

IBAN: AL4220511038004338CLTJCFEURE

SWIFT-BIC: NCBAALTX

Beneficiary: SHOQ ALBANIAN CHEFS AND COOKS ASSOC

Send the confirmation of payment by e-mail at: info@albanianchefs.org

Bank transfer: LEK (ONLY FOR ALBANIAN COUNTRY)

Bank: BANKA KOMBËTARE TREGTARE

Account Number: 403004338CLTJCLALLNT

IBAN: AL2620511038004338CLTJCLALLN

SWIFT-BIC: NCBAALTX

Beneficiary: SHOQ ALBANIAN CHEFS AND COOKS ASSOC

Send the confirmation of payment by e-mail at: info@albanianchefs.org

Competitors can find the registration form at : <https://gastroalbapp.lovable.app/apliko>

The closing date for all entries is **15th of October 2026**. Regarding the different categories of participation, a priority order will be considered, considering the submission date of the participation application form. The organizer reserves the right to cancel any category, limit the number of entries, extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.

Contact Information

Albanian Chefs & Cooks Association

Kajo Karafili St., nr.5, 1001, Tirana, Albania

Tel: [+355 68 200 0691](tel:+355682000691), Email: info@albanianchefs.org Website: <https://albanianchefs.org/>

REGISTRATION & ENTRIES

Young Chef Culinary Competition: Under 25 years old - Fees for each category €17,00

- Class (Y1): Poultry Main Course
- Class (Y2): Fish / Seafood Main Course
- Class (Y3): Fresh Pasta Main Course
- Class (Y4): Risotto Main Course
- Class (Y5): Pork Main Course
- Class (Y6): Beef - Traditional to Modern Main Course (Open only to Albanian Chefs)

Professional Chef Culinary Competition: Over 25 years old - Fees for each category €35,00

- Class (P1): Poultry Main Course
- Class (P2): Fish/Seafood Main Course
- Class (P3): Fresh Pasta Main Course
- Class (P4): Risotto Main Course
- Class (P5): Pork Main Course
- Class (P6): Beef -Traditional to Modern Main Course (Open only to Albanian Chefs)

Pastry: Fees for each category €35,00

- Class (PP1): Professional Chef Restaurant Plated Dessert
- Class (PY1): Young Chef Restaurant Plated Dessert

Team: Fees for each category €60,00

- Class (PT1): Professional Team Grand Prix
- Class (YT1): Young Team Grand Prix

JUDGING CRITERIA FOR ALL COOKING CLASSES

Mise En Place: 0-5 Points

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

Correct Professional Preparation: 0-15 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.

Innovation: 0-5 Points

The introduction of a new technique or significantly improving an existing dish. New style of dishing presentation that enhances to customer or judge's expectation. Allow chefs or team to create a WOW factor.

Hygiene and Food Waste: 0-10 Points

Please review the guidelines on Food Hygiene and Food Waste under WORLDCHEFS FOOD SAFETY REGULATIONS in this competition rulebook.

Service: 0-5 Points

The punctual delivery of each entry at the appointed time is a matter of urgent necessity. The kitchen jury will determine if the fault of the service if any is the kitchen or service team and recommend any point reductions. The full points will be awarded if service flows smoothly and dishes come out on time from the kitchen.

Presentation: 0-10 Points

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 between the different dishes.

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.

Total Possible Points Achieve: 100 Points

AWARD OF PRIZES

100 – 90 points Gold medal with certificate

89 – 80 points Silver medal with certificate

79 – 70 points Bronze medal with certificate

69 – 60 points Diploma

Top Score Award Professional Chef (P1 – P6).

Top Score Award Young Chef (Y1 – Y6).

Top Class Award School, according to the number of medals.

The above Awards will be awarded to the contestants with the highest score

GENERAL RULES FOR COMPETITORS

1. This competition is OPEN to all Professional Chefs from Culinary Industries such as Hotels, Restaurants & Food Catering outlets, students from Culinary School. Students of public and private schools should provide a school attendance certificate.
2. The organizer reserves the right to redefine, modify or add to any of the above rules and conditions and their interpretation of these is final.
3. The organizer is entitled to cancel or postpone the salon, or alter the duration, timing or schedule of the event.
4. The organizer shall not, under any circumstances, be responsible for the loss or damage of any exhibits, goods and dishes or personnel belongings. However, reasonable precautions will be taken to avoid loss or damage.
5. All exhibitors and competitors at the 9th edition of Gastro ALB – International Gastronomy Festival assign all rights concerning menus, recipes, videos, photographs, sound recording, advertisement etc. Albanian Chefs & Cooks Association.
6. All competitors and assistants MUST wear a clear chef's uniform (no jeans allowed) with headgear when setting up, and during the award presentation ceremony (it will be considered by the judges).
7. Registration: (1) hour prior to the competition.

8. Identification: Hotel and Restaurant logos, including logos on uniforms are PERMITTED.
9. An individual competitor can participate in as many competition classes as he / she wishes but is restricted to one entry in any one competition class.
10. Entries are accepted on a first-come, first served basis.
11. No classes changes will be allowed. Any contestant who wishes to cancel his/her participation must inform the organizer. During the competition, contestants who are absent without written notice to the organizer will have their future entries rejected. Empty spaces at display tables are unsightly and each non-attendance at challenges means one other chef could have the opportunity to participate.
12. In the cases of non-compliance, during the competition, with the general rules and regulations or of any related problems, which had not been fore- seen by the regulations, the Organizing Committee is the only body responsible to take care of these relevant items and find the appropriate solutions.
13. The Organizer has the right to stop and disqualify any teams that are unruly or misbehave themselves before, during or after the competition, with con- sent of Chief Judge.
14. Whilst all reasonable care will be taken for the security and safety of the dishes and equipment, the Organizer will not accept responsibility for any loss of or damage to the exhibits, dishes, equipment or personal effects. Competitors are advised to suitably insure dishes for display.
15. The brought ingredients must be packed and transported in accordance with the international HACCP RULES.
16. Registration fees will not be refunded if the competition is cancelled for reasons beyond the organizer's control, or if entries are withdrawn by competitors.
17. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
18. Two copies of typewritten recipes, are always required (plated or menu competition)
19. The preparation, production, and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
20. Waste and over-production will be closely monitored. Please refer to the ECG Sustainability Guidelines on the website.

21. Competitors are to avoid the use of single-use plastics; acceptable items are reusable, recyclable, compostable, biodegradable items for ingredient containers, etc., reusable tasting spoons to be used.
22. There is a point penalty deduction for wastage or over-production.
23. Timing is closely monitored. There is a 1-point penalty deduction for every 2 minutes that the meal is overdue, while ten minutes late will result in disqualification
24. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items in a hygienic manner will result in disqualification.
25. All dishes are to be served in a style equal to today's modern presentation trends.
26. Portion sizes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
27. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
28. Competitors must bring with them all the necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www.worldchefs.org).
29. Competitors must ensure they read the latest food safety guidelines from World chefs. <https://worldchefs.org/culinaryrules/>
30. Competitors are to provide their own pots, pans, tools, and utensils.
31. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.

JUDGING & PENALTIES

1. The members of the Jury are well known professionals in gastronomic arts, either from Albania and/or abroad. The mark score attributed by each member of the Jury is personal and the total score will be calculated by the Chief Judge. Panel of Judges Decision is final and binding.
2. Competitors must refrain from talking to the judges during and prior to the event.
3. There will be daily feedback from the judges in a designated area for the participants.
4. Competitors must avoid placing food on the rims of plates or arranging food in an unsightly and/ or unhygienic fashion.
5. Results will be displayed in the central area as soon as possible after judging is completed. Competitors are then encouraged to seek the advice and guidance of the judges. Please advise the Office if your details are incorrect.
6. Silver, Bronze Medals and Merit certificates will be given every day. Special Awards and Gold Medals will be presented during the Prizegiving Ceremony. Competitors receiving awards during the prize-giving ceremony must be dressed in full whites.
7. In case of non-conformity with the general rules and regulations, the Judges are allowed to apply penalties varying from a minimum of minus one (-1) to a maximum of minus ten (-10) points.
8. Absence of clean uniform, space and accessories, during the work and at the end of the day.
9. Lack of respect for time limits.
10. Absence of time respect concerning the time for presentation. If repeated and without reason.
11. Unacceptable behaviour towards Judges.
12. Unacceptable behaviour towards other groups.

MISE EN PLACE

PERMITTED FOOD TO BE BROUGHT INTO THE KITCHEN AT THE START OF THE COMPETITION

Permitted food to be brought into the kitchen at the start of the competition

1. Basic stocks, sauces can be reduced but not finished or seasoned. Tasting required to be done at start of the competition. No glaze or concentrated juices
2. Salad can be washed and cleaned but not mixed or cut.
3. Vegetables, fruits can be washed, peeled, cut not shape but not cooked.
4. Pumpkin seeds, avocado seeds etc can be removed.
5. Tomatoes, broad beans etc can be peeled.
6. Fish can be gutted, fileted and scaled but not cooked or stuffed.
7. Seafood / shellfish can be cleaned but not portioned or cooked or stuffed.
8. Meat, poultry can be portioned but not cooked or stuffed.
9. Liver can be soaked in milk, not pre-marinated.
10. Bones can be cut into small pieces.
11. Pastry sponge and doughs (savoury or sweet) can be brought in but cannot be cut in any format.
12. Fruit pulps can be brought in but with no additives.
13. Eggs can be separated.
14. Decoration to be done onsite.
15. Dry ingredients can be weighed and measured.
16. Pasta dough can be brought in and can be flavoured and rolled into sheets, but it cannot be portioned or cooked.
17. Fruit pulps/coulis can be brought in but with no additives – must be raw.
18. Vegetable coulis or pureed vegetables can be brought in but must be raw. Not preparation such as potato puree allowed.
19. Do not use gold or silver leaf
20. Flavoured oils and butter are allowed
21. No titanium dioxide – no metallic powder no artificial food colours are permitted
22. Macaroons or macarons need to be baked on premise, the mixture may be brought in
23. Smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen
24. Vegetable ash and home-made spice mixture are permitted

- 25. The use of transglutaminase (Meat glue) is not permitted
- 26. Dried fruit / or vegetable powder is permitted
- 27. Dehydrated fruit or sheets permitted but must be further fabricated

Everything on the plates must be edible.

KITCHEN EQUIPMENT

Each competition kitchen would be equipped with the following items:

- 1 x combi oven
- 2 x induction burners
- 1 x sink
- 1 x fridge (to share)
- 1 x freezer (to share)
- 1 x shock freezer (to share)

Competitors are required to use the equipment provided by the organizer or sponsors, unless otherwise stated. Please note that items provided may be subject to change. Competitors will be notified of such changes, if any, via email by the organizer. Each competitor is advised to provide / bring in the following items, if required, for the competition:

- Pots and pans
- Kitchen utensils
- Cold boxes or trolleys

Any additional equipment to be brought in by competitors must be approved by the judging committee prior to the competition. Competitors are required to inform to the organizer in writing and include proper description of the equipment they wish to bring in, including information such as brand, model name/number and all essential equipment specification by 15 October 2026. It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors.

Young Culinary Competition – Rules

Class (Y1): Poultry Main Course

Competitors must prepare and serve one (1) poultry-based main course (using poultry either alone or in combination with other ingredients).

The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Class (Y2): Fish / Seafood Main Course

Competitors must prepare and serve one (1) fish or seafood based main course (using fish or seafood either alone or in combination with other ingredients). The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Class (Y3): Fresh Pasta Main Course

Competitors must prepare and serve one (1) fresh pasta main course. (The pasta can be brought ready in sheets but must be shaped during the competition). The dish should be presented in a contemporary style. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Class (Y4): Risotto Main Course

Competitors must prepare and serve one (1) risotto main course. The dish should be presented in a contemporary style. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Class (Y5): Pork Main Course

Competitors must prepare and serve one (1) pork-based main course (using pork either alone or in combination with other ingredients). The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Class (Y6): Beef - Traditional to Modern Main Course

Competitors must prepare and serve one (1) beef-based main course (using beef either alone or in combination with other ingredients).

The dish should be a traditional Albanian dish presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 60 minutes.

Professional Culinary Competition – Rules

Class (P1): Poultry Main Course

Competitors must prepare and serve one (1) poultry-based main course (using poultry either alone or in combination with other ingredients).

The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Class (P2): Fish/Seafood Main Course

Competitors must prepare and serve one (1) fish or seafood based main course (using fish or seafood either alone or in combination with other ingredients). The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Class (P3): Fresh Pasta Main Course

Competitors must prepare and serve one (1) fresh pasta main course (The pasta can be brought ready in sheets but must be shaped during the competition). The dish should be presented in a contemporary style. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Class (P4): Risotto Main Course

Competitors must prepare and serve one (1) risotto main course. The dish should be presented in a contemporary style. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Class (P5): Pork Main Course

Competitors must prepare and serve one (1) pork-based main course (using pork either alone or in combination with other ingredients). The dish should be presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Class (P6): Beef -Traditional to Modern Main Course

Competitors must prepare and serve one (1) beef-based main course (using beef either alone or in combination with other ingredients).

The dish should be a traditional Albanian dish presented in a contemporary style. It must be accompanied by appropriate garnishes and sauce. The dish must be prepared and served for three (3) people.

Time limit: 45 minutes.

Pastry Competition – Rules

Class (PP1): Professional Chef Restaurant Plated Dessert

Competitors must prepare and serve two (2) identical plated desserts, which can be either hot or cold or combination. The dessert must reflect a modern restaurant-style presentation, demonstrating technical skill, creativity, and balance of flavour and texture.

Main Ingredients:

The dessert must prominently feature the following three key ingredients: Apple, Chesnutt, Cream cheese. These ingredients should be clearly recognizable in the composition and flavour profile of the dessert.

Time limit: 75 minutes.

Class (PY1): Young Chef Restaurant Plated Dessert

Competitors must prepare and serve two (2) identical plated desserts, which can be either hot or cold or combination. The dessert must reflect a modern restaurant-style presentation, demonstrating technical skill, creativity, and balance of flavour and texture.

Main Ingredients:

The dessert must prominently feature the following three key ingredients: Apple, Chesnutt, Cream cheese. These ingredients should be clearly recognizable in the composition and flavour profile of the dessert.

Time limit: 90 minutes.

Teams Competition – Rules

Class (PT1): Professional Team Grand Prix

Team Composition: Each team must consist of 3 participants. Duration: 120 minutes

Dishes: Teams must prepare and serve the following three (3) dishes with these ingredients being clearly recognizable in the composition and flavour profile of each course

Cold Appetizer - Fish / Seafood

Main Course - Beef

Dessert – Pistachio (Dessert may be Hot or Cold or Combination)

Quantity: Each dish must be prepared in 3 servings

Participant Responsibilities: Teams must bring their own ingredients and equipment to use during the competition.

Class (YT1): Young Team Grand Prix

Team Composition: Each team must consist of 3 participants. Duration: 90 minutes

Dishes: Teams must prepare and serve the following three (3) dishes with these ingredients being clearly recognizable in the composition and flavour profile of each course

Hot Appetizer - Fish / Seafood

Main Course - Pork

Dessert – Chocolate (Dessert may be Hot or Cold or Combination)

Quantity: Each dish must be prepared in 3 servings

Participant Responsibilities: Teams must bring their own ingredients and equipment to use during the competition.

GUIDANCE TO COMPETITORS

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.
2. 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.
3. Double dipping into sauces or food items with the same spoon is strictly prohibited.
4. Food items in transport, and stored, must be covered with clear plastic or a lid.
5. Ready To Eat food (RTE) should not be handled with bare hands.
6. Equipment acceptable for the handling of cooked food are: tongs, chopsticks, or tweezers.
7. Work areas should always be cleared of unnecessary items.
8. Basic spills should be cleaned up immediately.
9. Knives must be always kept clean.
10. Food trimmings should be identified and labelled.
11. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed, labelled, and stored at $<5^{\circ}\text{C}$ (41°F).
12. Hand paper towels to be used for work surface bench and hands wiping.
13. Cloth towels should only be used to handle hot items.
14. Cutting boards in PEHD (polyethylene high-density) material are preferred. White is acceptable as a neutral colour for all tasks. Cutting boards should always be clean. Use of wooden cutting boards is not authorized.
15. Cardboard or any porous containers and boxes are not allowed to enter kitchen.
16. Nothing is allowed to be stored on the floor.

Hand Washing

It is a 30 second process which must take place;

- 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. Always upon returning to the kitchen.

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 kitchen.
- b. All benches must be sanitized at the start of the competition.
- c. All benches must 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.

Gloves

- a. Gloves do not give an automatic exemption to proper food handling techniques.
- b. Must be worn when handling hot or cold "Ready To Eat" food (RTE), which will be consumed by the jury/public.
- c. Gloves can be worn if working with dirty items, or items that stain, i.e.: beetroot.
- d. f. Hand injuries should be protected with a band aid/plaster, and covered with a glove.
- e. Changing the gloves is paramount to avoid cross contamination. It is not necessary to wear gloves during the mise en place or food items, unless the food items will not receive any heat treatment.
- f. Gloves need to be changed;
 - i. If you start to use other equipment after touching proteins
 - ii. Before starting service
 - iii. Regularly during service

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.

Team Spacing: Ideally the team should utilize all work areas of the kitchen to avoid close contact, which at time, may be un-avoidable

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 kept 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 the Community Catering where Commercial products are permitted.

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 an accountability, tickets Vs Sales Vs food remaining.
- c. 5% excess is acceptable due to several 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 left over 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

Dress standards

Ideally, all members of a team should be dressed near 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 jewellery 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. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.

THE FIVE KEYS TO WORLDCHEFS FOOD SAFETY IN COMPETITIONS

THE FOLLOWING INFORMATION IS TO BE READ IN CONJUNCTION WITH THE WORLDCHEFS'S COMPETITION GUIDELINES

NOTES: Tasting judges do not share plates, 1x plate will be as a sample and the other meals will be portioned by a Rookie Jury member or a dedicated wait-person.

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 items were 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).

- a. As mentioned under Cooking Correctly, HACCP sheet should be used in all food preparations.
- b. Raw proteins can only be left on work table 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.

5. 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. Temperatures of your produces should be recorded at the market, when you arrive in your preparation facility, and in your cooking competition kitchen – HACCP.
- b. Fruits and vegetables should be checked for worms, grubs and mould.
- 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 checked.

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