

# CHEF OF THE YEAR



## CHEF OF THE YEAR 2025



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## COMPETITION GUIDELINES

### SENIOR CHEF OF THE YEAR (3 HOURS) - 8 FINALISTS

#### 4 COVERS: STARTER:

MYSTERY BASKET. ON THE DAY OF THE COMPETITION THE COMPETITORS WILL BE GIVEN THE CONTENTS OF A MYSTERY BASKET. THEY WILL BE ALLOWED 20 MINUTES TO LOOK THROUGH THE BASKET AND PLAN THEIR STARTER BEFORE THE COMPETITION COMMENCES. NOT ALL INGREDIENTS IN THE BASKET NEED TO BE USED. THERE WILL BE A BASIC LARDER OF DRY INGREDIENTS TO GO ALONG WITH THE BASKET.

#### MAIN COURSE:

A HOT PREPARATION OF SCOTCH PORK. THE DISH SHOULD FEATURE TWO DIFFERENT CUTS OF THE PORK, OFFAL CUTS CAN BE USED. SEASONAL GARNISHES AND A SAUCE OR DRESSING.

#### DESSERT:

A DESSERT USING EITHER PUFF PASTRY, SWEET PASTRY OR CHOUX PASTRY. AN ICE CREAM OR SORBET IS REQUIRED.



Mise en Place: Items permitted to be brought into the competition.

#### Basic stock

- Can be brought in, but not reduced, seasoned, or thickened; samples for tasting (cold) must be provided from the main batch/supply to the judges.
- Bones for stock (including trimming etc.) cut into small pieces, can be brought in.

#### Salads

- Cleaned, washed but not mixed or cut

#### Vegetables, fruits, potatoes, onions

- Cleaned, peeled, washed, raw, can be cut to take exact amount
- Vegetables like tomatoes may be blanched and peeled
- Broad beans may be shelled
- Pulses may be brought soaked.

#### Vegetable/fruit pulps and purees

- Can be brought in, but not reduced, seasoned, or thickened; the final sauce or coulis product must be prepared on site; samples for tasting must be provided
- No glaze or concentrated juices
- Dried fruit / or vegetable powder permitted
- Dehydrated fruit or sheets permitted
- Vegetable ash and home-made spice mixture are permitted
- No trays of prefabricated jells / jellies (leather) are permitted even if dehydrated

#### Fish

- Gutted, scaled, not filleted
- Fish head can be removed if required

#### Shells

- cleaned, scallops need to be in their shells

#### Crustaceans

- Raw or boiled, not peeled
- Cleaned, washed but not mixed or cut

#### Meat / Poultry

- on the bone, not portioned, meat not trimmed, minced, or ground
- Sausages must be made on site
- Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen, but not seasoned or marinated
- Smoked fish, prosciutto, chorizo, bacon, are allowed if they are further processed in the kitchen

#### Pastry sponge, biscuit, meringue

- May be brought in, but not cut, sliced, or chopped, stencilled
- Macarons cannot be brought in
- Meringue as a décor must be dried on site

#### Decorative elements

- Must 100% be done on site

#### Eggs

- Can be separated, and pasteurized, but not processed in any other way

#### Dry ingredients

- Can be pre weighed and measured

#### Flavoured oils and butter

- Are allowed

