



**OFFICIAL
ATTEMPT**

THE WORLD LARGEST
COOKING COMPETITION

RULE BOOK / 规则书



MALAYSIA CULINARY WORLD CUP

Held in-conjunction with



**21 - 23 FEB 2023
9.00AM - 8.00PM**

**WORLD TRADE CENTRE (WTC),
KUALA LUMPUR, MALAYSIA**

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**Organized
By:**



**MALAYSIA
BERSATU
CULINARY
ASSOCIATION
MBCA**

Supporting Partners:



GLOBAL
CHAMBER OF
BUSINESS
LEADERS

COMPETITION CATEGORIES

PATISSERIE

CLASS	CATEGORIES	TYPES	
WC 1	MODERN FREE STYLE WEDDING CAKE	DISPLAY	
WC 2	PASTRY SHOWPIECE	DISPLAY	
WC 3	CHOCOCLATE SHOWPIECE	DISPLAY	
WC 4	MODERN FREE STYLE 3D CAKE	DISPLAY	
WC 5	PLATED DESSERT (ASIAN/CONTINENTAL)	DISPLAY	
WC 6	FREE STYLE CONFECTIONARY	DISPLAY	
WC 7	PETIT FOURS OR PRALINES	DISPLAY	
WC 8	BREAD SHOWPIECE	DISPLAY	
WC 9	CUP CAKE SHOWPIECE	DISPLAY	
WC 10	MODERN CROISSANT /DANISH (6 TYPES)	DISPLAY	
WC 11	CREATIVE MOCHI/WAGASHI	DISPLAY	
WC 12	MALAYSIAN KUEH (NYONYA, MALAY, CHINESE)	DISPLAY	
WC 13	TANG YUAN- CHINESE GLUTINOUS RICE BALL	DISPLAY	
WC 14	STEAM 3D PAU SHOWPIECE	DISPLAY	
WC 15	DRESS THE CAKE (2 TIER CREAM CAKE) - TEAM OF 2 CHEFS	PRACTICAL	
WC 16	DRESS THE CAKE (3D CAKE) - TEAM OF 2 CHEFS	PRACTICAL	
WC 17	DRESS THE CAKE - INDIVIDUAL	PRACTICAL	
WC 18	MODERN DESSERT - TEAM OF 2 CHEFS	PRACTICAL	

MALAYSIAN GASTRONOMY

WC 19	MALAYSIA NASI LEMAK	PRACTICAL	
WC 20	MALAYSIA LAKSA (ALL TYPES)	PRACTICAL	
WC 21	PASSEMBUR (INDIAN ROJAK)	PRACTICAL	
WC 22	MEE MAMAK	PRACTICAL	
WC 23	MEE BANDUNG	PRACTICAL	

WC 24	CHICKEN RICE	PRACTICAL	
WC 25	PRAWN MEE	PRACTICAL	
WC 26	MALAYSIAN SATAY	PRACTICAL	
WC 27	IKAN ASAM PEDAS	PRACTICAL	
WC 28	MALAYSIA RENDANG	PRACTICAL	
WC 29	TRADITIONAL NYONYA CUISINE - (TEAM OF 2 CHEFS)	PRACTICAL	
WC 30	MALAYSIAN HOME CUISINE SET OF 5 COURSE –(TEAM OF 3 CHEFS)	PRACTICAL	
WC 31	BANANA LEAF RICE	PRACTICAL	
WC 32	KERABU/UMAI	PRACTICAL	
WC 33	SPECIAL FRIED RICE	PRACTICAL	
WC 34	BURGER MALAYSIA	PRACTICAL	
WC 35	FREE STYLE NANYANG CHINESE CUISINE - (TEAM OF 2 CHEFS)	PRACTICAL	
WC 36	CHAR KOEY TEOW	PRACTICAL	
WC 37	HAINANESE CHICKEN CHOP	PRACTICAL	
WC 38	IKAN SUNGAI MALAYSIA (MALAYSIA RIVER FISH)	PRACTICAL	
WC 39	PENGAT/ BUBUR MANIS	PRACTICAL	

INDIAN CUISINE

WC 40	INDIAN CURRY	PRACTICAL	
WC 41	INDIAN DESSERT	PRACTICAL	
WC 42	TOSAI/ CHAPATI	PRACTICAL	

CHINESE CUISINE

WC 43	MODERN CHINESE - POULTRY	PRACTICAL	
WC 44	MODERN CHINESE - SEAFOOD	PRACTICAL	
WC 45	MODERN CHINESE - FISH	PRACTICAL	

WC 46	MODERN CHINESE - BEEF / LAMB / OSTRICH / VENISON	PRACTICAL	
WC 47	MODERN CHINESE 4 COURSE - 3 CHEFS	PRACTICAL	

MODERN HOT COOKING

WC 48	3 COURSE ASIAN SET - 2 CHEF	PRACTICAL	
WC 49	5 COURSE ASIAN SET - 3 CHEF	PRACTICAL	
WC 50	MODERN MAIN COURSE - POULTRY	PRACTICAL	
WC 51	MODERN MAIN COURSE - BEEF	PRACTICAL	
WC 52	MODERN MAIN COURSE - LAMB	PRACTICAL	
WC 53	MODERN MAIN COURSE - FISH OR SEAFOOD	PRACTICAL	
WC 54	MODERN WESTERN CUISINE - (TEAM OF 2 CHEFS)	PRACTICAL	

PLANT BASE/ VEGETARIAN

WC 55	FREE STYLE VEGETARIAN HOT COOKING (ALL CUISINE)	PRACTICAL	
WC 56	MODERN 3 COURSE VEGETARIAN – (TEAM OF 2 CHEFS)	PRACTICAL	

SHOWMAN SHIP

WC 57	TEH TARIK	LIVE	
WC 58	ROTI CANAI	LIVE	

JAPANESE CUISINE

WC 59	CREATIVE JAPANESE BENTO	DISPALY	
WC 60	CREATIVE SUSHI PLATER DISPLAY	DISPALY	

ARTISTIC

WC 61	FRUIT CARVING - INDIVIDUAL	PRACTICAL	
WC 62	TEAM FRUIT CARVING - TEAM OF 2 CHEFS	PRACTICAL	
WC 63	BUTTER SCULPTURE	DISPLAY	
WC 64	FRUIT & VEGATABLE CARVING	DISPLAY	

WC 65	BLACK BOX CHALLENGE – TEAM OF 2	PRACTICAL	
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Patisserie

WC 1: MODERNING FREE STYLE WEDDING CAKE

- Cake must have a minimum of 3 tiers not exciding 150 cm in height. All tiers to incorporate awedding design.
- Cake is to be entirely decorated by hand and all decoration must be edible with the exception of pillars.
- Royal icing or pastillage may be used. Other edible materials are allowed.
- One layer of the wedding cake must be edible and will be tasted & inspection done by the judges.
- Table space allotted: 90cm x 90cm. Not exciding 150cm in height.
- Wedding cakes must stay on display until last day of the show and Organizer will dispose of exhibitsuncollected after 1600hrs on the last day or earlier, if exhibits begin to deteriorate.
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WC 2: PASTRY SHOWPIECE

To display a showpiece of either:

- Marzipan
- Sugar (blown, Pulled)
- Dough / bread dough
- Pastillage

There are no height restrictions.

*Pastry Showpiece must be on display until last day of the show. Organizer will dispose exhibitsuncollected after 1600hrs on the last day or earlier, if exhibits begin to deteriorate.

WC 3: CHOCOLATE SHOWPIECE

No frames, molds, glue or wires are allowed. Points will be deducted for non-compliance. There are noheight restrictions.

*Pastry Showpiece must be on display until last day of the show. Organizer will dispose exhibitsuncollected after 1600hrs on the last day or earlier, if exhibits begin to deteriorate.

WC 4: MODERN FREE STYLE 3D CAKE

Cake must have a minimum of 1 tiers cake, not exciding 150 cm in height.

Cake is to be entirely decorated by hand and all decoration must be edible with the exception of pillars. Royal icing, cream, marzipan or pastillage may be used. Other edible materials are allowed.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exceeding 150cm in height.

Suitability in Complementing Food Display Suitability in Complementing Food Display As the exhibits are meant to be displayed on a buffet table, they should be designed to complement food displays.	0 – 20 points
Presentation and General Impression Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles	0 - 40 points
Technique and Degree of Difficulty This is judged by the artistry, competence and expert work involved in the execution or preparation of the exhibit	0 - 40 points

WC 5: PLATED DESSERT (Asian/Continental)

To display a variety of 3 different types plated desserts of competitor's own choice, each portion for one person, suitable for a la carte service. All ingredients used must be edible. Judges will cut and inspect the dessert. Show pieces are allowed but will not be judged. **RECIPE REQUIRED. Table space allotted: 90cm x 90cm.**

WC 6: FREE STYLE CONFECTIONARY

To display one 20- 25 cm CAKE of the competitor's own choice with a theme, plus 3 different types of pastries (2 piece each).

EVERYTHING must be edible. Judges will cut and inspect the display when necessary.

3 type of pastries each piece to weigh between 60-80grams. Practical and up-to-date presentation is required. Showpieces are allowed but will not be judged. **RECIPE REQUIRED. Table space allotted: 90cm x 90cm.**

WC 7: PETIT FOURS OR PRALINES

To display 6 bite-sized pieces each of 6 different types of either Petit Fours or Pralines, suitable for service. Exactly 36 pieces must be presented and each piece to weigh between 8-12grams. Practicality is essential for today's modern dining experience. No commercial molds are allowed. Showpieces should enhance the presentation and it will be judged. An extra plate of 1 portion of each type (6 pieces) to be set aside from the display table for tasting by judges.

Table space allotted is 90 cm x 90 cm, List of ingredients required by side of exhibit, RECIPE REQUIRED.

Variety The variety display has to be corresponded with the criteria requested.	0 - 10 points
Presentation and Overall Impression Food items utilized must be in harmony with quantity and the number of persons indicated.	0 - 20 points
Correct Preparation and Naming The names of the dishes should correspond to the recipes. Points will be awarded for the correct basic preparation of the food	0 - 20 points
Practical and Up-to-date Serving Easy serving methods are to be incorporated in the daily work and in accordance with up-to-date culinary standards. Exhibits are to be arranged in a clean, correct manner and pleasing to the eye.	0 - 20 points

Taste and Texture Well balanced from a nutritional point of view. The taste, flavors and textures should correspond to today's standards.	0 - 30 points
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WC 8: BREAD SHOWPIECE

To display BREAD showpiece of competitor's own choice. The display must consist of FIVE (5) types of edible breads using different types of dough. Premixes are not allowed. Judges will slice, inspect & taste the bread. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 9: CUP CAKE SHOWPIECE

To display cupcake showpiece of competitor's own choice. The display must consist of twelve (12) pieces of edible cup cake. Premixes are not allowed. Judges will slice, inspect & taste the cup cake. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 10: MODERN CROISSANT/ DANISH

To display croissant showpiece of competitor's own choice. Each piece to weigh maximum 100grams. The display must consist of six (6) types of edible croissant/Danish. Premixes are not allowed. Judges will slice, inspect & taste the croissant/ Danish. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 11: CREATIVE MOCHI/WAGASHI

To display creative mochi of competitor's own choice. The display must consist of six (6) types of edible mochi. Premixes are not allowed. Judges will slice, inspect & taste the mochi. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 12: MALAYSIAN KUEH (NYONYA, MALAY, CHINISE)

To display traditional Malaysian kueh showpiece of competitor's own choice. The display must consist of Five (5) types of edible Malaysian kueh. Premixes are not allowed. Judges will slice, inspect & taste the Malaysian kueh. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 13: TANG YUAN - CHINESE GLUTINOUS RICE BALL

To display CHINESE GLUTINOUS RICE BALL of competitor's own choice. The display must consist of six (6) types of edible tang yuan. Premixes are not allowed. Judges will slice, inspect & taste the tang yuan. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

WC 14: STEAM PAU SHOWPIECE

To display steam pau showpiece of competitor's own choice the display must consist of three (3) types of edible pau. Premixes are not allowed. Judges will slice, inspect & taste the pau. Competitors have to display a tasting portion for the Judges.

RECIPE REQUIRED. Table space allotted: 90cm x 90cm. Not exciding 150cm in height.

Suitability in complementing Food displays As the exhibits are meant to be displayed on a buffet table, they should be designed to complement food displays	0-15 points
Presentation and General Impression Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles	0-15 points

Technique and Degree of Difficulty This is judged by the artistry, competency and expert work involved in the execution or preparation of the exhibit.	0-40 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. Inequality, flavor and color, the dish should conform to today's standards of nutritional values.	0-30 points

PÂTISSERIE – LIVE

WC 15: DRESS THE CAKE (2 TIER CREAM CAKE) – TEAM OF 2 CHEFS

Competitors have **2 hours** to decorate one finished cake, which competitors have to provide. All decorating ingredients must be edible and mixed on spot. Competitors should be using butter cream and topping cream to decorate whole cake. Cream can be pre-prepared and mix color. There are no height restrictions to the finished piece. The cake (either plain or with fillings) should be either round (30cm diameter) or square (30cm x 30cm). Only 1 cake of 2 tiers is allowed. Points will be deducted for non-compliance.

All ingredients, utensils, implements, etc. are to be provided by competitors.

No chiller / freezer provided. No food or working items are to be placed on the floor. The Organizer will provide the following set up:

* 2 power points (240V) for each competitor

WC 16: DRESS THE 3D CAKE – TEAM OF 2 CHEFS

Competitors have **2 hours** to decorate one finished cake, which competitors have to provide. All decorating ingredients must be edible and mixed on spot. Sugar can be cooked but not modelled. Sugar syrup is allowed. Chocolate and royal icing can be pre-prepared but not shaped. Sugar paste, marzipan and pastillage can be mix color, but not shaped and modelled. There are no height restrictions to the finished piece. The cake (either plain or with

fillings) should be either round (30cm diameter) or square (30cm x 30cm). Only 1 cake of 2 tiers is allowed. Points will be deducted for non-compliance.

All ingredients, utensils, implements, etc. are to be provided by competitors.

No chiller / freezer provided. No food or working items are to be placed on the floor. The Organizer will provide the following set up:

* 2 power points (240V) for each competitor.

WC 17: DRESS THE CAKE – INDIVIDUAL

Competitors have **2 hours** to decorate one finished cake, which competitors have to provide. All decorating ingredients must be edible and mixed on spot. Sugar can be cooked but not modelled. Sugar syrup is allowed. Chocolate and royal icing can be pre-prepared but not shaped. Sugar paste, marzipan and pastillage can be mix color, but not shaped and modelled. There are no height restrictions to the finished piece. The cake (either plain or with

fillings) should be either round (30cm diameter) or square (30cm x 30cm). Only 1 cake of 2 tiers is allowed. Points will be deducted for non-compliance.

All ingredients, utensils, implements, etc. are to be provided by competitors.

No chiller / freezer provided. No food or working items are to be placed on the floor. The Organizer will provide the following set up:

* 2 power points (240V) for each competitor.

Preparation of Cake and Cleanliness of Work Station Planned arrangement of materials for trouble-free working. Work station to be kept neat and tidy.	0 - 10 points
Presentation and General Impression Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles.	0 - 40 points

Technique and Degree of Difficulty This is judged by the artistry, competence and expert work involved in the execution or preparation of the exhibit.	0 - 50 points
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WC 18: MODERN DESSERT – TEAM OF 2 CHEFS

To prepare and present live, **one (1)** types of Modern Desserts in individual plate (1 set for tasting & 1 set for display) in **60 minutes (1 hour)** Recipes required. Notes

- The Team has 1 hour to prepare the plated Modern desserts.
- Competitor must leave the workstation in a clean and tidy condition. This will be part of the judging criteria.
- The desserts can be either hot or cold or a combination of both, it must be reflective of today's modern cooking styles.
- All Teams shall provide their own utensils such as cutters, knives, palettes, piping bags with nozzles, molds, pots, and pans as well as mixing bowls.
- The organizer will provide 1 working tables, 1 Double Ring Stove & 1 power points. In addition, Sink, Freezer / Chiller will be provided on sharing basis.

Recipes are required in kitchen • Teams to bring own plates & kitchen utensil. Judges will taste your exhibits on flavors, textures and presentations

Mise en place and orderly working area Arrangement of all materials, wastage and economic factors, safety and hygiene, utilization of resources and degree of advance preparation will all be considered in the judging.	0-10 points
Correct preparation Appropriate preparation, cooking methods, culinary techniques, choice of garnishes and ingredients to achieve balance in presentation and taste will all be considered in the judging.	0-10 points
Practical, up-to-date presentation and overall impression of the dessert Combination of taste, texture and colors, creativity and originality, portion size, practicability of daily usage	0-30 points
Taste The flavor of the key ingredient must be prevalent without hindrance of secondary tastes; proper texture will also be judged.	0-50 points

Malaysian gastronomy

WC 19: MALAYSIA NASI LEMAK

To prepare and present 2 plates of Nasi Lemak within a time limit of **45 minutes**. The Nasi Lemak must be accompanied with appropriate Condiments & Proteins - One (1) set for Display & One (1) Set for Judging. Presentation must be accompanied by appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. No pre-prepared ingredients, sauces and/or ready-made pastes are allowed. **RECIPE REQUIRED**.

WC 20: MALAYSIA LAKSA (ALL TYPES)

To prepare and present 2 bowls of LAKSA with your choice of Noodle and gravy or soup in **45 minutes**, 1 bowl for tasting and 1 bowl for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED**.

WC 21: PASSEMBUR (INDIAN ROJAK)

To prepare and present 2 PLATES of PASSEMBUR (INDIAN ROJAK) in **45 minutes**, 1 plate for tasting and 1 plate for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 22: MEE MAMAK

To prepare and present within **45 minutes**, Main course dish. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

WC 23: MEE BANDUNG

To prepare and present 2 bowls of mee bandung with your choice of Noodle and gravy or soup in **45 minutes**, 1 bowl for tasting and 1 bowl for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED**

WC 24: CHICKEN RICE

To prepare and present 2 plates of chicken rice within a time limit of **2 hours**. The chicken rice must be accompanied with appropriate Condiments & Proteins - One (1) set for Display & One (1) Set for Judging. Presentation must be accompanied by appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. No pre-prepared ingredients, sauces and/or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 25: PRAWN MEE

To prepare and present 2 bowls of prawn mee with your choice of Noodle and gravy or soup in **45 minutes**, 1 bowl for tasting and 1 bowl for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 26: MALAYSIAN SATAY

To prepare and present 2 plates of satay each plate 12 sticks in **45 minutes**, 1 for tasting and 1 for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 27: IKAN ASAM PEDAS

To prepare and present within **45 minutes**, Main course dish, MALAY STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

RECIPE REQUIRED

WC 28: MALAYSIA RENDANG

To prepare and present within **45 minutes**, Main course dish, MALAYSIA STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

RECIPE REQUIRED

WC 29: TRADITIONAL NYONYA CUISINE - (Team of 2 persons)

A team of two (2) chefs to prepare and present, within 120 minutes (2 Hours), two sets of family style traditional NYONYA CUISINE, menu consist of one (1) appetizer, one (1) soup, one (1) rice dish, two (2) protein dishes (Choice of Poultry, Meat or Seafood), one (1) vegetable dish and one (1) dessert.

One set for Display & one Set for Judging. Presentation must be accompanied by starch, appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. Recipe Required

WC 30: MALAYSIAN HOME CUISINE SET OF 5 COURSE - 3 CHEF

To prepare and present, within **90 minutes**, two sets of family style traditional MALAY CUISINE menu to consist of Appetizer, Soup, Rice Dish, 3 Protein dishes (Choices of Poultry, Seafood or Meat), Vegetable dish and Dessert. One set for Display (2 person portions) & One Set for Judging (2 person portions). Presentation must be accompanied with appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. - Hidang Style / Family Meal Setting. **RECIPE REQUIRED.**

WC 31: BANANA LEAF RICE

To prepare and present 2 plates of banana leaf rice within a time limit of **45 minutes**. The banana leaf rice must be accompanied with appropriate Condiments & Proteins - One (1) set for Display & One (1) Set for Judging. Presentation must be accompanied by appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. No pre-prepared ingredients, sauces and/or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 32: KERABU/ UMAI

To prepare and present within **45 minutes**, 1 KERABU of your choice for 1-person portion, each KERABU must consist of 1 protein (meat or seafood) Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display

& 1 (one) plate for judging. **RECIPE REQUIRED**

WC 33: SPECIAL FRIED RICE

To prepare and present within **30 minutes**, A Fried Rice (Any Style). Dish must be presented on 2 individual plates with appropriate Protein

garnishes. 1 (one) plate for display & 1 (one) plate for judging. Pre-Cooked Rice are allowed to be brought in.

WC 34: BURGER MALAYSIA

To prepare and present, Malaysian Style Burger (Meat patty in Bun) with assorted condiments within a time period of **45minutes**, 1 (one) plate for display & 1 (one) plate for judging. Burgers may include any combination of condiments, spreads, sauce & topping. Every component of burger must be placed between the bun or bread. Unadorned wooden skewers maybe used to hold burger in place for presentation. Garnishes & side items may be served with the burger. The patty & ingredients must not be pre-cooked in anyway prior to inspection at the beginning of the competition.

RECIPE REQUIRED.

WC 35: FREE STYLE NANYANG CHINESE CUISINE- 2 CHEFS

A team of two (2) chefs to prepare and present, within 120 minutes (2 Hours), two (2) sets of FREE STYLE NANYANG CHINESE CUISINE, menu consist of one (1) appetizer, one (1) soup, one (1) rice dish, two (2) proteindishes (Choice of Poultry, Meat or Seafood), one (1) vegetable dish and one (1) Dessert.

One set for Display & one Set for Judging. Presentation must be accompanied by starch, appropriate garnishes and sauces. Competitors must provide appropriate serving dishes. Standard Recipe Required.

WC 36: CHAR KWAY TEOW

To prepare and present within **30 minutes**, Main course dish, MALAY OR CHINESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. **RECIPE REQUIRED.**

WC 37: HAINANESE CHICKEN CHOP

To prepare and present within **45 minutes**, Main course dish HAINANESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. **RECIPE REQUIRED.**

WC 38: IKAN SUNGAI MALAYSIA (MALAYSIA RIVER FISH)

To prepare and present within **45 minutes**, Main course dish, MALAYSIA STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

RECIPE REQUIRED

WC 39: PENGAT/ BUBUR MANIS

To prepare and present within **45 minutes**, Main course dish, **PENGAT/ BUBUR MANIS** STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

Material Brought /Mise-En-Place Clear arrangement of materials, clean working place, proper working position, clean workclothes, proper working technique. Correct utilization of working time and punctual completion	0-10 points
Correct Professional Preparation & Hygiene Correct basic preparation of food, corresponding to today's modern culinary art. Preparations should be by practical, acceptable methods that exclude unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Kitchen Organization, Food Hygiene is a must.	0-25 points

Service As this is a time limit competition, participants are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock.	0-5 points
Presentation/ Innovation 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.	0-10 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavors and color, the dish should conform to today's standards of nutritional values.	0-50 points

Indian Cuisine

WC 40: INDIAN CURRY

To prepare and present 2 bowls of curry with your choice of soup in **90 minutes**, 1 bowl for tasting and 1 bowl for display. No pre-prepared ingredients, sauce or ready-made pastes are allowed. **RECIPE REQUIRED.**

WC 41: INDIAN DESSERT

To prepare and present live, **one (1)** types of Indian Desserts in individual plate (1 set for tasting & 1 set for display) in **60 minutes**
Recipes required. Notes

- Competitor must leave the workstation in a clean and tidy condition. This will be part of the judging criteria.
- The desserts can be either hot or cold or a combination of both.
- All Teams shall provide their own utensils such as cutters, knives, palettes, piping bags with nozzles, molds, pots, and pans as well as mixing bowls.
- The organizer will provide 1 working tables, 1 Double Ring Stove & 1 power points. In addition, Sink, Freezer & Chiller will be provided on sharing basis.

Recipes are required in kitchen • Teams to bring own plates & kitchen utensil. Judges will taste your exhibits on Flavors, textures and presentations

WC 42: TOSAI / CHAPATI

To prepare and present within **30 minutes**, Main course dish. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

Material Brought /Mise-En-Place Clear arrangement of materials, clean working place, proper working position, clean workclothes, proper working technique. Correct utilization of working time and punctual Completion	0-10 points
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Correct Professional Preparation & Hygiene Correct basic preparation of food, corresponding to today's modern culinary art. Preparations should be by practical, acceptable methods that exclude unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Kitchen Organization, Food Hygiene is a must.	0-25 points
Service As this is a time limit competition, participants are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock.	0-5 points
Presentation/ Innovation 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.	0-10 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavors and color, the dish should conform to today's standards of nutritional values.	0-50 points

Chinese Cuisine

WC 43: MODERN CHINESE - POULTRY

To prepare and present within **45 minutes**, Main course dish, MODERN CHINESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. RECIPE REQUIRED.

WC 44: MODERN CHINESE - SEAFOOD

To prepare and present within **45 minutes**, Main course dish, MODERN CHINESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. RECIPE REQUIRED.

WC 45: MODERN CHINESE - FISH

To prepare and present within **45 minutes**, Main course dish, MODERN CHINESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. RECIPE REQUIRED.

WC 46: MODERN CHINESE - BEEF / LAMB / OSTRICH / VENISON

To prepare and present within **45 minutes**, Main course dish, MODERN CHINESE STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. RECIPE REQUIRED.

WC 47: MODERN CHINESE 4 COURSE - 3 CHEFS

To prepare and present 2 sets of Modern Chinese 4 Course consist of

1. 1 x appetizer

2. 1 x poultry
3. 1 x fish or seafood
4. 1 x dessert

within a time of **2 Hours** one set for Display & One Set for Judging. **RECIPE REQUIRED.**

Material Brought /Mise-En-Place Clear arrangement of materials, clean working place, proper working position, clean workclothes, proper working technique. Correct utilization of working time and punctual Completion	0-10 points
Correct Professional Preparation & Hygiene Correct basic preparation of food, corresponding to today's modern culinary art. Preparations should be by practical, acceptable methods that exclude unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Kitchen Organization, Food Hygiene is a must.	0-25 points
Service As this is a time limit competition, participants are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock.	0-5 points
Presentation/ Innovation 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.	0-10 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavors and color, the dish should conform to today's standards of nutritional values.	0-50 points

Modern Hot Cooking

WC 48: 3 COURSE ASIAN SET (TEAM OF 2 CHEFS)

To display a three (3)-course Set Asian Style. Within **90 minutes**. The set must consist of 1 cold appetizer, 1 hot main course & 1 dessert. Dishes must be presented individually with appropriate starches and garnishes.

WC 49: 5 COURSE ASIAN SET (TEAM OF 3 CHEFS)

To display a three (5)-course Set Asian Style. Within **90 minutes**. The set must consist of 1 hot appetizer, 1 salad, 1 soup, 1 main course & 1 dessert. Dishes must be presented individually with appropriate starches and garnishes.

WC 50: MODERN MAIN COURSE - POULTRY

To prepare and present within **45 minutes**, Main course dish, MODERN WESTERN STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. **RECIPE REQUIRED**

WC 51: MODERN MAIN COURSE - BEEF

To prepare and present within **45 minutes**, Main course dish, MODERN WESTERN STYLE. Dish must be presented on 2 individual plates

with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging.

RECIPE REQUIRED

WC 52: MODERN MAIN COURSE - LAMB

To prepare and present within **45 minutes**, Main course dish, MODERN WESTERN STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. **RECIPE REQUIRED.**

WC 53: MODERN MAIN COURSE - FISH OR SEAFOOD

To prepare and present within **45 minutes**, Main course dish, MODERN WESTERN STYLE. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging. **RECIPE REQUIRED.**

WC 54: MODERN WESTERN CUISINE - (Team of 2 chefs)

To prepare and present Two (2) sets of MODERN WESTERN CUISINES consist of Appetizer & Main Course within a time of 45 minutes for Two (2) persons. One (1) set for Display & One (1) Set for Judging. Main Course must be accompanied with appropriate starches, vegetables, sauces and garnishes

Material Brought /Mise-En-Place Clear arrangement of materials, clean working place, proper working position, clean work clothes, proper working technique. Correct utilization of working time and punctual Completion	0-10 points
Correct Professional Preparation & Hygiene Correct basic preparation of food, corresponding to today's modern culinary art. Preparation should be by practical, acceptable methods that exclude unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Kitchen Organization, Food Hygiene is a must.	0-25 points
Service As this is a time limit competition, participants are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock.	0-5 points
Presentation/ Innovation 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.	0-10 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavors and color, the dish should conform to today's standards of nutritional values.	0-50 points

Plant base/ vegetarian

WC 55: FREE STYLE VEGETARIAN HOT COOKING

To prepare and present within **45 minutes**, Free Style Vegetarian Hot Cooking. Dish must be presented on 2 individual plates with appropriate garnishes. 1 (one) plate for display & 1 (one) plate for judging

WC 56: MODERN 3 COURSE VEGETARIAN FOOD -TEAM OF 2 CHEFS

To prepare and present 2 sets of Modern 3 Course Vegetarian Food to consist of Appetizer, Main Course and Dessert (THEME - Indian, Malay, Chinese, Nyonya & Other Malaysian specialty) within a time of **60 minutes (1 Hour)** one set for Display & One Set for Judging. Main Course must be accompanied with appropriate starches, vegetables, sauces and garnishes. Appetizer – 40 Minutes, Main Course – 50 minutes, Dessert – 60 minutes

****Only One Cuisine Theme are allowed in one 3 course set.**

Material Brought /Mise-En-Place Clear arrangement of materials, clean working place, proper working position, clean work clothes, proper working technique. Correct utilization of working time and punctual completion	0-10 points
Correct Professional Preparation & Hygiene Correct basic preparation of food, corresponding to today's modern culinary art. Preparations should be by practical, acceptable methods that exclude unnecessary ingredients. Punctual delivery of each entry at the appointed time is required. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables. Kitchen Organization, Food Hygiene is a must.	0-25 points
Service As this is a time limit competition, participants are expected to show cooking skills. Your entry must not be completed with more than 10 minutes left on the clock.	0-5 points
Presentation/ Innovation 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.	0-10 points
Taste The typical taste of the food should be preserved. It must have appropriate taste and seasoning. In quality, flavors and color, the dish should conform to today's standards of nutritional values.	0-50 points

Showman ship

WC 57: TEH TARIK

To execute a Teh Tarik show display within **FIFTEEN (15)** minutes from starting. Competitor will be provided with hot water. The Tea must be presented on 4 individual glasses with appropriate under liner. Judging will be based on performance and taste. Competitors will have to bring their own tool, utensil and music tracks.

WC 58: ROTI CANAI

To execute a Roti Canai show display within **30** minutes from starting. Competitor will be provided with hot grill plate and a stainless-Steel Table. Dish must be based on 4 individual plates with appropriate garnishes. Judging will be based on performance and taste. Accompaniments and garnishes for the roti canai are needed & will be judged. Accompaniments and Garnishes can be prepared in advance. Competitors to bring along own ingredients, tools, plates & utensil. * Only high-pressure stove and table will be

provided. All ingredients and utensil must be brought by the competitor.

Mise-En-Place and Cleanliness Clear arrangement of materials. Clean working place, proper working position, clean work clothes and proper working technique. Correct utilization of working time and punctual completion.	0-10 points
Composition, Innovation & Originality Ingredient and side dishes must be in harmony. Points are granted for excellent combination, simplicity and originality in composition.	0-20 points
Taste and Texture The dish must have appropriate taste and seasoning. In quality, flavor and color, the dish should conform to today's standards of nutritional values.	0-30 points
Correct Preparation Preparation should be by practical, acceptable culinary methods that exclude unnecessary ingredients and have a beneficial effect. The punctual delivery of each entry technique must be applied for all ingredients, including starches and vegetables	0-20 points
Showmanship Competitors will display their best showmanship moves to earn points in this category. Competitors are encouraged to create exciting new original and creative move to enhance their routine. Competitors should choreograph and sequence their moves to the music in their routine. Timing, effective use of punctuation (for example pauses or pours) and the integration of their moves, their body movements and their music into the routine will all score well.	0-20 points

Japanese cuisine

WC 59: CREATIVE JAPANESE BENTO-DISPLAY

To display 2 sets different type of "Freestyle" Japanese Bento and suitable for a la carte service. Each set must consist of 5 elements stated below: -

The elements are: -Protein: Poultry / Seafood / Meat, Carbohydrate, Vegetable, Sauce / Dipping Sauce DaBeans. All ingredients used must be edible. Judges will cut and inspect the inner part if necessary.

Table space allotted: 90cm x 90cm. Decoration & Show pieces are allowed.

WC 60: CREATIVE SUSHI PLATER DISPLAY-DISPLAY

To display 1 set of creative SUSHI PLATER for FIVE (5) person and suitable for a la carte service. Each set must consist minimum 6 types sushi from the list stated below: -

The elements are: -Nigiri Sushi, Maki Sushi, Uramaki Sushi, Sashimi Sushi

All ingredients used must be edible. Judges will cut and inspect the inner part if necessary.

Table space allotted: 90cm x 90cm. Decoration & Show pieces are allowed. Total 30 pieces Sushi in Display

Composition Attention to details, finished appearance, proportion & symmetry	0 - 25 points
Correct Professional Preparation, Skills, Techniques Level of skill must be high, hand skills must be precise, consistent and sophisticated	0 - 25 points
Presentation and Innovation Display must be structured, organised, elegant and not excessively coloured. It should be original, creative and appetizing, innovative techniques or tools should be used.	0 - 25 points
Serving Arrangement Correct number of plates must be displayed, it should be practical, transportable and stable.	0 - 25 points

Artistic**WC 61: FRUIT CARVING -INDIVIDUAL PRACTICAL**

To execute a Free Style Fruit Carvings within a time limit of **120 Minutes (2 hours)** with a theme and display upon completion. No pre-slicing, peeling, carving or pre-preparation of vegetables with the exception of yam & pumpkin before the competition begins. Exhibits will have to be displayed upon -completion of practical work. Durians are not allowed. Supports can be used but must not be exposed. **No adhesive glue is allowed. Display - 150cm. x 90cm. & Working Table - 180cm. x 90cm.**

WC 62: FRUIT CARVING (TEAM OF 2 CHEFS) PRACTICAL

To execute a Free Style Fruit Carvings within a time limit of **120 Minutes (2 hours)** with a theme and display upon completion. No pre-slicing, peeling, carving or pre-preparation of vegetables with the exception of yam & pumpkin before the competition begins. Exhibits will have to be displayed upon -completion of practical work. Durians are not allowed. Supports can be used but must not be exposed. **No adhesive glue is allowed. Display - 150cm. x 90cm. & Working Table - 180cm. x 90cm.**

Design and Composition	0 - 30 points
Technical Skills & Degree of Difficulty	0 - 50 points
Creativity and Artistic Impression	0 - 20 points
Maximum 100 points	

WC 63: BUTTER SCULPTURE - DISPLAY

To display a butter sculpture of the competitor's own choice, frames are allowed but must not be exposed. **Table space allotted: 90cm x 90cm • Maximum height: 150 cm**

WC 64: FRUIT & VEGATABLE CARVING -DISPLAY

To display a set of fruit and vegetable carvings of **FIGURINES (Patung – Patung)** with a theme of **FREE STYLE**, Durians are not allowed. Supports can be used but must not be exposed. Table space allotted: 90cm x 90cm • Maximum height: 90cm

Suitability in complementing Food displays as the exhibits are meant to be displayed on a buffet table, they should be designed to complement food displays.	0-20 points
Presentation and General Impression Depending on material used, the finished exhibit must present a good impression based on aesthetic and ethical principles.	0-30 points

Technique and Degree of Difficulty This is judged by the artistry, competence and expert work involved in the execution or preparation of the exhibit.	0-50 points
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MALAYSIA HERITAGE FOOD BLACK BOX CHALLENGE

BLACK BOX TEAM CHALLENGE RULES AND REGULATION

This Challenge is OPEN CATEGORY to Expert and Apprentice Team from Hotelier, Culinary School, University and College. The Organizer reserves the right to limit the number of entries in any class and this will be done on the basis of the entry received. Applications received without fee may not be processed.

Each team must consist of 2 members with minimum aged of 18 years old. Each team is required to prepare a Three (3)- course menu of the choice for (2 persons) in the time limit of 120 minutes, individually plated. (One for Judges & One for Display) Dishes must be presents on 2 individual plates with appropriate garnish.

The (3)- course menu must consist of:

1. One (1) of the following categories Hot or Cold Appetizer/Salad
2. One (1) Main Course (Complete with Starch & Vegetables)
3. One (1) Dessert

4. Malaysia Gourmet Team Black Box Challenge

A hand written menu must be presented to the judges within the first 10 minutes of the contest. The 1st course to be served after 90 min. 2nd course after 100min and dessert not later than after 120min.

All teams are required to bring their own tools, utensil, kitchen equipment, plates, bowls & etc. for presentation and serving (Unless being inform by Organizer).

Teams are allowed to be in uniform of their own choice, which can enhance the ambiance. Practicality and suitability for working in kitchen must prevail.

Teams are responsible to collect and dispose of all waste during competition. Point will be awarded for hygiene & cleanliness.

Major kitchen equipment will be provided. Teams are required to bring their own small utensils. Full list of equipment will be provided prior to competition date.

All application must be submitted in the form provided, together with a registration fee of 500 per team to the organizer before 10th January 2023

Entrance Fees will not be refunded if the competition is cancelled for reasons beyond the organizer's control, or if competitors withdraw entries. This is to cover administration costs.

Points will be awarded base on the judging criteria stipulated.

Participants are to refrain from taking to the judges during and prior to the event.

Question & Answer session will be allotted. Please check with secretariat for the official time. Panel Judges Decisions is Final and binding.

The Organizer and its committees shall not be liable to any claim in the event of any mishap and/or any missing equipment. The participants are reminded to be very cautious about the safety first.

The Organizer has the right to stop and disqualified any team that are unruly and misbehave

themselves before, during or after the competition, with consent of Chief Judge.

The Organizer has the right to alter, amend and/or changes it rules as and when required with the consent of the panel of judges.

Certificates of participation can be collected at the secretariat upon completion of your event 2.00pm onward on the day of competition.

Pre-preparation for the BLACK BOX COMPETITION.

- Only allowed to use ingredients inside the black box.
- Basic sauce, stock and dough can be brought
- All items on plate must be edible

Judging Criteria	
Presentation & Showanship	20 POINTS
Culinary Skill Display Appearance of dishes and standard Proper usage of equipment,utensil & etc Practical to modern serving	
Taste	50 POINTS
Flavour and taste of food Doneness of the food Texture of food items	
Utilization of ingredients	20 POINTS
Wastage Corret usage of ingredients Utilization according to requirement	
Hygiene & Cleanliness	10 POINTS
Preparations Work Station Uniform Handling	
Time Limit	
Point will be deducted if exceed time frame. Within the first 10 minutes, 1 point. After 10 minutes 3 points. Every other minute 1 points in extreme case, team will be disqualified.	

*NOTE: The organizer committee reserved the right to revise the schedule of competition. Competitor must report to the respective counter or organizers officer at least 45 minute before their scheduled time, in case a kitchen becomes available. Competitors not present at their schedule time will be considered no-shows and will be disqualified

AWARD POINTS

1	EXCELLENT GOLD	96 POINTS AND ABOVE
2	GOLD	90-95 POINTS
3	SILVER	80-89 POINTS
4	BRONZE	70-79 POINTS
5	DIPLOMA BRONZE	60-69 POINTS
6	OUTSTANDING CULINAIRES - 10 CULINAIRES	HIGHEST POINTS PERSONAL SCORED
7	OUTSTANDING TEAM – 5 TEAM	HIGHEST POINT TEAM SCORED