

# RULE BOOK

**09 , 10 , 11 OCTOBER 2025**  
**Avari Tower Hotel Karachi**

**Exclusive Grocery**  
**Partner**





## «4<sup>th</sup> Karachi International Culinary Salonniere 2025»

**Powered by: National Foods**

### General Information

The Karachi Chefs Association maintains culinary recognition. Held in 09– 11 October 2025, this competition is set to be another benchmark in the Pakistan culinary industry.

KCA will cover virtually every aspect of Food & Beverage and Culinary Ethics, focusing on hotel/restaurant equipment/supplies, food and beverage, companies, tourism & hotel.

Furnishings and accessories, food service and catering equipment, housekeeping products, hospitality and retail technologies.

### Venue

**Avari Tower Hotel Karachi-Pakistan**

### Date

**09– 11 October 2025**

### Endorsed By

**World Association of Chefs Societies**

### Organizer

**Karachi Chefs Association**

### Powered By

**National Foods**

### Platinum Venue Partner

**Avari Tower Hotel Karachi**

### Exclusive Grocery Partner

**Imtiaz**

### Supported By

**Chefs Association of Pakistan**

**Karachi Institute of Culinary Arts**

### Exclusive Media Partners

**Hum News & Masala TV**

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Opening Hours and Competition Registration

09 – 11 October 2025: 10:00am – 7:00 pm (Audience / Visitors)

The competition for Competitors:

Individual Competitors – Culinary Art/Pastry Art Display Classes

Open from 8:00am till 7:00pm and judging begins at 7:00am.



## Registration Details:

### 4th Karachi International Culinary Salonniere 2025

In association with the World Association of Chefs' Societies (WorldChefs) and Karachi Chefs Association (KCA), the 4th Karachi Culinary Salonniere 2025 is the arena for culinary talents from Karachi, Sindh - Pakistan to display their masterly skills.

4th Karachi Culinary Salonniere – Culinary Categories will kick off the programmer at KCA from 09 to 11 October 2025 at Avari tower hotel Karachi-Pakistan.

Registration Form	
Participant Name / Team Name	
Company / Institution / Organization	
Contact Number	
Registration in Class	

Bank Details	
Title of Account	Karachi Chefs Association
Account Number	1115-0981-01943-101
Branch Code	1115
Bank Name	Bank Al Habib

**The Last date of submission of the form is 25<sup>th</sup> Sep 2025**

Please refer to each of the competition class for more information.

Acceptance of registration is on a first-come-first-secured basis. Do note that practical classes may be fully subscribed before the registration deadline. Confirmation of participation will be processed upon full payment of registration fee. Submission of registration form indicates acceptance of the rules and regulations of 4th Karachi Culinary Salonniere 2025. 09 – 11<sup>th</sup> October 2025.





## 4<sup>th</sup> Karachi Culinary Salonnière 2025 Powered by: National Foods

The 4<sup>th</sup> Karachi Culinary Salonnière 2025 is KCA's fourth culinary competition. We are reaching out to Professional and Young Chefs, Home Chefs, Students from all over Karachi, Sindh - Pakistan and the World to participate in order to crown the best Chefs (Professional and Young Chefs, Home Chefs, Students). Our panel of Judges shall be critiquing the culinary creations of our competitors according to the Competition Rule Book and the guidelines given to each participant.

This event shall be a full day program starting at 0800h and ending at 1900h with over 600 chefs participating and is being held on Thursday, 09<sup>th</sup> of October 2025 to 11<sup>th</sup> October 2025 at the Karachi City. A Medal Ceremony will be held at 1930h on the final day at Avari Tower Hotel Karachi-Pakistan, to award winning chefs with Certificates, Medals and Souvenirs and celebrate International Chefs Day.

## REGISTRATION DETAILS

Each competitor (Professional Chef, Young Chef, Home Chefs, Students) has to fill in their registration form available online. They can also physically submit their forms at our designated registration desks. Each contestant will choose the Class, they wish to compete in. The event registration is on a first come – first served basis. As soon as all our competition slots are full, no more entrants shall be entertained. Violation of any of the competition rules shall mean immediate disqualification. The KCA Management's decision shall be deemed final.

Registration Fees for every individual entering the 4<sup>th</sup> Karachi Culinary Salonnière 2025 is PKR 8,500/-.

Each Team will comprise of three (03) members and will pay registration fee of PKR 18,000/- to enter the competition.

Special competition classes have been added this year which have their own fee structure namely:

- Chef of the Year Karachi 2025- Individual Category: PKR 21,000/-
- Pastry Chef of the Year Karachi 2025 Individual Category: PKR 21,000/-

## COMPETITION SCHEDULE

The Competition shall begin at 0700h and ending at 1800h. A Medal Ceremony will be held at 1930h on the same day, to award winning chefs with Certificates, Medals and Souvenirs. All competitors are required to report to the registration desk at the venue, at least 30 minutes prior to their scheduled participation time and wait for their turn in the Chef's Lounge. Competitors not present at their scheduled time will be considered no-show and would be disqualified.

## PRIZES, AWARDS AND CERTIFICATES

A certificate of participation will be presented to all competitors who complete the class they have registered in. The respective medals and certificates of awards will be presented to competitors who attain the following points.



## POINTS TABLE FOR THE MEDALS IN THIS CLASS

- 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 with certificate

### 'HOT ZONE' COMPETITION – Individual and Team Category:

- The 'Hot Zone' Competition – Individual and Team Category will be a live hot zone cooking challenge with 10 – 20 chefs cooking in a single time slot
- The competition will feature 7 Classes in the Individual Category and 1 Class in the Team Category: Continental Dinner Menu (3 Courses)
- Each Team will consist of two (02) members – no more or less
- Each participant will create two plates: one for display and one for the judges

Every item presented on the plate must be edible and all preparation and cooking has to be completed onsite, during the competition. Preparation of sauces and ingredients must be done onsite during the competition. Competitors will be allowed a basic mise- en-place beforehand to allow for the main course dish to be prepared within the stipulated time limit

#### Class 1 – MAIN COURSE POULTRY

To prepare and present within 60 minutes, one (01) main course with poultry (either alone or as a combination) in modern & western style, individually plated with appropriate garnish.

#### Class 2 – MAIN COURSE BEEF

To prepare and present within 60 minutes, one (01) main course with beef (either alone or as a combination) in modern & western style, individually plated with appropriate garnish.

#### Class 3 – MAIN COURSE SEAFOOD / FISH

To prepare and present within 60 minutes, one (01) main course with seafood / fish (either alone or as a combination) in modern & western style, individually plated with appropriate garnish.

#### Class 4 – FREE STYLE SANDWICHES

To prepare and present within 60 minutes, a plate of Sandwiches in free style individually plated with appropriate garnish. The Sandwiches can be made with any kind of bread, can be Grilled or Baked, served Hot or Cold with sides etc.



## Class 5 – CONTINENTAL THREE COURSE MENU (TEAM CATEGORY COMPETITION)

To prepare and present within 120 minutes, a full three (03) course Continental Dinner Menu consisting of a Cold / Hot Appetizer, a Main Course (any choice of Meat / Protein) & a Dessert. Presentation of the three (03) Courses can be done free style. Team base on three chefs for participation.

The top scoring team of the competition will be awarded the **Team of the Year Karachi Award** and will receive a cash award of PKR 60,000/- along with medals, certificates and a trophy.

## Class 6 – CHEF OF THE YEAR KARACHI 2025 - INDIVIDUAL CATEGORY

To prepare and present within 120 minutes, three (03) different main courses with Poultry / Fish / Beef (either alone or as a combination) in modern & western style, individually plated with appropriate garnish. The chef will make a total of 6 plates – 3 for display and 3 for judging. Winner of this class will receive a cash award of PKR 30,000/- along with a medal, a certificate, a Chef Jacket and a trophy.

## Class 7 – CHINESE CHALLENGE BEST CHEF – INDIVIDUAL CATEGORY

To prepare and present within 90 minutes, one (01) Soup and two (02) Chinese main courses with Chicken or Fish or Beef and Rice (either alone or as a combination) in modern & western style, individually plated with appropriate garnish.

## Class 8 – ITALIAN PASTA CHALLENGE– INDIVIDUAL CATEGORY

To prepare and present within 60 minutes, two (02) different kind of pasta participant can use sponsor pasta or fresh dough pasta (either alone or as a combination) in modern & western style, individually two (02) plated with appropriate garnish one sets for judges and one for display.

## Class 9 – SINDHI CULTURAL CUISINE – INDIVIDUAL CATEGORY

To prepare and present within 60 minutes, two (02) different kind of traditional Sindhi Cuisine participant can use traditional cutlery and crockery individually two (02) plated with appropriate garnish one sets for judges and one for display. Selection of dish and presentation is free style.

## Hot Culinary Challenge Judging Criteria

- **Material brought / mise en place 5 points**
  - Clear arrangement of materials
  - Correct amount of items brought in
  - Proper working technique
  - Correct utilization of working time



- **Hygiene & Food Waste 10 points**
  - Clean hygienic work techniques
  - Workflow been adhere too and followed
  - Clear benches not cluttered
  - Correct storage of food items
  - Temperature control on food items – hot and cold
  - Control on excess and food waste
  - Limitation on plastic waste
- **Corrects Professional Preparation 15 points**
  - Correct basic preparation of food, corresponding to today's modern culinary art.
  - Preparation should be by practical, acceptable methods that exclude unnecessary ingredients.
  - Appropriate cooking techniques must be applied for all ingredients, including starches and vegetable
  - Proper working technique and attention paid to hygiene during preparation of food
  - Review of all food waste including excess items.
  - Review of team work or the time to make items or serve them.
- **Innovation 5 points**
  - The introduction of a new technique or significantly improving and existing dish
  - New style of dishing presentation that enhances to customer or judge's expectation.
  - allow chefs or team to create a WOW factor.
  - Scoring will start for zero (0) and go up to 5 marks
  - Chairman of the jury will decided when dealing with ethnic or heritage food whether to allocate 5 points automatically
- **Service 5 points**
  - Correct number of plates must be presented.
  - The meals, should be practical, transportable
  - Meals must be presented on time OR points will be deducted
- **Presentation / Innovation 10 points**
  - Ingredients and side dishes must be in harmony
  - Points are granted for excellent combination, simplicity and originality in composition
  - Clean arrangement, with no artificial garnishes and no time consuming arrangements
  - Exemplary plating to ensure an appetizing appearance is required
- **Taste & Texture 50 points**
  - The typical taste of the food should be preserved
  - It must have appropriate taste and seasoning
  - In quality, flavour and colour, the dish should conform to today's standards of nutritional values

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## PERMITTED FOOD TO BE BROUGHT INTO THE KITCHEN BY THE COMPETITOR

- **Basic stocks**, sauces can be brought in, but not reduced, seasoned or thickened. Tasting required to be done at start of the competition
- **Salad** can be washed and cleaned, but not mixed or cut
- **Vegetables, fruits** can be washed, peeled and cut but cannot be cooked beforehand
- **Pumpkin**, broad beans seeds can be removed
- **Tomatoes** can be peeled
- **Bones** can be cut into small pieces
- **Fruit pulps** can be brought in but with no additives
- **Eggs** can be separated
- **Plating** to be done onsite
- **Dry ingredients** can be weighed and measured

## The minimum kitchen equipment to be selected and organized by the organisers.

- 2-4 top induction/electric or gas burner
- Oven – can be bench top, under bench oven or small combi oven. Electric oven
- Stainless steel work bench minimum 1200cm x 700cm
- 1 salamander (Share basis)
- A sink with water supply – cold water is sufficient
- 2 power plugs (local amp age)
- 1 Chiller (can be share bases)
- 1 fridge (min 120ltr.)
- Display table with neutral cover
- Waiting area for competitors to gather prior to their heat
- Set of separate waste bins for organic and recycling

Competitors have to use the equipment provided by the organizer or its partners, unless stated otherwise. 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
- Hot boxes or trolleys

Any additional equipment to be brought in by competitors has to be approved by the organizer prior to the competition. Competitors are required to write in to the organizer the proper description of the equipment they wish to bring in, including information such as brand, model name/number and electrical specification at the earliest possible time. It is the competitor's responsibility to ensure that the electrical load is not exceeded, causing a power failure or interruption that may





affect other individuals and resulting in loss of points

Due to fire safety regulations, open flame cooking equipment and gas hobs will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge stove, candles etc. will be prohibited.

**Each competitor is responsible to collect all the equipment brought in after judging. The organizer will not be responsible for loss or damage of any competitors' belongings.**

### **'DESSERT' COMPETITION – Individual Category:**

The 'Dessert' Competition shall only feature the Desserts class.

#### **Class 10 – WEDDING CAKE**

To incorporate one (01) cake into a wedding design, which can be contemporary or themed in 90 minutes. The participant is required to cut one (01) section of the edible cake for inspection by the judges. The height of the completed display should not exceed 9 inch.

The entire cake should be decorated by hand. All decorations, with the exception of pillars must be edible. Icing, pastillage or any other appropriate materials may be used. Wiring, lace or equivalent are not allowed. Points will be deducted for non-compliance. Each participant is required to provide display signage indicating name/themed description of the exhibit, including list of ingredients used. Pastry art showpieces are required as part of the exhibit to enhance the presentation and will be judged.

#### **Class 11 – ASSORTED MOUSSE**

To prepare and display in 90 minutes, five (05) different types of assorted mousse. All five (05) Mousse dishes will be displayed cold, each portion for one (01) person suitable for à la carte service in a restaurant environment. Practical and up-to-date presentation is required. Each participant is required to provide display signage indicating name/themed description of the exhibit, including list of ingredients used.

### **SPECIAL CHALLENGE**

#### **Class 12 – PASTRY CHEF OF THE YEAR KARACHI 2025 - INDIVIDUAL CATEGORY**

To prepare and display in 120 minutes, one (01) Wedding Cake, one (01) Red Velvet Cake and one (01) Chocolate Dessert. The rules regarding pastry creations are similar to dessert specifications mentioned above. Winner of this class will receive a cash award of PKR 30,000/- along with a medal, a certificate, a Chef Jacket and a trophy.



## 'DESSERT' COMPETITION – Judging Criteria

Hygienic & Food Waste	PRESENTATION/ INNOVATION	CORRECT PROFESSIONAL PREPARATION: WORKSKILLS TECHNIQUES WORKFLOW	COMP OSITION N	SERVING	TASTE & TEXTURE	TOTAL MARKS
0-10	0-10	0-15	0-10	0-5	0-50	100

### PERMITTED FOOD TO BE BROUGHT INTO THE KITCHEN BY THE COMPETITOR

- The competitors will be required to do their mise-en-place on their own and finish their entries at the competition venue
- Judging will be done based on the criteria laid out in this Rule Book

### KITCHEN EQUIPMENT

Each competitor will be allocated one (01) kitchen with the following kitchen equipment:

- 2 x Workplace bench
- Oven – can be bench top, under bench oven or small combi oven. Electric oven
- 2 x Electrical Points
- 1 x Drinking Water Dispenser
- 1 Chiller (can be share bases)
- 1 fridge (min 120ltr.)

The organizer will provide two (02) table and two (02) power points for each participant. Each power point is to connect to one (01) equipment at one point in time. Participants are not allowed to connect multiple electrical appliances to one power point via a multi-plug adaptor. There will be chillers provided for display.

Each participant is required to provide all ingredients, utensils and materials required. Participants are not allowed to place any food ingredients, equipment, tools and utensils on the floor.

Competitors have to use the equipment provided by the organizer or its partners, unless stated otherwise. 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
- Boxes or trolleys



Any additional equipment to be brought in by competitors has to be approved by the organizer prior to the competition. Competitors are required to write in to the organizer the proper description of the equipment they wish to bring in, including information such as brand, model name/number and electrical specification at the earliest possible time. It is the competitor's responsibility to ensure that the electrical load is not exceeded, causing a power failure or interruption that may affect other individuals and resulting in loss of points.

Due to fire safety regulations, open flame cooking equipment and gas hobs will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge stove, candles etc. will be prohibited.

**Each competitor is responsible to collect all the equipment brought in after judging. The organizer will not be responsible for loss or damage of any competitors' belongings.**

## GENERAL RULES AND REGULATIONS FOR COMPETITORS

The following rules of 4th Karachi Culinary Salonnière 2025 must be read before the competition registration.

1. Every exhibit must be the bona fide work of the individual competitor and must not have been entered in other competitions.
2. Submission of a completed registration form shall constitute of, and agreement to, abide by the rules and regulations of 4th Karachi Culinary Salonnière 2025.
3. An individual competitor can participate in a maximum of three classes with one entry allowed per class.
4. No change of classes will be allowed. Please notify the organizer should you wish to cancel the registration. At the competition, absentees without written pre-notification to the organizer will have their future registration denied. Empty spaces at display tables are unsightly and non-attendance at the popular Practical Hot Cooking or Hot Zone means one other chef could have taken that slot.
5. To avoid having their registration withdrawn from the competition without notice, it is competitors' responsibility to advise the organizer should they change employers or contact details. It is difficult to keep a competitor on the list if we are unable to contact him. Companies registering and paying for competitors have the right to replace staff that leaves their employment. Staff leaving the company is considered removed from the competition registration list. Company can replace a competitor for the same class registered 10 days before the competition, should the competitor leave the company before the competition.
6. Uncollected certificates will be disposed 3 weeks after the competition.
7. Competitors and their assistants are strictly not allowed to leave their belongings





- or use furniture there for lounging during the set-up and judging hours.
8. Entries for all Competitions are accepted on a first-come-first-secured basis with up to 5 competitors per establishment. Applicants for these classes should select another class in the event if they are unsuccessful for their first choice. Please note that with limited kitchen stations, these classes are usually full before the official closing date.
9. Competitors must be present 30 minutes before their appointed time and inform the Registration Desk of their arrival. Should there be a station available, it may be allotted to early arrivals. Competitors who are not present at their scheduled time will be considered no-shows and will be disqualified.
10. Fees will not be refunded if the competition is cancelled for reasons beyond the organizer's control, or if entries are withdrawn by competitors. This is to cover administration costs.
11. Chef's attire / uniform is required during the competition and all official events. No company name/logo should be visible to the judges during judging. It may be included or placed on uniforms once judging is completed. All competitor assistants are not allowed to wear chef uniform.
12. Competitors to note that points will be deducted if the complete display is not kept within the space limit specified for the classes.
13. Official ingredient/recipe forms will be sent to individual competitors. These must be placed by the side of exhibits / dishes if the rules require it. The organizer does not require copies, but reserves the right to request them.
14. The organizer reserves all rights to the recipes used and photographs taken at the event. Any publication, reproduction or copying of the recipes can only be made with their approval.
15. If an award is won, the competitor has to ensure his presence or that of a representative from the same establishment at the ceremony to collect it. All awards are to be accepted in chefs' uniforms. Any trophy / medal / certificate that is not accepted at the ceremony will be forfeited 3 weeks after the event.
16. The organizer reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.
17. The organizer will not be responsible for any damage or loss of exhibits, equipment, utensils or personal effects of competitors.
18. Due to fire safety regulations, open flame cooking equipment and gas will not be allowed in the venue. Use of lighter, flambé torch, portable gas cartridge, candles and as such will be prohibited.
19. Competitors contravening any of the rules and regulations of the competition may be disqualified.
20. By entering the competition, all competitors agree to take part in any publicity concerning the competition at any stage including but not limited to photos, filming and interviews. All teams and competitors grant the organizer a non-exclusive, royalty-free, irrevocable, perpetual, worldwide license to use intellectual property rights whether registered or unregistered in any formats,



including name, image, or likeness of the competitors for any business purpose, including but not limited to marketing promotion.

*The organizer reserves the right to rescind, modify or add on any of the above rules and regulations and their interpretation of these is final. They also reserve the right to limit the number of entries per class or amend a competition section, modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary*





## 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, 1x plate will be as a sample and the other meals will be portioned by a Rookie Jury member or a dedicated wait-person

These are general food safety guidelines that every participant must follow.

## 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.





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 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 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 also 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. e. All dry ingredients, and all fresh, frozen, cured, or smoked food should have the use by or expiring dates checked.

## **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 colored 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. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.

## GENERAL RULES TO FOLLOW

Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.

2. Remove a sample of a product from the container with one spoon.
3. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
4. Sample the product by tasting.
5. 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.
6. Double dipping into sauces or food items with the same spoon is strictly prohibited.
7. Food items in transport, and stored, must be covered with clear plastic or a lid.
8. Ready To Eat food (RTE) should not be handled with bare hands.
9. Equipment acceptable for the handling of cooked food are: tongs, chopsticks, or tweezers.
10. Work areas should always be cleared of unnecessary items.
11. Basic spills should be cleaned up immediately.
12. Knives must be kept clean at all times.
13. Food trimmings should be identified and labelled.
14. 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).

15. Hand paper towels to be used for work surface bench and hands wiping.

16. Cloth towels should only be used to handle hot items.

17. 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.

White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.

19. Use of wooden cutting boards is not authorized.

20. Cardboard or any porous containers and boxes are not allowed to enter kitchen.

21. 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. At all times 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:

- 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.
- Items must be decentered into appropriate non-breakable packaging prior to stepping into the competition kitchen.
- 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):

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

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## Kitchen & Cooking Station



## Stage







## Sponsored Kiosk







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