

You **MUST PRE-REGISTER** your interest for this competition BEFORE you submit your application: at [www.culinaryassociation.wales/competitions](http://www.culinaryassociation.wales/competitions) - you will be asked to join a virtual briefing (which will be recorded & can be sent over if you are unable to attend) which you should attend **before** you submit your application & menu.

| OFFICIAL USE ONLY |  |
|-------------------|--|
| Competitor No:    |  |
| Area:             |  |

|   |  |                   |  |
|---|--|-------------------|--|
| SURNAME (Mr/Mrs/Miss/Ms):   |  |                   |  |
| FORENAMES:  |  |                   |  |
| HOME ADDRESS:   |  | EMPLOYER ADDRESS: |  |
|   |  |                   |  |
|   |  |                   |  |
|   |  |                   |  |
| POSTCODE:   |  | POSTCODE:         |  |
| TEL NO:   |  | EMPLOYER TEL NO.  |  |
| EMAIL:  |  | NAME OF EMPLOYER: |  |
| DATE OF BIRTH   |  | CURRENT POSITION: |  |
| CONTACT TELEPHONE NO:   |  |                   |  |
| CONTACT EMAIL:  |  |                   |  |
| CHEF JACKET SIZE (UK - e.g. Large):                                       |  |                   |  |
| COMMIS CHEF JACKET SIZE (UK - e.g. Large):                                |  |                   |  |
| Submission of menu constitutes acceptance of rules & conditions of entry: |  |                   |  |
| SIGNATURE:  |  |                   |  |

PLEASE SEND THIS FORM WITH YOUR ENTRY FEE TO THE ADDRESS SHOW IN ITEM 2 OF THE RULES & CONDITIONS OF ENTRY.

| OFFICIAL USE ONLY |  |                |      |
|-------------------|--|----------------|------|
| DATE RECEIVED     |  | MONEY RECEIVED |      |
| MARK AWARDED      |  | ENTRY FORM     | HEAT |
| 1ST COURSE        |  |                |      |
| 2ND COURSE        |  |                |      |
| 3RD COURSE        |  |                |      |
| TOTAL             |  |                |      |
| JUDGES SIGNATURE: |  |                |      |



The winner will have the honour of holding the prestigious title of the Junior Chef of Wales 2025, and receive the following prizes:

|  |  |  |   |
|--|--|--|---|
| <p><b>F. DICK KNIVES</b></p> <p>Win a competition engraved set of cooks knives made by Friedr Dick who have been a manufacturer of high quality products since 1778.</p> <p>You will feel the difference immediately: cutting will become a pleasure. The special Friedr Dick manufacturing process fastens blade and handle securely together, without a gap.</p> <p>This means that, in contrast to handles being assembled, even the smallest residues of food or liquid are kept away.</p> | <p><b>YOUNG NATIONAL CHEF OF THE YEAR</b></p> <p>As the Junior Chef of Wales you will be seeded into the semi finals of the Craft Guild of Chefs - Young National Chef of the Year.</p> <p>To accompany you on this journey our Junior Culinary Team will work with you to refine the skills you'll need to go up against the best junior chefs in the UK and ensure you're ready to showcase Wales at its finest.</p> | <p><b>WORLD CHEFS CONGRESS 2026</b></p> <p>The winner will have a fully funded delegate package to attend the Worldchefs Young Chefs Programme.</p> <p>Their mission is to reach out to our members around the world to drive &amp; encourage the development of young chefs while mentoring our Global Young Chef Ambassadors to develop &amp; deliver initiatives such as the Young Chef Culinary Culture Exchange Program and Bill Gallagher Young Chefs Forum.</p> <p>More information: <a href="http://worldchefs.org/Young-Chefs-Club">worldchefs.org/Young-Chefs-Club</a></p> | <p><b>CHURCHILL</b></p> <p>Win £100 worth of personally selected products to keep you up to date with the latest trends.</p> <p>With over 220 years of innovation, passion &amp; expertise, Churchill's global reputation for manufacturing &amp; supplying the highest quality tabletop solutions will be available to our winner.</p> |
|--|--|--|---|





# Junior Chef of Wales Competition Rules & Conditions

## 1. AGE LIMIT

Open to all chefs who are minimum age 16, maximum age NOT more than 23 on the 1st February 2025.  
All entrants must be of Welsh descent or working/studying for a catering qualification in a college or establishment in Wales.

## 2. ENTRIES

You **MUST PRE-REGISTER** your interest for this competition at [www.culinaryassociation.wales/competitions](http://www.culinaryassociation.wales/competitions) by **mid October** - you will be asked to join a virtual briefing, where you can meet other like-minded Chefs and get a full briefing on GI products. You should attend this virtual briefing **BEFORE** you submit your application & menu.

All entries must be submitted on the official entry form accompanying these rules and conditions, together with an administration fee of £15.00 made payable to "The Culinary Association of Wales".

**Payment Information:** Account Number: 81734059 | Sort Code: 40-37-13

An A4 page for each course with a full recipe for EIGHT persons to be affixed to the entry form, which should be sent to: **Culinary Association of Wales Office , Ty Cambrian, Unit 10, Offas Dyke Business Park, Fisher Rd, Welshpool SY21 8JF** or via email: [office@culinaryassociation.wales](mailto:office@culinaryassociation.wales)

Last day of acceptance for application forms: 15th November 2024

## 3. MENU

As part of our commitment to the promotion of Welsh Food and Drink and in particular products of Geographical Importance (GI), your menu must feature Welsh food products

- The entry must be the competitor's own creative menu for a 3-course pescitarian meal for 6 persons, [soup is not to be used for the first course].
- The starter must be Plant-Based - suitable for a vegan diet.
- The main course must use Chirk Farm Trout - should be brought in whole, chefs will be judged on their filleting skills
- The dessert should be a plated dessert of the competitor's choice and include 1 hot element and 1 chocolate element (the chocolate should be an integral part of the dish and not just a garnish)
- Competitors must try to use Welsh GI products within the menu, please go to New UK Geographical Indication (GI) Schemes | Business Wales - Food and drink ([gov.wales](http://gov.wales)) for a full list of Welsh GI products.

It is your responsibility to source these items directly from the supplier(s).  
Chosen finalists will be expected to compete for the title on Wednesday, 22nd January 2025 at The ICC, Newport

## 4. TIME ALLOWED

The time allowed for the completion of the menu is 2.5 hours.

Only the following mise-en-place will be allowed :

- Meat stock, not reduced or seasoned
  - Peeled and washed vegetables - not prepared in any other way.
  - Fruit and vegetable purees are permitted but must not be seasoned or finished item
  - 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.
  - Shellfish should be raw in their shells but cleaned. Crustaceans should be raw or boiled, but not peeled.
  - Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, wines, etc.) and hot and cold samples must be available for the judges.
  - Pastry, sponge, biscuit, – can be brought in, but not cut. Meringue can be in a piping bag pre-made but not cooked.
- Basic pastry recipes can be brought in weighed out but no further processing.
- Fruit pulps – fruit purees may be brought in but not as a finished sauce.
  - Decor elements – 100% must be made in the kitchen. Food colors, titanium dioxide, glitters, gold dust are not allowed.

Teams violating these rules will be penalised up to 10% from the maximum potential score.

Dishes are to be presented in course order, service may begin after 2 hours. At the end of the competition, when time is called , competitors are judged only on what has already been presented.

Start times and presentation times will be staggered by 10 minutes between each chef/team, this will allow the judges ample time to mark your dishes.

A schedule of presentation times will be sent to competitors at least 2 weeks before the final.

## 5. PROVISION OF FOOD & EQUIPMENT

The provision of all commodities and small kitchen equipment is the responsibility of the competitor throughout the contest, please note that this year's competition will be held using induction technology for cooking. The organisers accept no responsibility for loss or damage to your equipment. Only fresh food will be accepted, seasonal factors should be taken into account.

## 6. SELECTION OF FINALISTS

On the basis of the entry form and menu, the judges will select the best entrants who will qualify for the final. The winner will be expected to potentially represent Wales in World Chefs competition(s).

## 7. PRESENTATION

Competitors will be asked to present their menu in the following manner:

- All courses to be plated in front of their workstation.
- TWO plates for judges, ONE plate for photographs, FIVE plate for customers.
- Competitors will be asked to leave their work areas whilst judges complete their marking.
- Competitors must produce a bilingual presentation menu in Welsh and English.
- Excessive use of decorative silverware, napkins, flowers, wine/glasses and menus will not be taken into consideration by the judging panel.

## 8. JUDGING

The prizes will be awarded in order of merit to those entrants who show the following:

- Best meal produced
- Blends of texture, colour, taste & flavour
- Presentation of food
- Self-organisation
- Balance of menu & use of Welsh products
- Range of technical & knife skills shown
- Personal & practical hygiene

## 9. WINNER

The final will consist of the EIGHT highest scorers from the paper judging. The final will take place on Wednesday 22nd January 2025, followed by an Awards Dinner in the evening of Wednesday 22nd January 2025, of which each finalist will be allocated 2 tickets - one for themselves and one for their commi chef. Additional tickets can be purchased. The winner for the Wales National final will get an automatic seeding into the UK National semi-final of the Young National Chef of the Year.

## 10. COMMIS

Commis is not allowed to assist in food preparation, cooking & presentation tasks.

## 11. GENERAL

- Failure to comply with these rules will lead to disqualification.
- Any point can be verified with the Chairman of Judges before the final by letter, the reply will be brought to the notice of the judges prior to the commencement of the competition.
- The decision of the judges is final and binding. No correspondence will be entered into concerning the judges decision.
- Submission of a menu will constitute an agreement to abide by these rules and conditions.
- Ingredients and instruct ion recipes must be provided in English - menu titles may be in Welsh but translations must be provided.
- Recipes become the property of the Culinary Association of Wales and Sponsors.

Notes of Guidance for competitors and mentors:

- Competitors are reminded that the eating quality of the food they produce is as important as the visual appeal and marks can be lost in this very valuable area.
- Competitors should plan their hot dishes and method of work so that their food is served HOT. A few minutes notice, given by the competitor to the chairman of the judges, will ensure that the Competitor's food is judged in the best possible condi-tion.

**PLEASE PRINT OR TYPE YOUR ENTRY AND CHECK ALL SPELLINGS**  
**PLEASE SUPPLY YOUR JACKET SIZE ON YOUR APPLICATION**  
**PLEASE PROVIDE YOUR COMMI'S T-SHIRT SIZE ON APPLICATION**