Welsh International Culinary Championships

2025

FEATURING

National Chef of Wales

Junior Chef of Wales

Apprentice Butcher of Wales

Vegan Chef of the Year

Culinary Association of Wales

BLAS AR GYMRU

YOUR ESSENTIAL GUIDE

International Convention Centre Wales

Monday 20th - Wednesday 22nd January 2025

Castell Howell

Bwyd a Diod Cymru
Food & Drink Wales

Llywodraeth Cymru
Welsh Government

Welcome

WELCOME TO THE WELSH INTERNATIONAL CULINARY CHAMPIONSHIPS 20TH – 22ND JANUARY 2025 AT THE ICC WALES, NEWPORT

Firstly a very big thank you to all sponsors, chefs and colleagues that made the 2024 Welsh International Culinary Championships such a great success. Hosting the finals of the hospitality skills competition Wales competitions certainly added value for all involved and I am honoured to announce that in 2025 these competition finals will also feature in our Welsh International Culinary Championships.

As an association that is run by volunteers to organise and deliver such a showcase in Wales would not be possible without our sponsors and partners. If you are reading this and would like to know more about our sponsorship packages (Hyper Link)

Alongside hosting the finals of skills competition Wales we will be featuring our National and Junior Chef of Wales Final as well as our Vegan Chef of Wales Final and there will be an opportunity to purchase a ticket to dine at the competition so that you can enjoy first hand the menus of or National, Junior and Vegan Chef of Wales tickets are extremely limited and are always in great demand more details on how to secure these premium dining opportunities are set out within this essential guide.

We will also be featuring a Welsh Food and Drink Showcase. This event is open to the public FREE of charge so it really is an event not to be missed so get it in your diary today. To finish off the 3 day event we will be hosting the Gala Dinner and Awards Ceremony which can be purchased as individual tickets or as a table of 10 where the winners of the Vegan, Junior and National Chef of Wales will be crowned as well as presenting the awards for the Training Provider / College of the Year and the Apprentice Butcher of Wales.

We look forward to receiving your entries and catching up with you all in the New Year. This is a great event to kick off 2025 working together to bring the talent and the industry into one place, the Welsh International Culinary Championships 2024 at the ICC Newport.

To keep up to date please visit www.culinaryassociation.wales

Remember you have to be in it to win it.

Looking forward to seeing you there.



Kind regards,
Arwyn Watkins OBE
President of the Culinary Association of Wales

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Kind Regards
Arwyn Watkins OBE
President of The Culinary Association of Wales

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Welsh International Culinary Championships 2024

How to Enter

Complete the entry forms on the Association's website;
www.culinaryassociation.wales
For more information or questions please email;
office@culinaryassociation.wales

Closing date for entries is:
13th December 2024

Entry Fees

Open Classes	£10.00 per entry/per class
Junior Team of 2	£20.00 per entry/per class

Welsh International Culinary Championships

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CULINARY CHAMPIONSHIPS INFORMATION

To avoid disqualification please read these carefully

Professional Honesty
It is the responsibility of competitors to assure the Judges that their work is unaided and is completed within the spirit of fair Competition. Canvassing of Judges will disqualify a competitor.

Deliveries of Exhibitions
All exhibits must be presented at the time stated, on the day Specified. Competitors must arrange for their entries to be placed for judging in the position allocated.

Live Competitions Registration
Competitors for live classes must register at the registration desk at least ONE HOUR prior to the start time of their first class with the exception of the first class of the day when ½ hour is accepted.
All equipment and ingredients must be in the allocated place as quickly as possible and cleaned when instructed.

Competitors Reference (Static Display)
Labels will be issued to be attached to the top and visual side of each entry.

Security of Dishes
Whilst all reasonable care will be taken for the security of dishes and equipment, the Culinary Championship Committee WILL NOT BE RESPONSIBLE FOR ANY LOSS OR DAMAGE TO ANY exhibits, dishes, equipment or personal effects.
Competitors are advised to suitably insure dishes for display. It is the competitor's responsibility to cover this personal risk.

Results
Results will be announced at the discretion of the Chairman of Judges. Competitors are then encouraged to seek the advice and guidance of the Chairman of the Judges. Any dish deemed Not to Schedule will be marked "No award made".

Award of Prizes
Awards will be made to the standard achieved. Where a standard is not reached, no award will be made.
GOLD AWARD 90% or more
SILVER AWARD 75% or more
BRONZE AWARD 65% or more
CERTIFICATE OF MERIT 55% or more
For example: If the best entry in one Class is awarded 76% (or a Silver award), then no Gold award will be presented for that Class. However, it will qualify as the Winner of the Class.

Best in Class
Best in Class commemorative Churchill plates will be awarded for gold or silver medal winners only. Award Ceremony Live Class
Competitors who will be attending to collect their awards, should ensure that they are dressed in CLEAN CHEFS WHITES. This is important for presentation and photographic purposes and for the sake of Sponsors.
Winners will be awarded at The Presentation Dinner - Wednesday 22nd January at The ICC Wales, Newport.
Tickets (£30 each) are
Available to book directly: office@culinaryassociation.wales

Best College Award
Best overall college will be awarded on a point system where only the two best awards per college per class are taken into account, to be awarded at presentation dinner.

Overall Salon Awards
BEST COLLEGE AWARD
BEST JUNIOR / LEARNER LIVE
BEST OPEN LIVE

BEST HYGIENE - "Ecolab are extremely pleased to be able to support this prestigious event. The purpose of our judging part is to promote good hygiene practices demonstrated during the individual competitions. Ecolab work closely within the Hospitality industry to ensure all areas are clean and sanitized to keep our customers' premises to highest achievable hygiene standards".
All Best in Class and Overall Salon Awards will be announced and presented at the Presentation Dinner.

Important Notes for Live Class Entrants
1. It is an essential requirement that competitors provide a brief dish description that will be displayed on the table for judging purposes. It would also be helpful if you would list brief details about yourself, i.e. age, present position etc.
2. You are required to clean and vacate your working area within five (5) minutes in order to allow the next heat to start on time.
3. A four ring induction stove, oven, small salamander and workstation will be provided.
4. If more entries than places are received for each live Competition class, the panel of Judges will select the final Entrants for each class, based on the information supplied by the competitor as required in the schedule.
5. Mise-en-place: ONLY washed vegetables, basic stocks and basic doughs/pastes will be allowed (unless stated otherwise), excessive mise-en-place will lose marks

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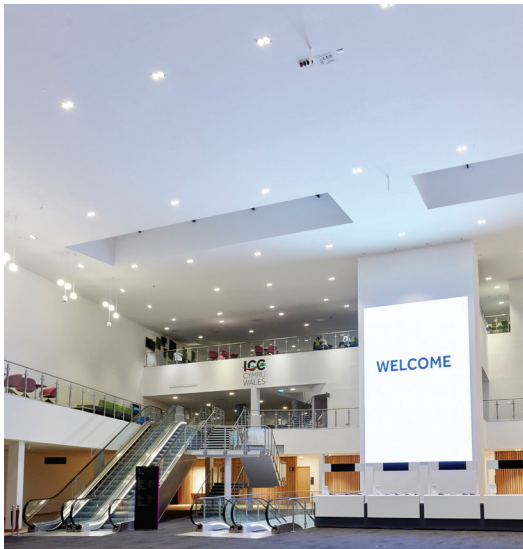


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COLD NOT TASTED

Presentation / Innovation
Appetising, appealing, modern, correct portion size, clean and neat presentation.

Composition
Nutritionally well balanced, textures, colours and flavours that will complement each other.

Professional Preparation
Correct cooking methods, food at correct temperatures. Classic name to correspond to original recipes, mastery of basic skills, application of knowledge and practices.
Service practical, not over elaborate, no impractical or irrelevant garnish, stylish and clean.

HOT & COLD TASTED CLASSES

Presentation / Innovation
Appetising, tasteful, appealing, modern, correct portion size.

Flavour / Taste
Good discernible flavours, correct seasoning, good combination of tastes and flavours that complement each other.

Composition
Nutritionally well balanced, complementary textures and Colours that enhance each other.

Professional Preparation
Classic name to correspond to original recipes, mastery of basic skills, application of correct cooking methods, food at correct temperatures. Up to date display of hygiene knowledge and practices.

Service
Practical, not over elaborate, no impractical or irrelevant Garnish, stylish and clean.



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Food & Drink Wales

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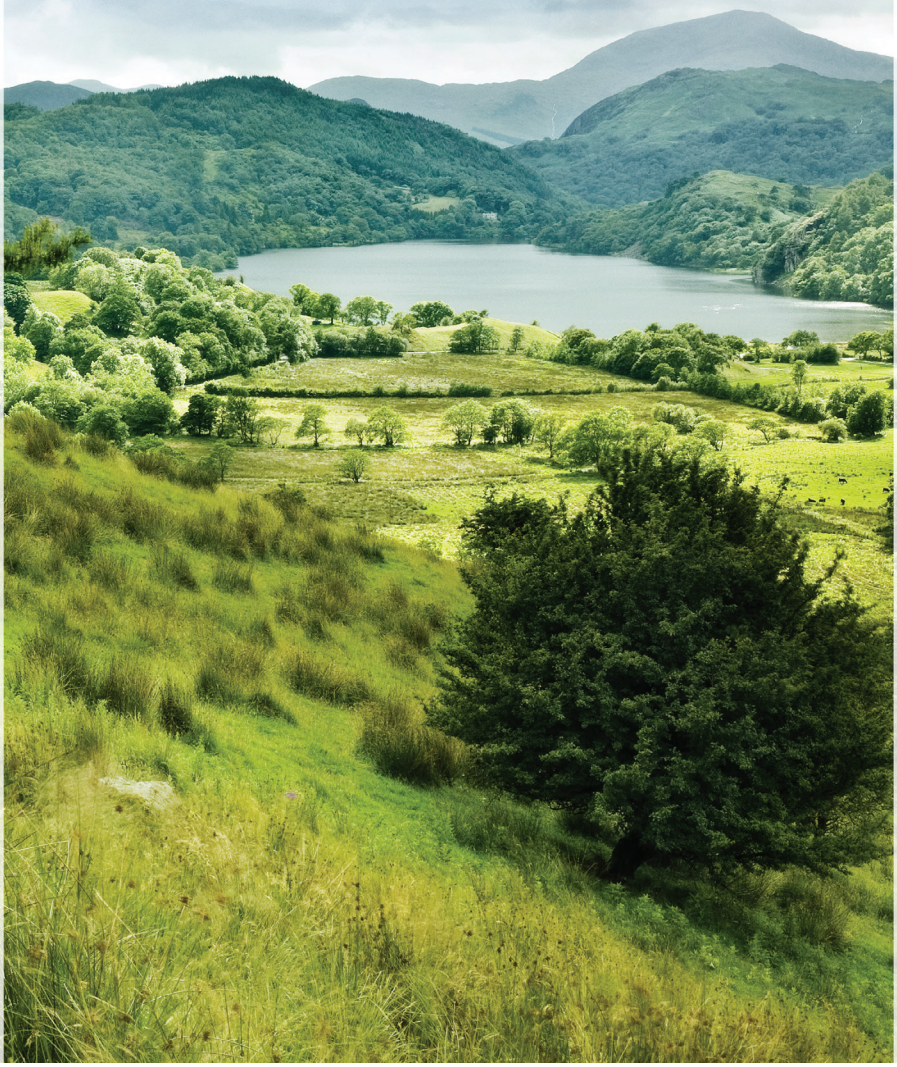
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COLD CLASSES

CLASS	TIME	CLASS TYPE
Prepare Chicken for Sauté	15 minutes	Junior/Learner Class
Knife Skills - Veg Cuts	25 minutes	Open
Knife Skills - Fruit Cuts	15 minutes	Open
Caesar Salad Challenge	20 minutes	Open
Cocktail Mixology	20 minutes	Open
Modern Cold Desserts	25 minutes	Open

HOT CLASSES

CLASS	TIME	CLASS TYPE
Cook Chicken for sauté	45 minutes	Junior/Learner Class
Glazed Grilled Fish Dish	20 minutes	Open
Omelettes	10 minutes	Open
Welsh Beef Main Course	30 minutes	Open
Welsh Lamb Main Course	30 minutes	Open
Game Class	30 minutes	Open
Risso Gallo | Risotto Challenge - 23 & over	45 minutes	Open
Risso Gallo | Young Risotto Challenge - Under 23	45 minutes	Junior/Learner Class





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COMPETITION SCHEDULE

DAY 1 - MONDAY 20TH JANUARY

COLD CLASSES

CLASS NO.	CLASS	TIME
C1a	Prepare Chicken for Sauté	1pm-1.15pm
C02a	Knife Skills - Veg Cuts	1.30pm-2.00pm
C3a	Knife Skills - Fruit Cuts	2.10pm-2.25pm
C4a	Caesar Salad Challenge	2.35pm-2.55pm
C6a	Modern Cold Desserts	3.05pm-3.30pm
C5a	Cocktail Mixology	3.40pm-4pm

HOT CLASSES

CLASS NO.	CLASS	TIME
H1a	Cook Chicken for sauté	3.15pm-4pm
H4a	Welsh Beef Main Course	3.30pm-4pm
H05a	Welsh Lamb Main Course	4.10pm-4.40pm
H8a	Game Class	4.10pm-4.40pm

DAY 2 - TUESDAY 21ST JANUARY

COLD CLASSES

CLASS NO.	COLD CLASSES	TIME
C02b	Knife Skills - Veg Cuts	9am-9.15am
C3b	Knife Skills - Fruit Cuts	9.30am-9.45am
C4b	Caesar Salad Challenge	10am-10.20am
C6b	Modern Cold Desserts	10.35am-11am
C5b	Cocktail Mixology	11.15am-11.35am

DAY 3 - WEDNESDAY 22ND JANUARY

COLD CLASSES

CLASS NO.	COLD CLASSES	TIME
C1b	Prepare Chicken for Sauté	9am-9.15am
C02c	Knife Skills - Veg Cuts	9.30am-9.45am
C3c	Knife Skills - Fruit Cuts	10am-10.15am
C4c	Caesar Salad Challenge	10.30am-10.50am
C6c	Modern Cold Desserts	11.05am-11.30am
C5c	Cocktail Mixology	11.45am-12.05pm

HOT CLASSES

CLASS NO.	HOT CLASSES	TIME
H1b	Cook Chicken for sauté	9.30am-10.15am
H2a	Glazed Grilled Fish Dish	10.30am-10.50am
H3a	Omelettes	11am-11.10am
H4b	Welsh Beef Main Course	11.20am-11.50am
H05b	Welsh Lamb Main Course	12pm-12.30pm
H8b	Game Class	12.45pm-1.15pm
H7	Risso Gallo | Risotto Challenge - 23 & over	1.30pm-2pm
H8	Risso Gallo | Young Risotto Challenge - Under 23	2.15pm-3pm

Culinary Association of Wales
BLAS AR GYMRU

TECHNICAL PRODUCTS



MCS TECHNICAL PRODUCTS was formed in 1997 by our founder, owner and MD Steve Snow, who with many years' experience in the catering industry, spotted the potential of INDUCTION as a cooking medium. With access to the product range from the American company, CookTek, Steve secured exclusive rights to import and distribute CookTek products into the UK and Ireland. The range at that time included counter top and drop in cooking units, the innovative Induction buffet systems, (Incogneeto and Silenzcio) and the food delivery system (PTDS). These early products, with their design, innovation and reliability soon established CookTek as a premium product, and with MCS adding a 5 year parts and labour warranty to the products, the industry recognised the value of dealing with a responsible company. The products were soon being used by companies such as Dominoes, Papa Johns, hotel groups Thistle, Hilton, Holiday In and many independent hotels and pizza shops.



MCS developed fabricated units using CookTek induction including fully suited kitchen units, an Asian style Cooking station and a fully self-ventilating work station.

CookTek's range has increased since the early days to include three phase units, including free standing and built in Stockpot burner, and an Induction plancha.

With the increased awareness of green issues and the fast growing Induction market, MCS have invested in product, still with the company's core values of ENERGY SAVING, and FOOD SAFETY .we now import into UK and Ireland product from the Italian company ZERNIKE, these include a unique and patented GRIDDLE/PLANCHA, FLASHGRILL, and a range of meat ageing cabinets, KLIMA again with several USP's for the catering industry.



MCS are proud to have been supporting the Welsh Culinary Association for over 12 years, supplying CookTek induction units for use in culinary competitions and salons. And look forward to continuing our association long into the future.

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COLD CLASSES

C1A: Prepare Chicken for Sauté (Part 1 out of 2)

This is a two part challenge: Part 1 = Class C1a, Part 2 - H1a.

Part ONE - C06a Fifteen (15) minutes will be allowed for team Member 1 to butcher/cut and present a 1¼ -1½ kilo (2½ - 3lb) Chicken for sauté in the classical manner. This end product is then used for class H06a for the 2nd team member to use.
Part TWO - Explained on H1a on "Hot Classes"

C2: Knife Skills - Veg Cuts

TWENTY FIVE (25) MINUTES

Produce 60 grams (approximately) of each of the following;
A) Carrots cut into Julienne
B) Swede into Jardinière
C) Carrots into Paysanné
D) Swede into Brunoisé
E) TWO (2) Chateau & TWO (2) Cocotte Potatoes To be prepared in the above order = A to E Competitors to supply all their ingredients and equipment

C3: Knife Skills - Fruit Cuts

FIFTEEN (15) minutes will be allowed to complete the following - order of work and presentation as listed below;

2 Oranges, peeled and segmented using only conventional knives
2 Apples, peeled, cored and quartered cut into slices lengthwise, suitable for fresh fruit salad. No peelers or corers to be used.
1 Banana, remove skin and thinly slice, using only a knife.
2 Kiwi fruit, peel and thinly slice using only a knife.
The prepared fruit and waste is to be presented separately without garnish or dressing. Competitors to supply all ingredients and equipment
NOTE: Judges are looking at the competitor's knife skill and consistency of cutting. No mandolin or cutting aids to be used. Although awards will be posted, no Best in Class will be announced until after the last heat on Thursday has taken place.

C4: Caesar Salad Challenge

TWENTY (20) minutes will be allowed to prepare and produce a Traditional Caesar salad to the competitor's choice of recipe. Dressing and salad to be prepared in front of the judges as this will be a tasted class. All ingredients are to be provided by the competitor.

C5: Cocktail Mixology - Sponsored by Cygnet Gin

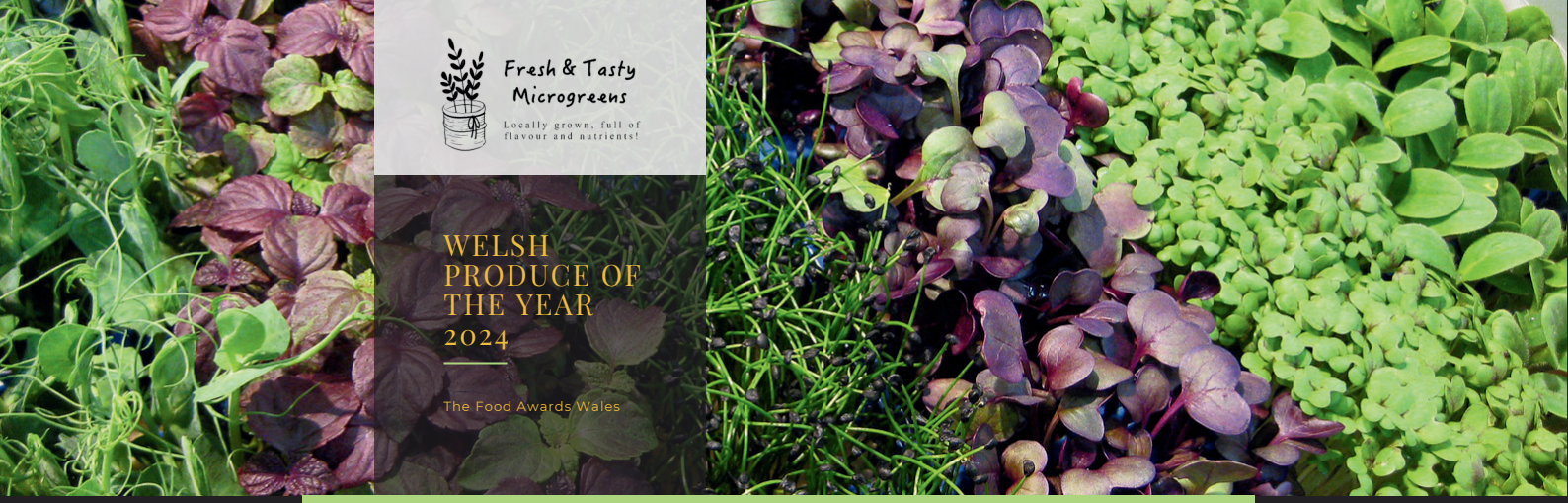
TWENTY (20) minutes will be allowed to make 2 Gin based cocktails of their choice. The competitor should provide a recipe card to accompany the cocktails.
The Gin will be provided to the competitor by Cygnet Gin, competitor should bring all other ingredients and equipement with them.

C6: Modern Cold Desserts - Sponsored by Terrys Patisserie

TWENTY FIVE (25) minutes will be allowed to prepare and present TWO (2) portions of a modern cold dessert suitable for a restaurant. The plates must include appropriate accompaniments, garnishes and sauces.
The dessert must incorporate an element of chocolate which will be provided by the class sponsor Terry's patisserie.
Advanced preparation is limited to basic sauces, washed & peeled fruits, cooked meringue, pastries and baked doughs. No pre-set mousses or cheesecakes will be allowed.
Competitors to supply all ingredients and equipment except for the chocolate. This is a cold class so no cooking or refrigeration facilities will be available.

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HOT CLASSES

H1a: Cook Chicken for Sauté (Part 1 out of 2)

This is a two part challenge: Part 1 = Class C1a, Part 2 - H1a.
Part ONE - Explained on C1a on "Cold Classes"
Part TWO - H1a Team Member to produce a Chicken Chasseur in the classic style, using a pre-prepared Chasseur sauce. Teams to supply their own food and equipment.

H2: Glazed Grilled Fish Dish - Sponsored by Roller Grill

TWENTY (20) minutes
2 portions of a fish or seafood dish to the competitors own choice. The finished dish MUST be glazed or gratinated under the electric Roller-Grill provided on each work station. Ideally a modern twist on a classic glazed fish dish is what the judges will be looking for. Competitors to provide all ingredients

Sponsored by: ROLLER GRILL

H3: Omelettes

TEN (10) minutes
Prepare, cook and present THREE (3) omelettes.
One folded, one flat and one sweet.
Fillings/toppings to competitor's choice. Judges will be looking for the competitor's knowledge and skills in omelette making. Competitors to provide all ingredients and equipment. Please be aware we are using Induction technology only this year.

H4: Welsh Beef Main Course

THIRTY (30) minutes
Prepare cook and present TWO (2) plated main course portions using Welsh Beef. The plates must include substantial appropriate accompaniments, garnishes and sauces. This class is focussing on creative and Imaginative use of Welsh Beef.
Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Competitors to supply all ingredients and equipment. Please be aware we are using Induction technology only this year.

H5: Welsh Lamb Main Course

THIRTY (30) minutes
Prepare, cook and
Present a garnished dish of Welsh Lamb for TWO (2) covers to the competitor's own choice.
Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables and basic pastry/dough. Basic preparation of meat will be allowed however the judges will be looking for the best use of the time available. Competitors must provide all ingredients and small equipment. Please be aware we are using Induction technology only this year.

H6: Game Class Sponsored by Willo Game

THIRTY (30) minutes will be allowed to prepare, cook and present a garnished main course dish of Welsh Venison Loin for TWO (2) covers to the competitors own choice.
Advanced preparation is limited to basic stocks, sauces, washed & peeled vegetables (not cut/trimmed), basic pastry doughs. Competitors must provide all ingredients (except for the Venison loin) and small equipment. Please be aware we are using induction technology only this year.

H7: Riso Gallo | Risotto Challenge - 23 & Over

FORTY FIVE (45) Minutes
15 minutes of prep time and 30 minutes of cook time will be allowed to produce TWO identical portions of a stunning, imaginative, and perfectly cooked risotto starter course which showcases your skill, versatility, and presentation skills. Your risotto should feature at least one ingredient native to Wales, and this can be cheese, meat or vegetables - whichever best suits your recipe. Riso Gallo will supply rice and olive oil from Filippo Berio for each competitor, and various stocks from Essential Cuisine can be made available as required. Please advise at least 3 weeks prior to the event if needed. Please note you can bring pre-made stocks if you wish. All other ingredients and equipment for the dish will need to be supplied by the competitor.

The presentation is totally up to the competitor and you can use a bowl / plate of your own choice to help make the dish as exciting as possible. Please write a maximum of 150 words on why you have chosen your dish and why you would like to win this competition and bring this along with you on the day. Keep the title of your dish simple - don't overcomplicate. Tell us your story, is there a personal connection with the dish? Remember to focus on local Welsh ingredients. Please provide the right quantity of ingredients for a starter dish for 2 people - Don't cook more than you need to, try to have as little waste as possible.

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H8: Riso Gallo | Young Risotto Challenge - Under 23

FORTY FIVE (45) Minutes
15 minutes of prep time and 30 minutes of cook time will be allowed to produce TWO identical portions of a stunning, imaginative, and perfectly cooked risotto starter course which showcases your skill, versatility, and presentation skills. Your risotto should feature at least one ingredient native to Wales, and this can be cheese, meat or vegetables - whichever best suits your recipe. Riso Gallo will supply rice and olive oil from Filippo Berio for each competitor, and various stocks from Essential Cuisine can be made available as required. Please advise at least 3 weeks prior to the event if needed. Please note you can bring pre-made stocks if you wish. All other ingredients and equipment for the dish will need to be supplied by the competitor.

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WELSH INTERNATIONAL CULINARY CHAMPIONSHIPS

Take your experience at the Welsh International Culinary Championships to the next level, and enjoy the food prepared & cooked by competitors!

Opportunities include:

Monday 20th January	National Chef of Wales	Lunch	£25 per person £180 per table of 8
Wednesday 22nd January	Junior Chef of Wales	Lunch	£20 per person
	Vegan Chef of the Year	Lunch	£20 per person

Please email **office@culinaryassociation.wales** to make a reservation

GALA DINNER & AWARDS CEREMONY 2025 FROM 7PM I WEDNESDAY 22ND JANUARY

Join us at our annual Gala Dinner & Awards Ceremony, as we celebrate all the hospitality skills & talent showcased throughout the week of the Welsh International Culinary Championships!

International Convention Centre Wales
(ICC Wales), Newport

£100 per person
£900 per table of 10

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Green Chef of the Year Winner

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