

Seas Chef Contest and Master Class

Saudi International Marine Exhibition 4-6 February 2024
 Riyadh International Convention & Exhibition Center – Saudi Arabia



Seas Chef (Live Cooking Contest)- Amateur / Professional Chefs Participation

To Participate: when registering you have to pay (200 Riyals) by transferring the amount to the organizer company City Events Co. in National Commercial Bank (**SA881000027100000136904**) which will be refunded only when it has been confirmed that the participant has attended the session chosen when registering to confirm commitment and give the opportunity to serious and committed participants. **For assistance** you can contact Ms. Haneen 0539012341

Cooking Contest Categories

Category 1 - International main course with seafood ingredients
 (Fish fillets, whole fish, shrimp, other seafood)

Category 2 - Main Saudi dish with seafood ingredients
 (Fish fillets, whole fish, shrimp, other seafood)

Category 3- Soup and salad with marine ingredients
 (Fish fillets, shrimp, other seafood)

Category 4 - Sandwiches with seafood ingredients
 (Fish fillets, shrimp)

Category 5 - Appetizers with seafood ingredients
 (Fish fillets, shrimp, other seafood)

Master Class (Live Cooking Training) - Audience Participation

To Participate: when registering you have to pay (200 Riyals) by transferring the amount to the organizer company City Events Co. in National Commercial Bank (**SA881000027100000136904**) which will be refunded only when it has been confirmed that the participant has attended the session chosen when registering to confirm commitment and give the opportunity to serious and committed participants. **For assistance** you can contact Ms. Menna 056319308

- Master Class is an innovative educational platform taking that will be in the Saudi International Marine Exhibition 2024, which will provide live cooking lessons and workshops taught by expert chefs from the Saudi Arabian Chefs Association.
- Trainees can come and create their specialties based on a topical theme specially chosen by our chefs.
- Master Class includes more than 20 delicious recipes based on Saudi/international cuisine prepared by different chefs from the Saudi Arabian Chefs Association.
- Trainees will be able to learn cooking techniques from food experts
- Saudi Arabian Chefs Association SARCA Recipes - Trainees will be able to discover many innovative recipes from the chefs, as everything new and delicious in the world of recipes will be presented.
- The Saudi International Marine Exhibition 2024 kitchens will host cooking workshops run by professional chefs, which is an opportunity for individuals and groups to discover new skills, specialties and recipes that nourish their senses and nurture their curiosity.

Master class for Saudi cuisine category

Preparing main Saudi dishes with seafood ingredient
 (Fish fillets, whole fish, shrimp, other seafood)

Master class for International cuisine category

Preparing main International dishes with seafood ingredients
 (Fish fillets, whole fish, shrimp, other seafood)

General rules for Seas Chef Contest

- Participation in all competitions is open to professional chefs, whether Saudi or foreign as well as trainees, novice chefs, pastry and bakery chefs and kitchen artists.
- Competitions will be held at the Saudi International Marine Exhibition from **February 04 - 06 2024** at the **Riyadh International Convention & Exhibition Center – Saudi Arabia**
- The organizers will inform each contestant with the specific date and time of the competition after the completion of the registration and participation process.
- Contestants must be present at the competition at the time specified by the organizers.
- Being late for the specified date will lead to losing the right to participate in the competition.
- Contestants must wear their full chef uniform (chef jacket, chef pants, apron and hat) while preparing for the start of the competition, during the competition and during the award ceremony. **No prize will be awarded except to chefs wearing full chef uniform.**
- The following schedule includes the participation dates for the amateur/professional chefs, in addition to the audience participation in the accompanying cooking events (Seas Chef /Master Class): -

Participation days (Seas Chef/Master Class)	First Session	Second Session	Third Session	Fourth Session	Fifth Session	Sixth Session
First Day: 4 February	1:00 – 1:45	2:00 – 2:45	3:00 – 3:45	4:00 – 4:45	5:00 - 5:45	6:00 –6:45
Second Day: 5 February	5:00 - 5:45	6:00 –6:45	7:00 – 7:45	8:00 – 8:45		
Third Day: 6 February	5:00 - 5:45	6:00 –6:45	7:00 – 7:45	Awards Ceremony		

The available equipment in live cooking kitchens

The following equipment will be provided to each contestant in the live cooking contest kitchens:

- Work tables made of stainless steel with lower shelves
- Refrigerators (shared with other contestants)
- Four-burner electric/gas stoves with bottom oven (shared with other contestants)

Contestants must bring all the small equipment they need and kitchen utensils (such as cutting boards, knives, pots, pans, bowls and blenders) as well as any other materials needed for cooking and serving

- Additional points will be added to or deducted from the contestants based on the level of their work in an organized and clean manner. You must return the work area in which you work to its previous condition without any stains on it (leaving the work area dirty will result in a lot of points being deducted and may result in being excluded from the competition). Chefs are advised to bring their own materials such as soap, sanitizers, towels, paper towels, gloves...etc., whatever they need to keep their work area clean during the competition time
- The judges will be asked to mark the names of the contestants who in their view as judges consider to have the most professional skills in creating their dishes. It is in the contestant's interest to complete as many tasks as possible within the time allotted for the competition
- The judges recognize the need to have a designated place to place some materials, and unless the competition rules state otherwise, the criteria for the competition allow only the following materials to be present in that area: -

- Washed and peeled vegetables
- Condensed meat and fish stock

- Stocks and main sauces
- Prepared and uncooked pastries

- **Note:** Pre-cooked or baked foods are not allowed
- All contestants will be evaluated based on their teamwork and team spirit while competing
- The specific judging criteria for each competition are listed in this booklet. Please read the judging criteria for each competition carefully in order to maximize your efforts to adhere to the criteria against which you will be evaluated

Seas Chef Contest Categories (Live Cooking)

Category 1 - International main course with seafood ingredients

(Fish fillets, whole fish, shrimp, other seafood)

- It is required to cook and serve three main international dishes (two dishes for the judges and one for filming) in the allotted time span of 45 minutes
- Contestants must present to the judges the written recipe with the preparation method before they start cooking
- Contestants must use fresh, good quality products in preparing the dishes
- Contestants must bring all the ingredients in their natural state without prior preparation, without prior trimming, cutting or dissection
- The judging criteria will be based on speed, the level of creativity and innovation, taste, the extent of the food's healthy nutritional components, the balance and harmony of the menu, the lack of waste materials, correct preparation, cutting and slicing skills, the benefited amount from food products, working in an organized manner as well as having a competitive spirit
- Only washed and peeled vegetables can be used, as well as condensed meat and fish stocks and main sauces
- Prepared and uncooked pastries can be used
- **Note:** Pre-cooked or baked foods are not allowed

Judging criteria

- Flavour originality
- Originality and excellence in preparation
- Originality and excellence of the dish presentation
- All dishes must be presented with local decor materials that reflect Saudi food heritage
- Each contestant must produce two equal dishes for the judges to taste. All food must be prepared on site, no pre-cooked items are permitted.

Category 2 - Main Saudi dish with seafood ingredients

(Fish fillets, whole fish, shrimp, other seafood)

- It is required to cook and serve three main local dishes from the Saudi culinary heritage (two dishes for the judges and a dish for filming) in the allotted time span of 45 minutes
- Contestants must present to the judges the written recipe with the preparation method before they start cooking
- Dishes that are permitted to be made directly in front of the public are hot main dishes only.
- It is preferable that the dishes represent a specific region of the Kingdom of Saudi Arabia (Abha, Al-Jouf, Taif, Riyadh, Jeddah, Mecca, Medina, Dammam, etc.)

Judging criteria

- Flavour originality
- Originality and excellence in preparation
- Originality and excellence of the dish presentation
- All dishes must be presented with local decor materials that reflect Saudi food heritage
- Each contestant must produce two equal dishes for the judges to taste. All food must be prepared on site, no pre-cooked items are permitted.

Category 3- Soups and salads with seafood ingredients

(Fish fillets, shrimp, other seafood)

- It is required to cook and serve three local or international soup dishes and three local or international salad dishes (two dishes of each type for the judges and one dish of each type for filming) in the allotted time span of 45 minutes
- Contestants must present to the judges the written recipe with the preparation method before they start cooking
- The soup and seafood salad must be cooked with different marine ingredients

Judging criteria

- Flavour originality
- Originality and excellence in preparation
- Originality and excellence of the dish presentation
- All dishes must be presented with local decor materials that reflect Saudi food heritage
- All food must be prepared on site, no pre-cooked items are permitted.

Category 4 - Sandwiches with seafood ingredients

(Fish fillets, shrimp, other seafood)

- It is required to cook, prepare and present one innovative hot sandwich (two sandwiches for the judges and one sandwich for filming) within 45 minutes.
- Contestants must present to the judges the written recipe with the preparation method before they start cooking
- The sandwiches have to be prepared to be eaten with hand while standing, and they must be easily eaten without using a fork or knife.
- Competitors must use a variety of different seafood products to prepare the sandwiches
- Contestants must bring their choice of bread for the sandwiches they will prepare such as toast, bread rolls, etc. As well as all the ingredients and decorating materials needed to make these sandwiches
- Decorating materials must be brought in their natural unprocessed state, not trimmed, cut, sliced or cooked.
- The idea is to see new and innovative ideas for preparing hot sandwiches

Judging criteria

It will be based on speed, creativity and innovation level, the food's healthy nutritional ingredients and taste, lack of wasted materials and correct preparation, cutting and slicing skills, the benefited amount from various food products, working in an organized and clean manner as well as the competitive spirit.

Category 5 - Appetizers with seafood ingredients

(Fish fillets, shrimp, other seafood)

- It is required to cook, prepare and serve five different appetizer dishes, either three cold dishes and two hot dishes, or two cold dishes and three hot dishes according to your choice (five appetizer dishes for the judges and five appetizer dishes for filming) within 60 minutes
- Appetizer dishes should be inspired only by Middle Eastern cuisine and presented in a contemporary style
- Contestants must present to the judges the written recipe with the preparation method before they start cooking
- Some ingredients can be cooked in advance (such as chickpeas, eggplant, etc.), but none of the ingredients should be mixed together in advance.
- Contestants must demonstrate maximum professional skills in creating their dishes. It is in the contestant's interest to complete as many tasks as possible within the allotted time.

Judging criteria

It will be based on speed, creativity and innovation level, the food's healthy nutritional ingredients and taste, lack of wasted materials and correct preparation, cutting and slicing skills, the originality of the dishes, working in an organized and clean manner as well as the competitive spirit.

Judging points distribution for Seas Chef Contest (Live Cooking)

- The judges decision is considered final and it is not permitted to amendment or appeal the decision
- The maximum number of points a contestant can obtain in each Live Cooking category to determine the prizes is as follows: -
- Maintaining cleanliness, food safety, and organizing the cooking area - 10 points
- Correct setting -20 points
- Presentation arrangement and innovation - 20 points
- Taste -50 points

Judging Criteria for Seas Chef Contest (Live Cooking)

•Ingredients and authenticity

There must be harmony between the ingredients in the side dish and the main dish especially with regard to quality, taste, and color. For classic dishes the judging will be based on the original recipes (if in doubt the Escoffier method is followed). This should be mixed with a touch of modern culinary art, and dishes should be presented in a practical way. For example, dishes that are carefully prepared and decorated are going to be counted as a healthy meal

• Correct setting

It is the correct cooking preparation which is free of any unnecessary additives and ingredients. Dishes that are prepared hot should be displayed or served cold with condensed stock added (for presentation purposes only)

Practical and modern service method

Allotted time must be taken into account. Plated dishes must be consistent with real service standards. The bottom of the dish surface must not be reflective and must not be made of porous materials. Do not use stands and display materials that are not food-safe or inedible. Small toasted pieces of bread are not considered display bases

• Presentation method

The food quantity used must be proportional to the number of people indicated previously. The judges have the right to disqualify any quantity or food items displayed that does not match the correct ingredients used

Menu, ingredient list and recipes

The menu can be displayed however you choose. While the recipe must be printed and has to include the ingredients with their exact weights and cooking method (short version). The ingredient list should also be printed and it has to include the ingredients with their exact weights. Any menu must be printed in English

• Creativity

Individual ideas must be developed and implemented in an authentic way using food materials. It should be possible to notice the extent of creativity in the presentation easily and spontaneously

Awards & Certificates for Seas Chef Contest (Live Cooking)

All contestants who have completed the sessions in which they were registered will receive a certificate of participation for their participation in the Seas Chef contest if the total points they have collected are not less than 60 points.

Medals and award certificates: -

Medals and certificates will be awarded to the participants if they reach the following percentages of the total points:

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- Certificate of Appreciation: 60 – 69%
- Bronze Medal: 70 – 79%
- Silver Medal: 80 – 89%
- Gold Medal: 90 – 99%
- Gold Medal with Excellence: 100%

Important points for the Seas Chef Contest (Live Cooking)

- 1- It is prohibited to participate in the exhibition with any display pieces that have religious, political or sexual connotations. Such entries will not be judged and the jury will exclude them from the competition
- 2-All items displayed in the competition will be judged on the day of their presentation. All winners will be announced during the awards ceremony, bronze, silver and gold medals on **February 6, 2024**.
- 3- Medals and certificates will be awarded on **February 6, 2024** based on the judges' assessment and the satisfactory criteria reached in each category.
- 4-In the event of a dispute, the guidelines established by the International Chefs Association will apply. The judging panel for all categories will consist of well-known and experienced international executive chefs, as well as specialized chefs who hold certifications from the International Chefs Association.
- 5-Any medals or certificates that are not accepted by the contestant or his/her assistant at the awards ceremony will be reserved, unless other arrangements are agreed upon in advance with the organizer. The medal and certificate distribution ceremony for all categories will be held on **February 6, 2024** at the **Riyadh International Convention & Exhibition Center – Saudi Arabia**

Participation Rules and Regulations:

Please read the following paragraphs carefully. The instructions given here are mandatory. Failure to adhere to any of the points mentioned below may lead to the contestant being excluded from the contest

- 1-The Saudi Arabian Chefs Association, which is a member of the International Chefs Association is responsible for the Seas Chef contest, Master Class and the appointment of the organizing committee
- 2- All contestants and assistants must wear a clean, washed chef's uniform (no jeans are allowed) in addition to a hat while preparing for the contest, during the competition and during the award ceremony. If the contestant or his/her assistant does not wear the appropriate uniform mentioned during the preparation for the contest, during the contest or during the prize distribution ceremony, he/she will either be disqualified from the contest or his/her prize will be forfeited.
- 3- Contestants must attend to take out their tools from their bags and display their materials that they will participate with on the day and time specified by the committee.
- 4- It is in the interest of the contestants to keep their displayed materials clean and attractive, but none of the displayed materials may be removed before the specified removal date. It is also not permitted to make any modifications to the displayed materials that entered the competition after they were submitted for evaluation by the judges.
- 5- All perishable displayed materials must be removed as specified by the committee. If this is not done, the committee will be entitled to dismantle, remove or destroy any of the displayed materials that the contestant did not remove. Posted items must be removed daily after 10pm or after the award ceremony on **February 6, 2024**
- 6- Contestants must ensure that the name or logo of the institution or hotel for which they work is not visible in a way that allows the judges to see it during the judging.
- 7- Contestants must note that their points will be deducted if their displayed materials or part of them do not remain within the specified space allocated for them.
- 8- The organizing party shall not bear any responsibility, in any case, for the loss or damage of any of the displayed materials, items, dishes, or individuals' belongings. However, reasonable measures will be taken to avoid loss or damage
- 9- All exhibitors and contestants in the Seas Chef and Master Class acknowledge that they grant all rights related to the menus, recipes, videos, photographs, audio recordings, advertisements, etc. to the Saudi Arabian Chefs Association and the organizer of The Saudi International Marine Exhibition 2024.

10- The organizers have the right to cancel or postpone the live cooking contest, or modify its duration, timing, and determine its schedule.

11- The organizers have the right to cancel any of the categories, limit the number of participants, extend, modify or cancel any of the rules and conditions without being obligated to any claims for compensation whatsoever.

12- Participation fees are non-refundable if the contestant cancels his participation or withdraws.

13- The organizers have the right to redefine, amend, or add to the rules and conditions mentioned above and these rules and conditions are “final”

Guidelines for Seas Chef Contest:

For economic and personal reasons, the materials presented should have the greatest possible impact using simple methods. Judges will evaluate the exhibitors' skills and performance. The following guidelines apply to both exhibitors and judges

Displayed materials must be properly identified. So that the exhibitor gets the attention and admiration of the judges,

You must display all requirements for the category in which you are participating

1- Ingredients

There must be harmony between the ingredients in the side dish and the main dish especially with regard to quality, taste, and color. For classic dishes the judging will be based on the original recipes (if in doubt the Escoffier method is followed). This should be mixed with a touch of modern culinary art, and dishes should be presented in a practical way. For example, dishes that are carefully prepared and decorated are considered to be a healthy meal from a nutritional standpoint.

2- Correct setting

It is the correct cooking preparation which is free of any unnecessary additives and ingredients. The exhibitor must guarantee that he or a member of his registered team has fully produced and prepared the exhibited materials. If this guarantee is not provided the committee will not judge the material presented.

Some food ingredients can be used to increase thickness and density, such as whipped cream, whipped egg whites, creams, etc.

Condensed stock should be added to dishes that are cooked hot and served cold (in order to preserve it).

3- Practical and modern presentation method

The economic cost, time spent and waste reduction must be taken into consideration when designing and preparing the contest dishes.

The plated dishes must be in accordance with real service standards and large patterned dishes or dishes with reflective bottom surfaces must not be used.

You must adhere to the basic rule for pouring dishes, which is not to fill more than half of the plate and the edges of the plate must remain empty.

When serving cold or hot dishes you should not include salad leaves, parsley, tomato halves, flowers, radishes or whole truffles.

Dishes containing eggs should only be served in glass or china dishes and if they are served in a silver plate, they should not touch the plate.

Paper napkins should not be used under fried foods immediately after removing them from the pan. If cloth napkins are used, paper napkins should be added underneath them.

Meat, fish, vegetables and sweets should not come into contact with any fabrics in the kitchen to avoid contamination.

Small pieces of toasted bread are not considered a presentation base and are not recommended to be added to final serving dishes.

Do not use foil, wax, wooden utensils or similar objects to place cooked food in.

Coloring condensed stock, especially with colors that have nothing to do with its original color, just to change the color of the food, is unhealthy and undesirable.

4- Presentation Method

The size of the plate should be proportional to the materials composing the dish and the number of people.

Dishes should be beautifully presented and be in perfect harmony.

The main course should be decorated and presented in the best possible way in terms of the food size and color.

The weight of the food allocated for one person must be within the normal range and the quantity must be consumable and comply with the general rules.

Dishes should not give the impression of being overloaded with food and if necessary, side dishes should be served separately.

Sauce dishes should only be filled halfway.

Vegetables that are not cut precisely or are cut into irregular shapes may lead to deduction from the total points awarded to the contestant.

5-Difficulties and effort

Taking into account that the contestants who win with a high rank will find high acceptance during their employment, the decision is made unanimously by the judges to give high grades based on how artistic the work is, as well as the implementation difficulty level and the amount of effort submitted.