

YOUNG CHEF OF THE YEAR



YOUNG CHEF OF THE YEAR 2025



EMAIL FOR INFO ON HOW TO APPLY
INFO@HOSPITALITY-TRAINING.ORG.UK

COMPETITION GUIDELINES

YOUNG CHEF OF THE YEAR (2.5 HOURS) - 8
FINALISTS

4 COVERS:
TO PRODUCE A SEASONAL 3 COURSE MENU OF A
STARTER, MAIN COURSE AND DESSERT USING
SEASONAL, LOCAL SCOTTISH PRODUCE.

THE STARTER CAN BE SERVED AFTER 2 HOURS OF
THE COMPETITION.



Mise en Place: Items permitted to be brought into the competition.

Basic stock

- Can be brought in, but not reduced, seasoned, or thickened; samples for tasting (cold) must be provided from the main batch/supply to the judges.
- Bones for stock (including trimming etc.) cut into small pieces, can be brought in.

Salads

- Cleaned, washed but not mixed or cut

Vegetables, fruits, potatoes, onions

- Cleaned, peeled, washed, raw, can be cut to take exact amount
- Vegetables like tomatoes may be blanched and peeled
- Broad beans may be shelled
- Pulses may be brought soaked.

Vegetable/fruit pulps and purees

- Can be brought in, but not reduced, seasoned, or thickened; the final sauce or coulis product must be prepared on site; samples for tasting must be provided
- 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
- No trays of prefabricated jells / jellies (leather) are permitted even if dehydrated

Fish

- Gutted, scaled, not filleted
- Fish head can be removed if required

Shells

- cleaned, scallops need to be in their shells

Crustaceans

- Raw or boiled, not peeled
- Cleaned, washed but not mixed or cut

Meat / Poultry

- on the bone, not portioned, meat not trimmed, minced, or ground
- Sausages must be made on site
- Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen, but not seasoned or marinated
- Smoked fish, prosciutto, chorizo, bacon, are allowed if they are further processed in the kitchen

Pastry sponge, biscuit, meringue

- May be brought in, but not cut, sliced, or chopped, stencilled
- Macarons cannot be brought in
- Meringue as a décor must be dried on site

Decorative elements

- Must 100% be done on site

Eggs

- Can be separated, and pasteurized, but not processed in any other way

Dry ingredients

- Can be pre weighed and measured

Flavoured oils and butter

- Are allowed

