

# SEAFOOD CHEF OF THE YEAR

## COMPETITION GUIDELINES

SEAFOOD CHEF OF THE YEAR. (1.5 HOURS) - 8  
FINALISTS

4 COVERS (8 PLATES IN TOTAL)

THE CHEFS ARE TASKED WITH COOKING A  
TWO-COURSE SEAFOOD MENU CONTAINING A  
STARTER AND A MAIN COURSE, FOUR PORTIONS  
OF EACH, 8 PLATES IN TOTAL.

STARTER COURSE MUST BE A PREPARATION OF  
SUSTAINABLE SHELLFISH SPECIES.

MAIN COURSE MUST BE A PREPARATION OF  
SUSTAINABLE FLAT OR ROUND FISH SPECIES.  
THE STARTER COURSE CAN BE SERVED AFTER 1  
HOUR OF COOKING.

SEAFOOD  
CHEF OF  
THE YEAR  
2025



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

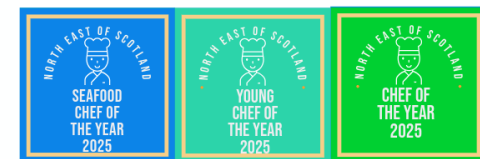
- Can be separated, and pasteurized, but not processed in any other way

### Dry ingredients

- Can be pre weighed and measured

### Flavoured oils and butter

- Are allowed



EMAIL FOR INFO ON HOW TO APPLY  
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