



PLANT-BASED

Culinary COMPETITION GUIDELINES

Requirements to compete in the
Plant based SA Chef Of The Year
competition by The South African Chefs
Association.



For more information, email:
competitions@sachefs.co.za



COMPETITION GUIDELINES

1. Membership:

- All participants must be current members of the South African Chefs Association (SA Chefs) in good standing

2. Age Eligibility:

Senior Division:

Participants must be experienced chefs with established careers, aged from 25 and above

Junior Division:

Participants must be in the early stages of their culinary careers, aged between 18 and 25 years old.

Registration:

Participants must register for the competition within the specified deadline set by the South African Chefs Association.

Documentation:

Submission of required documentation, including proof of SA Chefs membership and any other requested materials.

Compliance with Rules:

- All participants must agree to abide by the rules and regulations set forth by the South African Chefs Association for the competition.



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6. Category Selection:

- Participants must choose the category or categories they wish to compete in, ensuring they meet the criteria and eligibility requirements for each category.

7. Culinary Portfolio:

- Submission of a culinary portfolio showcasing previous work, achievements, and experience, if required by the competition organizers.

8. Preparation:

- Participants must adequately prepare for their chosen categories, including recipe development, ingredient sourcing, and practice sessions.

9. Equipment and Ingredients:

- Ensure availability of necessary equipment and ingredients required for the competition, as specified by the category guidelines. Organisers will sponsor a basic pantry and mystery basket ingredients.

10. Attendance:

- Participants must be present at the competition venue at the designated times as communicated by the organizers.



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11. Professional Conduct:

- Conduct themselves in a professional manner throughout the competition, adhering to standards of sportsmanship and respect for fellow competitors and judges.

12. Adherence to Judging Criteria:

- Prepare dishes or creations in accordance with the specified judging criteria for each category entered and must be 100% Plant based.

13. Compliance with Health and Safety Standards:

- Adhere to all health and safety regulations and guidelines while preparing and presenting food items during the competition.

14. Display of Entries:

- Ensure proper display and presentation of entries during judging, following any guidelines provided by the competition organizers.

15. Submission of Entries:

- Submit all entries within the specified timeframes and according to the instructions provided by the competition organizers.



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18. Consent for Photography and Media Coverage:

- Grant consent for photography, videography, and media coverage of the competition, including the use of images or footage for promotional purposes.

19. Feedback and Evaluation:

- Participants should be open to receiving feedback and evaluations from judges following the competition, using it as an opportunity for growth and improvement.

Note: Failure to comply with any of the above requirements may result in disqualification from the competition. Participants are encouraged to review all rules and guidelines carefully before entering the South African Chefs Association Competition.

Shortlisting Criteria for Chef of the Year Competition Regionals:

In addition to the general eligibility requirements for participation in the Chef of the Year Competition Regionals, participants must submit a recipe and a photo of their dish that aligns with Plant Based contemporary cuisine reflecting South Africa with their online entry.

The submitted dish should showcase innovation, creativity, and a unique interpretation of South African culinary traditions.



NATIONAL TEAM INCUBATION PROGRAM

Selection for Olympic Representation:

- Selected candidates will be evaluated by the National Culinary Committee and SA Chefs to pursue entry into the incubation program for the National Squad.
- Winners of the SA Chef of the Year Competition are highlighted and evaluated by the National Committee and SA Chefs for the Olympic team incubation and development program.
- The 4-year program aims to refine skills and prep chefs for international competition.

Development and Incubation:

- Competitors enter a program focused on enhancing culinary abilities and readiness for international competition.
- Mentorship, training, and showcasing opportunities are provided throughout.

Progression to Olympic Squad:

- Chefs showing exceptional progress may be selected for the Olympic squad based on set criteria over the 4 year program and will be evaluated annually on their progression.
- Selection is based on performance during the development program.

Ongoing Talent Identification:

- The SA Chef of the Year Competition annually identifies and nurtures top culinary talent.
- Chefs not selected for the incubation program receive feedback and growth opportunities, enhancing the nation's culinary scene.