



1<sup>st</sup> Annual  
British Columbia Chinese Chef of the Year Competition  
At BC Food Service Expo  
January 29 & 30, 2012

2012 卑詩省食品服務博展會  
加拿大聯邦廚師總會  
卑詩省廚師協會  
聯合舉辦

**2012 年度第一屆卑詩省中廚匯萃冠軍選拔賽**  
賽事將於 2012 卑詩省食品服務博展會期間舉行

The 1st Annual BC Chinese Chef of the Year Competition is presented by The British Columbia Chefs' Association, Canadian Culinary Federation and the Canadian Restaurant and Foodservices Association, as an integral part of The BC Foodservice Expo 2012.

The Food Service Expo is opened only to those working in the food, hospitality and/or related industries. The 2012 event will take place at the Vancouver Convention Centre on January 29 & 30.

During this two-day culinary event extravaganza, competitors representing various Chinese Restaurants in British Columbia will be showcasing their expertise in traditional and contemporary Chinese cooking on stage to compete for the esteemed 'BC Chinese Chef of the year, 2012' title.

2012 卑詩省食品服務博展會乃專門為業界人士所舉辦之周年工業展銷會，謹訂于2012年1月29及30日在溫哥華世界會議展覽廳舉行，歡迎業界朋友與會。

由 2012 卑詩省食品博覽會，加拿大聯邦廚師總會，卑詩省廚師協會攜手合辦之第一屆卑詩省金牌廚師選拔賽亦同時於 2012 卑詩省食品服務博展會期間在現場舉行。來自本省多間中餐館的廚師們，藉著數百年的中華飲食文化與精湛廚藝，在臺前創造多場全面性的精彩廚藝競賽；藉著互相切磋彼此交流，將美食創意及烹調水平，推上更高境界！經過兩天緊湊的廚藝賽事的最後勝出者，將會成為 2012 年度的卑詩省金牌廚師！

# 1<sup>st</sup> Annual **British Columbia Chinese Chef of the Year 2012** 2012 年度第一屆卑詩省中廚匯萃冠軍選拔賽

## Information and Terms of Entry 賽事資料及規則

### 賽事資料

Deadline for all entries: **January 6, 2012** SPACE IS LIMITED And NO EXTENSIONS FOR LATE ENTRIES

截止日期為 **2012年1月6日** 逾期無效,名額有限,報名從速

Entry Fee - \$120.00 per applicant (A full refund will be returned to non-competitors)

報名費用：每人120加元（未能獲選者款項會原數發還）

The official application form included in this package must be completed by each individual applicant. All applicants are required to pay an entrance fee of \$120 per applicant and to be submitted along with the application. Applications without the entry fee will be discarded. All applications must be received by Friday January 6th 2012. Applicants must be available on both days of competition as scheduled. Individual request for specific schedule will NOT be considered this year. It is up to each competitor to make him or her available at the specific time drawn. Rescheduling of competitors will not be allowed. Mr. Lam will notify competitors of the schedule

報名截止日期：一日六日，逾期作費。參賽者及助手請確保可在一月二十九及三十日兩天，就大會安排之賽時表出賽，殊不為個別時間要求而另作安排。比賽時間程序編排妥當後，將由 William Lam 林先生另行通知。

All communications regarding the Food Services Expo and the chef's competitions, except competition schedules, will be conducted via email only. The email notification will be your only receipt of payment. Please make sure to provide an email address to guarantee receipt of all pertinent and updated information. 收據及與賽事有關之資料只會用電郵方式發出，請務必提供電郵地址。

Details of the day 2 competitions will be available to winners proceeding to the next round at the end of day 1. Competitors or their representatives are also responsible to inquire and obtain the details, including schedules of the Day 2 competitions.  
出勝者將於第一日賽事完成後會接獲有關第二日賽事之詳情

All awards, prizes and/or medallions must be picked up at the Hot Competition Show location no later than Monday, January 30, 2012 by 5:00 p.m. They will not be mailed or couriered out under any circumstances. 得勝者或代表請于一月三十日下午五時前往中廚烹飪擂台領取獎品及獎牌, 大會決不會用郵寄或速遞方式呈送之。

### Qualification of participant 參賽者資格

“BC Chinese Chef of the Year” competition is opened to participant who has 5 years solid cooking experience in a commercial Chinese kitchen, and is a member in good standing of CCFCC and/or BCCA. Eligibility of any competitor should be validated, supported by sufficient identification during the orientation meeting with William Lam. Such as: Chef Association or CCFCC membership, Apprenticeship Number or Identity Card, Card, etc.

參賽者最少要有五年實際中廚經驗及必須是加拿大廚師協會或BC省廚師協會應可會員。委會成員林先生會在諮詢會議期間審核並確定參賽者的資格。

The orientation meeting with the 12 selected participants to go through all rules and guidelines of the 2-day competition will be hosted by William Lam and take place two weeks prior to the competition. Protein choice for the day 1 competition will be drawn on the same day. 林先生將會在比賽兩週前與12位參賽者舉行諮詢會議並抽籤選出第一天比賽所用之蛋白質食材。

### Procedures 賽事程序

12 chefs will be competing for the BC Chinese Chef of the Year title in a 2-day competition. There will be 6 heats on day 1 and 3 rounds: Quarter final, semi-final and final on day 2. 第一天賽事將由12名參賽者角逐六個環節。六位得勝者將在第二日的在第一輪賽事對壘。得分最高的首四名複賽者會進入第二輪準決賽, 勝出的兩位廚師將會爭奪2012年度卑詩省中廚匯萃金牌廚師寶座!

1) Each competitor is allowed to bring one apprentice as an assistant for all competitions on both Day 1 and Day 2. 參賽者可以帶同一位助手出賽。

2) On Day 1, there will be six 30-minute heats during which each competitor will prepare 2 plates of the same entrée dish. Judging is conducted on a point system. Winners from these 6 heats will be moved on to Day 2. 第一日賽事共六次初賽: 參賽者須在三十分鐘內烹製並佈碟共一式兩份用指定主菜烹調的菜肴。由評審團以分數方式進行審定, 最高分之6名參賽者將晉升參與第二日進行之「黑盒式」賽事。

3) Day 2 – Three BLACK BOX rounds

There will be 3 quarter-final heats and the top 4-scored quarter-finalists will move on to compete in the semi-final round. The two finalists will move on to the championship round.

Winner will be granted the esteemed title of 'BC Chinese Chef of the Year. 2012' ! 第二日：共三個回合之黑盒式賽事，包括壓軸「2012年度卑詩省金牌廚師」爭奪戰！

Please note: For each heat and each round of competition, competitors must prepare two plates of the same dish(s). One plate is for judging, the other plate for visual display on site. 參賽者必須在每一回合及每一環節的賽事中烹調及佈碟一式兩碟完成菜肴，一碟作評審用，另一碟作現場展示用。

### Guidelines 比賽須知

- 1) A thorough inspection of all ingredients will take place prior to competitors' setting up of the work counter. Items that judges see as 'over-prepared' will not be marked. Highest score will be warranted to competitors who do most of the prep work at the competition on both Day 1 and Day 2. 評審團將會在比賽開始前檢驗參賽者帶來的食物及用品。兩天賽程中，即場預備材料愈多者，得到的評分亦愈高。
- 2) Each competitor must utilize the products that has been assigned and sponsored. 參賽者請盡可能採用贊助商號的產品。
- 3) When a competitor's eligibility becomes a concern, Chairman of the Hot Competition will have the final say. 在參賽者的資格出現疑惑的情況下，大賽主席有最後決定權。
- 4) All competitors must leave their work counters and site area clean and free of debris upon completion of their heat. Failure to do so may cause disqualification. 所有參賽者在離開比賽範圍時，如清潔及整齊不足，有可能會被停賽。
- 5) All stove tops must be spotless after each heat. The work counter and all other areas, including the sinks and fridges, will be inspected for cleanliness after each and every heat. This will be strictly enforced! 大會非常注重並嚴格執行所有工作範圍必須保持清潔，包括爐頭必得完全乾淨毫無污垢。
- 6) In addition to competition time, all competitors will have a 5-minute setup time and a 10-minute clean-up time. 參賽者會有五分鐘的事前準備，及比賽後十分鐘的清潔時間。
- 7) Scores will be given based on creativity, presentation, composition, flavour, appropriate use of products and seasoning, as well as timing, each minute of delay will cause the competitor 1 point. Other factors, such as kitchen skill, organization, professionalism, level of difficulty and tidiness will be taken into consideration. 評判將會以參賽者的創作能力，味道，配料，調味，材料應用，組織能力，專業技巧及精神，困難度，完成品的賣相，設計構思，清潔衛生及時間運用來評分。

8) Please keep in mind that the more on-site preparation in front of the judges, the higher the score. In other words, too much food advance prep work will result in lower scores. 事前準備工夫太多, 會降為低得分機會。

9) Competitors are allowed to use the work counter provided to you only. No carts or racks will be allowed on stage once the clock starts to count down. 參賽者只可以在大會提供的工作範圍內比賽, 賽事一旦開始, 手推車等用品必需離開比賽範圍

10) All competitors must arrive at least 15-minutes before the start of their heat, sign in at the competition table to collect the detailed information about your heat. 參賽者必在預定比賽時間前15分鐘到達, 並須即時向比賽委員報到及領取有關賽事之重要資料。

The judging panel's decision is final. There will be no appeals and reviews of the scores. 評審團的決定乃最終賽果, 分數不會公開亦不接受上訴。

The grand winner of BC Chinese Chef of the Year will be announced at the end of Day 2  
第一屆"2012 卑詩省金牌廚師" 名銜得主將會在第二日(一月三十日)賽事完畢後公佈

### Details about cooking stage and work counter 場地細則

The Hot Competition Committee will supply the following 大會將供應：

- 1 Chinese propane stove with wok and /or 1 regular burner TBC
- 1中式鑊, 爐頭及 1西式爐頭
- One sink with running water 1有來水之水槽
- One hand washing station 1有來水之洗手盤
- One 6-foot work counter 6呎長工作枱
- One electrical outlet 1x110v 電制
- One refrigerator to be shared by one other competitor 參賽者共用之雪櫃
- All cleaning supplies 清潔用品
- Common table with vegetables 參賽者共用之蔬菜櫃
- Common shelf with sauces 參賽者共用之汁醬櫃

Day 1: Six 30-minute heats

第一日：六場30分鐘淘汰初賽

12 competitors will compete in six 30-minute eliminating heats. Each competitor will prepare 2 plates of the same entrée dish. 六場淘汰初賽：參賽者須在三十分鐘內烹製並佈碟一式兩份用指定主菜烹調的菜肴。

Day 1: Competitors must bring with them 參賽者在第一日需要帶備之物品：

- All food related items for Day 1. The protein will be drawn by competitors at the orientation meeting. Please note: protein CANNOT be marinated ahead and CANNOT be

cooked before your time of competition. 所有肉類及食品 - 切不可以事先調味, 改良或煮熟肉食。

- All cooking utensils, pots, pans and hand-held tools 一概所需的廚具及小型手操電器廚具
- Any cutting boards, cloths, dish soap, hand towels and china. 刀, 砧板, 抹布, 清潔用品, 出餐用碟或盤子
- Proper chef coat, dark pants, apron and chef hat for yourself and your apprentice. 請穿著潔淨整齊的廚師制服出賽
- Anything else not covered below. 其他未有列出但必需之廚具和用品

Notes to all day 1 competitors 第一日參賽者須知:

- Ensure that each finished plate is portioned for 5 servings. 每一碟可供5人食用
- Have the two of the same name cards with Day 1 dish written in bold English and Chinese for judging and for display. 預備好第一日比賽菜式之中英對照菜名牌各2張。
- Day 1 competitors are allowed to bring 1 secret non-protein ingredient (e.g. seasoning, stock or sauce, etc.) and must be used in your dish. 第一日可以帶備一樣特別材料(例如 調味料, 湯或汁醬) 但不可以是肉類或海鮮, 且必需要在菜肴中採用這特別材料。

The 6 day 1 heat winners will move on to compete on Day 2.  
最高分的6名參賽者將會進入第二天的比賽。

Day 2 第二日 - Quarter-final and semi-final black box rounds

During these two rounds, competitors are allowed to bring and use 1 secret non-protein ingredient (e.g. seasoning, stock or sauce, etc.) that must be used in the appetizer and/or entrée dish. 參賽者可以為每一個比賽環節中帶備一樣特別食材(例如 調味料, 湯或汁醬), 切不可以是肉類或海鮮, 但必須應用於參賽菜肴上。

- All black box proteins and vegetables will be provided by The Hot Competition Committee. 所有肉食蔬菜均由大會提供。
- Competitors must utilize all ingredients provided in the black box. 參賽者必須運用黑盒內所有食材
- Competitors are allowed to use any of the ingredients in the common fridge and on the shelf. 參賽者可以隨意運用大會供應之雪櫃或共用架上的任可食材

1) 30-minute Black box quarter final rounds 30-分鐘黑盒式半準決賽

Three 30-minute quarter-final matches. Each competitor has to make 2 exact plates of 1 appetizer and 1 entrée. The 4 highest scorers will proceed to the semi-final round. 三場各30分

鐘半準決賽，參賽者需要在30分鐘內烹煮出一式兩碟1款頭盤及1款主菜。最高得分的四位會進入準決賽

## 2) 40-minutes black box semi-final round 40分鐘黑盒式準決賽

The 4 winners from the quarter-final rounds will compete in two 40-minutes black box eliminating matches. 四位半準決賽得分最高者分兩組進行40分鐘準決賽賽事。勝出的兩位廚師將晉身總決賽，爭奪冠軍殊榮。

Each competitor has to make 2 exact plates of 2 appetizers and 1 entrée. 參賽者需要在40分鐘內烹煮出一式兩碟2款頭盤及1款主菜。

The 2 finalists will move on to the final round to compete for the “2012 Chinese Chef of the Year” title. 兩位準決賽勝出者將會在總決賽中爭奪第一屆“2012卑詩省金牌廚師”名銜。

## The FINAL Round 總決賽

A 50-minute BLACK BOX round during which time the finalists are free to prepare and cook as many dishes as he or she desires but must include an appetizer and an entree. Finalist must prepare two exact plates of the finished dishes. 參賽者需要在50分鐘內烹弄一式兩份的菜肴，款量不俱，但必要包括一款頭盆及一款主菜。

The two finalists are allowed to bring 2 secret non-protein ingredients (e.g. stocks, sauce etc.) but must apply them in the dishes. 參賽者可以帶備及必需在菜肴中採用兩樣特別用品(例如調味料, 湯或汁醬)但不可以是肉類或海鮮，且必須應用於參賽菜肴中。

*\*\*\*For further information, please contact Mr. William Lam 778-709-1329*

詳情或查詢：統籌委員林先生

# 2012 年度第一屆卑詩省中廚匯萃冠軍選拔賽

## Terms of Entry 參賽條款及須知

1. Please return your completed entry form (attached) along with a cheque of \$120. All entries must be received on or before January 6, 2012. Late entries are not accepted. Space is limited, please send in your entry and the fee. Please email William Lam at [williamlam247@yahoo.com](mailto:williamlam247@yahoo.com) or call 778-709-1329 for further information or entry update. 謹請盡速填妥下頁之報名表格, 連同\$120元(每位)報名費用, 郵寄或遞交與 William Lam。截止日期: 一月六日, 逾期作費。
2. Competing chef and his/her assistant must be available on both competition days. Mr William Lam will notify competitors of the finalized schedules. We will not consider and/or comply with any individual's special scheduling request. 參賽者及助手請確保可在一月二十九及三十日兩天, 就大會安排之賽時表出賽, 殊不為個別時間要求而另作安排。比賽時間程序編排妥當後, 將由 William Lam 林先生另行通知。
3. Forms without payment will be discarded immediately! 報名表格或比賽費用缺一者即時作廢。
4. Persons under the age of 19 must remain within the confines of the BC Chinese Chef of the Year area in compliance with BC Liquor Licensing Laws. 因為展覽場館會中有酒精飲品, 十九歲以下人士只可以在廚師比賽範圍內活動,。
5. Indication that any competitor is under the influence of drugs or alcohol at any time prior to, during or after their participation in this event while at Vancouver Convention Centre will result in disqualification. 如果大會委員有原因懷疑參賽者有飲酒或濫用毒品, 會被取消參賽資格。
6. All recipes submitted will become the property of the BC Chefs' Association and/or their sponsors to be promoted as they see fit. 所有參賽用食譜的擁有權及運用決定權全屬廚師協會所有。
7. At no time will the BC Chefs' Association be responsible for any loss or damage to any competitor's products or property or for any physical harm that any competitor may incur during the competition. 參賽者在會場內、賽事間受損傷; 所屬之任用品及器具, 如有遺失或損毀, 大會概不負責。
8. All competitors will act in as professional a manner as possible before, during and after their heat. Failure to act in as professional a manner as possible may end up in disqualification. 請各位參賽者保持專業品德, 操守, 禮儀, 不專重者會被取消資格
9. The BC Chef Association and CCFCC requests that all competitors to fully utilize official sponsors' products during while practicing and competing.

Competitor Name 參賽者姓名：

中文：

英文：

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Chef Title 稱號或銜頭：

中文：

英文：

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Assistant/Apprentice Name 助手名字：

中文：

英文：

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Assistant Title 助手稱號或銜頭：

中文：

英文：

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Restaurant Name 餐館名字：

中文：

英文：

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Career summary 履歷簡介：

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I, the undersigned, have read, understand and agree to the above conditions. 本人已清楚閱讀及明白這份參賽條款及須知. 謹在此簽名及交上報名表及報名費用。

Signature 簽名：\_\_\_\_\_

Date 日期：\_\_\_\_\_