

All Categories 2025 Chef of the Year Competition



RULES & GUIDELINES

CONDITIONS BASED ON GUIDELINE OF WorldChefs

The competition will be held at the NUST Training Kitchen on the 16 - 18 October 2025.

NamChefs will determine the cooking schedule after the closing date of entries. Participants will be given their time prior to the competition.

An awards ceremony will be held on the 19 of October 2025/ exact date, venue and time to be advised. Closing date for the entries is **30 September 2025 at midnight** (late entries cannot be considered!).

Deadline for submission of menu and other documentation 06 October 2025.

General Competition Information

- Participation in the competition constitutes acceptance of the competition rules and the entrants agree to abide by the rules.
- NamChefs reserves the right to use the images taken of the competitors, winners of all categories and staff for publicity purposes in any manner they deem fit, without any further remuneration being made payable to the winners.
- NamChefs will not be held responsible for any delays or complication in prizes awarded.
- NamChefs and the organizing committee will not, under any circumstances, accept responsibility for damage or loss of an exhibit, dishes or personal effects, but all reasonable precautions will be taken to avoid such damage or loss.

Each participant will get a certificate according to WorldChefs standards.

- Chefs achieving 90 to 100 points will receive a Gold certificate
- Chefs achieving 80-89 points a Silver certificate
- Chefs achieving 70 to 79 points a Bronze certificate
- Chefs achieving less than 70 points will receive a certificate of participation.

Criteria for All Categories of Chefs

All participants will have 3 hours to complete the preparation and presentation of a 3-course meal for 4 guests. The cooking time will start after 30 minutes, allowed for a briefing and kitchen set-up. After the food is served you will have 30 minutes to clean your station.

- The preparation and presentation of the 3-course menu, 4 individual servings, must be completed in the time of 3 hours. This will be preceded by an additional 30 minutes for briefing & kitchen set up and followed by an additional 30 minutes for kitchen and workplace clean up.
- Points will be deducted for exceeding the time limit.
- Competitors must present the menu in the order with the courses being prepared, namely, starter, main course and dessert.
- Menu, recipes and pre order list as per attached document and for all preparation must be presented to the organiser before the start of the competition. Note: Only order what you will use. Excessive leftovers and waste from ordered ingredients will be penalized.
- All compulsory ingredient to be used in every dish to prevent a zero score for that dish. Creativity and innovation are most important due to the amount of time.
- The objective is to showcase Namibian food, keeping up with modern culinary trends.**

All Categories of Chefs Menu, Techniques and Compulsory Ingredients

STARTER: *Vegetarian dish with pastry (e.g. puff, phyllo or short crust)*
(for Senior add additional garnish, edible, not just herbs corresponding to the dish)

Instructions: Prepare Vegetarian dish with pastry plus appropriate sauce
Compulsory • Vegetable/s, Flour, 1 x Namibian ingredient from the Namibian ingredient list
Ingredients:

MAINCOURSE: *Fish fillet (mystery) with butter-based sauce (e.g. Hollandaise)*

Instructions: Prepare Fish fillet *(for Senior add additional garnish, edible, not just herbs corresponding to the dish)*
 Butter based sauce (egg yolk butter emulsion) – appropriate to the dish
 Vegetables (2 minimum) use different cooking methods
 1 Starch (appropriate to the dish) *(for Senior make a stuffed pasta e.g. Ravioli etc.)*

Compulsory • Fish fillet, eggs, butter
Ingredients: • 2 x vegetable from the pre order list, 1 x Namibian ingredient from the Namibian ingredient list
 • 1 x starch from pre order list *(for Senior make stuffed pasta e.g. Ravioli etc.)*

DESSERT: *Hot chocolate dessert (e.g. Fondant, soufflé, pudding)*

Instructions: Prepare hot dessert with chocolate + corresponding Anglaise sauce + Mystery fruit
Compulsory *(for Senior add additional chocolate garnish)*
Ingredients: Mystery fruit to be announced on day of competition, chocolate, eggs, cream, 1 x Namibian ingredient from the Namibian ingredient list

Ingredients Supplied as per Pre-Order (form attached)

Note: deadline for Submission 06 October 2025 midnight

NAMIBIAN INGREDIENTS (1 x Namibian ingredient has to be used in each course as per above description and clearly feature in the menu description and in the actual dish)

Whole millet, Mahangu flour, maize meal, Omahuku Nuts, Namibian Craft beer, Oshikandela plain, dates, Mutete flowers (Hibiscus), Narra oil, beans (dry)

DRY INGREDIENTS

Cake flour, corn flour, almond ground, white sugar, gelatin powder, sunflower oil, olive oil, tomato paste, breadcrumbs, dark chocolate, chicken stock powder, brown stock powder, polenta, semolina

LIQUID INGREDIENTS

Red wine, white wine, white vinegar, lemon juice, soya sauce

SPICES

Salt, pepper white ground, black pepper corns, cloves, juniper berries, bay leaf, vanilla essence, cinnamon, ground nutmeg.

DIARY PRODUCTS

Fresh cream, milk, butter, eggs, parmesan cheese.

MEAT, MEAT PRODUCTS & FISH

Fish fillet

FRUIT, VEGETABLES & HERBS

Apples, oranges, lemons, potatoes, tomatoes, cherry tomatoes, onions, Butternut, garlic, carrots, leeks, celery, spinach, baby marrow, red pepper, yellow pepper, fresh ginger, fresh thyme, flat parsley, rosemary, mint, fresh coriander

FROZEN FOODS

Frozen mixed berries, frozen peas

All necessary kitchen equipment will be supplied as per the equipment list, as well as additional material on a common table such as, cling wrap, disposable gloves, baking paper, piping bags (no nozzles), cleaning and hygiene products, dish clothes and the like. For specialized equipment please bring your own but needs to be declared upfront and approved by the judges.

**All ingredients will be supplied by NamChefs as per pre order list.
NO OWN INGREDIENTS MAY BE BROUGHT IN!**

JUDGES

Official Worldchefs judging criteria will be used.

- There will be judges dedicated to the kitchen and to tasting.
- Hygiene and safety in the kitchen will be judged.
- Competitors will be penalized for leaving dirty kitchen stations
- Excessive food wastage will be penalised.
- The judges' decision is final and no discussions will be entered into.

Judges require your recipes to be **typed in English on the standard recipe form provided** by NamChefs in Word format containing:

- Method of preparation.
- A comprehensive list of all ingredients to be used in the preparation of the meal as per attached pre-order list.
- A copy of the recipe and pre-order list must be submitted to NamChefs latest one month before the competition (date tba) either by email

ENTRIES, FEES & QUESTIONS

Entries to be submitted to the

Namibian Chefs Association

by email to: secretariat@namibianchefs.com

The entry fee is

- for paid up members of the Namibian Chefs Association N\$ 250
- Non-members entry fee is N\$ 550

The entry fee has to be pre-paid into the NamChefs account directly and the deposit slip / proof of payment emailed to the above mail address.

For non-members the application for membership can be obtained, prior to payment of participation by email: secretariat@namibianchefs.com

- **Individual Membership** N\$ 300
- **Junior (under 25 years or age)** N\$ 200
- **Additional members of Schools/Corporate members** N\$ 75

BANKING DETAILS:

Namibian Chefs Association
Nedbank Maerua
Branch code: 461041
Account number: 11990222950

*The payment reference must be: Your **first and last name – CoY***

COMPETITORS GENERAL GUIDELINES:

- ✓ Food must be practical for restaurant service, i.e. carrying by waitrons.
- ✓ Practical portion size is important, i.e. enough to eat but generally less than the normal restaurant serving.
- ✓ Emphasis should be placed on appearance, colour, texture and flavour combinations presenting a natural look.
- ✓ The demonstration of a wide variety of skills will count in your favour.
- ✓ Pay attention to clean and correct carving of meat.
- ✓ Meat slices should be served with the carved surface upwards and not left as when carved.
- ✓ Remember to rest your meat before slicing and plating.
- ✓ If fruit is used to garnish meat, it should be cut into small pieces or sliced thinly.
- ✓ Avoid bones and shells on the plate, which would make the dish difficult for the customer to eat.
- ✓ Vegetables must be cut or turned uniformly.
- ✓ Ingredients and garnishes should complement each other and must be edible. Avoid all ready-made garnishes.
- ✓ Piping should be 100% accurate and neat.
- ✓ Dressing the rims of plates is not acceptable.
- ✓ The use of stabilizers is permitted when using whipped cream, crèmes, etc.

COMPETITORS SHOULD AVOID:

- ✓ Repetition in preparatory methods.
- ✓ Every individual exhibit shall be the bona fide work of the competitor.
- ✓ Use of inedible materials.
- ✓ Excessively thick glazing.
- ✓ Decorating with parsley, watercress.
- ✓ Cluttering the plates.
- ✓ Use of food colouring.
- ✓ Use of tarnished silver.

COMPETITORS SHOULD CONCENTRATE ON:

Preparing simple dishes with techniques you feel comfortable with and remember to taste your food!

Any questions or queries may be directed to the NamChefs Culinary Competition Committee

Ralf Herrgott 081-847 0713
Terry Jenkins
Sanet Prinsloo 081-124 0623
or by email to secretariat@namibianchefs.com