

Lotus's

DARI DAPUR ke PENTAS

Lotus's Chef Challenge 2026



Endorsed by



Venue : Lotus's Ampang
Date : 31 Oct & 1 Nov 2026

Imbas & Daftar



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Dari Dapur Ke Pentas

Lotus's Chef Challenge 2026

Building on the success of its inaugural edition, **Lotus's Chef Challenge 2026** returns to celebrate culinary excellence, endorsed by **Worldchefs**, the **Professional Culinaire Association Malaysia** and supported by **TAEM Academy**.

Contestants will put their culinary artistry and skills to the test before an esteemed panel of industry judges.

Event Details:

Application Period: 1st-30th September 2026

Dates: 31st October & 1st November 2026 (9 a.m. onwards)

Venue: Lotus's Ampang, Kuala Lumpur

Registration: First-come, first-served basis

Contact: 5senses.contest@gmail.com

A Message From The CEO of Lotus's Malaysia

Saksit Panurach

Dear Contestants, Partners and Friends,

It gives me great pleasure to welcome you to the second edition of the **Lotus's Chef Challenge** – a celebration of creativity, passion and the possibilities of food.

At **Lotus's Malaysia**, we believe food is more than nourishment. It represents culture, tradition and innovation, while bringing people and communities together.

This year's theme, **"Dari Dapur Ke Pentas"**, reflects the remarkable journey from the kitchen to a bigger stage. Our professional-category winners from last year embodied this spirit when they represented Malaysia at the Thailand Ultimate Chef Challenge 2026, emerging as the competition's only Gold Medal-winning team and Overall Team Champion.

Through this challenge, we are proud to provide a platform for emerging chefs, home cooks and HoReCa professionals to showcase their talents, exchange ideas and inspire one another. Every dish is not only a demonstration of skill, but also a story of heritage, imagination and the flavours that unite us.

On behalf of **Lotus's Malaysia**, I thank all our contestants, partners and guests for being part of this journey. May this competition inspire fresh ideas, lasting connections and memorable experiences.

To every contestant, I wish you the very best. Let your passion shine through every plate you create – from the kitchen to the stage.

Warm regards,

Saksit Panurach

Chief Executive Officer

Lotus's Malaysia

A Message From The Chief Judge

Chef KK Yau

It is my great pleasure to welcome all participants to the **Lotus's Chef Challenge "Dari Dapur ke Pentas."**

This event marks a significant milestone in the HORECA culinary competition landscape, as the first Worldchefs-endorsed regional competition to be held in Malaysia. It is an honour to announce and celebrate this important achievement with all of you. This competition provides a valuable opportunity for chefs and aspiring culinary professionals to showcase their skills, creativity, dedication, and passion for the culinary arts. It also serves as a platform for participants to learn from one another, exchange ideas, and build meaningful connections within our industry.

I encourage all participants to compete with confidence, professionalism, and a positive spirit. Prepare diligently, adhere to the competition guidelines, and let your individual style and culinary story shine through in every dish you present.

As judges, we are committed to ensuring that all evaluations are conducted fairly, consistently, and impartially, in accordance with the official rules and judging criteria. We look forward to witnessing the talent, energy, and creativity that each participant brings to the competition stage.

Most importantly, enjoy the experience. Whether you are an experienced professional or participating in your first competition, every challenge is an opportunity to grow, learn, and develop as a chef.

My sincere appreciation goes to **Lotus's Malaysia**, the organising committee, Worldchefs, our partners and sponsors, fellow judges, mentors, and volunteers for their invaluable support in making this landmark event possible.

I wish everyone an enjoyable, inspiring, and successful **Lotus's Chef Challenge "Dari Dapur ke Pentas."**

KKYau

Worldchefs Vice Continental Director & Chief Judge

A Message From The President of The Professional Culinaire Association (PCA)

Chef Bob Adnin

It is my great pleasure, on behalf of the **Professional Culinaire Association (PCA)**, to welcome all participants, chefs, organisers, partners, sponsors, judges, mentors, and supporters to the **Lotus's Chef Challenge "Dari Dapur ke Pentas."**

This competition represents an important platform for culinary professionals and aspiring chefs to demonstrate their knowledge, technical ability, creativity, discipline, and passion for the hospitality industry. More than a competition, it is an opportunity to exchange ideas, build professional relationships, and inspire the next generation of culinary talent.

I encourage every participant to approach this challenge with dedication, confidence, and respect for the craft. Careful preparation, teamwork, cleanliness, time management, and attention to detail are essential qualities in both competition and professional kitchens. At the same time, I hope you will enjoy the experience and take every opportunity to learn from your fellow competitors and industry colleagues.

The PCA is proud to support initiatives that strengthen culinary excellence and provide meaningful opportunities for chefs to develop and showcase their capabilities. We extend our sincere appreciation to **Lotus's Malaysia, TAEM Academy**, the organising committee, Worldchefs, the judging panel, sponsors, volunteers, and all partners whose commitment has made this event possible.

To all competitors, remember that every dish tells a story of your training, character, and ambition. Present your work with pride, compete with integrity, and embrace the valuable lessons that this experience will bring.

On behalf of the Professional Culinaire Association, I wish everyone a memorable, rewarding, and successful **Lotus's Chef Challenge "Dari Dapur ke Pentas."**

Bob Adnin
President
Professional Culinaire Association (PCA)

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COMPETITION CATEGORIES & CLASSES

Category P – Professional Chef

- Class P1: Ori Ori Kari Challenge – powered by Mi Sedaap
- Class P2: Main Course Chicken
- Class P3: Main Course Salmon
- Class P4: Asian Curry Challenge (Malaysian Seafood or Fresh water fish & prawn purchased from Lotus's Malaysia)
- Class P5: Pasta Challenge
- Class P6: Main Course Asian Beef
- Class P7: Plant-based Cuisine
- Class P8: Modern Style Dessert

Category Y – Young Chef

- Class Y1: Ori Ori Kari Challenge – powered by Mi Sedaap
- Class Y2: Main Course Chicken
- Class Y3: Main Course Salmon
- Class Y4: Asian Curry Challenge (Malaysian Seafood or Fresh water fish & prawn purchased from Lotus's Malaysia)
- Class Y5: Pasta Challenge
- Class Y6: Main Course Asian Beef
- Class Y7: Plant-based Cuisine
- Class Y8: Modern Style Dessert

REGISTRATION

- Participants should carefully choose categories before submitting entry forms. No changes of categories once application is accepted.
- Acceptance of entries is first-come, first-served. Submission of a completed entry form constitutes agreement to abide by Rules & Regulations.

FEES

Professional Chef Category:

No entry fee. Each participant must submit their registration by the stated dateline.

Young Chef Category:

No entry fee. Each participant must make a purchase at Lotus's (no minimum spend) and submit the receipt during registration.

APPLICATION CRITERIA (PROFESSIONAL CHEF)

To participate, each Professional Chef applicant must:

1. Submit your entry form by scanning the **QR code** (or manual application form) and complete your particulars. Keep your confirmation slip, and contact the official representative if you do not receive a response within 7 working days regarding the status of your entry
2. **Complete the entry form** on the official website.
3. **Select two (2) categories** to participate in.
4. **Submit your entry** – our team will review and reach out with the next steps.
5. **Selected applicants** will be notified.

Application Period: 1st to 30th September 2026

APPLICATION CRITERIA (YOUNG CHEF)

To participate, each Young Chef applicant must:

1. **Record a short video (maximum 2 minutes)** introducing yourself and showcasing your passion for cooking.
2. **Complete the entry form** on the official website.
3. **Select two (2) categories** to participate in.
4. **Upload your Lotus's proof of purchase receipt** (no minimum spends).
5. **Submit your entry** – our team will review and reach out with the next steps.
6. Young chefs in this category may request their entry transfer to the Professional category; however, such transfers require the approval of the Judging Committee and the decision is final.

Application Period: 1st to 30th September 2026

Your video must include the following parts:

Part 1: Chef Introduction Video

Introduction

- How would you describe yourself through the ingredients, colours, and flavours of a dish?

Your Culinary Journey

- Who or what inspired you to begin your culinary journey?

Roots, Inspiration & Values

- Is there a person, place, or memory that continues to inspire your dishes?

Signature Dish / Cooking Style

- What dish would you choose to tell your story, and why?

Bonus Question

- What legacy do you hope your food leaves behind?

Part 2: Dari Dapur Ke Pentas Lotus's Chef Challenge 2026 (Video Submission)

Participants create and present **any dish of their choice**, showcasing their cooking skills, creativity, and personal flair.

Theme & Dish

- The spotlight is on *your* chosen dish.
- Add your own flair, but make sure the dish truly reflects your creativity and skill.

Recording Your Video

- Capture the **full journey**: from prepping your ingredients to the final, plated masterpiece.

- Show your **cooking techniques and steps** clearly.
- Keep the video concise and clear: maximum **2 minutes total** (both Part 1 & Part 2).
- Begin by introducing yourself, the **dish name**, and the **ingredients** in a few words.

Ingredients & Tools

- Work with **everyday ingredients** you'd find at home.
- No shortcuts. **Pre-cooked or store-bought ready-made items are not allowed.**
- Stick to **basic kitchen tools and utensils**. Let your skills do the magic.

Presentation & Plating

- End strong: plate your dish in a way that looks **inviting and appetising**.
- Remember, we eat with our eyes first. Creative plating can win hearts before the first bite.

Kitchen Rules

- Cook clean: maintain **hygiene and safety** at all times.
- Use clean utensils, surfaces, and safe practices throughout.

Submission

- Upload your masterpiece in a 9:16 vertical format (Reels/TikTok style), with clear quality, good lighting, and clear audio.
or
- Send your video directly by the deadline: **30th September 2026**

Rules, Guidelines & Safety

- Eligibility: Open to professional chefs, students, catering teams, culinary educators, and international entrants.
- Minimum Age: 18 years old.
- Original Work: Entries must be the bona fide work of the competitor(s).
- Entry Forms: Submissions constitute agreement to LCC Horeca Master 2026 Rules & Regulations.
- Class Participation: Competitors may enter multiple classes, but one entry per class.

- **Attire:** Proper chef jacket, non-slip shoes, no jeans; chef hat required in competition area.
- **Class Changes:** No class changes after submission; notify organizer for cancellations.
- **Contact Details:** Ensure current employer/contacts are up to date. Replacements allowed for registered companies for the same class if staff changes.

Registration & Logistics

- **How to Register:** Online portal with secure forms; early-bird and team discounts
- **Documentation:** Entry forms, brief recipe/portfolio, and equipment list if required
- **Fees:** Transparent fee schedule with payment options (TBA)
- **Scheduling:** Timed heats for live segments; clear judging windows
- **Equipment & Kitchen Details:** Standardized pantry list; venue-specific guidelines; safety compliance

Judging & Criteria

- **Judges:** Worldchefs-certified judges and local culinary experts
- **Criteria:** Technique, originality, flavor balance, presentation, time management, and adherence to category guidelines
- **Safety:** Food safety regulations strictly enforced; temperature control and hygiene standards

COMPETITION CATEGORIES & CHALLENGE DESCRIPTIONS

Category	Class	Dish
Professional	P1	Ori Ori Kari Challenge - powered by Mi Sedaap
	P2	Main Course Chicken
	P3	Main Course Salmon
	P4	Asian Curry Challenge
	P5	Pasta Challenge
	P6	Main Course Asian Beef
	P7	Plant-based Cuisine
	P8	Modern Style Dessert
Young Chef	Y1	Ori Ori Kari Challenge - powered by Mi Sedaap
	Y2	Main Course Chicken
	Y3	Main Course Salmon
	Y4	Asian Curry Challenge
	Y5	Pasta Challenge
	Y6	Main Course Asian Beef
	Y7	Plant-based Cuisine
	Y8	Modern Style Dessert

Professional Chefs may register for two (2) categories.

CATEGORY P– Professional Chef

Professional Chef: Must be 25–40 years old

Professional Chef Culinary Challenge

Class P1: Ori Ori Kari Challenge – powered by Mi Sedaap

Prepare one freestyle main course featuring Mie Sedaap, presented in a Western plating style, within 60 minutes. The Competitor to prepare **three (3) portions**, served on three individual plates, **two (2) plate to judges** and **one (1) for display**. Each portion must weigh between **350 g and 450 g**.

Each plate should consist of approximately:

- 60% Mi Sedaap
- 40% protein, garnishes, and sauce

Provided ingredients:

Each competitor will receive **three packets of Ori–Ori Kari by Mi Sedaap**. Each packet contains:

- 70 g dried noodles
- 7 g curry powder
- 3 g dried tofu

Class P2: Main Course Chicken

To prepare one FREE STYLE main course chicken dish (Western Plating Presentation) for 3 portions within 60 minutes. The dish must be presented on 3 individual plates with appropriate garnish, starch, and sauce. Only chicken bones are allowed to be brought in by competitors. Chicken breast and chicken leg will be provided by the organiser. Note: Each competitor will be provided with 2 boneless chicken breasts, and one (1) whole chicken leg with bone-in.

Class P3: Main Course Salmon

To prepare one 100% WESTERN style main course dish for 3 portions within 60 minutes. The dish must be presented on 3 individual plates with appropriate garnish, starch and sauce.

Class P4: Asian Curry Challenge

To prepare two types of 100% AUTHENTIC ASIAN curry dishes. 3 portions each within 60 minutes using Malaysian seafood or fresh water fish or prawn or any combination purchased from Lotus's Malaysia (2 Asian Country Cuisine). Western stove will be provided but the contestant needs to bring in their own Asian wok. Asian style serving ware only.

Class P5: Pasta Challenge

Prepare and present three portions of a freestyle Western-plated pasta main course within 45 minutes on individual plates or bowl with appropriate starch, sauce, and garnish, dough can be sheeted but not pre-shaped.

Class P6: Main Course Asian Beef

To prepare 100% authentic Asian beef dish with beef rump from Lotus's Malaysian for three (3) portions served with starch and appropriate garnish in 60 minutes.

Class P7: Plant-Based Cuisine

To prepare one (1) main course dish for 3 portions in individual plate or bowl to be prepared and present within 60 minutes:

Innovative main course, using plant-based products:

- One (2) set serve to the judges
- One (1) set for display

Appropriate sauces, sides and garnishes to be serve with the dishes. Lotus's seasoning and ingredients can be used as a side for the dishes.

This category is sponsored by Lotus's Malaysia plant-based range products and proof of purchased required to present during competition day.

Dish Description and Must Use Products

1. Innovative and Modern Main Course using one or a combination of Plant-based products

General Guideline

1. As you begin to develop your menus and start to plan the components for your Plant-Based dishes, it is important to keep in mind that the level of professionalism, skills, technique, and the expectations from the jury as any competition categories.
2. Modern Plant-Based techniques, trends and fusions may be combined with classical preparation techniques.
3. It is important to understand these references are a guide and ensure there are no confusion in your delivery or menu description.
4. The presentation of Plant-Based dishes must showcase the quality of plants and Plant-Based products while being creative to meet the needs of the customers choosing a Plant-Based menu item, and to ensure they receive the same dining pleasure.

Class P8: Modern Style Dessert

This Year marks the new milestone for LCC, over years Lotus's sharing passion for exception taste and unwavering commitment to quality and real taste. We have continually innovated and expanded our range of products to give our Horeca partners the choice of artisanal craftsmanship that defines us. We invite you to join us by creating dishes that capture the spirit of LCC 2026

Practical category

Individual competition: open to chefs in hotels, restaurants, catering and culinary institutions from Malaysia.

Rules and Guidelines

Competitors to prepare and present with one (1) hour the following

- Modern style plated dessert good to serve in a la carte menu.
- Must be present in three (3) individual plates, two (2) for judging and one (1) for display.
- Must visibly contain whipping cream (38%), Sour Cream and Mascarpone cheese & UHT Milk (minimum 1 type to be used).

Important Notes

Modern style preparation refers to a preparation that combines style, boldness & Elegance.

Every competitor must serve three (3) platters of each dish, two (2) for tasting and one (1) for display.

Participants to provide their own adaptor or small utensils not more than 6 type,

Each competitor is allowed to bring one (1) helper to set up and have to leave once the food delivered and helper to be in proper uniform.

Organiser will provide one (1) electrical line per cooking station.

AWARDS & CERTIFICATES

A Certificate of Participation will be presented to all competitors.

MEDALS and CERTIFICATES of AWARDS:

The respective Medals and Certificates of Awards will be presented to any competitor who attains the following points:

GOLD with Distinction: 100 points

GOLD: 90 – 99 points

SILVER: 80 – 89 points

BRONZE: 70 – 79 points

Young Chefs may register for two (2) categories.

CATEGORY Y– Young Chef

Young Chef: Must be 18–30 years old

Young Chef Culinary Challenge

Class Y1: Ori Ori Kari Challenge – powered by Mi Sedaap

Prepare one freestyle main course featuring Mie Sedaap, presented in a Western plating style, within 60 minutes. The Competitor to prepare **three (3) portions**, served on three individual plates, **two (2) plate to judges** and **one (1) for display**. Each portion must weigh between **350 g and 450 g**.

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Class Y3: Main Course Salmon

To prepare one 100% WESTERN style main course dish for 3 portions within 60 minutes. The dish must be presented on 3 individual plates with appropriate garnish, starch and sauce.

Class Y4: Asian Curry Challenge

To prepare two types of 100% AUTHENTIC ASIAN curry dishes. 3 portions each within 60 minutes using Malaysian seafood or fresh water fish or prawn or any combination purchased from Lotus's Malaysia (2 Asian Country Cuisine). Western stove will be provided but the contestant needs to bring in their own Asian wok. Asian style serving ware only.

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Class Y7: Plant-Based Cuisine

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Innovative main course, using plant-based products:

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Practical category

Individual competition: open to chefs in hotels, restaurants, catering and culinary institutions from Malaysia.

Rules and Guidelines

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Organiser will provide one (1) electrical line per cooking station.

AWARDS & CERTIFICATES

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MEDALS and CERTIFICATES of AWARDS:

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GOLD with Distinction: 100 points

GOLD: 90 – 99 points

SILVER: 80 – 89 points

BRONZE: 70 – 79 points

CHEF'S CHALLENGE JUDGING CRITERIA

Here are the judging criteria from the Lotus's Chef Challenge 2026 Rule Book:

Criteria	Points Awarded
Material brought/Mise en Place	5 points
Hygiene and Food Waste	10 points
Correct Professional Preparation	15 points
Innovation	5 points
Service	5 points
Presentation	10 points
Taste and Texture	50 points
TOTAL	100 points

Material brought / Mise en Place: 5 Points

- Clear arrangement of materials
- Correct number of items brought in
- Proper working technique
- Correct utilization of working time

Hygiene and Food Waste: 10 Points

- Clean hygienic work techniques
- Workflow has been adhered to and followed
- Clear benches not cluttered
- Correct storage of food items
- Temperature control on food items – hot and cold
- Control on excess and food waste
- Limitation on plastic waste

Correct Professional Preparation: 15 Points

- Correct basic preparation of food, corresponding to today's modern culinary art.
- Preparation should be by practical, acceptable methods that exclude unnecessary ingredients.
- Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables.
- Proper working technique and attention paid to hygiene during preparation of food
- Review of all food waste including excess items.
- Review of teamwork or the time to make items or serve them.

Innovation: 5 Points

- The introduction of a new technique or significantly improving and existing dish
- New style of dishing presentation that enhances the customer or judge's expectation.
- Allow chefs or teams to create a WOW factor.

Service: 5 Points

- Correct number of plates must be presented.
- The meals should be practical, transportable
- Meals must be presented on time OR points will be deducted

Presentation: 10 Points

- Ingredients and side dishes must be in harmony
- Points are granted for excellent combination, simplicity and originality in composition
- Clean arrangement, with no artificial garnishes and no time-consuming arrangements
- Exemplary plating to ensure an appetizing appearance is required

Taste and Texture: 50 Points

- The typical taste of the food should be preserved
- It must have appropriate taste and seasoning
- The dish quality, flavors and color should conform to today's standards of nutritional values.

COMPETITION CHAMPION PRIZES

AWARDS & CERTIFICATES

A Certificate of Participation will be presented to all competitors.

MEDALS and CERTIFICATES of AWARDS:

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GOLD with Distinction: 100 points

GOLD: 90 – 99 points

SILVER: 80 – 89 points

BRONZE: 70 – 79 points

LCC 2026 CHAMPION FOR PROFESSIONAL:

Presented to Professional Chefs who accumulate the highest number of points, best in two (2) classes.

The Highest Medal will be credited to each participant per category.

Gold with Distinction – 10 points

Gold – 5 points

Silver – 3 points

Bronze – 1 point.

Placement Prizes

Placement	Prizes
Grand Prize	<ul style="list-style-type: none"> • RM 3,000 Lotus's Cash Voucher • Advancement to Thailand Ultimate Chef Challenge (TUCC) 2027.
1st Runner Up	<ul style="list-style-type: none"> • RM 2,000 Lotus's Cash Voucher • Advancement to Thailand Ultimate Chef Challenge (TUCC) 2027.
2nd Runner Up	<ul style="list-style-type: none"> • RM 1,000 Lotus's Cash Voucher • Advancement to Thailand Ultimate Chef Challenge (TUCC) 2027.
Consolation (8x)	<ul style="list-style-type: none"> • RM 300 Lotus's Cash Voucher

LCC 2026 CHAMPION FOR YOUNG CHEF:

Presented to Young Chefs who accumulate the highest number of points, best in two (2) classes.

The Highest Medal will be credited to a participant per category.

Gold with Distinction – 10 points

Gold – 5 points

Silver – 3 points

Bronze – 1 point.

Placement Prizes

Placement	Prizes
Grand Prize	<ul style="list-style-type: none"> • RM 3,000 Lotus's Cash Voucher • Advancement to Culinaire Malaysia 2027.
1st Runner Up	<ul style="list-style-type: none"> • RM 2,000 Lotus's Cash Voucher • Advancement to Culinaire Malaysia 2027.
2nd Runner Up	<ul style="list-style-type: none"> • RM 1,000 Lotus's Cash Voucher • Advancement to Culinaire Malaysia 2027.
Consolation (8x)	<ul style="list-style-type: none"> • RM 300 Lotus's Cash Voucher

REQUIREMENTS FOR LOTUS'S CHEF CHALLENGE 2026 REGISTRATION

1. Age of Applicants

- Applicants must register in the category that corresponds to their age. If any discrepancies or false information are found, the application will be invalidated, and the applicant will be disqualified from participating.
- Please provide a copy of your ID card or passport to verify your age on the competition day.

2. General Eligibility:

Category	Age	Description
Professional Chef/Cooks	25–40 years old	<ul style="list-style-type: none"> • Open to individuals currently working as professional chefs or cooks in the HORECA culinary industry. • Establishment Representation: Must represent Food Service Hotel, Restaurant, Culinary Institutions, Airlines or Catering Organizations.
Young Chef	18–30 years old	<ul style="list-style-type: none"> • For aspiring chefs who are cooking at home or have ambitions to pursue cooking in the future. This category is intended for individuals with a passion or interest in developing their culinary skills.

3. Changes to Registration Information (After Registration is Complete)

- Only the competitor's name can be changed; other details such as the date, time, or competition class cannot be modified. A processing fee of RM30.00 per change applies.

4. Verification of Information

- Applicants must carefully review and confirm the accuracy and completeness of all registration details before submitting the application form.

5. POINTS TABLE FOR ALL MEDALS

- 100-90 points Gold medal with certificate
- 89-80 points Silver medal with certificate
- 79-70 points Bronze medal with certificate
- 69-60 points Diplomas with certificate

FOOD PREPARATION GUIDELINES

The following items are permitted to be brought in and in what stage of production:

- Basic stocks & Mother sauces – Are permitted but must have further fabrication.
- Salad – Can be cleaned and washed.
- Vegetables/ Fruits – Can be washed, clean, peeled, cut / trimmed (any shape) but must be raw.
- Fruits & Vegetables Purees – must be done during competition time.
- Pastas & other Doughs – Allowed can be flavored and rolled into sheets, but not portion and not cooked.
- Fish – All Protein will be provided by the Organizing Committee.
- Lamb/Beef/Chicken – All Protein will be provided by the Organizing Committee.
- Mousses – Need to be made in the competition.
- Dry ingredients – Can be weighed and measured.
- Dressings – To be made in competition.
- Decorations – To be done during competition.
- Coulis – Puree can be brought in but needs to be finished in competition.
- Fruit pulps – Can be brought in but with no additives.
- Pastry sponge and dough – Can be brought in but cannot be cut in any format.
- Meat – Transglutaminase (meat glue) is not permitted to be used.

INFORMATION GUIDELINES

FOOD SAFETY REGULATIONS

The following information is to be read in conjunction with the Lotus's Malaysia Competition Guidelines.

The core messages of the Five Keys to Safer Food are: (1) keep clean; (2) separate raw and cooked (3) cook correctly; (4) keep food at safe temperatures, and (5) selection of safe raw materials to produce the items.

1. **KEEP CLEAN**

- (It takes over 2.5 billion bacteria to make 250 ml of water look cloudy, but in some cases, it takes only 15-20 pathogenic bacteria to make one sick)
- a. Wash and sanitize all surfaces and cooking equipment in the preparation area of the kitchen.
- b. Fruits and vegetables need to be washed and packed in appropriate containers.
- c. The kitchen area needs to be spotless as it is a showcase of our profession.
- d. All the equipment, tools, utensils, or service wear including knives and knife containers (wraps, etc...) you may be using, must be clean.
- e. Floor, walls, cabinets and refrigeration in the competition arena, and the cart or transport equipment must be kept clean.

2. **SEPARATE RAW AND COOKED**

- (Keeping raw and prepared food separate prevents the transfer of microorganisms. Cross-contamination is a term used to describe the transfer of microorganisms from raw to cooked food, and to the equipment used in the vicinity of the food items)
- a. All food ingredients should be packed separately and labelled clearly by; name and date of packing, and if required, "use by" date.
- b. Raw poultry, fish, seafood, and meat proteins are to be housed in their own closed containers. These items must be transported and stored at <5°C (41°F).
- c. Various packed and labelled dry items can be stored on the same tray.

- d. Cooked food items must be stored above raw items to avoid drips and cross contamination. There should be no contact between the two items

3. **COOK CORRECTLY**

- (Correct cooking or care of food can kill almost all dangerous microorganisms, which ensure the jury, and guests in attendance, that the food is safe for consumption)

4. **KEEP FOOD AT SAFE TEMPERATURES**

- a. Temperature of item prior to cooking
- b. Length of time during which the items were subjected to heat
- c. The actual temperature upon cooking
- d. Time at which the cooking process was completed

Blanched items, should be shocked immediately in clean iced water to stop the cooking process, then drained and stored in a clearly labelled and covered container.

- e. If your National Cuisine needs a partially cooked item to be blanched /dried, then cooked again, please clearly highlight this to the jury members – example Peking Duck. These items are to be held in a clean area to avoid bacteria.

5. **SELECTION OF SAFE RAW MATERIALS**

- Always begin with fresh, high-quality, and safe raw ingredients.
- Ensure:
 - Meats are stored separately and at correct temperatures.
 - Produce is washed and sanitized as required.
 - All items are within expiration date and sourced from reputable suppliers.

DRESS STANDARDS

Ideally, all chefs of a team should be dressed nearly identically.

1. Chef's jacket – The chefs or team of chefs, should enter the competition arena wearing a clean white, pressed chef's jacket.
2. Chef's hat – Standard chef hats, or competition sponsored hats must be worn. Individual event skull caps may be worn.
3. White apron is the standard apron for competitions. Pale coloured ones, and butcher striped aprons are accepted.
4. Safety style, non-slip, must be worn. Sport shoes are not allowed in the kitchen.
5. Neckties – are optional.
6. No visible jewellery is to be worn except for a wedding band, ear stud (no more than 7 mm diameter) or sleeper (small rings).
7. No watches to be worn in the competition kitchen.

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Chefs should be clean and showered and demonstrate good personal hygiene.
4. Hair which touches the collar, or falls below the collar, must be restrained and covered with a hair net.
5. Aftershave and perfumes must not be overpowering.
6. Sleeves of chef's jackets must be a minimum of elbow length.
7. Correct footwear must be clean.

PRACTICAL COOKING

1. A schedule of competition will be confirmed one week prior to the event after all the categories are confirmed.
2. Culinary Kitchen Station is equipped with the following:

Kitchen Set up:

- 2x Induction Stoves
- Refrigerator
- Standard Convection Oven
- Stainless Steel Work Table
- Sink with Running Water

3. The organizers will not be responsible for loss or breakage of silverware, crockery or other utensils. No charcoal or BBQ allowed.

4. Participants are required to use equipment provided by the organizer or sponsor, unless otherwise stated. Please note that the items provided may be subject to change.

GENERAL RULES TO FOLLOW

1. Tasting of food must be carried out with disposable single use utensils, or utensils that are washed after each tasting.
2. Remove a sample of a product from the container with one spoon.
3. Transfer the product sample onto a second spoon, away from the original food container or preparation area.
4. Sample the product by tasting.
5. Never re-use used spoons. Use clean and sanitary spoons for each tasting. Always use two spoons to ensure sanitary practices are being followed and the product is not contaminated.
6. Double dipping into sauces or food items with the same spoon is strictly prohibited.
7. Food items in transport, and stored, must be covered with clear plastic or a lid.
8. Ready To Eat Food (RTE) should not be handled with bare hands.
9. Equipment acceptable for the handling of cooked food are: tongs, chop sticks, or tweezers.
10. Work areas should always be cleared of unnecessary items.
11. Basic spills should be cleaned up immediately.
12. Knives must be kept clean at all times.
13. Food trimmings should be identified and labelled.
14. Food trimmings from your mise en place, that may be used later, should be kept separately, not mixed together, labelled, and stored at <5°C (41°F).
15. Hand paper towels to be used for work surface bench and hands wiping.
16. Cloth towels should only be used to handle hot items.
17. Cutting boards in PEHD (polyethylene high-density) material are preferred and should be color coded: green for vegetable, red for meat, blue for fish, brown for cooked meats, and violet for vegan.
18. White is acceptable as a neutral color for all tasks. Cutting boards should always be clean.
19. Use of wooden cutting boards is not authorized.

20. Cardboard or any porous containers and boxes are not allowed to enter the kitchen.
21. Nothing is allowed to be stored on the floor.

Equipment:

- Standard kitchen equipment is provided by the organizer as per the list published one month in advance.
- Competitors must bring their own small kitchen equipment and plate ware.
- Brought-in equipment/machines need jury approval for technical reasons.
- Small utensils 2 pots, 2 pans and ladder and spatula will be provided, additional small equipment can be brought in by competitor, must be approved by the organiser one (1) week before the competition date.

Timing:

- Entries must not be completed more than 10 minutes before the stipulated completion time.
- Competitors violating this rule will be penalized up to a 10%-point deduction from their final score.
- One point will be deducted for every 1 minute of being late, and disqualification occurs if the participant is 10 minutes late.

Ingredient Guidelines (for mise en place):

- Basic mother sauces are permitted but must have further fabrication.
- Salads must be cleaned and washed.
- Vegetables and fruits must be cleaned, cut/trimmed (any shape) BUT must be raw.
- Fruit and vegetable purees are permitted but must not be seasoned or finished.
- Specific guidelines for fish, shellfish, meat/poultry/game, liver, smoked fish, pasta, etc. are provided.

RULES & REGULATIONS

These rules must be read before submitting competition Registration Forms.

1. This competition is open to everybody, including Professional Chefs & Young Chefs.
2. With a minimum age of 18 years old to be part as registered Contestant.
3. Every exhibit must be the bona fide work of the individual competitor.
4. The final submission date of the 2 minute video is 30th September 2026.
5. An individual competitor should participate in two (2) classes, but is restricted to one entry in any one class.
6. Competitors will need to register with the Secretariat at site only once (on the day of their last class) to collect their Certification of Participation. Uncollected certificates will be disposed of within three (3) weeks.
7. Each competitor must wear his or her Proper Chef's Jacket, no sports-shoes and jeans; a Chef's Hat must be worn at all times when he or she is within the competition area or during competition.
8. Submission of a completed Registration Form shall constitute an agreement to abide by the Rules & Regulations of the Lotus's Chef Challenge 2026.
9. No change of classes will be allowed. Please notify the Organiser should you wish to cancel. Early notification may allow an unsuccessful competitor to prepare for competition. At the event, absentees without written pre-notification to the Organiser will have their future applications re-considered.
10. Entries for the classes are accepted on a first-come-first-served basis. Applicants for these classes should select another class on the Registration Form in the event they are unsuccessful for their first choice. Please take note that with limited kitchen stations, these classes are usually filled before the official closing date.

11. To avoid having their applications withdrawn from the competition without notice, it is competitors' responsibility to advise the Organizer should they change employers or contact details. It is difficult to keep a competitor on the list if we are unable to contact them. Companies registering and paying for competitors have the right to replace staff that leaves their employ. Staff leaving the company is considered removed from the competition registration list. A company can replace a competitor for the same class registered, should the competitor leave the company before the event.
12. Competitors must be present at least 45 minutes at the respective registration counter before their appointed time and inform the Kitchen Manager of their arrival. Should there be a station available, it may be allotted to early arrivals. Competitors who are not present at their scheduled time will be considered no-shows and will be disqualified.
13. Chef's attire is required during competition and all official events. No company name/logo should be visible to the judges during judging. It may be included or placed on uniforms once judging is completed.
14. If an award is won, the competitor has to ensure their presence or that of a representative from the same establishment at the ceremony to collect it. All awards are to be accepted in *Chefs Jacket uniforms* & Chef Hat. Any trophy/medal/certificate that is not accepted at the ceremony will be forfeited three weeks after the event.
15. Official ingredients/recipe forms will be sent to individual competitors. These must be placed by the side of exhibits/dishes if the rules require it. The Organiser does not require copies, but reserves the right to request them. Ingredients must be packed and transported according to international HACCP rules.
16. The Organiser reserves all rights to the recipes used and photographs taken at the event. Any publication, re-production or copying of the recipes can only be made with their approval.
17. Medals will be given out daily before 1700hrs. Competitors should be present in complete professional attire. Any trophy/medal/certificate that is not accepted at the ceremony will be forfeited three (3) weeks after the event.
18. The Organiser reserves the right to remove display exhibits if deterioration beyond acceptable standards has taken place.
19. The Organiser reserves the right to rescind, modify or add on any of the above Rules and Regulations and their interpretation of these are final. They also reserve the right to limit the number of entries per class or amend a competition section,

modify any rules, cancel any class or competition, or cancel/postpone the whole competition event should it be deemed necessary.

20. The Organiser will not be held responsible for any damage to or loss of exhibits, equipment, utensils or personal effects of competitors.
21. All establishments should have a food shop licence with permission to cater, issued by The Ministry of Health of Malaysia.
22. The competition schedule will be informed later (one week before competition day).
23. The organizing committee will provide a Market Table, with various types of ingredients that can be used for competition such as herbs, seasoning & some sauces. Those products should at least be used by the team in a free manner.
24. Competitors should bring their small kitchen utensils, knife, pots and pans and can use induction stoves.
25. 1 portion for display and 1 portion for judging.
26. 3 sets of recipes are needed in the kitchen; 1 set of menu cards needs to be displayed.
27. All Chinaware such as plates, soup plates will be provided by participants.
28. All plate ware used for the competition should be without a logo.
29. Competitors contravening any of the Rules and Regulations of the event may be disqualified.
30. No pork and alcohol items are allowed.
31. All participants will also have medals & certificates based on merit.
32. Competitors who are in doubt of the interpretation of the criteria are advised to contact the Organiser at:

Lotus's Chef Challenge 2026
Ampang, Selangor
Malaysia

Email : 5senses.contest@gmail.com

