



# NORDIC CHEFS and WAITER CHALLENGE FOODEXPO 2024

MCH Messecenter Herning  
Vardevej 1  
7400 Herning  
Danmark

18th TO 19<sup>th</sup> OF March 2024

## SELECTION OF THE CANDIDATES REPRESENTING:

DENMARK

SWEDEN

ICELAND

FINLAND

NORWAY

The Competition include 4 categories:

- Nordic Green Chef
- Nordic Junior Chef
- Nordic Senior chef
- Nordic waiter

For the **Nordic Green Chef** - Each Nordic country will send one (1) team with 1 senior and 1 junior chef, the junior **must** be under 25 years of age, the day of competition.

For **Nordic Junior Chef** will qualify 1 Young chef born after 1<sup>st</sup> January 2000

For the **Nordic Senior chef** will qualify 1 chef (any age)

For the **Nordic waiter** will qualify 1 Waiter (any age)

Out of the total result there will also be a total winner between the chefs  
With Title Nordic Chef of the year



## **COMPETITION - Nordic Green Chef- 18<sup>th</sup> of March 2024**

The chef plus the assistant (the assistant can assist the chef in all the preparations).

Must prepare a **3 course menu for 12 people plated individually**. 6 for guests 6 for jury

- **Starter hot or cold or hot /cold**
- **Main course**
- **Dessert**

**Time: preparation and service 4 hours in total. See Timetable**

| team | Kitchen set up | Start cooking | starter | Main course | dessert | Cleaning finish |
|------|----------------|---------------|---------|-------------|---------|-----------------|
| 1    | 1700           | 1730          | 2000    | 2030        | 2100    | 2130            |
| 2    | 1705           | 1735          | 2005    | 2035        | 2105    | 2135            |
| 3    | 1710           | 1740          | 2010    | 2040        | 2110    | 2140            |
| 4    | 1715           | 1745          | 2015    | 2045        | 2115    | 2145            |
| 5    | 1720           | 1750          | 2020    | 2050        | 2120    | 2150            |

**The courses must be predominately vegetable based. But can contain Lacto / Ovo items There are ingredients that *have* to be used, and ingredients from the list that *can* be used. Besides the ingredients given to you, and from the list it is not allowed to bring or use any other ingredients.**

**1. course: a starter – A “burger” version your style**

**Main ingredients must be used red beets and white onion.**

**2. course: a main course**

**Ingredients that must be used: Tomatoes Juanita, Cucumber and Jerusalem artichoke**

**3. Course: dessert**

**Ingredients that must be used: green apple, Fresh Blueberries and Jivara milk chocolate Valrhona 40 %**

The decided menu and list with ingredients has to be sent latest 4 weeks before competition start, that is **15<sup>th</sup> of February 2024**

Each Nordic chef's association must sign in their team to the arranging country/ committee within 2 months before the competition, **and that is 15<sup>th</sup> of January 2024**

Information that must be given in this enroll are:

Competitors name, address, Mobile number, E mail address.

Complete CV with colored photo in Chefs uniform

Chefs Jacket size

All info shall be sent to NKf CM ([smgrh@online.no](mailto:smgrh@online.no)),



## COMPETITION – Nordic Junior Chef 19<sup>th</sup> of March 2024

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For **Nordic Junior Chef** will qualify **1** Young chef born after 1<sup>st</sup> January 2000  
Prepare a 3 course menu for 12 persons, the following ingredients must be included in the courses.

Time : Total time 6,5 hour

| team | Kitchen set up | Start cooking | starter | Main course | dessert | Cleaning finish |
|------|----------------|---------------|---------|-------------|---------|-----------------|
| 1    | 07.00          | 08.00         | 12.00   | 13:00       | 14:15   | 14.45           |
| 2    | 07.00          | 08.05         | 12.05   | 13:05       | 14:20   | 14.50           |
| 3    | 07.00          | 08.10         | 12.10   | 13:10       | 14:25   | 14.55           |
| 4    | 07.00          | 08.15         | 12.15   | 13:15       | 14:30   | 15.00           |
| 5    | 07.00          | 08.20         | 12.20   | 13:20       | 14:35   | 15.05           |

**All chef's leave the kitchen 5 minutes before ended set up time**

### Competition Task

#### 1 course Starter

**The main ingredient in this dish has to be minimum 60% in volume or taste**

Presentation for 12 guests on plates from Figgjo

**Sterling white halibut filet apx 2,5 kg**

**Spring Carrots**

#### 2 course Main course

**The main ingredient in this dish has to be minimum 60% in volume or taste**

Presentation for 12 guests 6 on plates from Figgjo and 6 on given Platter from Figgjo

**You get 6 pc of fresh Danish duck Breast and 4 pc thighs of duck**

**Cauliflower**

#### 3 course Dessert

**The main ingredient in this dish has to be minimum 40% in volume or taste**

Presentation for 12 guests on plates from Figgjo

**Ingredients that must be used: green apple, Fresh Blueberries and Jivara milk chocolate Valrhona 40 %**

Main ingredients for the menu will be presented the same for all competitors the i competition day.

The decided menu and list with ingredients has to be sent latest 4 weeks before competition start, that is **15<sup>th</sup> of February 2024**

Each Nordic chef's association must sign in their team to the arranging country/ committee within 2 months before the competition, **and that is 15<sup>th</sup> of January 2024**

Information that must be given in this enroll are:

Competitors name, address, Mobile number, E mail address.

Complete CV with colored photo in Chefs uniform

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## COMPETITION – Nordic Senior Chef 19<sup>th</sup> of March 2024

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The **Nordic Senior chef** will qualify 1 chef (any age)

Prepare a 3 course menu for 12 persons, the following ingredients must be included in the courses.

**Time** : Total time 6,5 hour

| team | Kitchen set up | Start cooking | starter | Main course | dessert | Cleaning finish |
|------|----------------|---------------|---------|-------------|---------|-----------------|
| 1    | 07.30          | 08.25         | 12:25   | 13:25       | 14:40   | 15.10           |
| 2    | 07.30          | 08.30         | 12:30   | 13:30       | 14:45   | 15.15           |
| 3    | 07.30          | 08.35         | 12:35   | 13:35       | 14:50   | 15.20           |
| 4    | 07.30          | 08.40         | 12:40   | 13:40       | 14:55   | 15.25           |
| 5    | 07.30          | 08.45         | 12:45   | 13:45       | 15:00   | 15.30           |

**All chef's leave the kitchen 5 minutes before ended set up time**

### **Competition Task**

#### **1 course Starter**

**The main ingredient in this dish has to be minimum 60% in volume or taste**

Presentation for 12 guests on plates from Figgjo

**Sterling white halibut filet apx 2,5 kg**

**Spring Carrots**

#### **2 course Main course**

**The main ingredient in this dish has to be minimum 60% in volume or taste**

Presentation for 12 guests 6 on plates from Figgjo and 6 on given Platter from Figgjo

**You get 6 pc of fresh Danish duck Breast and 4 pc thighs of duck**

**Cauliflower**

#### **3 course Dessert**

**The main ingredient in this dish has to be minimum 40% in volume or taste**

Presentation for 12 guests on plates from Figgjo

**Ingredients that must be used: green apple, Fresh Blueberries and Jivara milk chocolate Valrhona 40 %**

Main ingredients for the menu will be presented the same for all competitors the competition day.

The decided menu and list with ingredients has to be sent latest 4 weeks before competition start, that is **15<sup>th</sup> of February 2024**

Each Nordic chef's association must sign in their team to the arranging country/ committee within 2 months before the competition, **and that is 15<sup>th</sup> of January 2024**

Information that must be given in this enroll are:

Competitors name, address, Mobile number, E mail address.

Complete CV with colored photo in Chefs uniform

Chefs Jacket size

All info shall be sent to NKf CM ([smgrh@online.no](mailto:smgrh@online.no)),



# Overall information - Chefs

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## JURY Chefs

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### Head of Jury:

The head of judge will be Chef Thomas Riis from Denmark

**There will be two Kitchen / place appointed jury member.**

**4 Tasting judges plus Head of the jury ( total of 5)**

### Judging ( overall)

All Jury and judges to nominated by Nordic Chefs Association in collaboration with the Culinary Committee. During the competition there will be constantly following environment and sustainability for all competitors

### Scoring

#### Kitchen

- "Mise en place"/workstation 10 points
- Professional preparation: 25 points
- Understanding and be true to the task
- + Hygiene Space Judge
- + Work Technology
- + Organization of work
- Service 5 points
- + Time

#### Tasting

- Presentation 10 points
- Taste 50 points

- Total 100

### Criteria

1. The criteria to be followed in the assessment is the then applicable competition rules of NKF.
2. The teams are judged by the prevailing point scale determined by the NKF/ Wacs
3. Candidates will be judged professionally and without balancing of judges in relation to personal circumstances.
4. After finishing the competition, the participants who want it will be given an evaluation from the judges. It should happen immediately after the judges have put their points.
5. The evaluation and all final discussions is led by jury president.
6. Judges are not marking their own country.
7. The highest and lowest mark are not taken out.
8. If there is more than 2 marks in difference among the judges, the judges should be notified.



9. The judges see all the marks before the final announcement.
10. The time between the end of the completion until the results are announced, should be increased to make room for checking the results twice.
11. It is the team who obtains the highest score in total that wins the category they participate in
12. Kitchen judging and tasting judging are done by 2 teams of judges 2 judges (host country) for kitchen and 5 appointed judges for tasting ( incl. Head of jury)
- 13. During the competition the Kitchen Jury judge the Kitchen and time activity in total of 40 marks. The Tasting judges are not allowed to be in the kitchens or backstage during preparation time. There are not allowed to have any conversation between Kitchen and tasting judges during the competition. Tasting jury can visit the kitchens just to say "hello" within 15 minutes before their Judging. The tasting judges can give a maximum of 60 marks. Head of the jury are allowed in the area during the whole competition when needed.**
14. The rules followed for the competition is 'WorldChefs 'competition legislation, regarding points distribution and hygiene rules.
15. The judges give points of 1-10 weighted in the aftermath of the individual:

#### **Upon withdrawal of NGC**

1. All persons involved in the competition will be informed about the rules and recommendations for host country regarding Covid-19 or other national Hygiene and environment regulations. Those must be followed.
2. On the finals shall be submitted three course menus cooked for 12 people.
3. All dishes will be presented at Figgjo porcelain only.
4. Participants will be awarded chef's jacket with embroidered name and white apron from NKF sponsors. The candidate ensures else to set the correct uniform; white chef's jacket, black pants ironed, white apron (colored can be used during production), white chef hat without advertising, as well as good, closed working shoes.
5. NKF reserves the right to publish all received menu suggestions. In agreement with the individual may also NKF sponsors use finalist in their marketing.
6. An applicant provides otherwise for the caregiver set in proper uniform; white chef's jacket, black pants ironed, white tail (colored tail can be used during production), white chef hat without advertising, as well as good, closed working shoes. Only name and workplace can stand on chef jacket.
7. Competition Arena outside of public spaces available for finalists, aides, organizers, and judges. Press will have access to film / photograph without interfering competitors.
8. Waste must be sorted by current regulations in the municipal competition is held. There will be information about this information session before the competition starts.

#### **Assistant**

All teams will have (appointed) their own assistant provided by host country during the entire competition. The assistant should be an apprentice in an approved apprenticeship, or during education. The assistant must speak and understand English.

The assistant is not allowed to cook or touch any food during the competition only help cleaning and as runner. Except during service if the competitor wants assistance.

#### **Technical Equipment**

NKF has signed sponsorship agreement with Electrolux as set by competition kitchens at NM Cooking Art.

The following setup to technical specification should be minimum requirements:

Competition The kitchen has a surface area of apx. 3 x 3 meters with access from the rear.

It is open onto the audience area. It is proof walls between the venues.



**In the common areas are a variety of kitchen equipment.:**

- vacuum machine
- shock freezer
- Dishwasher in their own department, served by organizer
- Dry Inventories, dairy products and spare equipment
- Only Dishes and porcelain supplied by Figgjo AS is allowed to use.

**At each competition kitchens are the following equipment: A complete list of equipment will be sent all within 15<sup>th</sup> of January 2024**

- Combi Oven
- Gastro Trays
- Induction hob
- 1 fridge
- Heat Lamp of service bench
- 1:20 Amp auxiliary power outlet for own machines
- Work Benches apx.4,5 meters in total
- Double sink, hot and cold water
- Paper towels, soap, dishwashing equipment
- Clock
  - **Pots and pans, cutting board, spoons, sifts and trays etc. are supplied when ordered 14 days before competition. List will be provided.**

**personal and small equipment can be brought to the competition.**

- Knives
- Special Equipment
- Handheld Small Appliances
- Spray bag with equipment
- Forms
- Additional front pieces
- Rags desired

NB: Remember that electrical equipment beyond hand blender / food processor should be checked out by a qualified workshop before it connects to the competitive arena. If there is desire heavier entrained equipment must be approved ahead of the competition as it may affect the power consumption of the arena

Bring approval from your electrical inspector.



Where the competitions used stationary kitchen organizer shall ensure equal working conditions for the individual participants with respect. space and access to equipment.

### **Goods**

No ingredients can be brought to the kitchens by the competitors, all will be supplied by the arranger.

In the arena, at a common table with fruits and vegetables, dairy products as well as a standard range of dry goods will be available. (list is attached).

### **Questions**

Any questions about the task must be directed to the organizer NKF CM Svein Magus Gjørnvik

All questions and answer will be sent by mail to all registered teams and published as upcoming.





# COMPETITION – Nordic Waiter 19<sup>th</sup> of March 2024

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## Who can participate?

The contest is open to all Waiters, certified and appointed from the Chefs organization in each of the 5 Nordic Counties.

Each Nordic country will send one 1 Waiter And one judge

In the competitor briefing Judges will give every country their own competition number. The number is the same for chefs and waiters and is valid during both days/the day of competition.

Each waiter will serve 2 table with 6 guest.

## Important deadlines

Each Nordic chef's association must call in their competitor to the arranging country/ committee within 2 months before the competition the 15th of January

Information that must be given in this enroll shall be. Competitors name, address, Mobile number, E mail address. Complete CV with colored photo in Waiters uniform

All information must be sent to CM : [smgrh@online.no](mailto:smgrh@online.no)

## Questions

Any questions about the task can be directed to the Chief Judge via Competition Manager . All questions and answers shall be presented in a closed facebook group.

## Language:

The language to be used for communication between the teams and the judges and/or guests during the competition is English. Programs, rules, tasks and menus are all in English.

## Equipment:

Competitors shall bring their personal equipment with them. Equipment to be brought:

- Strainer
- Shaker
- Mixing glass
- Barspoon
- Measures
- Knives for carving, bar garnish and cheese
- Pincet
- Knives for the cheese
- Cutlery for trancher, mixing salad, flamber and filleting.
- Cutlery for cutting fruits
- Bajonet for champagne



- No mechanical equipment may be brought along.
- All teams may bring reference works and a flash drive with recipes, which may be used where this appears natural
- Dress standards for waiters, team leaders and judges:
- Uniform: Black trousers, Shirt to the knees, Jacket, vest or aprons, Black shoes, tie or butterfly – women can wear high heel – but it is optional.
- No visible jewelry except from wedding ring or simple/small ear stud. Discreet watch. Perfume must not be dominant.
- All uniforms must be neat and hygienic. Waiters may wear gloves during table settings.

### **General informations:**

There will be 2-3 commis backstage.

This commis is a helper for the back service and cleaning, and not for competition tasks. During service the Waiters must work as a team with the chef at the kitchen. Points will be given in teamwork among waiters and kitchen with whom they are working with.

The tables for the competitions are round and 150 cm i diameter, and tablecloth and napkins are from DUNI are to be used.

Four-course dinner menu ( 3 courses to be served from the Kitchen ) will be served to times six guests. One of the courses will be served on a platter. (English silver service). The other two courses are served on plates. The forth course will be cheese, carved from the side by the waiter (sidetable service/gueridon service).

Beverages / wines are selected from a specified wine list (will be given in the competition, the day before). One of the wines shall be decanted at the table.

### **The guest's tables**

There is also going to be a choice of cheeses (ready-made cheese variation) provided by a host country. Cheeses are to be served prior dessert. Waiters must remember this, when they lay the table. All cheeses should be served the same table.

NKF sponsor DUNI will supply all necessary tablecloths, napkins and effects.

### **Flowers for**

decorations, will be provided by organizers. Guests arrive according to time schedule, guest host will be appointed at every table.

### **Bartending:**

(according to time schedule)

Traditional mixing of drinks, incl. alcoholic and non-alcoholic. Cocktails and long drinks according to international bar rules and recipes (recipes will be send to competitors prior to competition) the order, which drinks shall be made, will be given to the competitors in the competition.

Each competitor mix two drinks with alcohol and two drinks without alcohol. Before the competition starts, the competitors must build up the bar in the restaurant at a "Bar". The competitors get the order from the judge.

The drinks must be served on small table in the restaurant, where the judge will evaluate them.





- Colors, flowers, candles, decorations
- Napkins, glasses, cutlery etc.
- Condiments, service table
- Hygiene

### **Service and service-mindedness**

Points 100 - 10

- Procent of 100 22,22 %
- concerns the serving of the menu that the chefs prepare the evening before the competition
- Receiving of guests/interaction with guests
- Information about menu and beverages
- Serving technique, food and beverages
- Carrying technique
- Hygiene
- Time factor

### **Choice of beverages**

Points 100 - 10

Procent of 100 8,89 %

concerns choice of wines for the menu that the chefs prepare prior the competition

- Right choice for the course
- Evening before the competition you select the beverages to the menus and make a description of your choice in English
- Beverages for the menu, different beverage to all the courses
- Criteria for matching beverages to the menu from the selection available
- Knowledge of the characteristics of the beverages
- Presentation to judges as if they are guests

### **Carving/filleting/Cheese**

Points 100 – 10

Procent of 100 8,89 %

- Correct technique, impression of work
- Servability, portion size
- Appearance, serving temperature
- Hygiene and time spent





-Technic on testing of wine Pour (glass)

Smell Pour(decanter)

Avinés (refine) the decanter Back in glass Tasting/approving

-Correct decanting/ pouring of wine. (Calm/silent/for air)

-Have the host/ waiter tasted the wine. Pouring of wine, host first

-Cork checked for wine fault. Cork presented. Are bottle and cork left visible for the guest.

-Any drip/waste

### **Personal points**

Points 100 - 10

Procent of 100 8,89 %

- Personal hygiene, uniform
- Conduct in the work situation in relation to guests/colleagues/judges, during the practical test/during work breaks
- Ability to inform and explain

### **Beverage tasting**

Points 100 - 10

Procent of 100 6,67 %

Beverage tasting accounts from 0-100 points of the total number of points that can be achieved in the competition.

### **Sabre d`Or**

Points 100 - 10

Procent of 100 4,44 %

### **Presentation for the guest**

Hygiene, napkin, garbage, table clean

Wine cage is carefully loosened and removed carefully The thumb is for safety on the cork

Did the cork go of the first time

### **Waste**

Was the amount in the bottle poured equally, any left Have was the champagne served to the guest

