



COMPETITION RULES

- 1. Chefs are to arrive by 10 – 10:30 pm for registration and debrief.**
Due to number of entries and time permitting, extra heats may be introduced.
- Chefs will be allocated a cooking station by the judges. Chefs are not allowed assistants in the kitchen. Help is permitted in enhancing the display table.
- 3. Chefs will be expected to cook:**
 - a. 2 identical plated starters that must either be vegetarian or seafood; and**
 - b. 2 identical main courses that must have lamb as the main ingredient.**

One serving will be for the judges and the other for display and presentation. Side dishes are allowed but will not count as a separate dish.
- Chefs will need to bring all their own ingredients, knives and utensils.
- Some pots, pans, utensils and some plates will be available at the venue.
- Chefs will present their dishes on the display table corresponding to their cooking station. Chefs are welcome to enhance/decorate their display table as they wish.
- 7. Chefs will have 60 minutes to cook and present their dishes.**
Start time will be announced by the judges.
- Help will be available to those who need to use ovens and cookers.
- Pre-preparation will be allowed to a certain extent. Certain ingredients such as lamb that need pre-marinating will be allowed. Certain aspects that may require pre-prep that takes longer than 30 minutes will be allowed but will need to explain to judges what and why. Please ask the judges if you are uncertain on what they will allow. **Credit will be given to chefs who cook from fresh.**
- Pre-made sauces, gravy, rice will **not** be allowed as we will expect these to be cooked on the day. 10-15 minutes will be allocated for Mise en Place. If you are using ovens, it is important to pre-set the ovens during your setup.
- Chefs are asked to bring a printout with their names and the name of the dish they are cooking for each dish and a list of ingredients for the judges and display plates.
- 12. Chefs are required to clean their cooking station afterwards to the same state they started.** This will also be scored upon. This will also help the following heat start on time.
- Once presented the judges will taste and score each dish independently. The scores will then be collated and announced on the day. Feedback will also be given to the chefs if desired.
- Certificates and Medals of Gold, Silver and Bronze will be awarded. A merit award will be given to those who do not achieve the Bronze medal standard.
- 15. The Chef with the highest Gold Medal score will be crowned:**
UK CURRY CHAMPION 2026 / NATIONAL CURRY CHEF OF THE YEAR.
- By entering this competition, you consent to allow your images for photography, videography and media promotion.
- 17. The judges' decision is final.**