

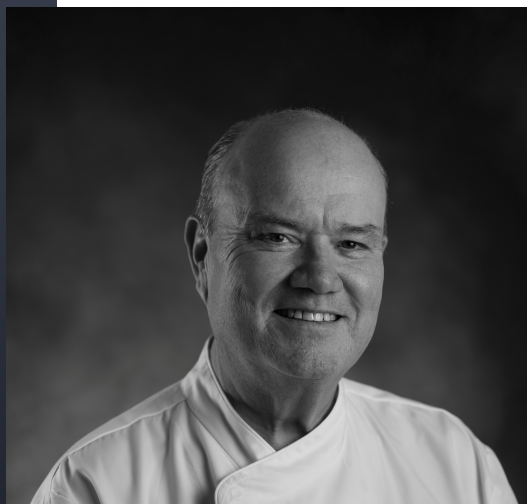


# C.C.A. HORECA Gastro 2025

**27-30 November 2025**  
**Cyprus International Fair**



## ANDY CUTHBERT



It is with great pleasure to write to you on the celebration of the next edition of Pancyprian Culinary Competition C.C.A. HORECA Gastro 2025.

This competition is such an important event for you, Worldchefs and your young chefs, as it will give the competitors a great platform to display their skills and learn from each other.

As competitions play such an important part of our association, I congratulate you all on putting the event together and ensuring this opportunity is given to your chefs.

I wish all your members and your organizing committee the best of luck and I look forward to seeing the results and photographs of the chefs in action.

With the best culinary regards and wishes,  
Andy Cuthbert  
PRESIDENT WORLDCHEFS  
PRESIDENT

## GEORGE DAMIANOU



Dear chefs, competitors, exhibitors, visitors, and friends,  
Welcome to C.C.A. HORECA Gastro 2025!

It is a true pleasure to see you all gathered here for this celebration of our profession.

As dedicated professionals, we strive for excellence every day, and with the same passion, we welcome all competitors, the esteemed jury, and the organizers of this remarkable competition.

A competition two years in the making, and I have no doubt that the Cyprus Chefs Association will once again impress us with its exceptional organization, professionalism, and warm hospitality.

This platform offers chefs, especially young talents, a unique opportunity to refine their craft, push their creative limits, and contribute to the evolution of Cyprus's culinary landscape.

Give your best, respect your fellow chefs, listen attentively to the judges' feedback, and most importantly enjoy the journey!

George Damianou  
Continental Director, South Europe





## PETROS GAVRIEL



Dear friends,

On behalf of the Cyprus Chefs Association, I warmly welcome all contestants, colleagues, exhibitors, and visitors to C.C.A. HORECA Gastro 2025.

This exhibition offers a unique platform for hospitality industry professionals to explore innovative products and services while fostering connections and collaboration.

The competition provides participants with a valuable opportunity to enhance their skills, gain hands-on experience, and set new professional goals. It is a true challenge – one that inspires the creation of exceptional dishes and highlights the richness of Cypriot cuisine and culture.

Equally important is the opportunity to build stronger relationships between professionals, students, and industry stakeholders, contributing to the continuous growth of the hospitality sector.

The Cyprus Chefs Association follows internationally recognized Worldchefs standards, ensuring a high level of competition. Renowned judges from Cyprus and abroad will assess the entries, offering insightful feedback to help participants refine their craft.

I commend all contestants for their dedication and participation and wish them the best of luck – may your passion and creativity shine.

Finally, I invite everyone to fully enjoy this exhibition and culinary celebration. It's all about the experience!

Petros Gavriel  
President of the Cyprus Chefs Association



## KYRIACOS SOTERIOU

Creativity knows no boundaries. It is a gift that allows us to bring imagination to life. When we create with passion and dedication, true joy follows.

With these thoughts, I warmly welcome you to C.C.A. HORECA Gastro 2025. It is a pleasure to have you all here, joining us for this exceptional culinary celebration.

Our vision is for CCA HO.RE.CA Gastro. 2025 to grow and evolve, becoming even greater with each edition.

I extend my best wishes to all participants may your passion shine through your creations. A heartfelt thank you to the dedicated organizers who have made this event possible.

Kyriakos Soteriou

Deputy President of Cyprus Chefs Association  
General Manager of C.C.A. HORECA Gastro 2025



## NIKOLAS KONSTANTINOU

Dear students, professionals, chefs from all over Cyprus.

It is with great honor that I have accepted the nomination of the Cyprus Chefs Association as the chairman of the judging committee for the C.C.A. HORECA Gastro 2025.

The committee has prepared the rules and regulations of the Chefs' competition in accordance with the guidelines of the Worldchefs. The categories have been chosen in such a way as to highlight the local gastronomy at a very high level. It is up to you to raise it to a higher level. As the chairman of this year's judging committee, I would like to wish you every success and be sure that the judging committee will do everything to give you equal opportunities with fair and constructive criticism and feedback in order to ensure the meritocracy and equal treatment of all contestants.

Don't forget that effort is much more important than distinction. The experiences you will gain as contestants will accompany you for a lifetime.

Be sure that we will all be winners throughout this wonderful journey. Enjoy your journey and Good Luck to all!

Nikolas Konstantinou

Chairman of the Judges Committee  
C.C.A. HORECA Gastro 2025



## CYPRUS CHEFS ASSOCIATION

The Cyprus Chefs Association (CCA) is a professional, non-profit organization that aims to unite chefs and cooks from all over Cyprus in a shared dedication to professional excellence. As an organization, the (CCA) represents a single voice on all issues related to professional cooking.

## COMPETITION DATE

The competition is scheduled to take place from 27 to 30 November 2025 (Thursday, Friday, Saturday and Sunday).

## VENUE

The competition will be held on the premises of the Cyprus International Fair, Pavilion 6.

## COMPETITION OBJECTIVES

The objectives of the competition are as follows:

- Enrichment of knowledge and acquisition of experiences for students and professionals.
- Assessing the skills of students and professionals to support their progression to higher professional levels.
- Promotion and development of the Culinary and Pastry Art.
- Promotion of Cypriot Cuisine and Culture.
- Preparation of students and professionals for participation in national and international competitions.
- Interconnection of the educational work with the hotels, catering and tourism industry as well as the wider society.
- Strengthening relationships between professionals and students and collaboration between higher education institutions, technical schools and industry.

## CONTEST ENTRIES

The competition is open to all professional members of the C.C.A., students of public and private secondary and tertiary educational institutions in Cyprus.

## APPLICATION FORM

The application form for the competitions will be posted on the Cyprus Chefs Association website [www.cypruschefsassociation.com](http://www.cypruschefsassociation.com). The deadline for applications is October 26, 2025.

## INSTRUCTIONS FOR COMPLETING THE APPLICATION

In order for someone to be able to participate in the competition, their application must meet the following conditions:

- It must be completely completed and accompanied by the participation fees.
- The applicant must be a C.C.A. member, except for high school and tertiary education students.

## SUBMISSION OF THE APPLICATION

The application form, once completed, should be delivered to the representatives of Cyprus Chefs Association before 26th October 2025.

Representatives of Cyprus Chefs Association

Larnaca - Antonis Charalambous 99617179

Paphos - Charis Philippou 99353837

Nicosia - Maria Panteli 99468499

Ammochostos - Antonis Tziambouris 99013244

Limassol - Aristos Antoniou 99511896

| CATEGORY                               | FEES    |
|----------------------------------------|---------|
| STATIC CLASSES                         | €25,00  |
| LIVE COMPETITIONS (HIGH SCHOOL)        | FREE    |
| LIVE COMPETITIONS (TERTIARY EDUCATION) | €30,00  |
| LIVE COMPETITIONS (PROFESSIONALS)      | €50,00  |
| SCHOOL TEAM - COOK AND SERVE           | €75,00  |
| OPEN TEAM - COOK AND SERVE             | €125,00 |
| YOUNG CHEF OF THE YEAR                 | €100,00 |
| YOUNG PASTRY CHEF OF THE YEAR          | €100,00 |
| PASTRY CHEF OF THE YEAR                | €100,00 |
| CHEF OF THE YEAR                       | €100,00 |

In the event of a serious problem the organizer reserves the right to cancel the entire competition, any category or limit the number of entries or to extend, modify or cancel any of the conditions without claiming compensation. In case of withdrawal of the application or in case of non-presence of a competitor or team at the competition, the participation fee is not refunded.

APPROPRIATE UNIFORM

All participants must wear a professional chef's uniform. Chef jacket, chef pants | no jeans, chef apron, chef hat | no jockey hat and professional shoes during competition.

SMALL EQUIPMENT / MACHINERY

The organizing committee will provide the contestants with a professional gas stove (1x4 each kitchen), oven (1 each kitchen), salamander (1 in every 2 kitchens), refrigerator (1 each kitchen), blast chiller (1 each kitchen), freezers in common area, work bench (1 each kitchen), service bench with heating lamps (1 each kitchen), sink (1 each kitchen). Additional equipment (electrical devices, utensils, knives) should be provided by the contestants and this should be done with the agreement of the chairman of the stage supervisors to avoid overloading the power lines. Competitors must also provide their own serving utensils and any other small equipment they need.

EQUIPMENT SECURITY

After taking the necessary precautions for the safety of the serving utensils, equipment and personal belongings of the contestants, the organizers have no responsibility for loss or damage to them.

WORKPLACE

The kitchen number in which each competitor / team will compete, will be determined by a draw that will be held in the secretariat office before each competition and will be announced to the competitors during their registration (1) hour before. All competitors must be present one (1) hour before the start of the competition to the secretariat for their registration. After the end of each competition, the contestant/s are required to leave the kitchen clean and, in the condition, they received it to the stage supervisor. Otherwise, this will affect their overall score.

SCORING – SCORING CRITERIA for LIVE COMPETITIONS

Jury Points:

|                                                                    |            |
|--------------------------------------------------------------------|------------|
| Mise en place                                                      | 5 points   |
| Hygiene and food waste                                             | 10 points  |
| Correct professional preparation, work skills techniques, workflow | 20 points  |
| Service                                                            | 5 points   |
| Presentation                                                       | 10 points  |
| Taste                                                              | 50 points  |
| Total points:                                                      | 100 points |

- Clean and organized workplace, food safety and hygiene.
- Management and arrangement of all ingredients and tools, proper and safe.
- Use of equipment, workplace safety.
- Proper use of ingredients.
- Environment, sustainability and food waste.
- Proper time management to ensure accurate completion.
- Maintaining a clean and tidy work area based on food hygiene.
- Proper preparation and composition.
- Correct basic food preparation, correct cooking methods and techniques.
- Cooking techniques must match the ingredients.
- Creativity and presentation.
- Authenticity and practicality.
- Clean and not time-consuming creations.
- The combination should be suitable for the subject.
- Service.
- The creations will be served hot or cold as required.
- Taste.
- The typical taste of the food must be preserved. It should have the right flavor and seasoning.
- Above all, the taste impression of the dish should be clear and distinct.

## SCORING – SCORING CRITERIA for STATIC COMPETITIONS

### Rules for Culinary Art

#### **Presentation and innovation (30 points)**

Clean arrangement, with no non-food garnishes; and no time-consuming arrangements. Exemplary plating to ensure an appetizing appearance.

Display must be structured, organized, elegant and no artificial colours. It should be original, creative and appetizing. Innovative techniques should be on display.

#### **Composition (30 points)**

Attention to details, finished appearance, proportion symmetry. Ingredients and side dishes must be in harmony with the main piece as to quantity, taste and colour. &or classical dishes, the original recipe is applicable.

There should be no repetition of ingredient, shapes and colour as well as cooking techniques between the different dishes.

#### **Correct professional preparation, skills, techniques (30 points)**

Level of skill must be high, hand skills must be precise, consistent and sophisticated. Appropriate culinary preparation free of unnecessary ingredients. Dishes conceived hot but exhibited cold.

#### **Service (10 points)**

Correct number of plates, garnishes, ease of service and practical, may need to be carried in principle from kitchen to table or able to be served easily on a buffet.

**Total points: 100 points.**

### Individual Pastry Art - Desserts & Petits Fours

#### **Presentation and innovation (30 points)**

Comprise an appetizing, tastefully and elegantly presentation.

Showing modern and current plating or portioning guides.

#### **Composition (30 points)**

Well balance food with correct proportion, harmonizing in colour (no artificial colours) flavor

Garnish and sauces do not dominate the overall composition.

#### **Correct professional preparation, skills, techniques (30 points)**

Correct basic preparation of food, corresponding to culinary art, cooking techniques are highlighted and limited use of molds and stencils in preparation, various preparations techniques are on display. Applications submitted in any other way will not be accepted.

#### **Serving arrangement/aesthetic plating appeal (10 points)**

Clean arrangement, no artificial decoration, no time-consuming plating, exemplary plating make practical serving. If sauces are present, then there is sufficient for the dish.

**Total points: 100 points**





## MISE EN PLACE – ITEMS, PERMITTED TO BE BROUGHT BY CONTESTANTS

### BASIC STOCK

- Can be brought in, but not reduced, seasoned or thickened samples for tasting (cold and hot).
- Bones for stock (including extra) can be brought in cut into small pieces.

### SALADS

- Cleaned, washed but not mixed or cut.

### VEGETABLES, FRUITS, POTATOES, ONIONS

- Cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves.
- Onions can be halved to check quality.
- Vegetables like tomatoes may be blanched and peeled.
- Broad beans may be shelled.
- Vegetables and fruits cleaned, can be cut/trimmed (any shape) BUT must be raw. Fruit and vegetable purees are permitted but must not be seasoned or finished item. Further processes in the kitchen are required.

### VEGETABLE/FRUIT PULPS AND PURIES

- Can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site.

Samples for tasting

- No glaze or concentrated juices.
- Dried fruit / or vegetable powder permitted.
- Dehydrated fruit or sheets permitted.
- Vegetable ash and home-made spice mixture are permitted.

### FISH

- Gutted, scaled, filleted except for categories indicated should be in whole or portion and to be processed on stage. Fish must be raw.

### SHELLS

- Cleaned, raw in their shells.

### CRUSTACEANS

- Raw or boiled, clean, can be removed from their shell.

### MEAT/POULTRY

- Deboned, not portioned, meat not trimmed, minced or ground.
- Sausages have to be made on site.
- Raw liver and sweetbread can be soaked in milk or cream when brought into the competition kitchen but not seasoned or marinated.



## SMOKED PRODUCTS

- Sliced smoked fish, prosciutto, chorizo, bacon, are allowed as long as they are further processed in the kitchen.

## PASTA/ DOUGHS

- Pasta and other doughs, allowed can be flavoured and rolled into sheets but not portioned and not cooked.

## PASTRY SPONGE, BISCUIT, MERINGUE

- Can be brought in, but not cut, sliced or chopped or stenciled.
- Macaroons or macarons need to be made on premise.
- Meringue as a dicor has to be dried on site.

## DICOR ELEMENTS

- Must be 100 % done on site.
- No titanium dioxide – no metallic powder no artificial food colours are permitted.

## EGGS

- Can be separated, and pasteurized, but not processed in any other way.

## DRY INGREDIENTS

- Can be pre-weighted and measured.

Flavored oils and butter are allowed.

Everything you serve must be edible.

## JURY

The Jury will consist of excellent Culinary Arts professionals. The judges are members of Cyprus Chefs Association as well as recognized chefs from abroad, all approved judges by the WorldChefs - WACS. The score given by each committee member will be personal. The overall final result is calculated by the Chief Judge of the Organizing Committee. The jury's decision is final and irrevocable.

## PENALTIES

In the event of non-compliance, during the competition, with the general terms and regulations or in the event that unforeseen problems arise, the organizers are only responsible for addressing the relevant issues and finding appropriate solutions. The organizers have the right to stop and disqualify any non-compliant team or competitor before, during or after the competition, with the consent of the Chief Judge. It is noted that if the competitor causes either malicious or negligent damage / wear to the equipment that will be granted to him, he will be imposed a corresponding monetary penalty by the organizing committee.



## CATEGORIES

### LIVE COMPETITIONS FOR HIGH SCHOOLS AND TERTIARY EDUCATION SCHOOLS

#### **JPH1 - HIGH SCHOOL - PASTA DISH APPETIZER AND FISH/ SEAFOOD MAIN COURSE (A TEAM OF 2 STUDENTS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu with one (1) garnished Pasta dish appetizer and one (1) garnished Fish/ Seafood main course for two (2) covers each. Ingredients are contestants' own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) Should be written in English language.**

**\* Pasta dough can be brought in but cannot be cut in any format.**

#### **JPH2 - HIGH SCHOOL - RISOTTO APPETIZER AND PORK MAIN COURSE (A TEAM OF 2 STUDENTS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu with one (1) garnished Risotto dish appetizer and one (1) garnished Pork main course for two (2) covers each. Ingredients are contestants' own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) should be written in English language.**

#### **JPH3 - HIGH SCHOOL - CHICKEN MAIN COURSE AND LAMB MAIN COURSE (A TEAM OF 2 STUDENTS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present one (1) garnished Chicken main course and one (1) garnished Lamb main course for two (2) covers each. Ingredients are contestants' own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) should be written in English language.**

TERTIARY EDUCATION LIVE COMPETITIONS

JPC1 - TERTIARY EDUCATION - CHICKEN MAIN COURSE AND LAMB MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty-five (45) minutes will be allowed to prepare, cook, and present one (1) garnished Chicken main course and one (1) garnished Lamb main course for two (2) covers each. Ingredients are contestants’ own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

\* The menu (minimum 2 copy) should be written in English language.

JPC2 - TERTIARY EDUCATION - PASTA DISH APPETIZER AND FISH/ SEAFOOD MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu with one (1) garnished Pasta dish appetizer and one (1) garnished Fish/ Seafood main course for two (2) covers each. Ingredients are contestants’ own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

\* The menu (minimum 2 copy) should be written in English language.

\* Pasta dough can be brought in but cannot be cut in any format.

JPC3 - TERTIARY EDUCATION - RISOTTO APPETIZER AND PORK MAIN COURSE (A TEAM OF 2 STUDENTS)

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu with one (1) garnished Risotto dish appetizer and one (1) garnished Pork main course for two (2) covers each. Ingredients are contestants’ own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

\* The menu (minimum 2 copy) should be written in English language.



## PROFESSIONALS LIVE COMPETITIONS

### **SP2 - OPEN - RISOTTO APPETIZER AND PORK MAIN COURSE (A TEAM OF 2 CHEFS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu with one (1) garnished Risotto dish appetizer and one (1) garnished Pork main course for three (3) covers each. Ingredients are contestants' own choice. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) should be written in English language.**

### **SP3 - OPEN - TWO RESTAURANT PLATED DESSERTS (A TEAM OF 2 CHEFS)**

Seventy-five (75) minutes to prepare, cook and serve two (2) exclusively plated desserts for three (3) covers each. One (1) should be cold and one (1) should be hot. Ingredients are contestants' own choice. Pastry Chefs must provide their own ingredients and small equipment. Advanced preparation limited to basic sponge, fruit puree, readymade dough, and concentrated pastes. No ready dry meringues are allowed. Pastry Chefs can bring their ingredients separately and weighed.

Hot plated dessert will be served at 55 minutes (+ - 3 minutes) and cold just before the 75th minutes.

**\* The menu (minimum 2 copy) should be written in English language.**

### **SP4 - OPEN - TWO RESTAURANT APPETIZERS (A TEAM OF 2 CHEFS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present two (2) garnished appetizers. One (1) must be Ovo-Lacto Vegetarian or Vegan and one (1) must be fish/shellfish and/or mollusks, for three (3) covers each. Ingredients are contestants' own choice. Chefs must provide their own ingredients and small equipment. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) should be written in English language.**

### **SP5 - OPEN - FISH APPETIZER AND CHICKEN MAIN COURSE (A TEAM OF 2 CHEFS)**

Forty-five (45) minutes will be allowed to prepare, cook, and present a menu of one (1) garnished fish appetizer and one (1) garnished chicken main course plate for three (3) covers each. Ingredients are contestants' own choice. Chefs must provide their own ingredients and small equipment. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut or shaped).

**\* The menu (minimum 2 copy) should be written in English language.**

## STATICS

### **SCD2 - OPEN - PETIT FOURS**

One (1) Platter with three (3) petit fours of various kinds (3 X 3 = 9 pieces in total).

Weight: 6 to 14gr each. To be eaten in one bite.

A separate plate with one of each piece (total 3 pieces) need to be displayed separate for tasting from the judges. The total amount needed is 12.

**\* The description should be written in English language.**

### **SCD3 - OPEN - FINGER FOODS**

One (1) Platter with three (3) cold finger foods of various kinds (3 X 3 = 9 pieces in total).

Weight: 10 to 20gr each. To be eaten in one bite.

A separate plate with one of each piece (total 3 pieces) needs to be displayed for the judges. NO Aspic need to be used to enhance the presentation. The total amount needed is 12.

**\* The description should be written in English language.**

### **SCD4 - OPEN - COLD FESTIVE PLATTER**

One (1) cold buffet platter for six (6) persons prepared and presented cold with meat, poultry, game, offal, fish, seafood, or shellfish. Three (3) various preparations. Three (3) garnishes. At least two (2) accompanying sauces, served separately. One (1) salad served separately. The buffet platter must be in one piece. Must appear as one unit. It must also be possible to be lifted and moved as one unit. No plates, bowls or similar items are allowed on the platter. NO Aspic need to be used to enhance the presentation. A separate plate with one of each piece, displayed on the platter, needs to be displayed.

**\* The description should be written in English language.**

### **SCD5 - OPEN - TWO RESTAURANT APPETIZERS**

Two (2) exclusive restaurant plated appetizers. Chefs can use any of the following: meat, game, poultry, offal, fish, shellfish, or vegetables. NO Aspic need to be used to enhance the presentation.

**\* The description should be written in English language.**

### **SCD6 - OPEN - TWO RESTAURANT MAIN COURSES New**

Two (2) exclusive restaurant main courses. The chef can use any of the following: meat, game, poultry, offal, fish, shellfish, or vegetables. NO Aspic need to be used to enhance the presentation.

**\* The description should be written in English language.**

### **SCD7 - OPEN - TWO RESTAURANT EXCLUSIVE DESSERTS**

Two (2) exclusive restaurant desserts intended to be cold with different textures (Hot elements can be used). You should use fruit for the first dessert dish and chocolate for the second dish as the main elements.

**\* The description should be written in English language.**

### **SCD8 - OPEN - ONE RESTAURANT APPETIZER AND ONE RESTAURANT MAIN COURSE**

One (1) one exclusive appetizer and (1) one exclusive main course. The chef can use any of the following: meat, game, poultry, offal, fish, shellfish, or vegetables. NO Aspic need to be used to enhance the presentation.

**\* The description should be written in English language.**



### **SCA1 - OPEN - CHOCOLATE WORK**

Chocolate works by using any type of chocolate. The shape and design that will be judged ONLY in appearance. The showpiece should be no bigger than 60w x 60d x 80h cm. (Artificial base can be used)

**\* The description should be written in English language.**

**\* Showpiece should not be removed before Sunday 30/11/25 at 18:00.**

### **SCA2 - OPEN - CELEBRATION CAKE**

An imaginative and creative Celebration Cake, in shape and design that will be judged ONLY in appearance. The cake must be no bigger than 40w x 40d x 40h cm. (Artificial base can be used)

**\* The description should be written in English language.**

**\* Showpiece should not be removed before Sunday 30/11/25 at 18:00.**

### **SCA3 - OPEN - WEDDING CAKE**

An imaginative creation in shape and design that will be judged ONLY in appearance. The cake must be no bigger than 40w x 40d x 60h cm. (Artificial base can be used)

**\* The description should be written in English language.**

**\* Showpiece should not be removed before Sunday 30/11/25 at 18:00.**

### **SCA4 - OPEN - BREAD WORK**

An imaginative creation in shape and design, using combination of bread dough. The bread work must be no bigger than 50w x 50d x 80h cm.

**\* The description should be written in English language.**

**\* Showpiece should not be removed before Sunday 30/11/25 at 18:00.**



## TROPHIES

### **YPCY - OPEN - YOUNG PASTRY CHEF OF THE YEAR (COMPETITION FOR CYPRIOTS ONLY)**

Two and half (2,5) hours to prepare, cook and present, one (1) cake (1000 - 1200gr) X one (1), one (1) plated restaurant dessert with minimum three (3) elements one (1) must be hot for four (4) covers. Young Pastry Chefs must provide their own ingredients and small equipment. Advanced preparation limited to basic sponge, fruit puree and concentrate pastes. No ready dry meringues are allowed. Chefs can bring their ingredients separately and weighed. Plated restaurant dessert will be served at 130 minutes (+ - 3 minutes) and cake just before the 150th minute.

Contestants for the Young Pastry chef of the Year need to be at the day of the competition "up to 25 years old" and member of the Young Chefs Club.

- \* **The menu (minimum 2 copy) should be written in English language.**
- \* **The organizer can accommodate only six contestants at the stage (one in each kitchen) therefore if there are more than six, there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol. Contestants are more than welcome at the draw.**
- \* **If there are less than 3 contestants then the competition will be canceled by the organizer.**
- \* **Two (2) mandatory main ingredients will be chosen from the organizer and announce on the 13 of Oct 2025. The mandatory ingredients must be at least 40% of each plate/ cake.**
- \* **Competitors will start every ten (10) minutes after a draw.**

### **YCY - YOUNG CHEF OF THE YEAR 2025 (COMPETITION FOR CYPRIOTS ONLY)**

The contestants for the Young Chef of the Year need to be on the day of the competition "up to 25 years old" and member of the Young Chefs Club. The contestants will have three (3) hours to prepare, cook and present a three-course menu for six (6) covers each. Three (3) specific main ingredients will be chosen from the organizer and announce at 13 of Oct 2025. The main ingredient must be at least 40% of each plate. Chefs must provide their own ingredients and small equipment. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables.

- \* **The menu (minimum 2 copy) should be written in English language.**
- \* **The organizer can accommodate only twelve (12) contestants at the stage (one in each kitchen) therefore if there are more than twelve (12), there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol.**
- \* **If there are less than 3 contestants then the competition will be canceled by the organizer.**

#### **JPC4 - SCHOOL TEAM - THREE COURSE MENU/ CYPRUS GALA - COOK AND SERVE (A TEAM OF 4 STUDENTS) 3 CHEFS AND 1 WAITER/TRESS**

A team of 3 chefs (students) and 1 waiter/tress (student) will be allowed 100 minutes to prepare, cook and serve a three-course menu for six (6) covers each. Three (3) specific main themes will be chosen by the organizer. The main themes should represent the final dishes. Teams must provide their own small equipment and ingredients. Advanced preparation limited to stocks, mother sauces, peeled washed vegetables, basic sponge, fruit puree and concentrated pastes. No ready dry meringues are allowed. Table set up and service will be judged by approved judges. The starter will be served at 60 minutes (+ - 3 minutes), the main course at 80 minutes (+ - 3 minutes) and the dessert just before the 100 minutes. If teams are late serving, then points will be deducted from the judges accordingly. Teams will start every ten (10) minutes after a draw. Diners will be chosen by the organizer.

\* Cypriot wine must be served.

\* Cypriot water must be served.

\* Cypriot bread must be served (No judging on bread).

\* The menu (minimum 2 copy for judges), (4 copy for guests), (1 copy for presentation) should be written in English and Greek language.

\* Three (3) specific main themes will be announced on the 13 of Oct 2025.

\* The organizer can accommodate only six teams at the stage (one in each kitchen) therefore if there are more than six, there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol. Contestants are more than welcome at the draw.

#### **SP6 - OPEN TEAM - THREE COURSE MENU/ CYPRUS GALA - COOK AND SERVE (TEAM OF 3 CHEFS, 1 WAITER/TRESS)**

A team of 3 (three) chefs and 1 waiter/tress will be allowed 100 minutes to prepare, cook and serve a three-course menu for eight (8) covers each. Three (3) mandatory main themes will be chosen by the organizer. The main themes should represent the final dishes. Teams must provide their own small equipment and ingredients. Advanced preparation limited to stocks, mother sauces, peeled washed vegetables, basic sponge, fruit puree and concentrated pastes. No ready dry meringues are allowed. Table set up and service will be judged by approved judges. The cold or hot or combination starter will be served at 60 minutes (+ - 3 minutes), the main course will be served at 80 minutes (+ - 3 minutes) and the dessert just before the 100 minutes. If teams are late serving, then points will be deducted from the judges accordingly. Teams will start every ten (10) minutes after a draw. Diners will be chosen by the organizer. A table with a white cloth will be given for setting up the display meze. The teams need to bring their own ingredients and equipment such as platters, plates, etc., for presenting their work.

\* Cypriot wine must be served.

\* Cypriot water must be served.

\* Cypriot bread must be served (No judging on bread).

\* The menu (minimum 2 copy for judges) (4 copy guest) (1 copy for presentation) should be written in English and Greek language.

\* Three (3) specific main themes will be announced on the 13 of Oct 2025.

\* The organizer can accommodate only 6 teams at the stage (one team every kitchen) therefore if there are more than 6, there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol. Contestants are more than welcome at the draw.

\* If there are less than 3 teams then the competition will be canceled by the organizer.

### **PTY - PASTRY CHEF OF THE YEAR (COMPETITION FOR CYPRIOTS ONLY)**

Two (2) hours (120 minutes) to prepare, cook and present one (1) cake (1000 - 1200gr) X one (1), one (1) plated restaurant dessert with minimum three (3) elements one (1) must be hot for six (6) covers. Pastry Chefs must provide their own ingredients and small equipment. Advanced preparation limited to basic sponge, fruit puree and concentrate pastes. No ready dry meringues are allowed. Pastry Chefs can bring their ingredients separately and weighed. Plated restaurant dessert will be served at 110 minutes (+ - 3 minutes) and cake just before the 120th minute.

- \* The menu (minimum 2 copy) should be written in English language.
- \* Contestants must currently be fully members of the C.C.A. and have paid their fees for 2025 for entering the competition.
- \* The organizer can accommodate only six contestants at the stage (one in each kitchen) therefore if there are more than six, there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol. Contestants are more than welcome at the draw.
- \* If there are less than 3 contestants then the competition will be canceled by the organizer.
- \* Two (2) mandatory main ingredients will be chosen from the organizer and announce on the 13 of Oct 2025. The mandatory ingredients must at least 40% of each plate/ cake.
- \* Competitors will start every ten (10) minutes after a draw.

### **CHY - OPEN - CHEF OF THE YEAR (COMPETITION FOR CYPRIOTS ONLY)**

Three (3) hours to prepare, cook and present a three-course menu for six (6) covers each. Three (3) mandatory main ingredients (at least 40% of each plate) will be announced on the 13 of Oct 2025. Chefs must provide their own ingredients and small equipment. Advanced preparation limited to stocks, mother sauces and peeled washed vegetables (cut and shape).

- \* The menu (minimum 2 copy) should be written in English language.
- \* Contestants must currently be fully members of the C.C.A. and have paid their fees for 2025 for entering the competition.
- \* The organizer can accommodate only six contestants at the stage (one in each kitchen) therefore if there are more than six, there will be a draw on the 30 of Oct 2025 at 15:00 at the C.C.A. office in Limassol.
- \* If there are less than 3 contestants then the competition will be canceled by the organizer.

AWARD OF PRIZES

Medals will be awarded based on level of achievement. In cases where the expected result will not be achieved, no prize will be given but a certificate of participation.

PRIZES

|                              |                 |
|------------------------------|-----------------|
| Gold Medal with Distinction  | 100 Points      |
| Gold Award with Medal        | 90 - 100 points |
| Silver Award with Medal      | 80 - 89 points  |
| Bronze Award with Medal      | 70 - 79 points  |
| Merit                        | 60 - 69 points  |
| Certificate of Participation | Up to 60 points |

TROPHIES

|                                    |
|------------------------------------|
| School Team - Cook and Serve       |
| Professional Team - Cook and Serve |
| Young Pastry Chef of the Year      |
| Young Chef of the Year             |
| Pastry Chef of the Year            |
| Chef of the Year                   |
|                                    |

The above Trophies will be awarded to the contestants / teams with the highest score.

AWARDS CEREMONY

The awards ceremony for all categories of the competitions will take place daily after the announce ment of the results except for the trophies which will take place during the closing ceremony which will take place on Sunday 27-30 November 2025 at 19:00pm. All participants must wear a professional chef's uniform. Chef jacket, chef pants | no jeans, chef hat | no jockey hat and professional shoes, during the award ceremony.

## GUIDANCE AND RULES

- Read the rules carefully to avoid mistakes.
- In case there are more contestants than the organizer can accommodate for the categories of the Chef of the Year, Pastry Chef of the Year, Young Pastry Chef of the Year, Open Team cook and serve, School Team cook and serve, then there will be a draw at the C.C.A. office on the 30th of October 2025 at 15:00.
- The application form is on the web site of the C.C.A. under "C.C.A. HORECA Gastro 2025" (Follow the link) [www.cypruschefsassociation.com](http://www.cypruschefsassociation.com)
- All participants must respect the rules of the competition and the final results from the judges.
- Specific main ingredients will be announced 13th of October 2025.
- International standards of "Food Safety" and "Health & Safety" will be followed during the competition and there will be "Marshalls" for observing and deducting points.
- Contestants are encouraged to use reusable or biodegradable pots and no single use plastic. In the case that they will not follow recycling, F&S and H&S then 5% of their total score will be deducted.
- The organizing committee has the right to cancel a line or the whole of the competition in case there will be a "Health & Safety" issue.
- In case of a tie, the president of the judges has the right to decide the winner.
- There will be daily feedback from the judges in a designated area for the participants.
- The judge's team, with the approval of the president of the judges, have the right to disqualified an individual or a team in case of violation of the rules and regulations.
- There will be a daily ceremony in the afternoon for all categories, except the categories of the Chef of the Year, Young Chef of the Year, Pastry Chef of the Year, Young Pastry Chef of the Year, Open Team cook and serve, School Team cook and serve.
- All the participants are invited with their professional uniform to the opening and the closing ceremonies.

GOOD LUCK, GOOD COOKING.  
ENJOY THE FESTIVAL, ENJOY THE COMPETITION. IT'S ALL  
ABOUT THE EXPERIENCE!!!  
BE PROUDER OF PARTICIPATING AND NOT THE RESULT.



FIND US

