



**Pakistan Institute of  
Tourism & Hotel Management**  
Pioneer In Hospitality Education **SINCE 1967**



# RULEBOOK

Where The Best Meet To Compete



**4<sup>TH</sup> & 5<sup>TH</sup> OCTOBER 2025**

**Venue: Hall No 02,  
Expo Center, Karachi**

## REGISTRATIONS OPEN

For Registration, Please Contact the Admission Counselor  
Contact Details: +92 34303881634





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# BRIEF HISTORY OF PITHM

Pakistan Institute of Tourism & Hotel Management (PITHM) is an internationally recognized government training institute developing professionals for tourism & hospitality industry since 1967.

Pakistan Institute of Tourism & Hotel Management (PITHM) is an internationally recognized government training institute developing professionals for tourism & hospitality industry since 1967, this institute has highly qualified and experienced faculty imparting training as per international standards, the institute aims to improve the competence, capability and performance of the trainees in order to increase their usefulness at home and abroad. PITHM was instituted with an aim to train personnel for Hotel, Restaurants, Air / Shipping Lines and in the various catering vocation, capital invested was provided by the government of Pakistan for the establishment of the institute, the institute functioned under the national tourism organization till mid 1972, when it was registered as a society under the society's registration act 1860, in September 1972, this institute acquired legal status of semi autonomous body. After the 18th constitutional amendment, this institute has been handed over to Ministry of Culture, tourism and Antiquities, government of Sindh, and is working as a semi autonomous body having its own board of governors, representing private and public sectors, the minister and the secretary culture, tourism & antiquities government of Sindh are the chairman of the board of the Governors, respectively, while the Director of Pakistan institute of tourism & hotel management, representing as the secretary of the board. PITHM is situated at Clifton, Karachi, which is a highly ethnically populated area, the building with an area of 10,000 square yards, out of which the building is constructed on a total area of 24,000 / Sq. ft; lies on a wide, easily approachable road, namely Shahrah-e-Attar.





# RULES & REGULATION :

1. Competitors to report 30 minutes before the competition.
2. Not more than 45 minutes would be allowed for Individual Live Competition.
3. Competitors to bring their ingredients in accordance with the Mise-en-place rules.
4. The ingredients brought needed to be packed and transported in respect with the international HACCP rules.
5. 1 portion for display and 1 portion for judges tasting.
6. 2 sets of recipe cards need to be displayed on the display table. Official ingredient/recipe forms will be sent to individual competitors. these must be placed by the side of exhibits/dishes if required by the rules of the respective competition class. competitors are advised to prepare and print the hard copies prior to competition day. the organizer does not require copies but reserves the right to request them.
7. All contestant has to complete their cooking within the given time.
8. Competitors to bring their own small kitchen equipment and plate wares. plate wares must be suitable for service and they have to be in Standard White color.
9. An individual competitor can participate in as many competition classes as he/she wishes but is restricted to one entry in any one competition class.
10. No change of classes will be allowed. each competitor is required to notify the organizer if he/she wishes to cancel participation.
11. At the competition, absentees without written pre-notification to the organizer will have their future registrations placed in the last priorities. empty spaces at display tables are unsightly and each non-attendance at the popular Individual Challenge Practical Hot Cooking means one other chef could have the opportunity to participate.
12. All competitors must be 17 Years of age or older unless competing as part of a culinary school.
13. It is the competitor's responsibility to advise the organizer should they change employers or contact details to avoid having their registration withdrawn from the competition without notice.
14. Competitors registering for more than one class need to register with the organizer on site only once [on the day of their last class] to collect their certificate of participation. uncollected certificates will be disposed of three [03] weeks after the competition.





15. Competitors must be present 30 minutes before their appointed time and inform the kitchen manager of their arrival. should there be a cooking station available, it may be allotted to early arrivals. Competitors who are not present at their scheduled time will be considered as no-shows and will be disqualified.

16. Competitors are to note that points will be deducted if the completed culinary / patisserie art displays are not kept within the space limit specified for the classes.

17. The organizer reserves all rights to the recipes used and photographs taken at the event. any publication, reproduction, or copying of the recipes can only be made with their approval.

18. If an award is won, the competitor is required to ensure his/her presence or that of a representative from the same establishment at the ceremony to collect it. all awards are to be accepted in chefs/team uniforms. any trophy/medal/certificate that is not accepted at the ceremony will be forfeited three [03] weeks after the event.

19. To avoid disqualification, entries in showcases must be made accessible to judges. no display/decoration on wall panels is allowed.

20. The organizer will not be responsible for any damage or loss of exhibits, equipment, utensils, or personal property of competitors.

21. Due to fire safety regulations, open-flame cooking equipment and gas will not be allowed in the venue. use of lighters, flambé torches, portable gas cartridges, and candles will be prohibited.

22. Competitors contravening any of the rules and regulations of the competition may be disqualified.





## GENERAL CULINARY RULES & REGULATION TO FOLLOW:

*Permitted food to be brought into the kitchen at the start of the competition.*

- Basic Stocks and Sauces can be made in advance, but not seasoned.
- Salad can be washed and cleaned, but not cut or mixed.
- Vegetables and fruits can be washed, peeled, cut but not cooked.
- Pumpkin and Broad Bean seeds can be removed.
- Tomatoes can be peeled.
- Fish can be gutted, grilled, scaled, and filleted but not cooked.
- Seafood/Shellfish can be cleaned and filleted but not portioned or cooked.
- Meat and Poultry can be portioned but not cooked.
- Liver can be soaked in milk, not pre-marinated.
- Bones can be cut into small pieces.
- Pastry sponge and dough (savory or sweet) can be brought in but cannot be cut in any format.
- Fruit pulps can be brought in but with no additives.
- Eggs can be separated.
- Decoration to be done onsite.
- Dry ingredients can be weighed and measured.
- Pasta and dough can be prepared but not cooked.
- Coulis-puree can be brought in but needs to be finished in competition.
- Pre-made spice mixes are allowed.
- Synthetic food colors are not allowed; they have to be organic.





## **DRESS STANDARD:**

- Chef's jacket – the competitors should enter the competition arena wearing a clean white and pressed chef's jacket.
- Chef's hat - A standard chef hat or hair net should be worn. Hairs should be completely covered.
- Apron – A white apron is the standard for competitors.
- Black shoes, safety-style non-slip, must be worn.
- No visible jewelry is allowed to be worn.
- No watches are allowed to be worn.
- Competitors must strictly follow basic hygiene otherwise the score could be deducted. Such as nails properly trimmed, no heavy makeup allowed.

## **COMPETITION KITCHEN BOOTH FACILITIES**

*(Provided by the Organizer)*

- 1 Work Table.
- 2 Induction Burner.
- Portable Sink
- Refrigerator/Freezer, Microwave, Oven and Trash Cans are shared.





## AWARD CRITERIA & REGISTRATION FEE :

CATEGORIES	DESCRIPTION	REGISTRATION FEE
<b>TEAM CHALLENGE</b>		
Team Challenge	Hot Kitchen - 3 Course Menu	TEAM RS. 7000/-
<b>INDIVIDUAL CHALLENGE</b>		
<b>CULINARY CATEGORY:</b>		
Category-01	Practical Hot Cooking Main Course - Poultry	Individual RS. 3500/-
Category-02	Practical Hot Cooking – Main Course- Meat	Individual RS. 3500/-
Category-03	Practical Hot Cooking – Main Course- Seafood	Individual RS. 3500/-
Category-04	Practical Hot Cooking –Appetizer 2Types [Salad, Canapes]	Individual RS. 3500/-
Category-05	Practical Hot Cooking –Pasta	Individual RS. 3500/-
Category-06	Any Cultural Cuisine [Only Display ]	Individual RS. 4000/-





# AWARD CRITERIA & REGISTRATION FEE :

CATEGORIES	DESCRIPTION	REGISTRATION FEE
<b>INDIVIDUAL CHALLENGE</b>		
<b>PATISSERIE CATEGORY:</b>		
Category-07	Cake Decoration- Whipped Cream [Only Display ]	Individual RS. 4000/-
Category-08	Cake Decoration- Fondant Art [Only Display]	Individual RS. 4000/-
Category-09	Cake Decoration- Cupcakes [Only Display]	Individual RS. 4000/-
Category-10	Patisserie Practical-Plated Dessert or Glass Dessert [Only Display]	Individual RS. 4000/-

AWARD MEDAL	SCORES
Gold Medal With Certificate 	100 - 90
Silver Medal With Certificate 	89 - 80
Bronze Medal With Certificate 	79 - 70
Certificate Of Merit 	69 - 60
Certificate Of Participation 	There After





# REGISTRATION & PARTICIPATION PROCESS PROCESS :

Registration & Participation Process	Date
Registration Starts	25th August 2025
Registration Ends	25th September 2025
Allocation Of Registration Slots	Will be Announced After Registration
Submission Of Necessary Information / Documents	28 <sup>th</sup> September 2025
Competition Dates	4 <sup>th</sup> -5 <sup>th</sup> October,2025





## JUDGING CRITERIA :

- **Material brought/proper Mise-en-Place (5 points)**

How well ingredients are prepared and organized for cooking.

- **Hygiene & Food Waste (10 points)**

- Keeping things clean while cooking and minimizing food waste.

- **Correct Professional Preparation & Hygiene (10 points).**

- How well participants cook and handle food with proper hygiene.

- **Service (5 points)**

- Participants are scored on their ability to present and serve the dishes effectively and a correct number of plates are presented.

- **Presentation/Innovation (20 points)**

- Consideration of creativity and attractiveness in dish presentation, Reflecting modern interpretations of western/continental cuisine.

- **Taste & Texture (50 points)**

- The most crucial aspect, where the judges evaluate the flavor and texture of the dishes.

**100 Points in Total**

## TEAM CHALLENGE :

1. Each participating team will have (3) members.

2. All members of each participating Team must be enrolled in a course or undergoing training at the same institution or employed by the same establishment or organization.

3. Each Team is required to prepare two (02) Glass of Beverage (02) Plates of Appetizer and (02) plates of Hot Main Course.

4. You will have 90 minutes to complete your Entire Menu.

### 5:Menu Composition:

- 1st Course - Cold Beverage - 1st serve after 15 Minutes
- 2nd Course - Appetizer after - 20 minutes of 1st Course
- 3rd Course - Entrée after - 30 minutes of 2nd Course

### 6:General Culinary Rules to Follow:

*Permitted food to be brought into the kitchen at the start of the competition.*

- Basic Stocks and Sauces can be made in advance, but not seasoned.
- Salad can be washed and cleaned, but not cut or mixed.
- Vegetables, fruits can be washed, peeled, cut but not cooked.
- Pumpkin, Broad Beans Seeds can be removed.
- Tomatoes can be peeled.
- Fish can be gutted, grilled, scaled, and filleted but not cooked.
- Seafood / Shellfish can be cleaned, filleted but not portioned or cooked.





- Meat and Poultry can be portioned but not cooked.
- Liver can be soaked in milk, not pre-marinated.
- Bones can be cut into small pieces
- Pastry sponge and dough (savory or sweet) can be brought in but cannot be cut in any format.
- Fruit Pulps can be brought in but with no additives.
- Eggs can be separated.
- Decoration to be done onsite.
- Dry ingredients can be weighed and measured.
- Pasta and dough can be prepared but not cooked.
- Coulis-puree can be brought in but needs to be finished in competition.
- Pre-made spice mixes are allowed.
- Synthetic food colors are not allowed they have to be organic.

### **Kitchen Equipment :**

Each Team is advised to provide/bring in the following items, if required, for the competition:

- Pots and Pans
- Kitchen Utensils
- Hot boxes or Trolleys
- Chinaware, Glassware (without logo)
- Plating Equipment

Any additional equipment to be brought in by competitors must be approved by the judging committee prior to the competition.

Competitors are required to inform the organizer in writing and include proper description of the equipment they wish to bring in, including information such as brand, model name/number, voltage and all essential equipment specification, four weeks' prior the competition.

It is each competitor's responsibility to ensure that the electrical load onsite is not strained, causing a power failure or interruption that may affect other competitors, resulting in demerit points.

Due to fire safety regulations, open flame cooking equipment and gas hobs will not be allowed in the venue. use of lighters, flame torch, portable gas cartridge stove, candles etc will be prohibited.





## INDIVIDUAL CULINARY CHALLENGE :

### Category - 1:

#### Main Course- Poultry:

- To Prepare and Present within 45 minutes, one (01) main course with poultry/game (either alone or as a combination) for two (02) persons, in modern fine dining style.
- Poultry (Protein) has to be your Main Ingredient.
- 2 Plates, both must be done within 45 Minutes of Competition (1 of each for Display and Evaluation).
- As a Main Dish with 150 gm of Protein, should be served with appropriate Starch (Carbohydrates), Vegetables, Puree, Sauce, Gel, and a Garnish.

### Category - 2:

#### Main Course- Meat:

- To prepare and present within 45 minutes, one (01) main course with meat for two (02) persons, in modern fine dining style, individually plated with appropriate garnish.
- Any cut of meat can be used.
- Meat (protein) has to be your main ingredient.
- 2 plates, both must be done within 45 minutes of competition (1 of each for display and evaluation).
- As a main dish with 150 gm of protein, it should be served with appropriate starch (carbohydrates), vegetables, puree, sauce, gel, and a garnish.

### Category - 3:

#### Main Course- Seafood:

- To prepare and present within 45 minutes, one (01) main course with seafood for two (02) persons, in modern fine dining style, individually plated with appropriate garnish.
- Seafood / Shellfish can be cleaned, and filleted but not portioned or cooked.
- Seafood (protein) has to be your main ingredient.
- 2 plates, both must be done within 45 minutes of competition (1 of each for display and evaluation).
- The main dish must be 100% from modern fine dining style.
- As a main dish with 150 gm of protein, should be served with appropriate Starch (carbohydrates), Vegetables, Puree, Sauce and Garnish.





### **Category - 4:**

#### **2 Types of Appetizer-[Salad & Canapes ] :**

- You will have 45 minutes to complete 2 kinds of appetizers in fine-dining style.
- Each kind of appetizer will have (2) identical servings.
- Each appetizer should have 3 main components.
- It is strictly prohibited to present raw protein (Poultry, Meat, Seafood) in your appetizer.
- You need to bring your cutlery, which must be in standard white color.

### **Category - 5:**

#### **Pasta**

- To prepare and present within 45 minutes, one (01) main course with meat for two (02) persons.
- You can use any Brand Pasta or Fresh dough pasta (either alone or as a combination) in modern & western style, individually two (02) plated with appropriate garnish, one set for judges and one for display.
- You need to bring your cutlery, which must be in standard white color.

### **Category - 6:**

#### **Any Cultural Cuisine -Individual Category :**

- You will have to present your cuisine. (Display only)
- You have to serve two (02) different kinds of traditional Cuisine
- Participant can use traditional cutlery and crockery, individually
- Two Identical Plates with appropriate garnish one set for judges and one for display.
- Selection of dish and presentation is free style.
- The entire exhibit must not exceed 12" x 12" (30cm x 30cm) square. This is the only space allocated to you on the competition table





## Category - 7:

### Cake Decoration- Whipped Cream:

- The cake must be of any shape and design and may be covered with butter cream or fresh cream/whipped cream
- These cakes must be entirely of real cakes.
- Entirely edible decorations should be done.
- All decoration must be made from butter cream or fresh cream/whipped cream only.
- No use of non-edible decoration (flowers and foliage) /lights/figurines is allowed.
- Decorative work may include any edible medium.
- The exhibit maximum board/base/presentation size should be 14" square. But the display can be smaller than this in size.
- Decorative stands are allowed.
- The cake base board or drum must be fully coated in an edible medium and covered with ribbon.
- You cannot use any non-edible material on your model cake.
- A minimum of 6 in-process photographs must be presented on the table with the cake from the armature through the stages. The photos are mandatory, no exceptions will be made. If process photos are not presented, your cake will not be judged.
- Judging Criteria: Interpretation of Theme, Creativity, Number of Techniques Used Covering, Modeling, Flower Making Skills, Proportion & Balance & distribution of Color, Number of Mediums Used, Overall Eye Appeal, Taste is not a criterion for this category
- You can add as many layers as you want; it all depends on your creativity.
- The theme of the cake will be of your choice.
- You can make any shape.
- Cakes must be hygienically stored and delivered using cold storage (cold box or dry ice). Non-hygienic entries will be disqualified.
- All edible decorative ingredients are not allowed, you need to make your own decoration.
- You can make any type of cake frosting.
- You can also use fresh fruits.
- You can make your own Jams, Jellies, Puree, or Compote.
- You can make Chocolate Decoration Onsite if needed.
- You can only use Organic Gel Color.





## Category - 8:

### Cake Decoration- Fondant Art:

- You must show this is a themed Cake with handmade decoration on the cake.
- Real cake required for this category.
- Your cake must be draped in fondant must reflect any theme.
- Decorative stands are allowed
- No height restriction.
- Your entry will be disqualified if any non-edible material is exposed.
- Non-edible ribbon should not be applied on the cake.
- The entire exhibit must not exceed 12" x 12" (30cm x 30cm) square. This is the only space allocated to you on the competition table
- The cake should be carved and shaped by the competitor and 6 process photographs should be submitted with step by step images. Must be presented on the table with the cake from the starting to end stages till completion. The images are mandatory otherwise your entry will be disqualified.
- Don't use any non-edible decoration (flower, lights, foliage, figure etc)
- Competitors may model decorations by hand such as sugar buds, flowers, foliage, twigs, fruit, berries, nuts, fungi, animals, birds, fish, people and figures (normal or comical). Flower and petal Veiners/cutters may be used.
- Judging Criteria: Interpretation of Theme, Creativity, Number of Techniques Used Covering. Modeling, Flower Making Skills, Proportion & Balance & distribution of Color, Number of Mediums Used, Overall Eye Appeal, and Taste is not a criterion for this category.





## Category - 9:

### Cake Decoration- Cupcakes (Any Theme):

- Present 6 Individually decorated 100% edible eggless cupcakes with edible decorations only.
- Dummies are not allowed for cupcakes.
- The Exhibit maximum board/base/presentation size is 14" x 14" (35cm x 35 cm) square. But the display can be smaller than this in size.
- Only one recipe should be used on all the cupcakes.
- For this you will need to bring 6 extra of the same cupcakes that are covered in buttercream/ganache icing only (no additional decorations) for judging as well as the recipe used to create them. Tasting cupcakes should be in a storage container or box with a lid.
- There are no restrictions on the size of the cupcake, mini, standard or jumbo.
- You can use sugar paste, Royal Icing, chocolate or any edible medium for decoration purpose.
- Non-edible decorations are not allowed.
- Decorative Cake Stands/cupcake stands are allowed, for presentation you can use 14x14 drum board/Ply boards.
- Cake board should be covered with any edible medium, sugar paste/modeling chocolate etc
- The cake should be carved and shaped by the competitor and 6 process photographs should be submitted with step-by-step images. The images are mandatory.

## Category - 10:

### Patisserie Practical - Plated Dessert or Glass Dessert :

- You will have to present your dessert.(Display only)
- Both plates have to be identical.
- It should be hot/cold or a combination of both.
- You need to make your Jams, Jellies, Puree, or Compote.
- It should have 3 main components.
- The entire exhibit must not exceed 12" x 12" (30cm x 30cm) square. This is the only space allocated to you on the competition table







## Organized By :



## Partners :



WORLD ASSOCIATION OF CHEFS SOCIETIES



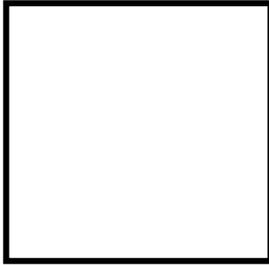
FEED THE PLANET





**Pakistan Institute of  
Tourism & Hotel Management**  
Pioneer In Hospitality Education **SINCE 1967**

Form No



**ADMISSION FORM**  
**INDIVIDUAL PARTICIPANTS**

Name: {Mr/Mrs/Miss} \_\_\_\_\_  
 Gender:  Male  Female  
 S/O,D/O,W/O \_\_\_\_\_  
 Mobile No : \_\_\_\_\_ WhatsApp No.: \_\_\_\_\_ CNIC: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Name of Institute/ Organization/ Association: \_\_\_\_\_

DOCUMENTS TO BE SUBMITTED		
2 Copy of CNIC	2 Passport Size Photos	Copy of PITHM ID Card (if any)

An Individual can Participate in maximum of 2 Categories only.

CATEGORIES			
			Select ( ✓ )
Category 01 (Practical)	Poultry / Game	Rs. 3500/-	
Category 02 (Practical)	Meat	Rs. 3500/-	
Category 03 (Practical)	Seafood	Rs. 3500/-	
Category 04 (Practical)	2 Types of Appetizers	Rs. 3500/-	
Category 05 (Practical)	Pasta	Rs 3500/-	
Category 06 (Display)	Any Cultural Cuisine	Rs 4000/-	
Category 07 (Display )	Cake Decoration-Whipped Cream	Rs. 4000/-	
Category 08 ( Display )	Cake Decoration-Fondant Art	Rs. 4000/-	
Category 09 (Display )	Cake Decoration- Cupcakes	Rs. 4000/-	
Category 10 (Display )	Plated Dessert /Glass Dessert	Rs. 4000/-	

Signature of Applicant

Signature of Admission Counselor

FOR OFFICE USE ONLY			
DETAILS OF FEE	AMOUNT PAYABLE	AMOUNT PAID	Receipt No. :
Tuition Fees			Book No. :
Any Other Fee			
Total			

.....  
 Form No. :  **STUDENT COPY**

Name : \_\_\_\_\_

CNIC: \_\_\_\_\_ Category 01: \_\_\_\_\_ Category 02 : \_\_\_\_\_

**NOTE : Slots will be Announced after confirmation of registration**

**CASHIER**

**Institute Stamp**



**ADMISSION FORM**

**TEAM CHALLENGE**

Team Name : \_\_\_\_\_

<b>TEAM INFORMATION</b>			
	<b>MEMBER 1</b>	<b>MEMBER 2</b>	<b>MEMBER 3</b>
<b>Full Name</b>			
<b>Father/ Husband Name</b>			
<b>Gender</b>			
<b>Mobile No</b>			
<b>Whatsapp No</b>			
<b>CNIC</b>			
<b>Address</b>			
<b>Name of Institute / Organization / Association</b>			
<b>Signature</b>			

<b>DOCUMENTS TO BE SUBMIT FROM EACH TEAM MEMBER</b>		
2 Copy of CNIC	2 Passport Size Photos	Copy of PITHM ID Card (if any)

Signature of Admission Counselor

<b>FOR OFFICE USE ONLY</b>			
<b>DETAILS OF FEE</b>	<b>AMOUNT PAYABLE</b>	<b>AMOUNT PAID</b>	<b>Receipt No. :</b>
Tuition Fees			<b>Book No. :</b>
Any Other Fee			
Total			

.....  
Form No. :

**TEAM COPY**

Team Name : \_\_\_\_\_

**Note :** Slots will be announced after confirmation of Registration.

**Institute Stamp**

**Cashier**