



EUROPEAN YOUNG CHEF AWARD 2023



OPEN CALL FOR YOUNG CHEFS FROM THE EUROPEAN REGIONS OF GASTRONOMY
Organised by IGCAT

Hosted by Hauts-de-France, European Region of Gastronomy awarded 2023
on 20-24 November 2023

Deadline to submit registrations and fee:
15 September 2023

The European Young Chef Award 2023 is a competition organised and promoted by the International Institute of Gastronomy, Culture, Arts and Tourism (IGCAT), the European Regions of Gastronomy Platform and hosted by Hauts-de-France, European Region of Gastronomy awarded 2023.

The aim of the European Young Chef Award is to strengthen links between European regions through young professional chefs while promoting culinary innovation and sustainability using traditional cuisine and local produce.

IGCAT, together with the European Regions of Gastronomy Platform are keen to raise the profile of local food production and diversity. Food is often a unique selling point for regions and a way to support regional development.

By enabling young chefs to learn about the value of local food diversity and regional distinctiveness, we hope to inspire future ambassadors for the Regions of Gastronomy in Europe.

This event is not only a competition judged by international chefs and experts, but also an opportunity for finalists of contests from across Europe to learn about food products from each other's regions and establish a professional network.

THE AMBASSADOR



"The European Young Chef Award is a learning process and very valuable experience. Success is doing what you like doing. So, you have already won!"

Joan Roca

El Celler de Can Roca

WINNERS OF PREVIOUS EDITIONS



"I believe the European Young Chef Award is a great opportunity to raise the profile of young chefs, and to encourage the new generations to train as such."

Pau Sintes - 2022

Menorca 2022



"Food and gastronomy are my way of bringing people together. What pushes me most, is refining traditional dishes, trying to add my own special touch to them."

Espen Laumann - 2021

Trondheim-Trøndelag 2022



"Taste should bring back memories of the past, while the dish should be a transportation to joy."

Eirini Giorgoudiou - 2019

South Aegean 2019



"I love to learn new techniques and to innovate on traditional recipes using local products."

Andreas Bjerring - 2018

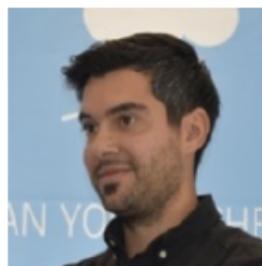
Aarhus-Central Denmark 2017



"I wanted the jury to experience my story and my region through my dish."

Aisling Rock - 2017

Galway-West of Ireland 2018



"My innovation was made up of different steps: research, development and a connection to my region's identity."

Stamatis Misomikes - 2016

South Aegean 2019

FINALISTS

The competition is open to either formal, informal or non-formal students or graduates that have concluded culinary school classes within 1 year of the local selection process (for more detailed information on eligibility, please refer to rule 3 below). **Finalists must be aged between 18-26 years and come from an awarded or candidate European Region of Gastronomy.**

The European Young Chef Award hopes to foster equality in the sector and therefore regions are asked to encourage applications from female chefs (currently underrepresented in competitions at this level).

Finalists must be selected and approved by the partner stakeholder group of the European Region of Gastronomy they come from, preferably in collaboration with an institution that has held a local competition.

Each region will be represented by an aspiring chef who will prepare an innovative version of a regional traditional dish. Finalists are asked to use local animal or plant varieties specific to their region and thus support the future survival of these regional products.

When conceiving and preparing their dish, finalists should also pay special attention to sustainability issues including: a) reduction of food waste; b) reduction of single-use plastics; c) balanced proportionality of vegetables to meat/fish in the recipe. **The sustainability of finalists' practices in the kitchen will form part of the jury's final evaluation.**

The jury will positively evaluate if finalists demonstrate they **support one or more young food producer from their region** (e.g. farmers, fishermen).

Finalists are recommended to take inspiration from local artists (e.g. painters, musicians, writers, etc.) and to share the process of their creative interpretation in their presentation. The story / presentation of the dish is expected to tell the jury about the origin and connection of the dish to the region it comes from.

Each finalist should be accompanied by a supporting team member whose role in the first instance is to promote the young chef through social media in their own countries. They may also aid the chefs in the interpretation to English of their presentation to the jury (if needed), but **cannot present on behalf of the finalists**. The supporting team member is **not allowed** to help in the preparation of the competition dish. Their role is strictly in the front-of-house presentation and they will not be allowed to assist in the kitchen on the day of the competition.

The region should provide a video to be shown during the competition. The video (2-3 minutes duration) should focus on the finalist and the inspiration behind his/her dish, and possibly highlight the European Region of Gastronomy, its landscape, heritage and food products. It may also include coverage of the regional young chef competition from which the finalist was selected. Videos made specifically for the European Young Chef Award are also encouraged to submit to [IGCAT's Food Film Menu](#) in the European Young Chefs category (watch the [2022](#), [2021](#) and [2020](#) winners).

Individual kitchens will be provided for up to 15 European finalists to work in. The organisers will ensure that adequate time for orientation in the kitchens is provided before the competition.

RULES

REGISTRATION & PARTICIPANTS REQUIREMENTS

1. Regions should confirm their participation and finalist's name by **15 September 2023** by submitting the fully completed [registration form](#). Regions should support their finalists in the compilation of the registration form and preparation of accompanying documents and materials. IGCAT is available to clarify any doubts concerning the form prior to the registration deadline. After the deadline, incomplete forms will not be taken into consideration and related candidatures will be automatically rejected.
2. IGCAT reserves the right to select 15 finalists that will compete in the European final. By 2 October 2023 finalists will receive confirmation of acceptance and will be sent the details to organise their participation.
3. Finalists need to be aged 18-26 and be either formal, informal or non-formal students or former students that have concluded culinary school classes **within 1 year of the local competition or selection process**. Proof of enrolment or certificate of conclusion of classes will be required in the registration form. Students with continuing enrolment in education but working in a professional environment (for example extended student internship) for more than a year will be disqualified. In case of any dispute, IGCAT reserves the right of final interpretation of the rules concerning the eligibility of finalists.

TRADITIONAL DISH

4. The competition dish should demonstrate innovation on a traditional recipe from the

region represented. Therefore, on the day prior to the competition, the finalist will be asked to serve **five (5) portions of the traditional dish as follows: 3 portions for the jury members to taste; 1 portion for the moderators to taste; 1 portion for display and photos**. The traditional dish should be prepared as it would be presented in local homes or restaurants, so that the innovation / transformation of the dish will be demonstrated effectively to the jury. This will also provide an opportunity for the finalists to familiarise with the provided kitchen environment. The jury will note if the finalist has succeeded in improving the traditional dish.

5. The preparation of the traditional dish cannot exceed **1 hour and 30 minutes** from start to completion.
6. Once the traditional dish is ready, finalists will have a maximum of **3 minutes to present** it to the jury.

INNOVATIVE DISH

7. On the day of the competition, finalists will prepare **five (5) portions of the innovative dish** that has been presented in the local competition / selection process: **3 portions for the jury members to taste; 1 portion for the moderators to taste; 1 portion for display and photos**.
8. The innovative dish can be a starter, a main course, or a dessert. Dishes that offer fine-dining size tastings will also be accepted.
9. Finalists are required to conceive and produce the innovative dish themselves, bringing their own style and imagination to

the competition as declared in the [Code of Ethics](#) which needs to be returned with the registration form. The innovation on the traditional recipe is ideally inspired by a local artist (e.g. painter, musician, writer, etc.) from the finalist's region.

10. The dish presented in the competition must use local seasonal products found in the markets of the region being represented. Finalists should indicate in the registration form and explain in their presentation to the jury the use of regional plant and animal varieties in their dish. In the scoring process, **the jury will give greater weight to presentations that demonstrate the finalist's knowledge in this field.**
11. If the local competition / selection process takes place in a different season than the European competition, finalists will be allowed to adapt the innovative recipe by replacing out-of-season ingredients with seasonal products, without causing a radical disruption of the dish, and as long as a clear connection with the traditional recipe is preserved.
12. Finalists are required to specify in advance in the registration form whether they intend to pair their innovative dish with wine or other beverages (alcoholic or non-alcoholic) from their region for the jury taste, and what kind of glasses / cups / etc. they will need. This is fundamental to check in advance actual availability of such with the host.
13. On the day of the competition, in no event can the preparation of the innovative dish exceed **2 hours and 30 minutes** from start to completion.

INGREDIENTS AND KITCHEN EQUIPMENT

14. General kitchen equipment will be made available to all finalists unless specialist

equipment is required. The host will provide a list of the kitchen equipment available on site and this can be reserved on a first-come first-served basis. Unless it is confirmed in writing that the equipment has been reserved, the host bears no responsibility. **Finalists are expected to provide their own specialist equipment** and no cost of same will be borne by the host. **All finalists must bring their own knives.**

15. **Finalists should bring their own ingredients for the preparation of both the traditional and innovative dishes.** Basic cupboard ingredients (e.g. salt, oil, sugar, etc.) will be provided by the host. The host will provide a list of all the basic ingredients available on site prior to the competition. In any case, finalists are strongly encouraged to use products specific to their region and have available information about the producers (highlighting their relationship with the producer, and if they are supporting young food producers in their region).
16. In light of current sustainability concerns, in case that the innovative dish contains meat or fish, the **ability of finalists to balance the proportionality of vegetables to meat/fish** in their recipe will be scored by the jury as part of their evaluation.
17. Partially cooked food **is not** permitted. The only pre-competition preparations allowed are: fermentation, curing, marinating, dehydration, rehydration or pyrolysis. Any excessive preparation in advance of the competition will be noted and, in a tie-break situation, may be counted against the finalist. If in doubt, please seek advice from IGCAT prior to the competition.
18. Finalists must comply with the food hygiene regulations specified by the host (if any), ensure that high-risk food products are

handled appropriately, and that the chill chain is not compromised during transportation. If there are any concerns around this, finalists should contact IGCAT and the host to discuss possible individual requirements. The host will provide help in finding replacement foods (as far as possible) if finalists' ingredients arrive in a bad state.

PRESENTATION AND EVALUATION PROCESS

19. The region should prepare a **2-3-minute video** about the finalist and the inspiration behind their innovative dish, to be shown before or after the presentation of the dish. The video can also emphasise the agricultural landscape, heritage and cultural characteristics of the region and introduce the story of how the finalist was selected. The video either needs to be in English and/or have subtitles in English and must be submitted by **20 October 2023**.
20. On the day of the competition, the order of presentations will be staggered and therefore a start time for cooking preparation will be given to each finalist. IGCAT will decide the order of plates and the Head of Kitchen will ensure finalists start cooking at 10-minute intervals. The order will be communicated by IGCAT on the day of the competition.
21. During the preparation of the innovative dish, the jury will visit the kitchen to observe the cooking process and outcome of the dish (including **kitchen order** and **hygiene**), as well as ask finalists about the recipe and ingredients.
22. During the kitchen visit, the jury will also assess the ability of finalists to reduce **food waste** and **single-use plastics** to a minimum during the preparation of their dishes.

Finalists' food and plastic waste related practices will be scored as part of their final evaluation.

23. Once the innovative dish is ready, finalists will have a maximum of **4 minutes to present** it to the jury and public. The presentation will be followed by jury questions.
24. Finalists are advised that technical ability and regional connectedness will equally contribute to the overall evaluation of the innovative dish and, thus, they are warmly encouraged to focus on both aspects during the presentation of their innovative dish. Besides the technical aspect, **the jury will assess the finalist's ability to:**
 - a. communicate an original story about the dish and the creative process behind it;
 - b. explain the cultural connection of the dish with the region;
 - c. present the local plant and animal varieties used, if they are in season and whether they are organic / grass fed / wild fish;
 - d. acknowledge the local food producers sourced from with special focus on one or more young producers (up to 30 years old);
 - e. demonstrate their sustainability approach in the kitchen as an overall cooking philosophy and not just for the competition.

All the points listed above will be scored by the jury in the evaluation form.

25. The presentation should be given in English. The finalist may be assisted by their supportive team member in the interpretation of the presentation to English.

Please be aware that the team member can only act as a translator and cannot present on behalf of the finalist, causing otherwise a penalisation of the finalist in the overall evaluation.

26. Finalists are allowed to use supportive slides during their presentation, pending the availability of the necessary technical equipment at the competition venue. Finalists are recommended to inform IGCAT and the hosting region if they intend to use slides and to send them in advance of the competition.
27. The jury have a set of criteria to mark each plate. When participation is confirmed, finalists will receive the criteria and weight applied to each. The jury are experts in their fields and the winners will be selected following a calculation of the scoring and a discussion between the jury. In a tie-break situation, the President of the jury (always a celebrated chef) will make the final choice.
28. **The jury verdict is final**, and jury members are not obliged to answer the finalist's concerns individually on the day of the event. The jury will however provide written feedback to all finalists, including an individual breakdown of their own scores and accompanying jury comments, within two weeks after the competition. No further correspondence will be entered into.
29. Only 1st, 2nd and 3rd prizes will be announced. All finalists however will be celebrated through the signing and awarding of IGCAT Regional Chef Ambassador title. As Joan Roca aptly notes - all finalists are winners!

IMAGE AND CONDUCT

30. The finalist should bring **two sets of uniform** (kitchen jacket, trousers and hat). One for

the first day and a second set, which may include sponsor logos, for the competition day. The finalist will be given aprons for use in the kitchens so as to ensure a clean jacket during the presentation.

31. Finalists are expected to attend all activities and meals as organised in the programme. Finalists should be reminded that they are acting as ambassador for their region and their **behaviour and conduct needs to be appropriate at all times**.

SAFETY

32. The safety of finalists, accompanying people, hosts, organisers and all people involved will be a priority throughout the whole event.
33. Therefore, all participants are required to respect any health-related protocols that will be in place at the time of the competition in the hosting region. In advance of the competition, the hosting region will provide finalists with a complete list of sanitary measures and recommendations that they may need to comply with.
34. In case that restrictions to international travel are in place at the time of the competition, the event will be cancelled and re-scheduled for a later date.

INTERPRETATION OF THE RULES

35. The present rules will be sent to regions and finalists in advance of the competition. It is recommended to read them carefully. IGCAT will be available to clarify any doubt concerning the rules prior to the competition. IGCAT will not accept any objections to the present rules during or after the competition.
36. All rules and regulations are subject to interpretation by the organising body (IGCAT) whose decision shall be final.

PROGRAMME

DAY 1 | 20 November 2023

ARRIVAL AND WELCOME

A welcome gathering will be organised and the videos of the finalists will be screened so that the young chefs can start getting to know each other.

DAY 2 | 21 November 2023

WARM-UP WITH TRADITIONAL DISHES

On 21 November, finalists will receive a short introduction about the importance of the European Young Chef Award for encouraging cultural and food diversity, as well as an orientation and safety briefing of the kitchens. The finalists will then commence with the preparation of the traditional version of their dish (1h30) to be presented to jury members.

DAY 3 | 22 November 2023

COMPETITION WITH INNOVATIVE DISHES

The competition will take place on 22 November. Each finalist will have 2 hours and 30 minutes to prepare their dish. IGCAT will decide the order of plates and finalists will start cooking at 10-minute intervals. When their time is up, finalists will present their dishes in front of the jury and public. The winners will be announced at the Award Ceremony on the same day.

DAY 4 | 23 November 2023

FOOD TOUR OF THE REGION

On 23 November, finalists will have the chance to visit the Hauts-de-France region to learn about local gastronomy and produce, and to meet each other in a relaxed environment.

* A more detailed version of the programme will be provided to participants closer to the competition.

REGISTRATION

The registration fee is € 1.800 per finalist.

The following costs will be covered by Hauts-de-France, European Region of Gastronomy awarded 2023:

- Accommodation in a local hotel close to the venue of the competition for up to 2 people per region (finalist and supportive team member)* for four nights (fourth night tbc);
- Breakfasts, lunches, dinners for up to 2 people (finalist and supportive team member);*
- Airport transfers;
- Participation in the international competition and aprons;
- Standard kitchen, utensils and basic ingredients;
- Local Food Tour and visits.

For more information or to reserve a place, please fill in the [registration form](#) and send it (with accompanying documents) to: f.toccoli@igcat.org

*The possibility for additional accompanying people to participate needs to be agreed with IGCAT and the hosting region beforehand and is subject to seat availability and logistic organisation. In case additional people are allowed to take part, they will need to cover their own expenses for transfers, accommodation, and meals.

VENUE

The European Young Chef Award 2023 will take place at the **Lycée hôtelier du Touquet** (www.lyceehotelierdutouquet.fr), in the city of Le Touquet.

ORGANISERS

The European Young Chef Award is organised and coordinated by the **International Institute of Gastronomy, Culture, Arts and Tourism** (IGCAT). IGCAT aims to **empower local communities** by raising awareness of the importance to safeguard and promote distinct food, culture, arts and sustainable tourism assets. This is essential to balance against globalised food trends that are impacting on our planet, health and local economies.

IGCAT is a non-profit institute established in 2012, working with regional stakeholder consortiums in the fields of gastronomy, culture, arts and tourism. It counts on the expertise of a worldwide network of experts and works in partnership with specialised intergovernmental organisations.

IGCAT provides the World and European Region of Gastronomy Award and is the official secretariat for the World and European Regions of Gastronomy Platforms. Furthermore, the Institute has developed the World Food Gift Challenge, the Food Film Menu and the Top Websites for Foodie Travelers.

www.igcat.org

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