



# WESTERN AUSTRALIA

## Apprentice, Commercial Cookery and Culinary Students of the Year

# 2025

Winner of the 1<sup>st</sup> Year and 2<sup>nd</sup> Year will represent  
Western Australia at the Vietnam Culinary Challenge in  
Saigon 25-27 March 2026

Overall winners for each category (4) will compete in the  
National Apprentice of the Year competition as part of the  
West Australian Squad in Sydney.

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		ACF WA link	

# COMPETITION OVERVIEW 2025

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**CONGRATULATIONS** on participating in this year's Western Australian Apprentice of the Year competition program.

The West Australian Culinary Youth Club (WACYC) Competition Committee aims to lift the profile of our industry and unite the industry as a whole.

The WACYC believes that cooking competition is vital to any apprentices training. Through these competitions, we assist apprentices, and commercial cooks in gaining confidence in their culinary skills, with the support of Industry, TAFE Colleges and Private Training Providers.

The competition committee has been working on a more flexible program that is informative, educational, and includes the competition component. Again, this year, a host of industry leaders will join the competition as culinary judges.

We encourage all apprentices and commercial cooks to enter this competition. Also, request employers, TAFE Colleges and Private Training Providers to support their apprentices in their endeavours by encouraging them to participate in the Information / talk classes program on the day.

**SUNDAY 27<sup>th</sup> July 2025**

**08.00AM – 08.10AM arrival for 08.15AM starts in full Chefs' uniform**

**North Metropolitan TAFE**

**35 Kendrew Crescent Joondalup**

Should you have any questions about the competition, or the information provided in this competition booklet, please do not hesitate to email the committee at

[wa@austculinary.com.au](mailto:wa@austculinary.com.au)

**Applications Close: 24<sup>th</sup> July 2024** [wa@austculinary.com.au](mailto:wa@austculinary.com.au)

The medals & winners will be announced at the presentation event on the competition day.

**Pavilion Restaurant**

**Starting: 13.00 pm Attire: Smart Casual**

# PROGRAM

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08.00 – Participants to sign in on Arrival		
08.15 – Participants briefing in FULL Chef Uniform		
08.30 – In the kitchen for setup	Final Year	
09.00 – In the kitchen for setup	CC, 1 <sup>st</sup> year and 2 <sup>nd</sup> year	
09.00 – Cooking competition start	Final Year	
09.30 - Cooking competition start	CC, 1 <sup>st</sup> year and 2 <sup>nd</sup> year	
10.45 - Serve entree	*** FINAL YEAR ONLY ***	
11.00 – Serve main course		
11.30 – Serve dessert		
12.00 – Finish and clean up		
12.25 – Competitors to make their way to the Pavilion		
Restaurant Healthy Mind Presentation		
13.00 – Competition debriefs followed by the Award Presentation		
14.30 – CONCLUDE		

**Once we have received your application  
we will send you a link via email to the  
competition seminar and address some  
questions you may have**

# COMPETITION RULES – CONDITIONS OF ENTRY

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## COMPETITORS & SUPERVISORS PLEASE READ THESE POINTS VERY CAREFULLY

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF), West Australian Culinary Youth Club (WACYC) and the Competition Committee shall not under any circumstances be responsible for any injuries, loss, or damage to any goods, equipment, or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convener & become the property of The Australian Culinary Federation and will be used in but not limited to promotions, media, sponsorship.
5. All competition work, food and dishes must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final, and no correspondence will be entered.
8. ACF, WACYC and the chairman of the organising committee reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. All competitors are required to use the product as stipulated in criteria.
10. A certified electrician must tag all electrical equipment permitted to be brought into the competition. Non-complying equipment will not be allowed. Equipment still in warranty does not have to be tagged, but you must show proof of warranty.
11. The competitor agrees to participate in a photo, radio recording, video and/or film session, or to provide voice/written testimonials. The above hereby acknowledge that Australian Culinary Federation agrees has the right to use such photos, radio recordings, videos, films or voice/written testimonials in any medium and in any reasonable manner for any purpose as they may deem fit. The competitor also consents to the right of Australian Culinary Federation to use their names, voices or pictures, menu's & recipes
12. The Competitor agrees to allow the ACF to provide their name & email to participating sponsors upon request of such sponsor
13. All submitted recipes will become the property of Australian Culinary Federation and may be used for promotional purposes.
14. Any communication between competitors and their respective coaches / teachers during the competition, as dictated by the chief judge will result in disqualification of the competitors
15. All food provided in the Competition is listed.
16. You will be required to prepare, cook and serve the required competition meal as listed on page 11 using ingredients listed on pages 7 and 8 based on your year of indenture.
17. All competitors, you will be required to use the format attached at the end of this document and bring 2 (two) copies typed on the day of the competition

# COMPETITION ENTRIES

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Competitors will be grouped in 4 categories

- Commercial Cookery Students
- 1st Year Apprentice Chef
- 2nd Year Apprentice Chef
- Final Year Apprentice Chef

## 1. **COMMERCIAL COOKERY and CULINARY STUDENTS**

Applicants must be –

- a) Studying full time Certificate III or IV in cookery or Patisserie
- b) Students must be enrolled in a TAFE or PRIVATE R.T.O. course.

## 2. **APPRENTICE CHEFS 1<sup>ST</sup>, 2<sup>ND</sup> & FINAL YEAR**

Applicants must be -

- a) Employed as Apprentice Cook.
- b) Enrolled at a TAFE, Institute or Registered Training Organisation.

## 3. **UNIFORMS**

- Chef's Hat or Flat Top Cap (White)
- Necktie (White)
- White Chefs Jacket (White buttons)
- White Chefs Aprons
- Chefs Trousers (small black checked)
- Black Shoes (fully enclosed toe cap – non-slip)
- Hair – covered in hairnet, if necessary
- No Jewelry

*Note: Non-conforming competitors will not be allowed to compete.*

## 4. **AWARDS, CRITERIA & JUDGES**

- a) Judging panel: All judges are approved by the organizing committee. ACF registered judges are preferred.
- b) Assessment: Will be conducted in accordance with guidelines for ACF Culinary Competitions.
- c) Medals Will be awarded to any entry which attains the following points:  
Gold with honors (Super Gold) 100%  
Gold 90% – 99%  
Silver 80% – 89%  
Bronze 70% – 79%
- d) Certificates: All Competitors will receive a certificate of participation
- e) Prizes: will be awarded to the winner in each section & the overall best apprentice, prizes can include any of the following...trophies, cash, vouchers, gifts.

# SPECIAL POINTS

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- Deep fryers are available but are shared.
- Freezer
- Blast chiller available but share.
- Cryovac machine is available.
- No pre-preparation of food is allowed. All must be prepared during the competition times.
- Equipment provided as listed.
- The organiser will provide white plates for plating for entree and main course (own plates not permitted). You may bring your own plates for **dessert only**. You are responsible for these items.
- **Provide two copies of the dish description & recipes using the templates provided\*.**
- To be typed & each copy in A4 clear plastic pocket.
- **You need to bring two (2) printed copies of your recipes, one(1) for judges & one(1) for you in the kitchen**
- Entrée (\*\*FINAL YEAR ONLY\*\*)
- Main
- Dessert
- Equipment allowed along as tagged and tested.



# JUDGING CRITERIA

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Each entrant starts with 100 points and points are deducted in accordance with the following measurable elements:

Mis En Place	5 points
Personal Presentation	1
Set up workstation	1
Correct Mise En Place level	3
Hygiene & Food Waste	10 points
Correct Sanitation Processes	5
Correct Food Waste Separation	2
Utilising Trim & Offcuts	3
Professional Preparation	20 Points
Technical skills displayed	5
Correct methods of preparation	5
Efficient utilisation of time/organisation skills	5
Service	5
Timeline adhered to, penalised one point for each minute delayed	
Presentation	10 Points
Suitable temperature	1
Originality/flair	2
Appropriate too class/true to menu description	2
Portion size	1
Clean arrangement & dish	2
Nutritional balance	2
Taste	50 Points
Does the major component taste good	6
Balance of textures	6
Does the sauce/garnish taste good	6
Balance of flavours	6
Do the complements add to the taste of the major component	6
Seasoning	8
Is there harmony of flavour combinations in the menu	6
Taste of food preserved	6

*Medals will be awarded to the following levels for entrant*

*Bronze, 70-79 points*

*Silver, 80-89 points*

*Gold, 90-99 points*

*Gold with distinction, 100 points*



# CRITERIA

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## CULINARY STUDENT.

Each competitor to:

1. Prepare, cook and display two (2) servings of one Hot main course using ½ chicken No 14 (1 leg and 1 breast) and Great Southern Truffle “Truffle & Spice Sauce”, suitable sauce & garnish, **including one (1) Starch four (4) vegetables, each .**
2. Prepare, cook & display two (2) servings of one dessert of your choice using **Halls Family Dairy Fifi Camembert 40 g** as main component and **Queen Professional Maple syrup and 1 Vanilla Bean**

Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

**DO NOT PRESENT ANY OTHER WAY**

The time allocation:      30 minutes setting up.  
   150 Minutes to prepare & cook entrée, main & dessert dishes  
   30 minutes cleaning up.....Total: 3.5 Hours

## 1ST YEAR APPRENTICE

Each competitor to:

1. Prepare, cook and display two (2) servings of one Hot main course using Lamb Rump cap off, suitable sauce & garnish, **including one (1) Starch and three (3) vegetables, each .**
2. Prepare, cook & display two (2) servings of one dessert of your choice using **Halls Family Dairy Fifi Camembert 40 g** as main component and **Queen Professional Maple syrup and 1 Vanilla Bean**

Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

**DO NOT PRESENT ANY OTHER WAY**

The time allocation:      30 minutes setting up.  
   150 Minutes to prepare & cook main & dessert dishes  
   30 minutes cleaning up.....Total: 3.5 Hours

## 2nd YEAR APPRENTICE

Each competitor to:

3. Prepare, cook and display two (2) servings of one Hot main course using ½ chicken No 14 (1 leg and 1 breast) and Great Southern Truffle “Truffle & Spice Sauce”, suitable sauce & garnish, **including one (1) Starch four (4) vegetables, each** .

Prepare, cook & display two (2) servings of one dessert of your choice using **Halls Family Dairy Fifi Camembert 40 g** as main component and **Queen Professional Maple syrup and 1 Vanilla Bean**

Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

**DO NOT PRESENT ANY OTHER WAY**

The time allocation:      30 minutes setting up.  
150 Minutes to prepare & cook entrée, main & dessert dishes  
30 minutes cleaning up.....Total: 3.5 Hours

## FINAL YEAR APPRENTICE

Each competitor to:

1. Prepare, cook and display two (2) servings of one Hot Vegetarian entrée using Tofu as main ingredients
2. Prepare, cook and display two (2) servings of one Hot main course using 1 kg Pork Loin Roast with Belly Meat Attached Rind On and Great Southern Truffle “Truffle & Spice Sauce”, suitable sauce & garnish, **including one (1) Starch, using four (4) vegetables, each** .
3. Prepare, cook & display two (2) servings of one dessert of your choice using **Halls Family Dairy Fifi Camembert 40 g** as main component and **Queen Professional Maple syrup and 1 Vanilla Bean**

Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

**DO NOT PRESENT ANY OTHER WAY**

The time allocation:      30 minutes setting up.  
180 Minutes to prepare & cook entrée, main & dessert dishes  
30 minutes cleaning up.....Total: 4 Hours

### \*\*\* DESSERT FOR ALL CATEGORIES\*\*\*

- **You can bring your own ingredients.**
- **Nothing can be premade but can be pre-weighed.**
- **All competitors must use the sponsored ingredients as stipulated above**

# COMPETITION INGREDIENTS

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To learn more about the products supplied by the sponsors, we recommend researching the products before the competition using the links below

## INGREDIENTS CATEGORIES (will be supplied on the day)

(copy and put in to your browser)

**Great Southern Truffles** <https://www.greatsoutherntruffles.com.au/product-page/truffle-spice-220g>

## SPONSORED DESSERT (will be supplied on the day)

(copy and put in to your browser)

**Queen Professional** <https://queenprofessional.com.au>

**Halls Family Dairy Fifi Camembert** <https://harveyregion.com.au/blog/operator/halls-family-dairy/>

## INGREDIENTS SUPPLIED ON COMMON TABLE

### Dairy

Eggs  
Butter  
300ml Browns Cream  
Milk

### Dry Goods

Chicken Stock  
Jingilli Olive Oil  
Beef Stock  
Little Eeden Honey  
Beef Jus  
White Wine  
Tomato Paste  
Coconut Milk  
Coconut cream  
Panko crumbs

Baking powder  
Plain flour  
Corn flour  
Castor sugar  
Arborio rice  
Soy Sauce  
Honey  
Red Wine Vinegar  
Sesame oil  
Mirin

Vinegar  
Jasmine Rice  
Olive oil  
Vegetable oil  
Red Wine  
Brown Sugar  
Breadcrumbs  
Balsamic vineg.  
Miso  
Wakame

**Fruit & Veg**

Potatoes  
Button Mushrooms  
Tomatoes  
Bok Choi  
Oranges  
Apples  
Carrots  
Garlic

Onion  
Ginger  
Spring Onions  
Spinach  
Lemons  
Pumpkin  
Cauliflower  
Limes

Chili  
Chinese Cabbage  
Zucchini  
Banana  
Avocado  
Shitake  
Chinese cabbage  
Kafir lime leaves

**Herbs**

Basil  
Mint  
Chives  
Rosemary  
Continental Parsley  
Thyme  
Coriander  
Dill

**Herbs & Spices**

Ground Cardamom  
Fine Kibbled Black Pepper  
Ground White Pepper  
Ground Coriander  
Ground Cinnamon

Ground Nutmeg  
Ground Ginger  
Ground Chili Mild  
Cinnamon Quills  
Sea Salt Flakes

Five Spice  
Sesame Seeds  
Fennel Seeds  
Lemon Grass  
Cumin

Paprika  
Star Anise  
Turmeric  
Bay Leaf

## EQUIPMENT SUPPLIED

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Each competitor will have:

1 x 3 Liter Pot	4 x Gas Burners
1 x 1 Liter Pot	1 x Fridge
2 x Fry Pan/Saucepan	1 x Roasting Tray
4 x Bowls	1 x Baking Tray

Your assigned station will have:

1x Slotted spoon	Alfoil
1 x Ladle	Gloves
1 x Measuring Jug	Cleaning Chemicals
1 x Fish Slice	Washing Up Liquid
1 x Plain Spoon	Cling Wrap
1 x Tongs	Baking Paper
1 x Wooden Spoon	Twine
	Sanitiser

# EQUIPMENT YOU ARE ALLOWED TO BRING

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## KNIFE KIT – Only bring what you will need on the day

Cooks Knife  
Serrated Carving Knife  
Boning Knife  
Turning Knife  
Piping Bags  
Pastry Brush  
Bench Scraper / Cutter  
Measuring Cups

Sharpening Steel  
Pallet Knife  
Paring Knife  
Parisienne Cutter (melon baller)  
Plain and Star Piping Tubes  
Wooden Spoon  
Peeler  
Tasting Spoon- (tsp or tbsp)

## OTHER ITEMS – NO Glass

Moulds  
Pressure Cooker and additional pots  
Cream Guns  
Baking Sheets  
Small Ramekins no glass

Small Stick blender with attachment,  
Electronic scales  
Pasta machine  
Sous Vide Machine

## Tea Towels - MUST BRING YOUR OWN

*\*NOTE: This is just an example. You may bring equipment as long as it can fit into a standard tool kit or wrap, and any electrical equipment is tagged and tested. Judges will inspect your tool kit. All tools should be clean and well maintained.*

## CUTLERY/ PLATES:

You may bring your own plates for **Dessert only**.  
You are responsible for these items.

# 2025 ENTRY FORM

PLEASE WRITE CLEARLY AS ILLEGIBLE DETAILS COULD PREVENT YOU FROM BEING ENTERED.

**YEAR OF INDENTURE: FIRST ☐ SECOND ☐ FINAL ☐ CC ☐**  
(As at 01 June 25)

FAMILY NAME \_\_\_\_\_ GIVEN NAME \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ SEX \_\_\_\_\_

EMAIL: \_\_\_\_\_

FULL POSTAL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ MOBILE PHONE: \_\_\_\_\_

TAFE/RTO ATTENDING: \_\_\_\_\_

## **EMPLOYMENT DETAILS**

EMPLOYER NAME: \_\_\_\_\_

BUSINESS NAME: \_\_\_\_\_

FULL POSTAL ADDRESS: \_\_\_\_\_

EMPLOYER PHONE: \_\_\_\_\_

EMPLOYER EMAIL \_\_\_\_\_

## **Emergency Contact**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Relationship \_\_\_\_\_

Medical Conditions, Allergies, Medications (Please include medi alerts) \_\_\_\_\_

Dietary Requirements (Please list) \_\_\_\_\_

## **PERMISSIONS, Please Circle**

I permit my name and any photographs of myself to be released to the media YES NO

I permit my name & email to be given to sponsors of the event YES NO

Signed \_\_\_\_\_ Date \_\_\_\_\_

**A Parent or Guardian must give permission and sign below if the student is under 18 years of age.**

I, \_\_\_\_\_ give permission for

To enter and compete in the Australian Culinary Federation National Apprentice Competition & permit any photographs of them to be released to the media for promotional purposes.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FORWARD ENTRY BY EMAIL TO: [wa@austculinary.com.au](mailto:wa@austculinary.com.au)**

# 2025 RECIPE TEMPLATE

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

Section: (Entrée **\*\*FINAL YEAR ONLY\*\***), Main, Dessert) \_\_\_\_\_

Dish Description: \_\_\_\_\_

**INGREDIENTS**

NAME	UNIT	QUAN TITY
EXAMPLE	g	150



# 2025 WORKFLOW

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