



# Pakistan Institute of Tourism & Hotel Management

Pioneer In Hospitality Education **SINCE 1967**



Culture & Tourism Department

**Proudly presents**

# 1<sup>ST</sup> KARACHI Culinary championship

**19th & 20th October 2023**

**REGISTRATIONS OPEN**

For registration, please contact Admission Councillor PITHM

    | @pithmsindh Phone : 021 99332419 Cell : 92 305 2686925  
P.I.T.H.M ST-16 Block-4, Shahrah e Attar Ibne Qasim Park Road, Clifton, Karachi

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# BRIEF HISTORY OF PITHM

**P**akistan Institute of Tourism & Hotel management (PITHM) is internationally recognized government training institute developing professionals for tourism & hospitality industry since 1967.

Pakistan Institute of Tourism & Hotel management (PITHM) is 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 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

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- 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 own ingredients in accordance of 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 set of recipe card need to display on display table.
- 7) All contestant have to complete their cooking with the given time.
- 8) Competitors to bring their own small kitchen equipment and plate wares. Plate wares must be suitable for service.

## LIVE COMPETITION PRE-COOKING ALLOWANCE

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- 1) Stock can be made before hand but not seasoned.
- 2) Premade dough is allowed.
- 3) Vegetables and fruits cleaned, can be cut, trimmed (any shape) but must be raw/not cooked.
- 4) Vegetable/fruit purees are allowed but not be seasoned.
- 5) Precut meat is allowed, portioned but not marinated/seasoned.
- 6) Fish- gutted, scaled can be filleted/portion if required but must be raw.
- 7) Food color is not allowed to be used,
- 8) Premade spice mixes are allowed.

## COMPETITION KITCHEN BOOTH FACILITIES

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Provided by the  
Organizer for an  
Individual

1 work table, 2 gas burners, a grill and a flat top (shared), sink with running tap.

\*Refrigerator/Freezer and trash cans are shared

## DRESS STANDARDS

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- Chef's Jacket – the competitors should enter the competition arena wearing a clean white, pressed chefs jacket.
- Chef's Hat - standard chef hat or hair net should be worn.
- Apron – white apron is the standard for competitors.
- Black Shoes, safety-style non slip, must to be worn.
- No visible jewelry is allowed to be worn.
- No watches allowed to be worn.
- Competitor must strictly follow basic hygiene otherwise the score could be deducted.

# INDIVIDUAL DISPLAY COMPETITION

## Individual Competition

### 2 Plates of Desserts

#### Category

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- Participants are required to prepare the desserts from home, everything would be prepared by themselves and they will only have to assemble and display the desserts at that time in the competition.
- Total of 2 plates of desserts to be displayed, each for one person.
  - a. 1 x Modern Pakistani Dessert free style creation.
  - b. 1 x Western Dessert to be composed in a plate
- Displayed cold, suitable for a la carte service.
- Time allowed for setting the display is **30 Minutes** of competition.

# INDIVIDUAL LIVE COMPETITION

## Individual Competition

### Pasta

#### Category

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- Italian traditional pasta available or fusion pasta available
- 2 plates each for **45 minutes** of competition
- western presentation and freestyle
- Pasta noodles should be used (including dried noodles, fresh noodles, gnocchi, ravioli, etc.)
- Pasta/pasta dough will be the only advanced preparation allowed
- The main dish must be 100% from Modern Western Cuisine.

# INDIVIDUAL LIVE COMPETITION

## Individual Competition

### Chicken Main course

#### Category

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- Main dish using chicken as the primary ingredient.
- 2 plates each for **45 minutes** of competition (1 each for display and evaluation).
- Chicken should be the main ingredient.
- The main dish must be 100% from Modern Western Cuisine.
- As a main dish with 150g of protein, should be served with appropriate carbohydrates (potato), vegetables, puree, sauce and a garnish.
- As the main course dish, the total weight should vary 250g-300g per plate.

# INDIVIDUAL LIVE COMPETITION

## Individual Competition

### Beef Main course

#### Category

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- Main dish using beef as the primary ingredient.
- Any cut of beef can be used.
- 2 identical plates in **45 minutes** of competition (1 for display and 1 for evaluation).
- Beef should be the main ingredient.
- The main dish must be 100% from Modern Western Cuisine.
- As a main dish with around 150g of protein, should be served with appropriate carbohydrates (potato), vegetables, puree, sauce and a garnish.
- As the main course dish, the total weight should vary 270g-300g per plate.

# INDIVIDUAL LIVE COMPETITION

## Individual Competition

### Seafood Main course

#### Category

- Main dish using seafood as the primary ingredient.
- 2 identical plates in **45 minutes** of competition (1 for display and 1 for evaluation).
- Seafood should be the main ingredient.
- The main dish must be 100% from Modern Western Cuisine.
- As a main dish with 150g of protein, should be served with appropriate carbohydrates (potato), vegetables, puree, sauce and a garnish.
- As the main course dish, the total weight should vary 250g-300g per plate.

## General Rules for Display - 2 Plates of Desserts

#### Rules & Guidelines

- Practical and up to date presentation is required, plating and presentation play a vital role in this category.
- Participants must maintain proper hygiene during the dessert preparation and plating process.
- All food ingredients, objects, plates necessary for the competition must be brought by the participants themselves.
- Tasting will be the part of the judging process.
- Show pieces are allowed but will not be judged.
- Typewritten recipe must be completed in English, and a copy of the recipe must be brought before the competition begins.
- The culinary competition will be held at the Pakistan Institute of Tourism & Hotel Management (PITHM).

#### Judging Criteria

- **Material brought/proper mise en place 5 points.**
- How well ingredients are brought and organized.
- **Hygiene & Food Waste 10 points**

- Keeping things clean while presenting and minimizing food waste.
- **Correct Professional Preparation & Hygiene 20 point**
- How well participants handle food with proper hygiene.
- **Service 5 points.**
- Participants are scored on their ability to present dishes effectively.
- **Presentation/Innovation 30 points.**
- Consideration of creativity and attractiveness in dish presentation, reflecting modern interpretations of Western/continental cuisine.
- **Taste & Texture 30 points.**
- Where the judges evaluate the flavor and texture of the dishes.

\*100 points in total

## General Rules for Individual Live Competition Categories

### Rules & Guidelines

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- All food ingredients, objects, plates necessary for the competition must be brought/prepared by the participants themselves.
- The main dish must be 100% from Modern Western Cuisine.
- Typewritten recipe must be completed in English, and two copies of the recipe must be brought before the competition begins.

### Judging Criteria

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- **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 20 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 correct number of plates are presented.
- **Presentation/Innovation 10 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



## Award Criteria

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Score	Medal
90-100	Gold Medal + Certificate
80-89	Silver Medal + Certificate
70-79	Bronze Medal + Certificate
60-69	Certificate

- Participants will be evaluated based on the judging criteria, and the winners will be determined by the highest scores in each category.

## Registration Fee

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The Participating Part	Category	Participating Fee
Display Competition	2 Plates of Desserts (Individual)	Rs. 1000
Live Competition	Pasta (Individual)	Rs. 1000
	Chicken (Individual)	Rs. 1000
	Beef (Individual)	Rs. 1000
	Seafood (Individual)	Rs. 1000

- Deadline: Friday, September 17, 2023
- The form is accepted only when the participating fee is submitted.
- Read and fully agree with rules of participation before enrolling.
- The fee must be submitted in cash at the accounts department PITHM, Clifton, Karachi.

## Registration Form:

Full name: \_\_\_\_\_

Gender: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mobile: \_\_\_\_\_

Designation: \_\_\_\_\_

CNIC No \_\_\_\_\_

### **Category Selection:**

Please choose the category in which you wish to compete (check the appropriate box):

An individual can participate in maximum of 3 categories.

Chicken (Live Competition)

Beef (Live Competition)

Seafood (Live Competition)

Pasta (Live Competition)

Two Plated Desserts (Display Competition)

Signature Of Participant: \_\_\_\_\_

For any questions or inquiries regarding the culinary competition's rule book or in general, participants can contact us via email at: [competitionpithm@proton.me](mailto:competitionpithm@proton.me). We encourage all participants to reach out if they need any clarifications or have concerns about the competition rules. Our team is here to assist and ensure a fair and enjoyable culinary experience for all participants. We look forward to hearing from you!

.2023