



2026 臺北國際廚藝挑戰賽

個人賽事 - B 現場熱烹

Individual – B Hot Cooking

【競賽資訊】Information

日期: 2026 年 11 月 13 日(五)至 11 月 16 日(一)

地點: 台北市南港展覽館 1 館(台北市南港區經貿二路 1 號)

時間: 10:00~18:00 (各項賽事競賽時間依公告通知為主)

Date: November 13th (Friday) to November 16th (Monday), 2026

Venue: Hall 1, Nangang Exhibition Center.

(No.1, Jingmao 2nd Rd, Nangang District, Taipei City, Taiwan)

Time: 10 A.M to 6:00 P.M (Time and date are subject to change)

【報名資格】Eligibility

- **料理類別** 項目皆分為二大資格組別，各競賽項目以個人為單位報名，相關說明如下 You will compete as an individual in either one of the following groups :

【專業廚師組 Professional Chef】 : 2026 年 7 月 1 日後 26 歲(包含)以上之廚師。每項競賽報名費新台幣\$3,000 元/人。Professional Chef Registration fee: \$3,000/NTD. Must be 26 or older to apply.

【年輕廚師組 Young Chef】 : 2026 年 7 月 1 日後 25 歲(包含)以下之廚師，含餐飲相關科系學生。每項競賽報名費新台幣\$2,000 元/人。Young Chef Registration fee: \$2,000/NTD. Must be 25 or under to apply.

- **飲調類別** 項目共分專業組、大專組、高中組，各競賽項目以個人為單位報名。

The Beverage Mixing Competition is divided into three divisions: **Professional, College/University, and Senior High School**. All competition categories are open to individual registration only.

2026 年 7 月 1 日後 26 歲(包含)以上之參賽者。每項競賽報名費新台幣\$3,000 元/人。

2026 年 7 月 1 日後 25 歲(包含)以下之參賽者。每項競賽報名費新台幣\$2,000 元/人。

Participants aged 26 or above as of July 1, 2026: Registration fee is NT\$3,000 per person, per competition category.

Participants aged 25 or below as of July 1, 2026: Registration fee is NT\$2,000 per person,

per competition category.

【報名】 Registration

1. 個人賽報名網址 registration online <https://sites.google.com/view/2026-tic-tw>
2. 即日起至 10 月 10 日 23:59 止，上網登錄參賽資料及填寫匯款帳戶後五碼後，需於一周內完成繳款手續，待招募小組確認報名及匯款資料完整無誤，將以電話簡訊/電子郵件方式通知完成報名手續。Online registration is required along with the last 5 digits of your account number that you will make the payment from. The payment must be made within a week after online registration. You will be notified by text message or E-mail when the registration and payment are received. The online registration opens until October 20th, 2026, at 23:59.
3. 如匯款後五碼與報名填寫資料不同，請主動來電告知，以免無法完成對帳手續影響報名格。If the payment is made from a different account, please contact TIC to complete the registration.
4. 參賽者必須保留繳費證明正本，以利相關作業進行。Participants must keep the original payment record.
5. 完成報名並參賽之選手，主辦單位將於報到現場提供每位選手一件競賽專屬廚服一式，各競賽項目之參賽選手於競賽期間，應依該項目規定穿著指定服裝。廚藝類競賽須統一穿著大會提供之專屬廚服；調酒 / 調飲類競賽則須穿著正式西式服裝，如襯衫、領帶或領結及西裝背心等，以維持整齊、專業之競賽形象。Contestants must follow the dress code for each category. Culinary contestants must wear the official chef uniform provided by the organizer, while bartending/beverage contestants must wear formal attire, such as a shirt, tie or bow tie, and vest.
6. 報名名額採「完成報名及匯款」先後順序錄取，額滿為止。若報名人數超出上限，將依繳費時間先後排序；如超出預定名額，將於競賽結束後一週內辦理退費，造成不便，敬請見諒。Registration will be accepted on a first-come, first-served basis upon completion of registration and payment. If the number of participants exceeds the limit, priority will be determined by payment date. Any excess payments will be refunded within one week after the competition.
7. 選手報名專用匯款帳號 Please send the payment to:
戶名：台灣國際年輕廚師協會
銀行：淡水一信 八里分社
帳號：0047-21-386794-0
Account Name：Taiwan Junior Chefs association
Bank：Tamshui First Credit Cooperative, Bali Branch

Account Number : 0047-21-386794-0

Bank Address: No. 458, Section 2, Zhongshan Road, Bali District, New Taipei City

(轉帳或匯款之備註欄，請填寫報名單位全名，以免無法完成對帳手續影響報名資格。For bank transfers or remittances, please indicate the full name of the registering entity in the payment remarks to avoid reconciliation issues that may affect your eligibility.)

8. 聯絡人：TIC 臺北國際廚藝挑戰賽 活動小組

周一至周五 09:30~18:30 (報名/匯款洽詢)

Contact : IC Taipei International Culinary Challenge Event Coordinators

Office Hours : Monday to Friday 09:30~18:30 (Registration/Remittance Inquiry)

E-mail : 2026ticinfo@gmail.com

Line@ : @816jdofv

【賽事介紹】Agenda

【A 靜態冷展 Display】

- ◆ A1 台灣地方小吃 Local Taiwanese Cuisine
- ◆ A2 亞洲異國風味主菜 Asian Exotic Main Course
- ◆ A3 西式風味主菜 Western-style Main Course
- ◆ A4 原住民風味主菜 Indigenous-style Main Course
- ◆ A5 客家風味主菜 Hakka-style Main Course
- ◆ A6 現代懷石料理五品套餐 Modern Kaiseki Five-Course Set Menu

【B 現場熱烹 Hot Cooking】

- ◆ B1 美國雞肉星廚爭霸賽 U.S. Chicken - Rising Star Culinary Competition
- ◆ B2 西式海鮮 Western-Style Seafood Cuisine
- ◆ B3 創意麵食料理 Creative Noodle Cuisine
- ◆ B4 亞洲風味創意炒飯 Asian-style Creative Fried Rice
- ◆ B5 百味客家小炒爭霸 Hakka Stir-fry Battle
- ◆ B6 美國馬鈴薯台菜挑戰賽 U.S.A Potatoes Taiwanese Culinary Challenge
- ◆ B7 美國米創意炊飯挑戰賽 U.S.A Rice Creative Cooking Challenge
- ◆ B8 李錦記中式肉類挑戰賽 LeeKumKee Chinese Meat Cuisine Challenge

【C 烘焙藝術 Baking Arts】

- ◆ C1 亞洲創意果膠畫盤 Creative Sauce Art Display
- ◆ C2 主題糖霜餅乾展示 Icing Cookie Display
- ◆ C3 糕點展臺/藝術雕塑 Pastry Showpiece & Artistic Sculpture
- ◆ C4 蛋糕裝飾(靜態) Static Cake Decoration

- ◆ C5 3D 立體果凍花 3D Jelly Art
 - (C5-1) 純手工自由創作組 3D Artisan free-style creation
 - (C5-2) 藝術果凍繪畫組 3D Artistic Jelly Painting
 - (C5-3) 藝術果凍花卉組 3D Artistic Jelly Flower
- ◆ C6 創意麵包藝術展示 Bread Creation
- ◆ C7 盤飾甜點 Plated Desserts
- ◆ C8 杯子蛋糕裝飾 Cupcake Decoration

【D 刀工藝術 Knife Skills】

- ◆ D1 六協亞洲刀工藝術挑戰大賽 Atlantic Chef Knife Skills Challenge
 - (D1-1)中式魚類刀工技藝競賽 Chinese Fish Knife Skills Competition
 - (D1-2) 水花片刀工技藝競賽 Decorative Vegetable Cutting Skills Competition

【E 熱烹團體賽 Hot Cooking Team】

- ◆ E1 極限廚藝團隊爭霸賽- Ultimate Culinary Team Championship

【F 調飲藝術 BEVERAGE ARTS】

- ◆ F1 國際傳統調酒 Classic Bartending
賽事共分：專業組及大專組，**本賽事未滿 18 歲不得參賽。**
Competition Divisions: Professional Division and College/University Division.
Participants **must be at least 18 years of age.** Individuals under the age of 18 are not eligible to compete.
- ◆ F2 無酒精傳統調飲 Non-Alcoholic Classic Mixology
賽事共分：專業組、大專組及高中職組。
Competition Divisions: Professional Division, College/University Division, and Senior High/Vocational High School Division.

【參賽同意】Competition Consent

- 1、依個人資料保護法第 8 條告知義務聲明，參賽者於報名填寫繳交個人資料時，即為同意下方相關內容 According to the provisions of Article 8 of the Personal Data Protection Act(referred to as the Personal Information Law), the participants are informed and agree upon the following matters during the registration :
 - (1)執行單位取得參賽者之個人資料，目的為辦理「2026 TIC 臺北國際廚藝挑戰賽」相關競賽作業之用，其蒐集、處理及利用參賽者之個人資料受到個人資料保護法及相關法令之規範。本次所蒐集參賽者之個人資料類別如報名表內文所列，利用方式為上網公告、報紙等媒體公布得獎名單，包括姓名、任職/就學單位、電子郵件、聯絡方式、得獎作品(含食譜)等，利用期間為永久，利用地區不限，對象為執行單位及 TIC 臺北國際廚藝挑戰賽。The personal data of the participants collected by TIC Taipei International

Culinary Challenge Organization and the event coordinators is solely for the competition operations of the "2026 TIC Taipei International Culinary Challenge". The collection, process and use of the personal data of the participants comply with the Personal Data Protection Act and related laws and regulations. The personal data of the participants collected during the registration will be used for online announcements, press releases, and on other media platforms. The participants' personal data includes name, employment/school unit, email, contact information, winning dishes and recipes, etc. The information is not subject to any time and area restrictions.

- (2)就執行單位所蒐集參賽者之個人資料，依個人資料保護法第 3 條規定得向執行單位請求查詢閱覽、製給複製本、補充或更正、停止蒐集、處理或利用，必要時亦可請求刪除，惟屬執行單位依法執行職務所必須保留者得不依參賽者請求為之。另依個人資料保護法第 14 條規定，執行單位得酌收行政作業費用。According to Article 3 of the Personal Data Protection Act, participants can review, revise and edit personal information that is collected during the registration by TIC Taipei International Culinary Challenge Organization and the event coordinators. They can also request copies and request the TIC Taipei International Culinary Challenge Organization and the event coordinators to stop using their information. There will be a processing fee associated with the request.
- (3)參賽者得自由選擇是否提供相關個人資料，惟若拒絕提供相關個人資料，執行單位將無法受理本件報名。如參賽者請求停止蒐集、處理、利用或刪除個人資料，致影響參賽資格時，視為放棄參賽。Participants have the right to choose whether to provide relevant personal information to TIC Taipei International Culinary Challenge Organization and the event coordinators. If they refuse to provide relevant personal information, TIC Taipei International Culinary Challenge Organization and the event coordinators will not be able to accept the application. The participants will lose eligibility if they request to stop collecting, processing, using, or deleting personal information from the competition.
- (4)本人同意遵守競賽規則，配合執行單位人員安排及接受執行單位和評審團的安排：
Participants agree to follow the rules listed below and cooperate with TIC Taipei International Culinary Challenge Organization and the event coordinators during the entire reviewing process and the competition：
- (5)本人參賽所提供之產品配方、原料及食品添加物之使用及製作內容均符合現行食品衛生安全法規與本競賽活動相關規定。The ingredients, recipes, and any related items provided by the participants in the competition will not violate the food hygiene

and safety regulations and the rules of this competition.

- (6)本人參賽所提供之作品為原創，並且無侵害他人著作權或其他權益。The finished product is original and does not infringe on the copyright or other rights of other individuals.
- (7)本人同意無條件、無限期的授權個人肖像、競賽成品資訊,包含作品名稱、創作理念及特色、食譜表、製作方式及作品成品照片...等,供主辦及執行單位使用，以一些已知或未知形式翻製宣傳其形象(如廣告、展覽會、投 影、網站、電子照片檔案庫等)。Participants agree to unconditionally and indefinitely authorize personal portraits and information of finished products including the name of the work, finished product' s description, recipe, cooking method, photos, etc. for marketing purposes and promotions arranged by TIC Taipei International Culinary Challenge Organization and the event coordinators (such as advertisements, exhibitions, projects, websites, electronic photo archives, etc.).
- (8)本人同意本簡章所有規範及上述規則條款，如有違反，願自負一切民、刑事責任，並取消全部得獎資格之外，並繳回所有獎金、獎座及獎狀。Participants agree with all the regulations, the rules and the terms described above. If there is any violation, the individual will be responsible for all civil and criminal responsibilities and will be disqualified from the competition. All the prizes, medals, and certificates will need to be returned.
- (9)本人保證參賽所提供之各項文件與內容，以及本切結書所載內容均屬實，並保證無侵害他人之相關智慧財產權，並恪遵本切結書所載之權利及義務。Participants guarantee that all the documents and content provided during the competition as well as the content contained in this agreement are true. Participants agree that they will not infringe on the relevant intellectual property rights of others, and they will strictly abide by the rights and obligations contained in this agreement.

【B 現場熱烹競賽規則】 Hot Cooking Rules

- 1、參賽者需於規定時間至現場完成檢錄，逾時即喪失競賽資格，競賽過程需著整齊廚師服、圍裙、廚師帽及工作鞋進行比賽。**服裝不得露出參賽者大名及可辨別身份之記號**，以示公正。Participants must complete on-site check-in within the designated time; late arrivals will forfeit eligibility to compete. During the competition, participants must wear a clean chef' s uniform, apron, chef' s hat, and work shoes. Clothing must not display the participant' s name or any identifying marks to ensure fairness.
- 2、競賽料理時間依各競賽主題不同，請詳閱資料說明，競賽須全程現場操作料理，**可事先切**

割、清洗食材，但不可事先加熱、舒肥、熟成或調味，可攜帶無調味清高湯，所需食材及調味料、競賽過程中使用之料理器具，除大會公佈之設備清單(下方第 4 項)及各項競賽說明外，連同裝盛餐盤器皿及食材皆由參賽者自備。The cooking time varies based on the competition. Please read the information in detail. Cooking must be done on-site. The ingredients can be prepared in advance, preheating、sous-vide、dry-aged or pre-season are not allowed. Participants are allowed to bring semi-finished ingredients including unseasoned clear broth, other ingredients and seasonings. Participants must bring their own ingredients, seasonings, cooking utensils, serving plates, and containers, except for equipment listed in the official equipment list (Section 4) and specified in each category's guidelines.

- 3、參賽者需於限時內依競賽項目規定提供成品 (每道菜色需製作 2 盤)，並將其中一份成品交由工作人員送至評審室進行評分，另一份成品則需自行放置於大會規定之陳列桌供拍攝紀錄使用。未於時間內完成動作之參賽組別，評審將依狀況給予扣分 Contestants must finish cooking within the time limit in accordance with competition regulations. Each dish needs to have 2 servings, one of which will be tasted by the judges on site, and the other one will be used for pictures. Participants who fail to finish cooking on time will lose points from their final scoreboard.
- 4、競賽現場由主辦單位提供每位(組)參賽者設備如下 The event coordinators will provide each contestant with :
料理台 300x80cm 1 式、220V 3.5KW 專業台式單平電磁爐臺 2 式、220V 5KW 台式單口小炒爐 1 式、清洗用水槽 1 式、110v15 安培插座 1 式，並於會場提供 380v 5.7KW 共用 Retigo 蒸烤箱 (主辦單位提供之設備器具若有遺失或損壞需負賠償責任)；如設備不敷使用，請自行攜帶，現場僅提供，不開放使用明火爐具炊具，不得使用延長線，如因個人攜帶設備造成現場電力跳電影響競賽，即取消參賽資格。a 300x80cm cooking table, 2 professional induction cooktops (220V 3.5KW), 1 stir induction wok cooker (220V 3.5KW), 1 cleaning water tank, a 110v15 amp socket is provided on site. A total of 4 Retigo steam ovens (380v 5.7KW) will also be provided for sharing between all participants. (If the equipment and appliances provided by the event coordinators are lost or damaged by the participants, participants will be responsible for compensation). If the equipment is not enough, you are allowed to bring your own devices. No cooking on flame and extension cords are not allowed. If there is a power outage caused by the contestant's personal equipment, he or she will be disqualified and shall be responsible for the damage.
- 5、競賽現場將提供「美國乳酪」供參賽者於料理製作過程中自由選用，非指定或強制使用品

項，不影響競賽資格及評分。U.S. cheese will be available on-site for optional use during the competition. It is not a required ingredient and will not affect eligibility or scoring.

- 6、參賽者自行列印中英文食譜各 2 份於競賽現場提供，做為評審評鑑時參考依據，食譜表格需依大會提供之格式撰寫，如無提供食譜之參賽者作品不予評分。Participants must bring two copies each of the recipe in both Chinese and English to the competition venue for judges' reference. Recipes must follow the format provided by the organizer. Entries without a recipe will not be evaluated.
- 7、創作過程得自由使用其它所需食材及醬料，但皆須符合衛生福利部食品安全衛生管理法相關規定；亦不得將其所開發之產品以他人名義報名參賽，未符前揭規定者，逕予取消競賽資格。Participants are allowed to use other ingredients and sauces, but all ingredients must comply with the relevant provisions of the Food Safety and Hygiene Management Law of the Ministry of Health and Welfare. It is also not allowed to register the finished product under the name of others. Those who do not follow the regulations will be disqualified.
- 8、成品裝盛用餐盤待評審評分及拍攝完成後，將由主辦單位統一放置定點並通知參賽者自行撤場，主辦單位不負保管責任。Competition dishes will be placed at a designated location by the organizer after judging and photography. Participants will be notified to remove their entries, and the organizer will not be responsible for safekeeping.
- 9、競賽所產生之廚餘，請選手自行打包後放置於大會指定之廚餘回收點，廚餘以外的垃圾請選手自行處理，但不得造成展覽會場之環境髒亂。Participants should place food waste in the designated area. Participants should dispose of other waste by themselves and ensure the working station is clean.
- 10、所有活動競賽相關時間如有更改，以大會最終公佈為準。Any changes to the competitions will be announced by the organizer.
- 11、依競賽項目，參賽者需提供之成品說明如下 Based on the competition, the Participants must follow the below requirements.

■ B1 美國雞肉星廚爭霸賽 U.S. Chicken - Rising Star Culinary Competition

--本賽事由「美國家禽蛋品出口協會」贊助

This event is sponsored by" USA Poultry & Egg Export Council ".



- ◆ **競賽時間 50 分鐘**，需現場製作 1 道美國去骨雞腿排為主菜之料理（每道需製作 2 盤），蛋白質含量需在 160gms 以上。The cooking time is 50 minutes. Each team must prepare one dish with U.S. chicken as the main course on-site (two plates per dish), with no restriction on style or format and the total protein content must exceed 160 grams.
- ◆ 每盤呈現皆為一人份使用，餐點烹調形式不拘，需搭配適當醬汁及蔬菜，可搭配適當澱粉，並以西式擺盤方式呈現。Each plate should be a single-person serving. The dish format is flexible but must include an appropriate sauce, vegetables, and starch, and must be presented with Western-style plating.
- ◆ 選手可事先採購美國去骨雞腿並事先切割、清洗，但不可事先加熱、舒肥、熟成或調味，現場也將放置由美國家禽蛋品出口協會提供的美國去骨雞腿於競賽桌供有需求的選手使用。Participants are allowed to purchase, wash and cut the U.S. boneless chicken legs in advance, but preheating, sous-vide, dry-aged or pre-seasoning is not permitted. Additionally, the U.S. boneless chicken legs provided by the USA Poultry & Egg Export Council will be placed on the competition tables for participants to use if needed.
- ◆ 本賽事指定使用美國雞肉，若需相關雞肉產品採購資料，請聯繫美國家禽蛋品出口協會，官方電子郵件為：service@usapec.org.tw。Use of U.S. chicken is mandatory for this culinary challenge. For sourcing information, please contact the USA Poultry & Egg Export Council at their official email: service@usapec.org.tw.

■ B2 西式海鮮 Western-Style Seafood Cuisine

- ◆ **競賽時間 50 分鐘**，需現場製作 1 道海鮮主菜(每道需製作 2 盤)。The cooking time is 50 minutes. The dish must be done on-site. Two servings are required for each dish.
- ◆ 每道海鮮主菜至少需包括一種魚類及一種帶殼海鮮(如：蝦、蟹、貝類)。Each seafood dish must include at least one type of fish and one type of shellfish (such as: shrimp, crab, shellfish).

- ◆ 每盤呈現皆為一人份使用，餐點需為西式烹調，並搭配適當醬汁、澱粉及蔬菜。Each serving is for one person. The dish should be prepared in Western style, with appropriate sauce, starch and vegetables.

■B3 創意麵食料理 Creative Noodle Cuisine

- ◆ 競賽時間 30 分鐘，需現場製作 1 道麵食料理(每道需製作 2 盤)。The cooking time is 30 minutes. The dish must be done on-site. Two servings are required for each dish.
- ◆ 麵體型式不拘，可使用市售成品或自行製作。Any type of noodle including store bought or homemade is allowed.
- ◆ 每盤呈現皆為一人份使用，可以經典或創意的方式呈現，並加上適當的配菜。Serving is for one person. The dish can be presented in any style (classic or creative) with appropriate side dishes if needed.

■B4 亞洲風味創意炒飯 Asian-style Creative Fried Rice

- ◆ 競賽時間 30 分鐘，需現場製作 1 道亞洲式炒飯料理(每道需製作 2 盤)。The cooking time is 30 minutes. The dish has to be done on-site. Two servings are required for each dish.
- ◆ 已烹調之米飯可攜入，但不可事先混合，需現場製作。Cooked rice can be prepared in advance, but it cannot be mixed in advance with other ingredients. Cooking must be made on site.
- ◆ 每盤呈現皆為一人份使用。Serving is for one person. weigh approximately 200g-250g.

■B5 百味客家小炒爭霸 Hakka Stir-fry Battle

- ◆ 競賽時間 30 分鐘，需現場製作一道客家小炒料理(每道需製作 2 盤)。The cooking time is 30 minutes. Prepare one Hakka stir-fry on-site (two plates).
- ◆ 成品需具道地性，必需以豬肉、乾魷魚(可事先泡軟)及豆干為主軸，可融匯其它在地食材，展現食材多樣化，體現出客家菜「油、鹹、香」之風味特色創意料理。Dish must feature pork, dried squid, and dried tofu, may include local ingredients, and reflect Hakka oily, salty, and aromatic flavors.
- ◆ 每盤呈現皆為 4 人份使用，餐點需為中式烹調。Each serving is for 4 people. The dish should be prepared in Chinese style。

■B6 美國馬鈴薯台菜挑戰賽 U.S.A Potatoes Taiwanese Culinary Challenge

--本賽事由「美國馬鈴薯協會」贊助，
相關美國馬鈴薯採購資訊請見官網。--

This event is sponsored by "Potatoes USA."

Please see the website for purchase details.



美國馬鈴薯

參賽選手於報名及參賽過程中所提交之所有資料，包括但不限於食譜、文字說明、作品照片及相關影像，皆視同授權美國馬鈴薯協會使用。美國馬鈴薯協會得永久、免費、非專屬地使用、重製、修改、公開展示、出版及傳播於任何媒體或平台，用於美國馬鈴薯協會之宣傳、教育推廣或相關非營利之目的。參賽選手不得主張額外報酬或著作權相關異議。

- ◆ 競賽時間 50 分鐘，需使用「美國新鮮馬鈴薯」現場製作 1 道美國美鈴薯為主菜之台式料理（每道需製作 2 盤）。Competition time, 50 minutes. Contestants must use 「 U.S. fresh potatoes 」 to prepare one Taiwanese-style main dish on-site, with two plates required.
- ◆ 美國馬鈴薯產品之使用比例須占整體呈現菜色 70%以上。因應現代小家庭飲食趨勢，每道作品以 5 人份 為製作基準，並以單盤方式呈現。烹調方式不限，參賽者可自由發揮創意，惟成品須搭配適當醬汁及配菜，以呈現完整之菜餚設計與風味層次。 U.S. potatoes must make up at least 70% of the dish. Each plate should serve five people and include suitable sauce and accompaniments. Cooking methods are unrestricted, allowing contestants to showcase creativity, flavor, and overall dish presentation.
- ◆ 地瓜、芋頭、南瓜及米飯不得出現於成品中。sweet potatoes, taro, pumpkin, and rice are not permitted in the finished dish.
- ◆ 成品內容可使用部份動物製品,如海鮮、肉類、蛋或乳製品;典型奶蛋素食可使用生果、蔬菜、穀物類、堅果類、種子類、香草、根莖類、菇菌類、牛奶、起司、乳酪、發酵奶及蛋。Some animal products can be used in the finished product, such as seafood、meat、eggs or dairy products. Other ingredients such as fruits, vegetables, grains, nuts, seeds, herbs, root vegetables, mushrooms, milk, cheese, yogurt, and kefir are allowed as well.
- ◆ 大會現場提供之美國馬鈴薯相關產品如下:(實際以現場展示為準) The following U.S. potato products will be provided on-site by the organizer (subject to actual on-site availability):
 - 新鮮馬鈴薯:美國褐皮馬鈴薯/美國紅皮馬鈴薯/美國黃肉馬鈴薯/美國紫皮馬鈴薯/美國拇指馬鈴薯 /美國白肉馬鈴薯 / 美國迷你馬鈴薯

Fresh Potatoes: Russet Potatoes/ Red Potatoes/Yellow Potatoes/ Purple-Blue Potatoes / Fingerling Potatoes / White Potatoes/ Petite Potatoes

■ B7 美國米創意炊飯挑戰賽 U.S.A Rice Creative Cooking Challenge

--本賽事由「美國稻米協會」贊助,
相關美國稻米採購資訊請見官網。--

This event is sponsored by " USA Rice"

Please see the website for purchase details.



- ◆ 競賽料理皆需指定使用美國稻米-南方中粒米,如遇未使用指定用米之狀況,則現場取消參賽資格。All dishes must use U.S. Southern medium-grain rice or be disqualified on-site.
- ◆ 競賽時間 50 分鐘,需現場製作 1 道以美國稻米為主之炊飯料理(每道需製作 2 盤),形式不拘。The cooking time is 50 minutes. Each team must prepare one main course dish featuring U.S. Rice on-site (two plates per dish), with no restriction on style or format.
- ◆ 美國稻米-使用需佔呈現菜色 70%以上。已烹調之白米飯可攜入,但不可事先混合,需現場完成炊煮燜製。U.S. rice must make up at least 70% of the dish. Pre-cooked plain rice is allowed, but all mixing and final cooking must be completed on-site.
- ◆ 成品需肉眼可視米飯粒本體,並搭配適當的蛋白質、蔬菜、醬汁。Whole rice grains must remain visible and be paired with suitable protein, vegetables, and sauce.
- ◆ 地瓜、芋頭、南瓜、紫米、糙米以及其它穀物不得出現於成品中。
- ◆ 鼓勵台灣、亞洲或國際料理元素,創造可延伸至餐廳菜單的作品。Contestants are encouraged to incorporate Taiwanese, Asian, or international flavors suitable for restaurant menus.
- ◆ 相關稻米產品特性及採購資料,請至美國稻米協會官網查詢。Please see the website for purchase details. <https://www.usarice.com.tw/>

■ B8 李錦記中式肉類挑戰賽(家禽/家畜皆可)

Lee Kum Kee Chinese Meat Cuisine Challenge(Meat/Poultry)

--本賽事由「李錦記」贊助，現場將提供相關商品於競賽桌供選手使用——This event is sponsored by "Lee Kum Kee", and the products will be provided for participants to use.



- ◆ 競賽時間 50 分鐘，需現場製作 1 道雙拼雙味中式肉類 1 人份主菜(每道需製作 2 盤)。
The cooking time is 50 minutes. A Chinese-style main course with two different meats and two flavors is required to be cooked on the spot (2 servings are required).main course for one person.
- ◆ 主菜須使用下方指定四種醬料中的一種以上(包含一種)進行烹調及調味，並配以適當醬汁、蔬菜，不需澱粉。The main course must be seasoned with at least one (including one) of the four sauces specified below, and served with appropriate sauces and vegetables, without carbohydrates.
- ◆ 指定醬料(需使用一種以上進行烹調)，選手需使用現場大會現場提供商品。Must use Lee Kum Kee Sauces (must use 1 or more for seasoning). participants can prepare their own sauces or use the products provided on site.
 1. 麻辣上湯 Sichuan Style Hot & Spicy Soup Base
 2. 財神蠔油 Choy Sun Brand
 3. 港式豆醬(黃豆醬) Hong Kong Style Soy Bean Sauce
 4. 蒜香沾烤醬 Garlic Grilling & Dipping Sauce



- ◆ 公共調味材料區(非限定使用)，選手可自備需求調味料或使用現場提供商品 Shared Sauces Area(no limit use). Participants can prepare their own sauces or use the products provided on site.

1	財神蠔油	Choy Sun Oyster Sauce
2	舊庄蠔油	Premium Oyster Sauce
3	熊貓蠔油	Panda Brand Oyster Sauce
4	XO 醬(特辣)	XO Sauce - Extra Hot
5	XO 醬(原味)	XO Sauce
6	幼滑蝦醬	Fine Shrimp Sauce
7	香菇素蠔油	Vegetarian Mushroom Oyster Sauce
8	金牌老抽醬油	Gold Label Dark Soy Sauce
9	香辣豆豉醬	Black Bean Chili Sauce
10	潮州風味辣椒油	Chiu Chow Style Chili Crisp Oil
11	蘇梅醬	Plum Sauce
12	海鮮用調味醬	Hoisin Sauce
13	柱侯醬	Char Siu Sauce
14	麻辣上湯	Sichuan Style Hot & Spicy Soup Base
15	法式龍蝦風味醬	French Style Lobster Sauce
16	港式豆醬(黃豆醬)	Hong Kong Style Soy Bean Sauce
17	叉燒醬	Char Siu Sauce
18	蒜香沾烤醬	Garlic Grilling & Dipping Sauce
19	勁麻青花椒油	Tingly Green Peppercorn Oil

【B 競賽評分標準】Scoring Criteria

分類 Category	佔比 Percentage	說明 Description
口味 Taste	50%	西式熱烹成品需含適量澱粉、醬汁、蔬菜，且需保留食材原味，合適的味道、恰當的調味料，於質量、口味及色彩方面，均能達到現今的營養價值及標準。 Western-style dishes must contain appropriate amounts of starch, sauces, and vegetables. The original flavors of the ingredients must be preserved, with appropriate seasonings. The dishes must meet today's nutritional value and standards in terms of quality, taste, and

		color.
擺設和外觀/創新 Presentation/creativity	10%	乾淨的擺設，避免過份堆砌，需使菜餚美觀可口，迎合現代的烹調藝術. Presentation should be clean and meet modern culinary experience.
正確及專業的烹調手法 Correct and professional skill of cooking.	20%	正確的基本食材處理及衛生，準備工夫需實際並能用於日常製作及避免過多的食材廢料，必須於指定時間內完成作品，適當的烹飪方法及技巧。Proper food handling and hygiene. Food preparation should be practical and can be used for daily life, and it should avoid excessive food waste. Cooking must be done with proper cooking methods and skills and needs to be completed within a specific time.
準備工作和整齊清潔 Preparation and Cleaning	10%	所有材料準備和工作使用妥善安排，比賽前後清潔及合適的工作方法，工作時間分配及準時完成賽事。Pre- competition preparation and post-competition cleaning. Time allocation and on-time completion
上菜服務 Service	10%	正確的盤數；於指定時間準時送達所有參賽作品；每道菜肴的擺盤一致，注重維持適當的食物溫度；需具實用性與可運送性。 Correct number of plates; Punctual delivery of all entries at the appointed time; Consistent plating for all dishes with attention to maintain the right food temperature should be practical and transportable.
總計比例 Total	100%	

- 1、參賽組別需於規定時間至現場完成檢錄(詳細時間請見大會公告)，並於表訂時間內完成指定作品陳列，未於時間內完成動作之參賽組別，評審將依狀況給予扣分。Contestants must complete the check-in at the site within the specified time (please refer to the official announcement for the detailed timing), and complete the display within the specified time. If the contestants fail to complete the actions on time, the judges will deduct points from the score cards according to the situation.
- 2、報到及競賽細部流程，於 11 月 10 日前將於活動官網另行公告。The details of registration and competition will be announced by November 10th on the official website.

【得獎獎項】Award

- 超級金牌及獎狀 100 分 Score 100/100 - Ultimate Gold Medal and Certificate
- 金牌及獎狀 99~90 分 Score 90 - 99/100 - Gold Medal and Certificate
- 銀牌及獎狀 89~80 分 Score 80- 89/100 - Silver Medal and Certificate
- 銅牌及獎狀 79~70 分 Score 70- 79/100 - Bronze Medal and Certificate
- 佳作獎狀 1 張 69~60 分 Score 60- 69/100 - Certificate of Diploma
- ◆ 於閉幕日 11 月 16 日 (星期一) 頒發各競賽前三名「全場最高分獎座」一只。On Nov 16 (Mon), 「Best of the Best Award」 trophies will be awarded to the top three in each competition.
- ◆ 各競賽項目之全場最高分(專業/年輕合併計算)，可獲得由六協興業(股)公司提供之專業刀具組一式。
- ◆ 現場熱烹項目 B1~B2 及 E1 之全場最高分(專業/年輕合併計算)可獲得由興龍機電科技(股)公司提供之商用台式平爐一式。
- ◆ TIC 亞洲最佳年輕廚師獎 1 名：凡報名 A 類競賽(靜態冷展)一項及 B 類競賽(現場熱烹)二項之總合分數最高分者。
- ◆ TIC 亞洲最佳專業廚師獎 1 名：凡報名 A 類競賽(靜態冷展)一項及 B 類競賽(現場熱烹)二項之總合分數最高分者。
- ◆ 最佳團隊機構獎共 5 隊：以同一參賽單位 (學校、機構或團體) 之選手成績進行統計，每單位取成績最高之前 10 名選手，其得分加總作為團隊總成績，並依團隊總成績排名，取前 5 名頒發「最佳團隊機構獎」。

主辦單位有最終解釋權

2026.09.03 published

TIC Taipei International Culinary Challenge Organization and the event coordinators
reserves the right of final decision

5th TAIPEI INTERNATIONAL CULINARY CHALLENGE