

Information Sheet for participants: Thai SELECT Cooking Challenge 2026



WORKSHOP: Attendance **is recommended** for the selected contestants. Other applicants for the cooking challenge are also welcome.

- Date: Thu. April 30, 2026/Location: Room 301

Schedule:

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|-------------------------|---|
| 08.00 – 10.00 a.m. | Introduction to Thai Street Food dishes
(Chef Tom – Thammarat Phorkphoonkham) |
| 10.30 a.m. - 12.30 p.m. | Thai food plating and presentation
(Chef Nutch Phanthoupheng, Executive
Chef, Baan Lao Fine Thai Cuisine) |

COOKING CHALLENGE:

- Date: Fri. May 22, 2026 (11 a.m. – 4 p.m.)
- Location: VCC Culinary Kitchen Room 306
- Format:
 - Each contestant is required to prepare two Thai Street Food dishes—an appetizer and a one-dish meal—using the provided ingredients (Make x2 portions each dish; for showcase & judging)
 - Cooking Time: 90 Minutes Total

JUDGING:

- Judging will be based on the following criteria: taste, originality, appearance, creativity & oral presentation.
- A 3-person panel of judges from VCC instructor and 2 executive chefs from Thai SELECT restaurants in Vancouver.

OTHER INFORMATION:

- Contestants must be dressed appropriately for cooking.
- All food must be prepared on-site. All ingredients will be provided.
- Each contestant will be requested to provide a list of ingredients and equipment at a later date.

Any questions, please contact Sonny @ Room 301 Asian Culinary Arts Department (Downtown Campus) 604.443.8576, Email: asianculinary@vcc.ca

Guideline

Equipment and Ingredients

Most culinary competitions will provide you with a list of equipment and ingredients that you can use, as well as those that are prohibited or restricted. You should check this list carefully and plan your menu accordingly. You may also need to bring your own knives, tools, and personal items. You should label your equipment and ingredients clearly and store them properly. You should also respect the equipment and ingredients of other competitors and avoid using or touching them without permission.

Time and Temperature

One of the most important rules for culinary competitions is to adhere to the time and temperature guidelines. You will have a limited amount of time to prepare, cook, and present your dishes, and you will be judged on your time management and organization skills. You should also follow the food safety and hygiene standards and keep your food at the appropriate temperature. You should avoid undercooking or overcooking your food, as well as serving it too hot or too cold.

Presentation and Portion

Another key rule for culinary competitions is to present your dishes in an attractive and appropriate way. You will be judged on your creativity, style, and technique, as well as the harmony, balance, and contrast of your dishes. You should use clean and suitable plates, platters, or containers, and avoid overcrowding or overdecorating them. You should also pay attention to the portion size and quantity of your dishes, and ensure that they match the requirements and expectations of the competition.

Taste and Originality

The ultimate rule for culinary competitions is to make your dishes taste delicious and original. You will be judged on your flavor, texture, and aroma, as well as the complexity, diversity, and innovation of your dishes. You should use fresh and quality ingredients, and season and cook them well. You should also showcase your personal style and signature, and avoid copying or imitating other competitors or recipes.

Ethics and Conduct

The final rule for culinary competitions is to behave ethically and professionally. You should respect the judges, the organizers, the audience, and the other competitors, and follow their instructions and feedback. You should also respect the rules and regulations of the competition, and avoid cheating, lying, or sabotaging. You should also accept the results gracefully, and congratulate the winners and the participants. You should also learn from your experience, and improve your skills and knowledge.

Thai Cooking Challenge 2026 Schedule

Date: Friday, May 22, 2026

Location: VCC Culinary Arts kitchen room # 306

Time	Duration (Minutes)	Event
11:00 AM - 12 PM	60	<ul style="list-style-type: none"> • Arrival of Participants (Snacks Provided) Room # 300A • Competitors can use 305B to store personal items • Welcome Speech by Thai Consulate & VCC • MC give the contestants rule & guidelines of the competition • Introduction of Judges • Group Photo Session
12:00 – 12:15 PM	15	<ul style="list-style-type: none"> • Set up Station • Write & Submit menus (Appetizer & One-Dish Meal) with dish descriptions (make 3 copies of each description for judges)
12:15 – 1:45 PM	90	<ul style="list-style-type: none"> • Contestants select all their ingredients for all dishes • Cooking in kitchen (cook two dishes in the same total time)
1:30 PM		<ul style="list-style-type: none"> • Appetizer Presentation (Staff picks up Appetizers from the kitchen to a designated judge's room)
1:30 – 1:45 PM	15	<ul style="list-style-type: none"> • Finishing up a One-Dish Meal
1:45 PM		<ul style="list-style-type: none"> • One-Dish Meal Presentation (Staff picks up One-Dish Meal from the kitchen to a designated judge's room)
1:45 – 2:15 PM	30	<ul style="list-style-type: none"> • Judges tasted the food and evaluate • Contestants Clean up kitchen
2:15 – 3:30 PM	75	<ul style="list-style-type: none"> • Contestants' verbal presentation of both dishes • Judges comment and Q & A • Judges deliberate & adjust scores
3:30 – 4:00 PM	30	<ul style="list-style-type: none"> • Award Presentation Room# 300A • Wrap up event

***Schedule may subject to change **

As of March 18, 2026; PD