



Knorr[®]
PROFESSIONAL



**STUDENT
CHEF**
OF THE YEAR



2025



**COMPETITION BRIEF
2025**



CONTENTS

INTRODUCING THIS YEAR'S COMPETITION

Do your students have the culinary skills and creativity to take on the country's top young chefs?





Built on a foundation of 26 years, we are excited to be back for another year to unearth the next generation of young Irish chef talent from the best training universities and colleges across the country.

More than just a competition, the Knorr Professional Student Chef of the Year helps support the future generation of chefs, providing a vital platform for young talent to showcase their creativity, build confidence, and gain the real-world experience that will shape their careers.

Knorr Professional's mission is to support and inspire students to reach their full potential. Shortlisted students will work in teams (a Student Chef and Assistant) to showcase their creativity and talent to our multi-award winning judges, including Executive Chef Audrey Crone and two exciting guest judges to be announced shortly. In a live final, students will have the opportunity to impress our judging panel through their delivery of a two-course meal and the completion of a skills test.

WHY SHOULD YOU ENTER?

Prizes and medals will be awarded to first, second and third place students, with the overall winner, their lecturer and Assistant receiving an all-expenses paid trip to Italy that will both educate and inspire.

-  Trip abroad (for team), plus a set of professional knives and trophy (for Student Chef).
-  Set of professional knives and Silver Medal (for Student Chef).
-  Set of starter knives and Bronze Medal (for Student Chef).
-  Plus – Professional knife set for the skills test winner.

WHO ARE WE?



Unilever Away From Home is one of the world's leading foodservice businesses. We work with customers including caterers, restaurateurs, and major hotel and fast-food chains to create food solutions that help grow their business.



Founded in 1838, **Knorr Professional** is proud to have been by the side of culinary professionals all over the world. We've spent over 180 years bringing together the perfect ingredients that transform simple dishes into something special. With our extensive range of market-leading Bouillons and a shared passion for joy-filled food, we provide professional chefs at all levels with the building blocks to create memorable menus.

HOW DOES YOUR COLLEGE ENTER?

The competition is open to second year students **ONLY** from participating catering universities and colleges across the island of Ireland.

Students must be recommended to enter by the Head of School or their Chef Lecturer and only one student per campus can represent their college at the Knorr Professional Student Chef of the Year final.

Students should submit their entry as per the Application Process.



APPLICATION PROCESS

Step 1

Students should complete their competition application by completing the form included in this brief. Make sure to include details of full recipe breakdown and cooking method(s).

Step 2

Chef Lecturers should review and approve all competition entries.

Step 3

Entry is now open and closes **23:59 on Friday 21st February 2025.**

Step 4

Chef lecturers submit their student's entry; completed form to studentchef@dottedline.ie.

Step 5

Knorr Student Chef of the Year 2025 takes place on **Wednesday, 12th March 2025** at TUS Athlone.

THE 2025 COMPETITION BRIEF

THE THEME: Feel Good Food

This year's theme is all about creating vibrant, nutrient-rich dishes that nourish the body, mind, and soul—without sacrificing flavour.

We are looking for students to craft menus that showcase the powerful relationship between nutrition and wellbeing, using high-quality, locally sourced, and seasonal ingredients. Your dishes should highlight how food can be both delicious and restorative, with a focus on sustainability, plant-based options, and innovative food practices. The main course must include **Knorr Professional Bouillon** as a key ingredient, enhancing flavour. Be mindful of food waste by using by-products creatively and ensuring every ingredient is utilised to its full potential.

Your challenge is to deliver food that is not only good for the body but also leaves diners feeling uplifted and satisfied.



THE 2025 COMPETITION BRIEF

THE ASK

For this competition, we are challenging students to create a two-course menu that highlights the powerful connection between nutrition and wellbeing through dishes that fuel the body and mind, leaving guests feeling nourished, energised and uplifted.

Your menu must consist of a main course including fish, and a dessert incorporating unrefined sugars.

While we do not want to restrict creativity, our judges will be paying careful attention to how each of the menus have been thought through.

COMPULSORY INGREDIENTS



1. The main course must feature a **Knorr Professional Bouillon** product.



2. The main course must include **fish** as a protein – this must be locally sourced and either flat or round. The whole fish must be filleted by the assistant during the second skills test.



3. The dessert must incorporate **unrefined sugars** to achieve a healthier result.

SKILLS TEST REQUIREMENTS

During the live finals, the Assistant will have a chance to highlight their talents through two skills test requirements.

Assistant Skills Test 1:

During the Mise en Place, vegetables that will be used in the main competition must be cut and presented to the judges:

- 1 x 30 g of Brunoise: A cube cut, small dice of 3mm-5mm in size, equal sides (faces) and uniform in shape.
- 1 x 30g of Julienne: A strip cut, matchstick sized, 3mm-5mm in width and breadth, and 5cm-7cm in length, equal and uniform in shape.
- 1 x Torné/Turned: A barrel-shaped cut, with either 5 or 7 equal sides, tapering down to 2 distinct ends, minimum of four pieces.

Each vegetable needs to be presented on a tray after the one hour set up time and then used in the cooking time.

The judges will mark the cuts and then return to the student chef so they can be used. They may be used as a whole piece or another format such as a purée.

Assistant Skills Test 2:

A round or flat whole fish must be filleted and all parts must be displayed for the judges to assess. The fish will then be used in the Student Chef's main course.

THE 2025 COMPETITION BRIEF

JUDGING CRITERIA

All dishes must be presented to restaurant standards.

Our Judging Panel will be marking against the following criteria:



INTERPRETATION OF THEMES

Creativity, personal influences and ingredients used.



CHEFMANSHIP

Hygiene, cooking methods, professional preparation and general workflow.



STANDARD OF DISHES PRODUCED

Presentation, taste and composition.



TEAMWORK

Communication, delegation of tasks and Head Chef leadership skills.



WASTE PREVENTION

Elimination of food waste and innovative ways to use by-products.

COMPETITION RULES

Mise en Place:

- Basic stocks and reductions are allowed to be prepared in advance but not finished.
- Vegetables and fruits can be washed and peeled, but not cut or cooked (excluding skills test 1).
- Eggs can be separated.
- Decoration to be completed onsite.
- Dry ingredients can be weighed and measured.
- Salad can be washed and cleaned, but not mixed or cut.
- Fruit pulps can be brought in but not finished.
- Coulis can be brought in but needs to be finished in the competition.

The following items can be prepared in advance:

- Cured meats, full details of the process must be provided.
- Dried elements and powders.
- Fermented elements.
- Long pickles.
- Quick pickles must be completed as part of the competition.

WHAT TO EXPECT ON THE DAY

As the student's lecturer, we appreciate your presence will play a huge role in making sure students feel comfortable and supported throughout the day. However, we do ask that your role is purely to provide moral support and motivation as opposed to participate in any way.

ACCESSIBILITY

It is important to us that the competition is accessible to all. If you have any questions or suggestions on how we can support you, please email studentchef@dottedline.ie.



ORDER OF THE DAY:

11am: Registration opens

11:15am: Welcome address from Audrey Crone, Executive Chef, UFS Ireland and Head of the Judging Panel

11:30am–12:30pm: Mise en Place – Student Chefs and Assistants set up
(Part 1 of Assistants' competition – vegetable preparation)

12:30pm–1:30pm: Lunch

1:45pm–2pm: Student Chefs and Judges go to the kitchen for final briefing

2pm: *Cook-off commences*

2pm–4pm: Competition running time – Student Chef *(Part 2 of Assistants' competition – fish preparation)*

3pm: Assistant Chef competition finishes and judging takes place

4pm: Student competition finishes

4:15pm–5:45pm: Judges tasting and deliberation *(including photography)*

4:15pm–5:30pm: Students clean up/pack up and depart college

From 5:30pm: Check-in at *Hodson Bay Hotel*

7pm–7:30pm: Pre-dinner drinks

7:45pm: Dinner and Awards Ceremony

APPLICATION GUIDANCE

Tips and guidance below but if you have any questions, email us at studentchef@dottedline.ie.

SUBMISSION

- Each applying student (Student Chef) needs to fill in each section of the following form and then give to their lecturer who will send to studentchef@dottedline.ie by the deadline.

Top tip! Lecturers should review the application(s) to check all is completed correctly, before sending them directly to studentchef@dottedline.ie

RECIPE DETAILS

- Please ensure that a Word document containing a full recipe breakdown, including what ingredients are used and where they will be sourced from, allergen information and a step-by-step method is submitted along with your application.

ON THE DAY

- Each team is required to display a written menu, outlining their dishes and brief descriptions of each item. Please note that the menu should not include any personal information such as student names, or college details to ensure anonymity during the judging process.





ENTRY FORM

Fill in your personal and college details below.

| | |
|--------------|---------------|
| Name: | D.O.B: |
|--------------|---------------|

Email:

Mobile no:

Short student bio:

Chef's jacket size: Small Medium Large Extra Large Other (Please specify)

Assistant's jacket size: Small Medium Large Extra Large Other (Please specify)

College name:

Lecturer's name:

Student Assistant's name:

Short college bio:

Short lecturer bio:

MENU DETAILS

Fill in the dish details below, and if you require extra space, please attach further information on both dishes and return to your lecturer.

Please ensure that a Word document containing full recipe breakdown, including ingredients and step by step method, is submitted along with your application.

Dish 1 – Main Course (must include fish):

Dish 2 – Dessert (must use unrefined sugars):

Describe how your dishes meet this year's theme – 'Feel Good Food' – as well as telling us what inspires your cooking:

All entries to be emailed to studentchef@dottedline.ie

GOOD LUCK!

TERMS & CONDITIONS

1. Knorr Student Chef of the Year is open to bona fide training universities and colleges across the island of Ireland who educate students to a chef certified level. Entrants must be aged 18 or over and residents of either ROI or NI and attending a participating college with a valid passport and authority to enter Italy without a visa during the trip period. Entrants must not be employees of the Promoter, their families, agents or anyone professionally connected with the promotion.
2. The theme for this year's competition is Feel Good Food. Students will be tasked with creating a delicious 2 course menu inspired by the Theme, 'Feel Good Food'. The menu must show how vibrant, nutrient-rich dishes that nourish the body, mind and soul can be created without sacrificing flavour.
3. **Knorr Professional Bouillon must be used** in the main course.
4. The menu must consist of a main and a dessert. The main must use fish. The dessert must use un-refined sugars. The student chef helper must actively participate and complete a skills test.
5. One student will be awarded a Knorr Student Chef of the Year and win a prize consisting of a unique Culinary Experience in Italy with Knorr for the winning team ("Winning team" means: the Student Chef, Student assistant and lecturer from the participating college).
6. In order to be considered for the competition, you must submit the application form. The winner will be announced at the awards ceremony after the competition on 12th March.
7. In addition, there will be medals for 2nd and 3rd place in the competition.
8. A certificate and trophy will be awarded to the winning student.

ENTRY REQUIREMENTS

9. To enter the competition:
 - The student must complete the application form included in the Competition Brief, which is also available at www.unileverfoodsolutions.ie and submit the completed form to their lecturer.
 - The lecturer should review all applications, select one student, and forward their application to studentchef@dottedline.ie.
10. **Promotion Period:** Entries open 08:00 GMT on 02/12/2024 and close on 23:59 GMT on 21/02/2025.
11. For your entry to be valid you must complete all fields on the application form, including (but not limited to) your full name, date of birth, contact information and college information.
12. No purchase necessary, however, internet access and a valid email address are required.
13. Each eligible College must review all entries they receive and submit a maximum of one entry during the Promotion Period.
14. **Accommodation Provision:** The Promoter will provide accommodation for the participants to compete in the Competition Final under the following terms:
 - a. Accommodation Details: Each college/institution will be allocated two rooms:
 - 1 x twin room for the Student Chef and their Assistant
 - 1 x single room for the Chef Lecturer
 - If the student chef and assistant are of different genders, separate rooms will be provided.
 - Confirmation of the booking will be communicated to the Chef Lecturer.
 - b. Meals:
 - The Promoter will provide an evening meal on the night of the competition, in addition to Bed & Breakfast.
 - c. The Promoter is not liable for any expenses incurred by the colleges/institutes related to participating in the competition. Participating colleges/ institutes are responsible for arranging and funding their travel to/ from the competition final as well as any other expenses related to participating in the competition. Any shortfall or extra charges must be covered by the colleges/institutes.
15. No applications from agents, third-parties, organised groups or applications automatically generated by a computer will be accepted. Any incomplete or corrupted entries will not be accepted. Entries will only be accepted if they comply with all entry instructions herein.
16. Each entry:
 - a. must be suitable for display and publication online and should not be obscene or indecent (including but not limited to nudity, pornography or profanity), it must not contain defamatory statements or words or symbols that are offensive either generally or to individuals of a certain race, ethnicity, religion, sexual orientation or socioeconomic group. Entries must not include threats to any person, place, business or group, must not invade privacy or other rights of any person, firm or entity, and must not in any other way violate applicable laws and regulations or network standards.
 - b. must not contain or reference any third-party trademarks or logos unless such inclusion is merely incidental and is not unduly prominent and as long as it is included with due cause and in such a way that it does not take unfair advantage of any third-party trademarks;
 - c. must be the entrant's own work and must not contain any copyright protected works (other than as owned by the entrant).
17. If you submit an entry that includes material the rights of which are owned by a third party, including intellectual property rights such as copyright and trademarks, you will be responsible for any legal action that party may take against you.
18. Entrants shall indemnify and hold the Promoter and their respective affiliates, directors, agents, or other partners ("the Indemnitees") harmless from any claims, actions, proceedings, costs (including reasonable legal fees) and expenses brought or asserted by a third-party against any of the Indemnitees arising as a result of the Promoter's use of the entrant's submission including but not limited to any breach of third-party intellectual property rights.
19. By participating in this competition, you agree to release, discharge and hold us harmless from any and all injuries, liability, losses and damages of any kind resulting from your participation in this promotion (save that nothing shall limit our liability for fraud, or for death or personal injury caused by our negligence).
20. By submitting your entry, you grant us a perpetual, worldwide, non-exclusive, royalty-free, sub-licensable and transferable licence to use, reproduce, distribute, and make derivative works of your entry in any media and through any media channel. No responsibility is accepted for entries lost, damaged or delayed as a result of any network, computer hardware or software failure of any kind.

TERMS & CONDITIONS

THE COMPETITION FINAL

21. Student Chefs and Assistants will compete for the title of Knorr Student Chef of the Year on the 12 March 2025 at Technological University of the Shannon, Athlone Campus, University Road, Athlone, Co. Westmeath N37 HD68. The competition runs from 10am–6pm. The award ceremony will take place straight after and will end at 11:30pm.
22. All competing teams will receive a chef's jacket. All participants must wear the chef jackets during all competition-related activities and events as specified by the Promoter. Please provide your size in the entry form on or before the closing date for entries: 23:59 21st Feb 2025. The Promoter will not accept responsibility for entries arriving later than this date.
23. Each team will be required to cook a 2-course meal using recipes from their application forms.
24. Judging will take place once two dishes have been completed. Each dish will be reviewed by our expert judging panel. The panel will evaluate the dishes on the day of the competition final and announce the winner as well as second, third and skill test prize winners. The panel will judge the dishes based on the following criteria:
 - a. Interpretation of themes
 - b. Chefmanship
 - c. Standard of dishes produced (presentation, taste and composition)
 - d. Teamwork; and
 - e. Waste prevention

In the event of a dispute, the decision of the Promoter is final.
25. There will be a total of four winners, with the following prizes allocated:
 - a. **First place:**
 - **Team Prize:** A trip to Italy for the team (comprising Student Chef, Chef Lecturer and Assistant)
 - **Student Chef Prize:** A gold medal, set of professional knives and the Knorr Student Chef of the Year trophy (to be returned).
 - **Assistant Chef Prize:** A gift knife.
 - b. **Second place:** A silver medal and set of professional knives.
 - c. **Third place:** A bronze medal and set of starter knives.
 - d. **Hygiene Award:** Digital thermometer kit.
26. **Winning Team Prize Details and Conditions:**
 - a. The Winning Team, consisting of the Student Chef, Student Assistant and College Lecturer will win:
 - Minimum 3-day trip to Italy including culinary experiences planned by the Promoter.
 - 3 x Return economy flights to and from one of the Irish airports to Italy.
 - Minimum stay of 2 nights in a hotel chosen by the promoter, with one room per team member (Student Chef, Assistant and Lecturer).
 - Specific details of the hotel stay, including whether the stay will include full board, half board or breakfast only, will be confirmed and communicated to the Winning Team once arrangements have been finalised.
 - Transfers to/from the airport and accommodation, and to/from the accommodations and planned experiences.
 - b. **NOTICE:** the Winning Team must be available to attend the experience between April 2025 to June 2025. The exact date and details of the experience will be provided by the Promoter to the winning team at least 4 weeks in advance of the Experience date. Prize winners must be available to travel on the days specified by the Promoter, or the prize will be forfeited.
 - c. Travel dates are set by the Promoter. Flight schedules are subject to change without notice. The Promoter is not liable for any missed events of opportunities or expenses incurred as a consequence of flight cancellation/delay or ground transportation delay. Name changes to the flight once confirmed are not permitted.
 - d. Flight extras are not included in the prize (flight extras include, but are not limited to, on-board meals and drinks).
 - e. The Winning Team must inform the Promoter of any wheelchair or any similar access needs.
 - f. Prizes are non-exchangeable, non-transferable, non-refundable and there is no cash alternative. Flights, accommodation and experiences must be used only by the winning team. Entrants must not re-sell or otherwise re-distribute any tickets they receive.
 - g. Should one of the team members be unable to attend the trip on dates proposed by the Promoter, but the other two members are available, the trip will be offered to the available members of the team. There will be no refund or prize substitution to the unavailable team member or the winning team as a whole. Should more than 2 team members be unavailable to attend the trip on the proposed dates, the Promoter shall use reasonable endeavours to provide alternative dates. However, should the trip be impossible or impracticable for the Promoter to rearrange, the Promoter has a right to revoke the prize in full.
 - h. The Winning Team must travel together, including on the same flight and stay in the same accommodation and possess all required travel documents, including any nationality that does not trigger Visa requirements to enter Italy (If applicable) and valid passports. No compensation or alternative travel plans will be arranged should the winner(s) and/or their guest(s) miss their outbound or return flights or fail to meet any check in requirements for any reason. These costs will be the sole responsibility and expense of the winner(s) and their guest(s). Frequent flyer points will not form part of the prize.
 - i. The Promoter will not be responsible for replacement for any lost or stolen flight tickets or accommodation key cards/room keys once they are in the winners' possession. Prize winners must comply with all applicable terms and conditions and conduct terms of third parties, including the prohibition on the re-sale and transfer of tickets/accommodation.
 - j. A valid credit or debit card will be required to check in to your room and will be used to guarantee any incidentals such as in- room calls or services.
 - k. Prize elements, including culinary experiences, air travel provided, and hotel will be determined by the Promoter in its absolute discretion. All travel is subject to availability at all times and may depend on select class tickets with airlines or specific room category availability with an accommodation partner.
 - l. The winning team must have a valid travel insurance for the period of their travel.
 - m. It is the winning team's responsibility to organise transport to/from the Irish Airport.

TERMS & CONDITIONS

- n. Unless expenses are expressly stated in these Terms and Conditions to be a part of the prize, all other expenses incurred by the winning team in preparation for or during the trip, are the responsibility of the winners, including but not limited to all other meals, transfers, insurance, spending money, incidentals, mini-bar, laundry, room service, telephone calls and all other ancillary costs are not included.
27. In the event that an element of any prize is cancelled or postponed for any reason, the Promoter reserves the right to substitute the prize and/or any element of the prize for an alternative of equal or greater value.
28. **Winner Notification and Prize Acceptance:** The winners will be announced on the day of the competition final.
- The announcement will take place at an awards ceremony on the evening of 12th March and will be communicated in front of all participants.
 - Winners must confirm their acceptance of the prize on the day of the announcement. Failure to confirm acceptance may result in forfeiture of the prize, and the Promoter reserves the right to offer the prize to another participant at their discretion.
 - Further details regarding prize arrangements (travel for first-place team) will be communicated to the winner with 28 working days of acceptance of the prize. In the unlikely event that a winner has not received communication to arrange their Prize, the winner must inform the Promoter by emailing studentchef@dottedline.ie If the winner does not do so, the Promoter reserves the right at its sole discretion to not reissue the Prize.
 - The Promoter will not be held liable for any failure by winners to claim their prize or provide required details within the specified timeframe.
29. The Promoter will not be liable for any failure to comply with its obligations or any delay in performing its obligations within these terms and conditions if an act, omission, event or circumstance occurs caused by (but not limited to) global or regional health crises, weather conditions, fire, flood, strike, hurricane, industrial dispute, war, terrorist activity, hostilities, political unrest, riots, civil commotion, epidemic, pandemic, famine, plague or other natural calamities and acts of God, or any other circumstances beyond the reasonable control of the Promoter.
30. Details of the winning team (name and county) may be made available on request to those writing to Dotted Line, Emmet House, Ballincollig, Cork, Ireland, within ten weeks after the closing date, enclosing a stamped self-addressed envelope. The winners have the right to object to disclosure of their details and they can notify the Promoter if they do not wish for this information to be published, by responding within 14 calendar days to the email notifying them that they have won a prize.
31. All finalists may be filmed, photographed, and interviewed by the Promoter or on our behalf following the winners' announcement. The nominees attending the competition give us a perpetual, worldwide, non-exclusive, royalty-free, sub-licensable and transferable licence to use, reproduce, distribute and make derivative works of such footage, photographs, and testimonials in any media and through any media channel.
32. Local and national PR support for the winning college/institute, including assistance with drafting a press release and sending the same to the local, national and trade publications for inclusion in editorial features, as well as liaising with the media to answer questions and queries for a period of three months after the winner's announcement has been made. Editorial coverage is at the sole discretion of the publication and by no means guaranteed as part of the PR support.
33. Nominees may be required to participate in publicity arising from this promotion.
34. By entering the promotion, all entrants will be deemed to have accepted and be bound by the rules and consent to the transfer of their personal data to the Data Controller for the purposes of the administration of this promotion and any other purposes to which the entrant has consented. The personal data will be processed in accordance with the Data Controller's Privacy Policy, which is available at http://www.unileverprivacypolicy.com/en_gb/policy.aspx. All entry instructions form part of the rules.
35. These terms and conditions and any issues or disputes which may arise out of or in connection with these terms and conditions (whether such disputes or issues are contractual or non-contractual in nature, such as claims in tort, for breach of statute or regulation or otherwise) shall be governed by and construed in accordance with Irish law. Entrants hereby irrevocably submit to the exclusive jurisdiction of the Irish courts to settle any such dispute or issues.

Promoter and Data Controller: Unilever Ireland Limited – 20 Riverwalk, National Digital Park, Citywest Business Campus, Dublin 24, Ireland.



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STUDENT
CHEF
OF THE YEAR



2025



**ENTRIES CLOSE
FRIDAY 21ST FEBRUARY 2025**

Entry is now open. For support or any enquiries
please email studentchef@dottedline.ie