

「識煮惜食」廚神爭霸戰
"COOK WISE, FOOD WISE" CULINARY SHOWDOWN

參賽指引 (「咪嚟嘢食店」組)
APPLICATION GUIDELINE (FOOD WISE EATERIES SECTION)

參加資格 ELIGIBILITY

所有已參與「咪嚟嘢食店」計劃的餐廳/食肆均可參加是次比賽。

All restaurants and eateries participating in the Food Wise Eateries Scheme are eligible to enter the Competition.

賽程 SCHEDULE

即日起至9月12日 Now - 12 September	• 報名申請 Application • 遞交食譜 Recipe Submission
9月至10月 September - October	• 初步評審及甄選 Initial Assessment and Shortlisting
11月下旬 Late-November	• 最終評審 – 現場烹飪展示 Final Assessment – Live Cooking Demonstration
12月上旬 Early-December	• 頒獎典禮 Recognition Ceremony

獎項 AWARDS

是次比賽設有以下獎項：

The Competition has the following awards:

- 惜食卓越大獎 Food Wise Excellence Award
- 永續廚藝影響力大獎 Sustainable Culinary Impact Award
- 巧用食材創意大獎 Smart Ingredient Innovation Award
- 綠色烹飪優異獎 Green Culinary Merit Award

評審準則 CRITERIA

1 零廚餘理念 Zero Food Waste Concept

- 充分利用食材各個可食用部分（例如：果皮及菜梗等）
Full utilisation of ingredients (e.g. skin, stems, etc.)
- 在備料及烹調過程中盡量減少浪費
Minimisation of trimming and food waste
- 清晰闡述菜式如何實踐零廚餘概念
Clear explanation of zero-waste cooking concept

2 可持續性 Sustainability

- 採用可持續 / 時令 / 本地 / 低碳食材
Use of sustainable / seasonal / local / low-carbon ingredients
- 採用具環保效益的烹飪方式
Adoption of environmentally responsible cooking practices

3 創意 Creativity

- 創新配搭食材
Innovative combinations of ingredients
- 採用創新烹調技巧或以創新方式重新演繹現有菜式
New techniques or reinterpretation of existing dishes

4 可行性及呈現 Feasibility and Presentation

- 食譜說明清晰完整，包括烹調步驟及流程
Clear and well-structured recipe instructions, including cooking steps and workflow
- 菜式具實際操作可行性（包括所需時間、設備及技術水平等）
- Practicality of execution (e.g. time, equipment, skill level, etc.)
- 菜式賣相及擺盤設計
Visual presentation and plating

參加方法 APPLICATION METHOD

- 參賽者可透過填妥報名表格並電郵至 foodwise@hkpc.org；或直接[按此](#)於網上遞交申請。
Participants can complete the application form and email to foodwise@hkpc.org, or directly submit the online application form [here](#).
- 參賽者須於提交報名表格時一併提交菜式名稱及簡介、完整食材及調味料清單、烹調方法及步驟、食譜理念說明，以及菜式照片；製作過程影片則可選擇提交。
Participants are required to submit the following together with their application form: dish name and description, full ingredient and seasoning list, cooking methods and procedures, a description of the recipe design, and dish photo(s). A making-of video is optional.
- 參賽者可提交多於一份作品，惟每位參賽者最多只有一份作品可入圍決賽。重複或相同的作品將被取消資格。
Participants may submit more than one entry. However, only one entry from each participant may be shortlisted for the Final Assessment. Duplicate or identical Entries will be disqualified.
- 報名截止日期為 **2026 年 9 月 12 日 (星期六)**，逾期提交的申請將不獲受理。
The application deadline is **12 September 2026 (Saturday)**. Late submissions will not be considered.

注意事項 POINTS TO NOTE

- 評審團將根據參賽者提交的資料進行評選。

The Judging Panel will assess the entries based on the information and supporting materials submitted by the participants.

- 得獎結果將於主辦機構指定渠道公布，並以電郵通知得獎者。

The award-winning results will be announced through channels designated by the Organisers. Awardees will also be notified by email.

- 得獎作品有機會於主辦機構舉辦的宣傳活動、展覽、刊物、網站及社交媒體平台展示及推廣。

Award-winning entries may be displayed and promoted at publicity events and exhibitions organised by the Organisers, as well as in publications and on websites and social media platforms.

- 主辦機構保留對比賽規則、活動安排、評審結果及獎項安排的最終決定權。

The Organisers reserve the right to make the final decision on the Competition rules, arrangements, judging results and award arrangements.

- 如有任何爭議，主辦機構保留最終解釋權。

In the event of any dispute, the Organisers reserve the right of final interpretation.

- 參賽者提交報名表即表示同意遵守本參賽指引及主辦機構公布的所有規定。

By submitting the application form, participants agree to comply with this Application Guideline and all requirements announced by the Organisers.