

Emma Hellenstainer

Berufsbildungszentrum
Gastronomie und Kulinarik
Centro di formazione professionale
gastronomia e culinaria
Zënter de formaziun profesionala
gastronomia y culinaria



LET'S COOK IT

International competition for young cooking talents

9TH MAY 2026



On May 9th 2026, the Vocational Training Centre "Emma Hellenstainer" will be holding its 5th international cooking competition for young chefs. The **patronage** has been taken over by **Norbert Niederkofler**, who has been awarded, among other things, 3 stars by Michelin and 19 points by Gault&Millau.

In this competition for teams of two, young passionate chefs will measure their skills. A maximum of 12 teams will compete against each other to win the **Let's cook it Award 2026**. This initiative aims to create a meeting place for talented young chefs from all over Europe. We would like to foster the enthusiasm and joy for this creative profession and to promote mutual exchange.

Who can participate?

Cooks under the age of 21 who want to compete in teams of two with other teams.

How does it work?

All participants choose from a food basket and process their sustainable products into special dishes, which they present to the jury and guests for tasting. Each team of two prepares a 3-course menu for 6 people.

Working time: 08:30 - 12:30

Service: 12:30 - 14:00

Award ceremony: afterwards

Prizes

The winning team wins the Let's cook it 2026 award and a two-week internship at the 3-star restaurant "Atelier Moessmer Norbert Niederkofler" in Bruneck. All other teams receive a certificate and a non-cash prize.

Audience award

A very special non-cash prize awaits the team which achieves the highest audience score.

How can you enrol?

Enrol as a team by March 30th 2026 using the registration form on our website: www.hellenstainer.berufsschule.it
There you will find further useful information.

If more than 12 teams enrol, an independent jury will make a selection. The participation will be confirmed within the April 10th 2026.

Conditions of participation

- Compliance with occupational safety regulations and HACCP guidelines
- Two sets of chef's uniform

Task

- Each team cooks a 3-course menu from ingredients contained in a collective food basket as well as a mystery box, which are presented on the day of the competition. The ingredients contained in the mystery box must be integrated in the recipes.

- The menu is prepared for 6 people. 4 menus are served, one menu is available to the jury, one is photographed and displayed.

Evaluation

The evaluation is carried out by a high-profile jury of experts based on technical criteria which will be communicated to the participating teams in due time. The decision is final and not subject to appeal.

Audience award evaluation

Each guest evaluates the individual dishes of the menu they are served. Hence, every team receives four independent guest scores. The team with the most points wins the audience award.

Technical notes

- All food products and stocks needed for the competition (e.g. brown veal stock, beef bone broth), are provided by the organizer by means of a food basket. This means that all dishes must be prepared on the day of the competition, i.e. on site.
- Stocks, decorations, etc. brought along are not permitted.
- All meals will be prepared and presented on the dishes provided by the organizer without exception.
- Knives and small tools will be brought by the participants themselves.
- Any accompanying persons of the participants are not allowed to stay in the kitchens during the competition.

Venue

Vocational Training Centre "Emma Hellenstainer"
Fischzuchtweg 9, Brixen, Italy

Contact person

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Inventory kitchen/equipment

| | |
|---------------------------------|-------------------|
| Stirring machine "Kitchen Aid" | Salamander oven |
| Ice crushers | Combi oven |
| Vacuum device | Paco jet |
| Dough rolling machine | Hold-O-mat |
| Roner "Sous vide" | Wok |
| Cutting machine | Ice-cream-maker |
| Smoking machine | Hand-held blender |
| Blender "Bimby" | Shock freezer |
| Meat grinder with cheese grater | Weighing scales |
| Microwave oven | Bone saw |
| Juice press | Cleaning agents |
| Cloth "Wettex" | Cleaning cloths |
| First-aid kit | |

Information about inventory kitchen/equipment

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