



MYBA

# SUPERYACHT CHEFS' COMPETITION

A HEALTHY MIND IN A HEALTHY BODY





THE THEME

WELLNESS  
ON A  
PLATE

(A HEALTHY & INDULGENT BRUNCH)







## NURTURING THE MIND AS WELL AS THE BODY

THE ANCIENT GREEKS BELIEVED THAT MENTAL HEALTH AND PHYSICAL HEALTH WERE INTERRELATED. THEY WERE RIGHT! OUR BRAIN ACTUALLY FUNCTIONS BEST WHEN IT RECEIVES PREMIUM FUEL.

EATING HIGH-QUALITY FOODS THAT CONTAIN LOTS OF VITAMINS, MINERALS, AND ANTIOXIDANTS NOURISHES THE BRAIN AND PROTECTS IT FROM OXIDATIVE STRESS. THE LESS PROCESSED THE FOODS ARE, THE BETTER.

THAT IS WHAT INSPIRED US WHEN WE WERE CHOOSING THE THEME FOR THE 2025 MYBA SUPERYACHT CHEFS' COMPETITION WHICH IS "WELLNESS ON A PLATE".

THIS YEAR WE WOULD LIKE PARTICIPATING CHEFS TO COMBINE TWO THINGS : **HEALTHINESS & INDULGENCE**. AND DISPEL THE MYTH THAT... IF IT IS GOOD FOR YOU IT CAN'T BE ABSOLUTELY (AND INDULGENTLY) DELICIOUS!

SO THE CHALLENGE IS TO PREPARE  
**A HEALTHY AND INDULGENT BRUNCH**

# THE SOURCE OF **INSPIRATION**



1.

TO CREATE A HEALTHY AND  
INDULGENT BRUNCH FOR  
YOUR GUESTS

2.

TO PREPARE 3 DISHES:  
1 SAVOURY  
1 SWEET  
1 BAKERY ITEM (OR A BREAD BASKET)

3.

TO PRESENT THE DISHES  
TO THE JUDGES WITHIN  
30 MINUTES

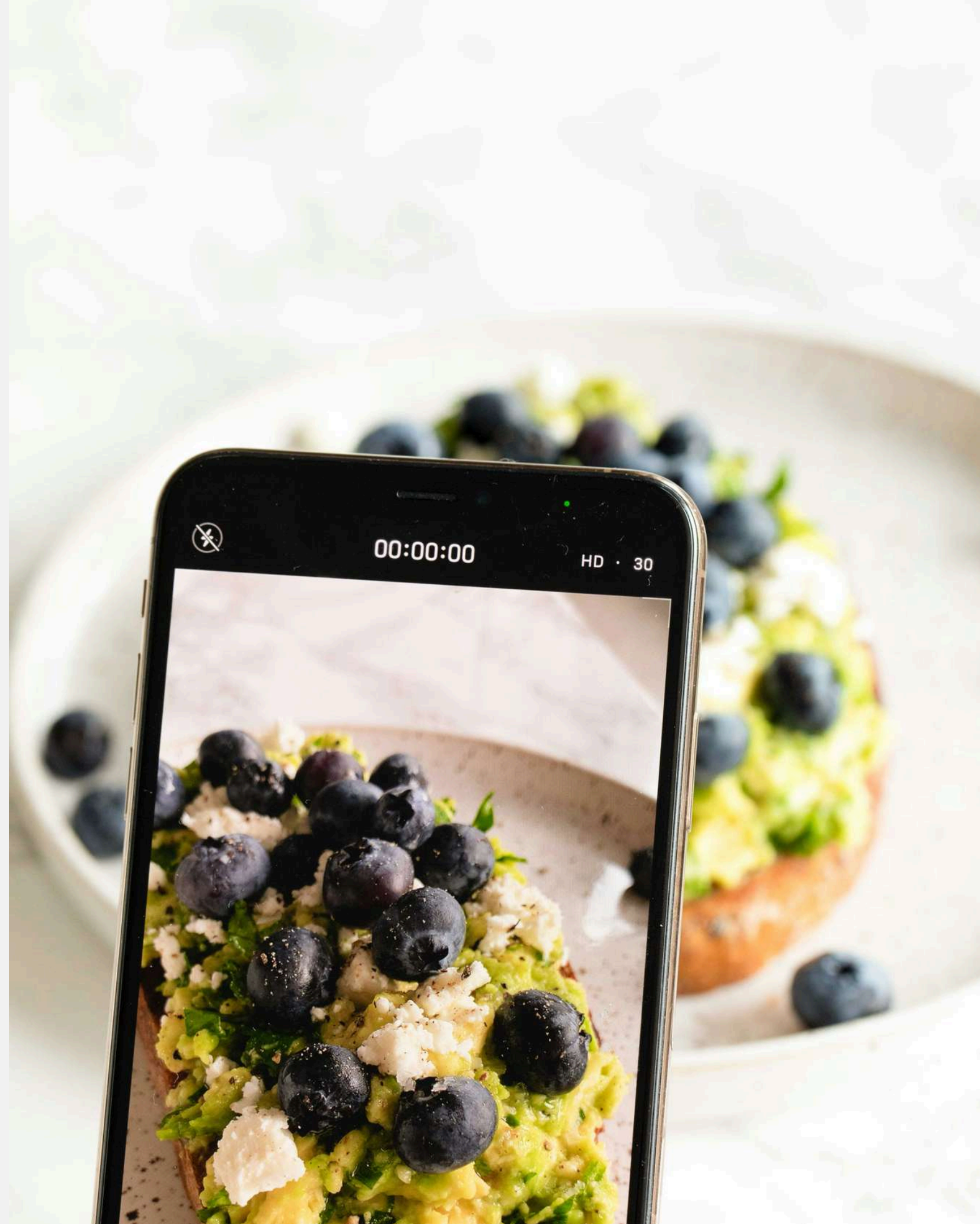


# THE BASICS FOR THE CHEFS

THE INGREDIENTS THAT YOU USE WILL BE VERY IMPORTANT SO CHOOSE THEM CAREFULLY. WE ARE LOOKING FOR THE INCORPORATION OF SUPERFOODS, NATURAL LEAN PROTEINS NUTRIENT-DENSE FOODS AND MINIMAL PROCESSING. EVERYTHING IS TO BE MADE ON BOARD USING THE FRESHEST OF INGREDIENTS!



# THE LOGISTICS FOR THE CHEFS



## THE BASIC RULES


ALL PREPARATION & COOKING IS TO BE DONE ONBOARD BY THE CHEF. THE SOUS CHEF OR ASSISTANT CAN ONLY HELP WITH PLATING.

4 SERVINGS OF EACH DISH MUST BE PREPARED: ONE FOR EACH OF THE JUDGES AND ONE FOR THE PHOTOGRAPHER.

4 MENUS MUST BE PROVIDED: ONE FOR EACH JUDGE AND ONE FOR THE ORGANISERS.

BRUNCH CAN BE SERVED IN THE LOCATION OF YOUR CHOICE. DINING SALOON, SUN DECK, AFT DECK... THE CHOICE IS YOURS PROVIDED IT IS ONBOARD!





# THE JUDGING CRITERIA FOR THE CHEFS

ORIGINALITY/CREATIVITY  
CHOICE OF INGREDIENTS  
TASTE/FLAVOUR  
PRESENTATION  
EXECUTION/CRAFT/TECHNIQUE  
OVERALL IMPRESSION



*“To eat is a necessity,  
but to eat intelligently  
is an art.”*

François de Rochefoucauld





A collage of green ceramic dishes with leaf patterns on a light grey background. The dishes are arranged in a circular pattern, with some showing detailed vein patterns. Fresh green herbs are scattered around the dishes. The text is overlaid on a dark green vertical band in the center.

# THE TABLESCAPING THEME

a touch  
of  
jade



## THE CONCEPT

YOU MAY ASK... WHY THE COLOUR JADE?

IN 2025, THE MYBA CHARTER SHOW WILL BE CELEBRATING 35 YEARS IN ITS HISTORY AND, ALTHOUGH CORAL IS CUSTOMARILY ASSOCIATED WITH SUCH AN ANNIVERSARY, THE MODERN GIFT IS JADE.

IT'S NOT A MATTER OF CHOOSING THE NEW OVER THE OLD BUT A SUBTLE WAY OF EXPRESSING OUR COMMITMENT TO THE PROTECTION OF CORAL REEFS.

CORAL SHOULD ONLY BE FOUND IN THE OCEANS. NOT ON A TABLE SETTING.

## THE CHALLENGE

TO CREATE A SOPHISTICATED TABLE SETTING USING THE COLOUR OF JADE, ONE THAT WILL ADD A FURTHER DIMENSION TO YOUR CHEF'S OFFERINGS. ONE THAT FOSTERS A SENSE OF UNITY WITH THE WORLD AROUND US AND PROMOTES GENERAL WELL-BEING;)





# THE LOGISTICS

## FOR THE INTERIOR CREW

ONCE A CHEF HAS REGISTERED FOR THE COMPETITION, THE TABLE DÉCOR CONTEST IS AUTOMATICALLY OPEN TO THE INTERIOR CREW

THE TASK IS TO CREATE A SOPHISTICATED TABLE SETTING & DÉCOR USING THE COLOUR JADE THAT WILL COMPLIMENT THE CHEF'S PROPOSAL FOR A HEALTHY AND INDULGENT BRUNCH.







# THE JUDGING CRITERIA FOR THE INTERIOR CREW

CORRECTNESS OF TABLE SETTING  
ATTENTION TO DETAIL  
APPROPRIATENESS TO THE THEME  
OVERALL IMPRESSION





# 3 THINGS TO REMEMBER

ATTENDANCE AT THE SUNDAY BRIEFING IS MANDATORY FOR BOTH PARTICIPATING CHEFS AND INTERIOR TEAMS

REGISTRATIONS WILL BE ACCEPTED EXCLUSIVELY ONLINE VIA [MYBASHOW.COM](http://MYBASHOW.COM) AND ONCE YACHT REGISTRATION OFFICIALLY OPENS

SIZE CATEGORIES WILL BE ANNOUNCED CLOSER TO SHOW OPENING

# IMPORTANT





# THE IMPORTANT DATES



**SUNDAY APRIL 27**  
CHEF & INTERIOR CREW  
BRIEFING

**MONDAY APRIL 28**  
JUDGING OF THE  
LARGEST CATEGORY

**TUESDAY APRIL 29**  
JUDGING OF THE  
MIDDLE CATEGORY

**WEDNESDAY APRIL 30**  
JUDGING OF THE  
SMALLEST CATEGORY

**THURSDAY MAY 01**  
AWARDS CEREMONY





**QUESTIONS?**

YOU CAN ASK SARAH SEBASTIAN AT  
 [sarah@mybashow.com](mailto:sarah@mybashow.com)