



Do you
have
what it
takes?

Please read this pack carefully

COMPETITION RULES AND ENTRY CRITERIA
COMPLETELY REVISED FOR 2017

LACA SCHOOL CHEF OF THE YEAR RECIPE

INGREDIENTS

A school cook with a **passion**

A **healthy** menu

Menu to be suitable for **year 6 pupils**

Innovative use of Maggi[®] and Nestlé[®] ingredients

Use of **sustainable** products (eg UK Red tractor , MSC)

Locally sourced ingredients

Your **own** light cooking equipment.

90 minutes to prepare, cook and present

METHOD

- Create 4 portions of both main course and dessert for £1.30 a head (£5.20 total).
- Devise a time plan for 90 minutes cooking time. All ingredients must be freshly prepared on the day.
- Complete entry form with all ingredients listed and costs (any disposables to be included)
- Provide relevant allergens for the recipe from the 14 allergens. **(FSA - [Click here for further information](#))**
- Present main course on white 9" (23cm) plates, round or square; dessert presentation to reflect the recipe.
- Photograph your main course and dessert and include with your entry form
- Cook meal en masse at your school and photograph (Minimum 20 portions). Submit the photograph with your entry form

TIMINGS

- **Registration closes** – Friday 30th September 2016
- **Closing date for entries** – Friday 28th October 2016
- **Entry assessment days** – w/c 31st October 2016
- **Three regional cook offs**
between November 2016 and January 2017
 - Cook off 1** = London / South East /South West
 - Cook off 2** = East Midlands / East of England / West Midlands / Wales
 - Cook off 3** = North West / Yorks & Humber / NE & Scotland
- **National Finalists Briefing day** - date to be confirmed
- **National Final** – Thursday 2nd March 2017
Taking place at Stratford upon Avon college with a presentation dinner that evening at Stratford Manor Hotel; the winner will be interviewed at the LACA National Seminar on Friday 3rd March 2017.

PRIZES

Each regional final winner will receive a prize of £100

National Final:

Winner will receive £1,000 cash prize plus work experience trip

Highly Commended Main Course winner will receive a £500 cash prize

Highly Commended Dessert winner will receive a £500 cash prize



With thanks to competition sponsor, Maggi[®] from Nestlé[®] Professional

COMPETITION RULES 2017

Please read these rules carefully as they have been revised for 2017.

These rules apply at all levels of the competition. Breach of these will result in contestants being disqualified or points deducted from their score.

1. The competition is open to all staff who hold a kitchen based post and who are involved in the daily preparation of pupil's meals at the time of entry. Contestants may work in more than one kitchen, but must be on the salary grade of kitchen manager or lower. Management, area managers or trainers are not eligible to enter.
2. Entries may be submitted by any school meal provider, whether a local authority, contract caterer, academy or free school, however we can only accept one competitor from each registration for the competition to represent that company, contract or school. If there is more than one chef interested in taking part, a local heat should be held internally to determine who will be put forward to the paper judging stage of the competition.
3. For contract caterers, if you hold multiple contracts within the same LACA region, you can enter one chef per contract through to the paper judging stage of the competition. The same rule regarding a local heat would apply if you have more than one chef interested in taking part.
4. A previous national winner cannot enter a second time.
5. You will be required to produce four portions of both the main course and dessert, suitable for year 6 pupils. Meal produced must comply with the SCHOOL FOOD STANDARDS and take into account the EAT WELL GUIDE 2016. (Wastage will be taken into account and over production will be penalised within the judges' marks)
6. Cost per head must not exceed £1.30 for one main course and one dessert (£5.20 for four main courses and four desserts). The standard ingredient cost sheet MUST be used for all costings. Any disposable items used in the dishes should be included in the costings eg cake cases, kebab skewers.
7. All ingredients must be freshly prepared on the day and judges will check this prior to the commencement of the competition cooking time.
8. Main course should be presented on white 9" (23cm) plates, either round or square; desserts need to be presented on dishes to reflect the recipe.
9. Competition time is 90 minutes to prepare, cook and present four portions of each dish.
10. A minimum of one Maggi[®] or Nestlé[®] product to be used in the main course and a minimum of one Maggi[®] or Nestlé[®] product to be used in the dessert. These should be chosen from the agreed list of Maggi[®] or Nestlé[®] products given. Extra marks will be awarded where Maggi[®] and Nestlé[®] products have been used in a creative way.
11. A written explanation will be required to include the following: (maximum 150 words).
 - What inspired you to create the dishes?
 - The reasoning behind the product application of Maggi[®] or Nestlé[®] products.
 - What changes to the ingredients, method or skills would need to be made when the menu is produced en masse?
 - Where sustainable products (eg UK Red Tractor, MSC) have been used.
 - Where locally sourced ingredients have been used.
 - This information will displayed on the display / photography table.
12. Allergen information regarding the meal should be completed using the FSA guidelines provided on the website.
13. Photographs of the main course and dessert need to be supplied with the entry form – both of the individual menu dishes on their serving plates and the en masse production of the menu.
14. Recipe, costs and method of preparation need to be provided at entry level and the dishes produced at regional and national heats must adhere to these. No changes will be permitted between the regional and national level of the competition.
15. At the regional and national finals, meals produced will be displayed as follows:
 - 2 x judging
 - 1 x display / photography + 150 word explanation.
 - 1 x tasting table - see point 15 below
16. A main course and dessert needs to be presented on the tasting table for other competitors and guests to sample.
17. At the regional and national heats, Judges will be evaluating the following:
 - Creative use of Maggi[®] and Nestlé[®] products
 - Working practices
 - Creativity
 - Flavours / taste and texture / appearance / aroma
 - Ability to replicate recipe en masse
18. At all stages throughout the competition a scoring sheet will be used by the judges to encompass the criteria as set out in the rules.
19. The Chair of Judge's decision is final and no correspondence may be entered into.

Note: The National winner will be required to attend regional events and media coverage. Employers should be prepared to release winner from day job.



With thanks to competition sponsor, Maggi[®] from Nestlé[®] Professional

ENTRY PROCESS 2017

Step 1 - Registration

Register for the competition, either using the form within this online pack or using the online form on the website. This must be received by the organisers no later than Friday 30th September 2016.

Step 2 – Submit your entry

Complete the entry form and submit to the organisers along with photographs of the individual dishes and en masse photographs in a school setting.

If you have more than one chef who would like to take part, hold a local heat internally to decide the strongest contender to go through to the paper judging stage and complete the entry forms and send photographs of their dishes to the organisers. (See rules 2 and 3)

Your entry must be received no later than Friday 28th October. The entry form is available to download from www.laca.co.uk/schoolchefoftheyear

This must give all ingredients and costs used in both the main course and dessert and include pictures of both courses served on plates and shown en masse in the school kitchen environment.

You will also need to show how the recipes reflect the School Food Standards and the 2016 Eat Well Guide and to answer the questions set out in point 11 of the competition rules.

Step 3 - Paper judging of entries

Judges will review entries to establish if meals entered are of an acceptable standard and reflect competition rules. Feedback will be sent via the managers and should be incorporated into the cook off stage – the regional final.

Step 4 – Regional Finals

Depending on the level of entries, these will be held in three locations across the country between November 2016 and January 2017, split between the regions as follows:

- London / South East /South West
- East Midlands / East of England / West Midlands / Wales
- North West / Yorks & Humber / NE & Scotland

The judging panel at the regional finals will consist of a professional chef judge, a LACA chef judge and two pupil judges.

Guidelines for Regional Heats:

- Regional heats will be combined into three events (where numbers allow). Competitors will be expected to travel to one location in the country either north, south and central England.
- Competitors should reflect the dress code of their employer. (Non-slip shoes etc.)
- SCOTY badges (4) to be sewn onto uniforms for media coverage.
- Competitor must provide all ingredients, knives, light equipment or speciality equipment and all serving plates or dishes which may be required to produce their dishes.
- Be prepared for ingredient weights to be spot checked as part of the judging process.
- Competitors should be aware that judges will be talking to them throughout the competition about their dishes.
- E-Coli / HACCP guidelines need to be followed (correct coloured boards / knives / temperatures etc).
- Employers will be responsible for overnight accommodation and travel expenses for competitors and any other staff attending regional cook off heats.

Step 5 – National Final

The 10 regional finalists will compete in the National Final on Thursday 2nd March 2017 at Stratford Upon Avon college. The format for this will be as per the regional finals with additions to the judging panel which will include the current School Chef of the Year, a dietician judge and a chair of judges from competition sponsor, Maggi[®] from Nestlé[®] Professional.

At all levels of the competition, the judge's decision is final and no correspondence can be entered into.

Useful links to help you and your chefs create your dishes:

The portions of your meal must be in line with School Food Plan

<http://www.schoolfoodplan.com/>

Your meal must reflect the 2016 EAT WELL GUIDE

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

To find out more about Maggi[®] and Nestlé[®] Professional:

<https://www.nestleprofessional.com>

<https://www.maggi.co.uk/professional>

Find out more about sustainability and food standard marks for your menus

Sustainability:

<https://www.sustainweb.org/sustainablefood/>

Red Tractor Scheme:

<http://www.redtractor.org.uk/choose-site>

Marine Stewardship Council:

<https://www.msc.org/>

Food for Life/Soil Association

<http://www.foodforlife.org.uk/>

So easy to enter!

LACA School Chef of the Year 2017

To register your organisation to take part in LACA School Chef of the Year 2017, please complete this form and return to the competition organisers – details below.

You can also register online at www.laca.co.uk

Key competition deadlines

Registration closes – Friday 30th September 2016

Closing date for entries – Friday 28th October 2016

Entry assessment days – w/c 31st October 2016

Three regional cook offs – November 2016 and January 2017

National Final – Thursday 2nd March 2017 at Stratford Upon Avon College and Stratford Manor Hotel



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Please enter your details in the form and submit by clicking the button below

Name of organisation

LACA Membership Number

Name of Local Education Authority

LACA Region

Manager's name

Telephone number

Mobile number

Email address

Postal address

Signed

Name

Date

Would you like to receive information hints and tips from last year's SCOTY winner along with news, offers and samples, bought to you by Maggi[®] from Nestlé[®] Professional?

(please tick one box)

Yes, please let me know about the latest tips, offers and free samples available

No, please don't send me the latest tips, offers and free samples available

Return this form to the LACA School Chef of the Year Competition office by Friday 30th September 2016

Email: SCOTY@dewberryredpoint.co.uk

Fax: 0845 108 5505

Post: LACA School Chef of the Year 2017 Competition Office, Progressive House, 2 Maidstone Road, Sidcup, Kent DA14 5HZ

Or register online at www.laca.co.uk

If you have any questions, please call the competition organisers on 0845 108 5504