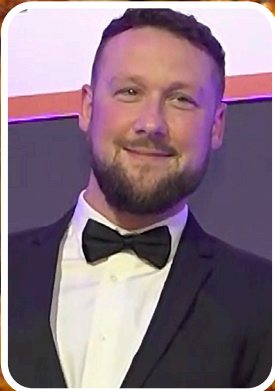




LACA
SCHOOL CHEF OF THE YEAR 2023
SCOTy ★
SPONSORED BY *ooh!* BISTO



Tom Armstrong, SCOTY 2022 winner



LACA SCHOOL CHEF OF THE YEAR 2023

COMPETITION RULES AND ENTRY CRITERIA

PLEASE READ THIS INFORMATION CAREFULLY

REGISTRATION IS OPEN FOR LACA SCHOOL CHEF OF THE YEAR 2023 Sponsored by Bisto

With the competition focus on producing nutritious, delicious meals for 11 year old primary or secondary school pupils, the LACA School Chef of the Year competition is the perfect showcase for passionate school chefs to demonstrate what they do best every day.

Competitors must prepare, cook and present four portions of a main course and dessert with a total food cost of £1.60 per head in 90 minutes that meet the School Food Standards and Eat Well Guide.

LACA ARE PLEASED TO BE PARTNERING WITH BISTO AS SPONSOR OF THE 2023 LACA SCHOOL CHEF OF THE YEAR COMPETITION.

Brad Pearce, LACA National Chair says:

"The School Chef of the Year competition is one of the highlights of the LACA calendar. Talented school chefs from across the country will be honing their skills and battling it out across the regions to secure their place in the finals which are now firmly a part of the LACA Main Event in July each year.

We're delighted that returning as sponsors for the SCOTY Competition 2023 are Premier Foods and their Bisto brand.

I can't wait to see how creative this years' entrants will be with their dishes and look forward to the upcoming heats and final and celebrating the winner at our Gala Dinner and Awards Evening. Good luck everyone!"

Sarah Robb, Foodservice Marketing Manager at competition sponsor Premier Foods says:
"LACA School Chef of the Year has been one of the highlights of the school catering calendar for many years and so we are excited that Bisto is sponsoring the event this year. We'll be supporting and celebrating the chefs who get involved throughout the process and can't wait to be part of the judging panel to help find the next star of school meals. The Premier Foods foodservice team work with chefs across the UK and we'll be encouraging as many as possible to get involved and submit an entry. It's a great way to test and develop your skills whilst potentially putting your school on the map."



Register here: www.laca.co.uk/scoty



2023 COMPETITION SCHEDULE

- November 2022 – registrations open
- Friday 27th January 2023 – final date for registrations
- Friday 3rd March 2023 – deadline for full entries to be returned to competition organisers
- Wednesday 15th & Thursday 16th March 2023 – paper judging of all entries. Regional finalists to be notified by Friday 31st March 2023
- April – June 2023 – regional finals, dates and locations tbc
- late June 2023 - National Finalists' briefing day, St Albans
- Wednesday 5th and Thursday 6th July 2023 – National Final at the LACA Main Event, Hilton Birmingham Metropole. Winner to be announced at the LACA Awards dinner on Thursday 6th July.

PRIZES

- EACH REGIONAL FINAL winner will receive a prize of £100
- NATIONAL FINAL Winner £1,000 cash prize plus work experience trip
- NATIONAL FINAL 2nd Place £500 cash prize
- NATIONAL FINAL 3rd Place £300 cash prize
- In addition, each National Final prize winner will be given the chance to work with the Premier Foods Culinary Team on their recipe and product development.

ENTRY PROCESS

Register here: www.laca.co.uk/scoty

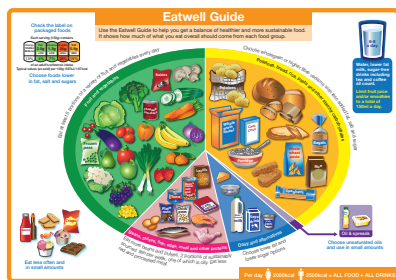


Step 1 - Register your interest

Register for the competition online at www.laca.co.uk/scoty
This must be received by the organisers no later than Friday 27th January 2023.

Step 2 - Submit your entry

- Download all entry forms from the website www.laca.co.uk/scoty
- Complete the entrant details, recipe method and costing sheets forms and submit to the organisers.
- This must give all ingredients and costs used in the main course and dessert and include pictures of both courses served on plates for competition presentation and shown en masse in the school kitchen environment.
- All entries must include a minimum of one Bisto product from the list provided in the main course. The dessert should be based on 50% fruit content and include one item from the list of Premier dessert products provided.
- 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.



- Your entry must be received by the organisers no later than Friday 3rd March 2023.

Step 3 - Paper judging

Judges will review all entries to establish that they are school compliant and reflect competition rules. Feedback on all entries received will be sent via the managers. Regional finalists will be advised by email by Friday 31st March 2023.

Step 4 - Regional Finals

Regional finals will be held across the country after the Easter holidays, between late April and early June, exact dates and locations tbc.

The judging panel at the regional finals will consist of the Premier judge as Chair of Judges, a LACA chef judge and an independent professional chef judge.

Guidelines for Regional Heats:

- Competitors will be expected to travel to the chosen location for their regional final.
- Three SCOTy badges will be provided by the competition organiser and should be sewn onto uniforms for media coverage, one on each sleeve and one on each breast pocket area.
- Competitors must provide all ingredients, knives, light equipment or speciality equipment and all serving plates or dishes which may be required to produce their dishes.
- Competitors should be aware that judges will be talking to them throughout the competition about their dishes.

Step 5 - National Final

The 10 regional finalists and up to 2 judges' wild card competitors will compete in the National Final at the LACA Main Event on Wednesday 5th and Thursday 6th July 2023.

The format for this will be as per the regional finals with additions to the judging panel which will include the current LACA School Chef of the Year.

The winner will be announced at the LACA Awards Dinner on Thursday 6th July 2023.

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

Useful links to help you and your chefs create your dishes suitable for an 11 year old pupil:

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-eatwellguide.aspx>

To find out more about Bisto and Premier products <http://www.premierfoodservice.co.uk>

JUDGING CRITERIA 2023

At the regional finals, Judges will be assessing the entries based on the criteria below. All entries start with maximum points so by keeping as close to these criteria when devising your entries, you will increase your potential score.

MARKS AVAILABLE PER DISH
10

Use of Premier Foods products

- A minimum of one Premier Foods product to be used in the main course and a minimum of one Premier Foods product to be used in the dessert
- Innovation / application.
- Knowledge of product.
- Quantity of product used in recipe and where used.
- Have the sponsor's products been used in the meal in a substantial way?

Working Practices in the Kitchen

MARKS AVAILABLE PER ENTRY
20

- Time plan.
- Cooking methods as submitted.
- Organisation of work flow.
- Knife skills.
- Correct use of chopping boards and knives as per universal code.
- Use of probes (correct knowledge of core cooking temperatures).
- Food hygiene practices eg use of sanitiser.
- Personal hygiene (clean and tidy, hair tied back and covered, no jewellery, correct use of PPE etc)
- Food storage.
- Minimum wastage, no over production.

Register here: www.laca.co.uk/scoty



Creativity and Appearance

MARKS AVAILABLE PER DISH
10

- Description of dish matches taste.
- Portion size; relevance to age group in accordance with the School Food Standards.
- Eat Well Guide followed.
- Balance of ingredients.
- Appealing to eye.
- Suitable garnish for meal.
- Use of sustainable products.
- Use of local products.

Taste and Flavour

MARKS AVAILABLE PER DISH
10

- Originality of dish.
- Balance between main course and dessert.
- Flavours and ingredients work together.
- Variety of textures.
- Seasoning.
- Relevance to age group in accordance with the School Food Standards eg low in salt and sugar.



SCOTY 2022 finalists



SCOTY 2022 winner, Tom Armstrong

COMPETITION RULES 2023

Please read these rules carefully as there have been some changes for this year.

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 that hold a kitchen-based post and who are involved in the daily preparation of pupils' meals at the time of entry. Contestants may work in more than one kitchen as a mobile chef but must be on the salary grade of kitchen manager or lower. **Management, area managers, training managers or development chefs 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.
3. The competition is open to non members of LACA. If a non-member reaches the regional final of the competition, they must become a member to continue.
4. A previous national winner cannot enter a second time.
5. You will be required to produce four portions of a main course and dessert suitable for 11 year old pupils (year 6 primary or year 7 secondary). Meal produced **MUST** comply with the **SCHOOL FOOD STANDARDS** and take into account the **EAT WELL GUIDE 2016** and follow the judging criteria.
6. Cost per head must not exceed £1.60 for one main course and one dessert (£6.40 for four main courses and four desserts). The standard ingredient cost sheet **MUST** be used for all costings. Ingredients not on this list can be used but must be priced appropriately, evidence of pricing may be requested. Ingredients sourced from a school garden or allotment should also be costed in. 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 of the competition and judges will check this prior to the commencement of the competition cooking time. Judges will be spot checking ingredient weights and a bowl will be provided to all contestants for any food production waste.
8. Main course should be presented on white plates, either round or square. Desserts should be presented on dishes to reflect the recipe. All main course dish elements to be served on the plate, a small jug or dish of sauce can accompany the main course.
9. Competition time is 90 minutes to prepare, cook and present four portions of each dish.
10. All entries must include a minimum of ONE Premier Foods product from the list provided in the main course. The dessert should be based on 50% fruit content and include a minimum of ONE item from the list of Premier Foods products provided. The products used must form a substantial and innovative part of the finished dish. Foodservice packs should be used, not the retail equivalent.
11. A written explanation will be required to include the following: (maximum 150 words). This information will be displayed with your dishes at the regional finals.
 - What inspired you to create the dishes?
 - The reasoning behind the product application of the Bisto/Premier products.
 - What changes to the ingredients, method or skills would need to be made when the menu is produced en masse?Contestants should be prepared to discuss their Rule 11 submission with the judges at the regional and national finals.
12. Allergen information for the meal should be completed using the FSA form included with the entry forms.
13. The following photographs **MUST** be provided:
 - One each of the main course and dessert plated for presentation in the competition.
 - Photographs showing a minimum of 20 portions of each dish served en masse, as you would serve in your dining room/hatch.
14. Recipe, costs and method of preparation need to be provided at paper entry level and the dishes produced at regional and national heats must adhere to these.
15. National Finalists will be permitted to make changes to their recipe, costings and method following judges' feedback after the regional finals. Amended entry forms **MUST** be re-submitted before the national final showing the changes made, including pictures if required.
16. Competitors who reach the National Final must provide their recipes and method scaled up to 10 portions for use in the sponsor's recipe book. Guidelines will be provided.
17. 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.
18. At the regional finals, competitors should reflect the dress code of their employer. Uniforms will be provided for each competitor for the national final.
19. Employers will be responsible for overnight accommodation and travel expenses for competitors and any other staff attending regional cook off heats if required.
20. The Chair of Judge's decision is final and no correspondence may be entered into. Verbal feedback will be given to competitors on the day of the competition.
21. There will be up to two judge's wild card entries chosen from the regional finals who will be invited to compete at the national final in July 2023. These will be notified after all regional finals have taken place.
22. The National winner will be required to attend regional events and media coverage. Employers should be prepared to release winner from day job.