Ready! Steady! Cook!


### Saturday 25th January 2025

1st Hertford Scout HQ, Marshgate Drive

***Staggered start times through the day***

* You can only enter **ONE** team of **FOUR** people (names confirmed on the day), but have a “spare” in case of a team member becoming ill or unavailable.
* The team must prepare a three course meal, the main course must be hot.
* You have 75 minutes of time to cook the food.
* Make sure your team are aware of all the rules and what is needed
* Points for best chef’s attire, please make an effort
* Winners of last year’s event are asked to return the trophies on or ideally before the event.
* **Please enlist enthusiastic parents to help train and prepare the team, we encourage it!**
* Start/finish times will be staggered throughout the day the young people should arrive in full uniform at the time given to them as per the end of the letter.
* **Teams to take ALL rubbish away after the event (IMPORTANT!)**
* Trophy presentations will be at 16:30
* NO LEADERS, PARENTS or SPECTATORS will be admitted during the event.
* Scout winners will go on to the County cooking competition **on Sunday morning 9/2/25**. Information will be given to the winners, but it is very similar to this competition.
* To put in a team in email events@hertfordscouts.org.uk, before end of play 21/1/25 Any further queries contact: Uggi.

Theme:-

Teams should follow the theme is "Winter to Spring Fusion" - a blend of cozy winter recipes with fresh, early spring ingredients.

for the meal and table setting, an explanation of the theme on the menu is recommended. Points will also be awarded for the most original use of the ingredients.

## Menu Requirements:

* Cook and serve a Three Course Meal for ONE person with a budget of £10.00 comprising of: Starter, Main and Sweet. The main must be hot.
* There are NO set ingredients, **BUT No pre-prepared food**. All food is to be prepared at the event.
* Any foodstuff (e.g. meat, fish, vegetables and fruit) may be used so long as you are within budget.
* Small quantities of normal items may be brought in addition to the cost of ingredients (e.g. flour, herbs, spices, oil, vinegar, sugar and butter are allowed).
* There is no larder or extra equipment available on the afternoon.

Paperwork you need to bring along:

Twocopies of the menu are needed; One to be handed in on arrival, **plus** a “costed” listed of items purchased\*. The second to be displayed with the final presentation. \**All purchased items to be listed, with each item having the correct cost. Please bring along a copy of the receipts to prove your costs, Only charge for what you use (e.g. £1.50 pot of cream, half used =£75p).*

Equipment:

The meal is to be prepared using only the equipment listed (no electrical items), if in doubt ask the organiser before the event. All equipment must be laid out and ready at the allotted time and comply with safety requirements. Gas cylinders are to contain enough gas for the session, and must be free floor standing. Please ensure that your cooking equipment is in working order as you will lose **50 points** if..

***a)***tubing doesn’t conform to Health & Safety Standards: or ***b)*** if repairs/adjustments are needed.

Each team should bring the following equipment.

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| COMPULSORY* 2 ring gas burner + gas bottle (floor standing) in date gas pipe

 **NO oven or other heat sources*** 1 Washing up bowl, Washing up liquid
* 2 Buckets, 1 for hot water use, 1 for waste
* J-Cloths (to clean tables), Tea towels (min. of 3)
* Bin bags **(heavy duty** **min of 4)** for dirty cooking equipment and waste
* Tin foil, Matches
* Protective clothing (Apron/Jacket)
* 2 pairs of Oven Gloves
* Plates and cutlery to display your food
* Anti-Bacterial Cleaner
* 2 Mixing bowls, 2 chopping boards
 | *SUGGESTED** Frying pan or wok
* Nest of billies
* Wooden spoons
* Sharp knives
* Measuring jug
* Slotted spoon (strainer spoon)
* Colander
* Whisk, grater, peeler, strainer, tin opener and/or fish slice

*(The above are suggestion for what you may require for your menu, there may be other non electrical appliances that could be more useful for the food being prepared.)***PLEASE NOTE If burners are not up to Safety Standards the team will be deducted 50 points** |

**Marking Schedule**

# This is from the County Competition, Most of the judging will be done during the preparation of your meal finishing at the pre-given time with the table presentation and the tasting of the food.

Washing up in general is to be taken away therefore no marks are awarded for this but poor/failure of washing up of items required more than once during the interim will result in marks being deducted from the final total. This applies at any stage of the competition, from any categories which include hygiene, teamwork and planning.

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| --- |
| MENU AND COSTINGS |
| Menu Presentation/ Menu content and costings | All menu requirements met, balanced courses, includes theme. Spelling, size, style, explanation of dishes. | 20 |
| Within budget | Deduct 2 points per £1 over £10, eg £13 spent = 7 points, £20+ spent = 0 points | 10 |
| TEAM WORK, HYGIENE AND COOKING |
| Team dress | Smart appearance, hygienic. (Wear aprons to cook!) (Points will be deducted if hair not controlled where applicable.) | 5 |
| Team work | Leadership, work allocation, planning, organisation and methods. | 10 |
| Food prep/Cleanliness/safety  | Safe hygienic practice. Work station kept clean and tidy during cooking, i.e. spills mopped up. Safe working area and use of equipment  | 20 |
| ‘home cooking’ | Extra points at judges’ discretion for meals prepared from basic ingredients, e.g. rice pudding, curry not from a jar | 25 |
| TABLE LAYOUT |
| Table setting /Theme | Table layout and visual appearance. Use of theme in table setting and food | 10 |
| FOOD AND TIMINGS |
| Timing/Service | All courses served together, on time, served at correct temperature. Does food look tempting, dishes suitable for service, courses complement each other. | all menu requirements met | 20 |
| Chef’s Palate – Starter | Seasoning, texture, flavour, colour. | 20 |
| Chef’s Palate – Main | Seasoning, texture, flavour, colour. | 20 |
| Chef’s Palate – Sweet | Seasoning, texture, flavour, colour. | 20 |
| Quantity of food | Enough food for ONE person, Wasted food will incur penalty points. | 20 |

**Allergies**

Helen Miller has kindly provided a helpful allergy sheet, this is so we can see what things you have in your food. If its in the food, simply put a tick. If you are unsure let us both know and we can work it out. We are not asking you to not have allergy triggering foods, simply to identify what you have!

**Illnesses, Hygiene and Covid**

Please be sure you are not unwell when attending

All stations will be issued with antibacterial gel and spray, **this is to be used, disposable gloves can be worn.**

**Timings**

Please see separately attached sheet for your timing. You only need to be there on time, please do not turn up hours early!

**Each participant is to be sent with:**

Name, address, contact phone numbers, medical issues (especially allergies as there may be food on another’s table) that could be an issue and if required **any medication such as EPI-PEN (including instructions) and inhalers etc.** This can be in the form of a permission slip or printout or via OSM (more details to follow), but it is to be handed in on the day, not sent in advance. **If there are specific allergy or serious info, please let us know in advance**