



Rotary Young Chef 2020

The Rotary Young Chef Competition is a national cookery competition organised and promoted by Rotary International in Great Britain & Ireland. It is a four stage national competition starting with a school heat in December and finishing with a national final in May.

Who can take part?

Keswick School is opening the competition to Year 9 and Year 10 students. There are 4 stages to the competition as described below.

The Four Stages of the Competition:

1. **The Local Heat** at Keswick School on Monday 16th December 2019 during lessons 1 and 2. The winner of the local heat is entered into the district finals. Keswick Rotary reimburse all entrants £12 for the cost of their meals and provide 1st, 2nd and 3rd prizes. In the past the 1st prize has been £25 plus the opportunity to cook with a professional chef and make their meal for the next heat in a professional kitchen; in 2018 this was at the Lodore Hotel.
2. **District Finals** are organised by Cumbria Rotary between January and mid-February. This heat usually takes place after school somewhere in Cumbria. In 2019 the District finals took place at The Lakes School, Windermere. The winner of each district final is entered into the regional final. Students who get through to this stage of the competition will need to arrange their own transport to the venue.
3. **Regional (North of England) Final** between mid-February and March. The winner of each regional final is entered into the national final.
4. **National Final:** TBC usually May.

Keswick School Local Heat Monday 16th December 2019

Competition task: Prepare and cook and serve a 2 course meal for 2 people. (Hot main course and hot/cold starter or dessert dishes to be served plated). Use local and seasonal produce where possible, try to show your skills and remember presentation too.

Budget: £12.00 (£6 per person). The judges like to see this well used. This will be re-imbursed on the day of the competition.

Time: Mis en place 9.00am (Hat and aprons on, collect ingredients and equipment, set table ready for serving)
 Judges briefing: 9.25am
 Start cooking: 9.30am
 Serve first course by 10.45 and second course before 11.00am
 Washed and cleared away by 11.20am
 Results 11.25am

Cooking Time: 1 ½ hours cooking time .

Paperwork needed:

- Costing sheet and receipts. Any home grown produce must be valued as if purchased from a shop.
- Recipe and method for the dishes you are making.
- Planning sheet. (An order of work you need to cook in with some quality and safety point reminders)

Judges: Keswick Rotary will organise 3-4 judges. Mr Jackson will probably pop in to taste too!!

Equipment needed: Bring your own table cloth, cutlery, serving plates and dishes, table decoration, **menu** etc to present your meal attractively. If you need to borrow anything see Mrs M earlier in the week. Additional herbs flavourings and garnishes and cooking oil - not included in the £12.00 limit.

Mrs Mather's Top Tips:

- Make sure you are showing some good skills (Sauces, pastry, cake making, cooking of meat, interesting vegetable cuts, presentation of food (appearance, taste, texture), appropriate accompaniments.
- Practise your dishes at home and check your timing will be OK. The judges are very strict on timing.
- Make an attractive menu, include your name and explain your dishes and accompaniments.
- Use some nice cutlery and crockery to enhance the appearance of your food.
- Have a table cloth (Plain white and ironed always looks good)
- An attractive table decoration is always worth having, but make sure it is not too big for your table.

Judging Criteria

- Healthy balanced choice of dishes: 5 points
- Planning: 5 points
- Costing: 5 points
- Range of skills used: 20 points
- Neatness of working area and hygiene :10 points
- Wise use of time allowed: 5 points
- Meal served at correct temperature (Hot food on hot plate) 5 points
- Presentation of table (including flowers, cloth etc.) 5 points
- Taste and presentation of starter or dessert 15 points
- Taste and presentation of main course 25 points

Copies of this information, costing sheet, planning sheet and information about the National Final can be found on www.keswickfood.weebly.com. There are also some photos from past competitions.

Any questions please feel free to contact Mrs Mather. Email: kathmather@keswick.cumbria.sch.uk

To enter:

Complete planning sheet and costing that can be found on the Keswick food weebly website and submit to Mrs Mather, either by hand or by email by **Monday 2nd December**. Places are limited to 8 students; 8 menus that fit the judging criteria the best will be chosen based on the planning sheets submitted. Mrs Mather will email candidates on Friday 6th December to let them know if they were successful or not.

Good Luck and Happy Cooking.

Mrs Mather (Food Teacher)

Mrs Mather



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