

Rotary Competition 2019

School Heat Information

The Rotary Young Chef of the Year competition is a national competition with 4 heats. Local heat, Cumbria heat, North of England heat and National final.

The first heat is a school heat which all Hospitality and Catering students enter. Keswick School heats will be Fri 2nd Nov during lesson 4.

School heat requirements:

Plan, prepare, cook and serve a one course healthy meal using locally sourced produce costing no more than £4.00 per portion. Also needed: plan for making, costing sheet and menu.

You will have 10 mins Mis en place, 40 mins cooking and 15 mins to clear up... if you arrive at 1.20pm

8 finalists will go forward to the local heats during lessons 1 and 2 on Wed 4th Dec **Skills you must show to get a certain grade:**

Rotary Competition Assessment

| | |
|-------------------------|--|
| S&H(5) | Appearance (Hair, jewellery and apron) |
| | Washing hands |
| | Use of fridge |
| | Clean as go |
| Independent (5) | Use of tools & equipment |
| | Use of oven |
| | Work plan used |
| Skills (5) | Skills (sauce) |
| | Skills (Meat/Fish/Vegetarian) |
| | Skills (salad/ veg) |
| | Skills (prep of garnish) |
| | Skills (accompaniments) |
| | Skills (own bread/ pastry/cake/pasta) |
| Timing (5) | Main dish served |
| | Accompaniments served |
| | Garnishing used |
| | Clean up finished |
| Final ATT (10) | Garnish/Decoration |
| | Texture |
| | Flavour/ seasoning |
| | Colour |
| | Serving Temperature (food & plate) |
| | Serving dishes and utensils |
| Clean at end (5) | Surfaces |
| | Cooker |
| | Sink |
| | Laundry |
| | Food Stored |
| | Total marks (/35) |

Eduqas Assessment Criteria

L2D: Handling raw meat safely and hygienic throughout. Served with appropriate accompaniments. Recipe modified for creativity. Range of high quality fine garnishes used.

L2M: Handling raw meat safe and hygienic throughout. Use of more than 1 appropriate accompaniment. Some garnishes used to add colour, flavour and texture

L2P: Safe handling of raw meat. Complete meal served.

L1P: Some assistance needed to safely prepare meal. Meal completed.

F: Failure to complete task/ food not edible

Homework:

Plan for next lesson... Choose a meal suitable for the competition and bring paper copies of the recipes needed for making your meal to next lesson. Make sure you can meal your meal and clean up in the time available.

