



humanity in motion

Rotary in London/District 1130  
Youth Opportunities

## ROTARY YOUNG CHEF RULES 2008 - 2009

### Aims

This competition aims to encourage young people to:

- Develop cookery skills
- Develop food preparation skills
- Consider healthy eating options
- Prove their organisational and planning skills
- Prove their ability to cope in a demanding situation

### Competitors

The competition is planned for students in full time secondary school education. However, students doing NVQ level 1 (or National equivalent) in catering colleges may enter this competition. Students must be aged 17 years, or under, on 31<sup>st</sup> August 2008 for the 2009 competition.

Consequently some entrants may be 18 years of age at the time of the Finals.

### Competition

For the Preliminary and Area Heats entrants will be asked to prepare the following; entrants are required to avoid the use of nuts in their dishes, in case there are people in the kitchen who have a nut allergy.

1. A healthy, one course main meal suitable for two people
2. The cost of the ingredients must not exceed £4.50, although additionally you will be able to select one product from the Shana range which will be provided at no cost.
3. You will be expected to work from a Time Plan and marks will be given for this, cooking skills, presentation of dish, flavour and texture of the final meal.
4. You may use convenience foods but credit will be given for cookery skills, e.g. if you make your own pastry, within the **1½ hours time limit**.

For the District Final entrants will be asked to prepare:

1. A healthy, two course main meal and dessert suitable for two people
2. The cost of the ingredients must not exceed £7.00, although additionally you will be able to select one product from the Shana range which will be provided at no cost.
3. You will be expected to work from a Time Plan and marks will be given for this, cooking skills, presentation of dish, flavour and texture of the final meal.
4. You may use convenience foods but credit will be given for cookery skills, e.g. if you make your own pastry, within the **2 hours time limit**.

For the Regional and National Finals entrants will be asked to prepare:

1. A healthy, three course meal comprising starter, main meal and dessert suitable for two people
2. The cost of the ingredients must not exceed £14.00.
3. You will be expected to work from a Time Plan and marks will be given for this, cooking skills, presentation of dish, flavour and texture of the final meal.
4. You may use convenience foods but credit will be given for cookery skills, e.g. if you make your own pastry, within the **2 hours time limit**.
5. A copy of the rules for the National Final, which will also apply to the Regional Final can be found by logging on to:  
<http://www.ribi.org/upimages/ribicteereps/6/2009%20RULES%20RIBI%20YOUNG%20CHEF.pdf>

### **Timing – Preliminary and Area Finals**

Setting up time: 30 minutes

Cooking time: 90 minutes

### **Timing – District, Regional and National Finals**

Setting up time: 30 minutes

Cooking time: 120 minutes

### **Procedure**

Before each Competition takes place, a draw will be held to determine the allocation of the workstations. This order will be notified to the Entrants upon arrival.

At each event the Master of Ceremonies will welcome the participants and guests, introduce the judges and run through the procedures.

A serving area, approximately 120cm x 60cm (which may not be a stand-alone table) will be allocated near to the cooking area.

Supporters may assist in bringing equipment into the cooking area, during setting up time.

### **Setting up Time**

This is to include table setting, organising cooking area (sole use of one cooker only) and collecting together equipment.

There is no handling or preparation of ingredients in this time. Any ready or pre-prepared food / ingredients should be declared to the judges e.g. marinated foods etc.

Entrants must bring their own serving dishes, cutlery, specialist or electrical equipment (which must have a PAT test certificate) and linen, in addition to their own ingredients.

Standard cooking equipment will be available at the venue.

Entrants should display a copy of their menu at their serving area.

Entrants should bring their completed Time Plan sheet

Details of purchases, including receipts and the expenses claim form should be handed in before the start. If home grown produce is used in the meal it should be valued at retail cost. Small amounts of herbs, spices and seasonings need not be included in costings.

Please note you only cost the weight of ingredients used.

## Cooking Time

This is to include preparing, cooking and serving of the meal at the correct temperature.

Entrants may have use of fridge and limited freezer facilities that are available at the venue.

At the decision of the judges, the dishes will normally be served within the last half-hour of the competition.

One serving of the dishes will be displayed in the serving area and used for photographs. The other serving the dishes may be in an area adjacent to the serving area for the judges to taste.

Washing up may be finished off after the cooking time.

At all times entrants must consider personal hygiene, correct handling of food, food hygiene and neat working conditions.

**There can be no entrance to the cooking area by anyone, other than officials, while the competition takes place.** The judges will decide when the supporters can be invited into the cooking area to view the finished presentations.

## Marking

The judges will be following a formal marking scheme: -

• Healthy Choice of dishes	5 points
• Planning	5 points
• Costing	5 points
• Range of skills used	15 points
• Neatness of working area and hygiene	10 points
• Wise use of time allowed	5 points
• Meal served at correct temperature	5 points
• Presentation of table (including flowers, cloth etc.)	5 points
• Taste and presentation of starter	10 points
• Taste and presentation of main course	10 points
• Taste and presentation of dessert	10 points

After the marking has taken place, the judges will comment on the presentations and announce the result. The decision of the judges will be final. They will not discuss marks and no correspondence or discussion will be entered into following the event.

## Awards

All participants will receive a Certificate at each stage of the Competition, with the exception of the preliminary heats. The Winner and Runner-Up at each of the Area Finals will be presented with a personalised Professional Chef's Jacket. At the District Final the Winner will be presented with a set of Professional Chef's knives, and there will also be an award for the Runner-Up.

## District, Regional and National Finals

The Winner and Runner-Up from each of the Area Finals will go forward to the District Final. The Winner and Runner-Up from the District final will go forward to the Regional Final, and the Winner from the Regional Final will go forward to the National Final.

For further clarification please contact: Rotary in London's Youth Opportunities Chairman Alan O'Neill 29 Lanark Close, Ealing, London W5 1SN, TEL 020 8 810 4770 or 07879 848574. Or Email: youth@rotaryinlondon.org

# ROTARY YOUNG CHEF 2008 - 2009 ENTRY FORM

## XX Area Semi Final

Name and Address of School

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Telephone Number:

Teacher Contact Name:

Teacher e-mail Address:

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PLEASE PRINT NAMES:

Entrants

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

The parents, guardians or carers of the entrants have given permission for the entrants to take part and for photographs to be taken and used for appropriate publicity purposes.

Rotary International in Great Britain and Ireland has adopted a Protection Policy in respect of its work with children, the elderly, the vulnerable and those with a disability.

Please return this form to the person listed below no later than, '17<sup>th</sup>' October 2008:

Insert name, address, telephone/fax no. or e-mail address of Club/s Contact here:.....