

## **District Cooking Competition Details 2013 Ready steady cook**

**Saturday 26<sup>th</sup> January 10am-2.00pm.** Only 1 team of 4 per group. (3 acceptable, but NOT 5 or more). Leaders please bring their team of 4 scouts promptly to set up. Leaders do not stay after 10am, if you are staying for the day please go upstairs to await 2pm. **we have independent judges.**

**!0am-12noon preparation and cooking.** Timing is essential/part of marking Don't start serving up before 12.

**12noon-1pm serving and eating meal** . 4 sitting down to eat properly, all team to eat, extra plate set for judges.

**1pm-1.45pm clearing and washing up.** To be inspected.

**2pm final judging/presentation of trophy.** Then teams can clear equipment and **go home only after** their area has been checked.

Leaders can return for the 2pm presentation, they are not required to stay for the duration of the competition. Please bring details of the team/names/ contact phone nos. etc. in case of emergency.

This year's theme is 'Ready Steady Cook' - all 3 courses to be planned and cooked using the ingredients 'supplied', as in the tv show. Only extras allowed will be 'basics from the normal kitchen cupboard' such as flour, marg, seasonings, milk, bread, stock cubes, sugar, etc. etc.....just standard items.

**Equipment:** You may use up to 4 gas rings, with your own selection of equipment/utensils all supplied/brought by you on the day for cooking, preparation & cleaning. **No electrical equipment to be used at all.** You will need to boil your own water for all purposes. Bring your own full water jack to start off, you may ask for further water if needed. Scouts will have no access to Bradway's kitchen. At least 1 large groundsheet to work on in your allotted patch. Safety, hygiene, common sense, behaviour will all be marked.

**Dishes:** At least 2 of the 3 courses must be hot/cooked. All courses are to be prepared and cooked on the day at the event from fresh produce- nothing to be pre-done at home before hand. It is up to the team how they allocate the ingredients to the courses – an item could be split between more than one course for interesting recipes...

Higher marks will be awarded for complexity/advanced methods/recipes provided it comes out ok! However, remember it is how well/what you present and not how complicated you get that counts. A simpler dish brilliantly done is better than something 'over the top' done badly.

Bring suitable drinks to accompany your meal, tea/coffee etc. to end the meal is extra marks.

**Presentation:** *the setting of the table, presentation of the food, table manners whilst dining etc. will be closely watched and marked. Any sensible extras to enhance your team's presentation are allowable, such as menus. Presentation of the 4 scouts also important – appropriate clothing- uniform not necessary.*

**Costs:** bring your receipts for purchasing the set ingredients with you to show to the judges. **It is a meal for 4 people to sit and eat so make sure you choose recipes that all the team will eat. Get the right quantities, waste will be marked down. Your main course must be balanced** ; carbohydrate/protein/vegs; and the overall balance of the 3 courses must be considered.

**Details Submitted:** Remember that your team's recipes/plans/list of extras to be used must be emailed to me ([rose@prfrancis.plus.com](mailto:rose@prfrancis.plus.com)) well before Sat26th, If you have any queries please email Rose in good time, or phone Ian 07711086901 or Rose 07913612108. Don't forget to bring the receipts to the competition and a list of names and contact numbers for the competitors. Failure to do these submissions will lose your team marks. The judges are completely independent.

Looking forward to seeing and tasting your meals- Rose, Tim and Ian.