



**LACA**  
SCHOOL CHEF OF THE YEAR 2022

**SCOTy** ★  
SPONSORED BY **Quorn**



Rob Chambers, SCOTY 2021 winner



# LACA SCHOOL CHEF OF THE YEAR 2022

COMPETITION RULES AND ENTRY CRITERIA

PLEASE READ THIS INFORMATION CAREFULLY

## REGISTRATION IS OPEN FOR LACA SCHOOL CHEF OF THE YEAR 2022

Sponsored by Quorn Professionals, supported by Bisto

With the competition focus on producing healthy, nutritious meals for 11 year old primary or secondary school pupils, this is the perfect showcase for passionate school chefs to demonstrate what they do best every day.

### NEW FOR 2022:

Prepare, cook and present four portions of a grab & go/breaktime savoury snack with a food cost of 60p per head along with four portions of a main course and dessert with a total food cost of £1.40 per head in 1hr and 45 minutes that meet the School Food Standards and Eat Well Guide.

LACA ARE PLEASED TO BE PARTNERING WITH QUORN PROFESSIONALS AS SPONSOR OF THE 2022 LACA SCHOOL CHEF OF THE YEAR COMPETITION.

LACA Chair, Jacquie Blake says: "LACA is delighted that Quorn has agreed to continue to support our School Chef of the Year competition and for 2022 Bisto will also be supporting our competition.

Once again our school chefs will be able to showcase the very best of school food and demonstrate their menus, that reflect the trend towards a demand in more meat-free choices.

We are looking forward to seeing some really creative dishes and to a hard-fought competition that will be showcased at the Main Event and celebrating the winner at our awards evening."

Meat free pioneer Quorn is delighted to be on board for the second year.

"The innovation and quality of dishes in last year's competition was incredible to see," says Phil Thornborrow, Foodservice Director at Quorn. "Gone are the days when meat free meals were on the menu to cater for a minority. There is an active demand for these dishes to be exciting, desirable and tasty.

As we see more and more people realising the impact that their diet has on the planet, eating habits are changing and the interest in meat free is accelerating. In our experience, the education sector has always been ahead of the game on the sustainability agenda. Now more than ever before, it's crucial that we help children and young adults make healthier choices in their habit-forming years. We're feeding the minds of the future and we want to inspire future generations to eat more healthily and establish sustainable eating habits. That's why we're really proud to be working with LACA again on this year's SCOTY competition."

Premier Foods are delighted to be back supporting LACA School Chef of the Year. This competition showcases the amazing culinary talent there is within the education sector. We are proud to be involved helping to shine a light on those talented chefs and caterers, celebrating the delicious dishes they create each and every day for all our children.

Register here: [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)



## 2022 COMPETITION SCHEDULE

- December 2021 – registrations open
- Friday 11th February 2022 – final date for registrations
- Friday 11th March 2022 – deadline for full entries to be returned to competition organisers
- April 2022 – paper judging of all entries. Regional finalists to be notified by Friday 8th April 2022
- late April – June 2022 – regional finals, dates and locations tbc
- Wednesday 6th and Thursday 7th July 2022 – national final at the LACA Main Event, Hilton Birmingham Metropole. Winner to be announced at the LACA Awards dinner on Thursday 7th July.

## PRIZES

- |   |   |
|---|---|
| ■ EACH REGIONAL FINAL winner will receive a prize of £100 | ■ NATIONAL FINAL Winner £1,000 cash prize plus work experience trip |
| ■ NATIONAL FINAL 2nd Place £500 cash prize                | ■ NATIONAL FINAL 3rd Place £300 cash prize                          |

# ENTRY PROCESS

Register here: [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)



## Step 1 - Register your interest

Register for the competition online at [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)  
This must be received by the organisers no later than Friday 11th February 2022.

## Step 2 - Submit your entry

- Download all entry forms from the website [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)
- Complete the entrant details, recipe method and costing sheets forms and submit to the organisers.
- This must give all ingredients and costs used in the new grab & go item, the main course and dessert and include pictures of all courses served on plates and shown en masse in the school kitchen environment.
- All entries must include a minimum of one Quorn product from the core range in BOTH the grab & go item and the main course and one Bisto product from the list provided in EITHER the grab & go item OR the main course. The dessert should be based on 50% fruit content and include one item from the list of Premier dessert products provided.
- You will also need to show how the recipes reflect the School Food Standards and the 2016 Eat Well Guide and to answer the questions set out in point 11 of the competition rules.
- Your entry must be received by the organisers no later than Friday 11th March 2022.

## Step 3 - Paper judging

Judges will review all entries to establish that they are school compliant and reflect competition rules. Feedback on all entries received will be sent via the managers. Regional finalists will be advised by email by Friday 8th April 2022.

## Step 4 - Regional Finals

Regional finals will be held across the country after the Easter holidays, between late April and early June, exact dates and locations tbc.

The judging panel at the regional finals will consist of the Quorn judge as Chair of Judges, a judge from Bisto, a LACA chef judge and an independent professional chef judge.

### Guidelines for Regional Heats:

- Competitors will be expected to travel to the chosen location for their regional final.
- Four SCOTy badges will be provided by the competition organiser and should be sewn onto uniforms for media coverage, one on each sleeve and one on each breast pocket area.
- Competitors must provide all ingredients, knives, light equipment or speciality equipment and all serving plates or dishes which may be required to produce their dishes.
- Competitors should be aware that judges will be talking to them throughout the competition about their dishes.

## Step 5 - National Final

The 10 regional finalists and up to 2 judges' wild card competitors will compete in the National Final at the LACA Main Event on Wednesday 6th and Thursday 7th July 2022.

The format for this will be as per the regional finals with additions to the judging panel which will include the current School Chef of the Year.

The winner will be announced at the LACA Awards Dinner on Thursday 7th July 2022.

At all levels of the competition, the Chair of Judge's decision is final and no correspondence can be entered into.

### Useful links to help you and your chefs create your dishes:

The portions of your meal must be in line with School Food Plan <http://www.schoolfoodplan.com/>

Your meal must reflect the 2016 EAT WELL GUIDE <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwellguide.aspx>

To find out more about Quorn products <http://www.quornfoodservice.co.uk>



# JUDGING CRITERIA 2022

At the regional finals, Judges will be assessing the entries based on the criteria below. All entries start with maximum points so by keeping as close to these criteria when devising your entries, you will increase your potential score.

MARKS AVAILABLE PER ENTRY  
**13**

## Use of Quorn products

13 marks available in total - 5 marks for the grab & go item, 8 marks for the main course

- A minimum of one Quorn product from the core range to be used in BOTH the grab & go item and main course.
- Innovation / application.
- Knowledge of product.
- Quantity of product used in recipe and where used.
- Have the sponsor's products been used in the meal in a substantial way?

## Core range:

### Quorn Mince

[www.quornfoodservice.co.uk/products/mince](http://www.quornfoodservice.co.uk/products/mince)

### Quorn Pieces

[www.quornfoodservice.co.uk/products/quorn-pieces](http://www.quornfoodservice.co.uk/products/quorn-pieces)

### Quorn Vegan Sausages

[www.quornfoodservice.co.uk/products/quorn-vegan-sausages](http://www.quornfoodservice.co.uk/products/quorn-vegan-sausages)

### Quorn Fillets

[www.quornfoodservice.co.uk/products/quorn-plain-fillets-69g](http://www.quornfoodservice.co.uk/products/quorn-plain-fillets-69g)

### Quorn Beef Pieces

[www.quornfoodservice.co.uk](http://www.quornfoodservice.co.uk)

MARKS AVAILABLE PER ENTRY  
**7**

## Use of Bisto and Premier Products

7 marks available in total – 2 marks for the Bisto product used in either the grab & go item or main course, 5 marks for the Premier product used in the dessert.

- One Bisto product from the list provided to be used in EITHER the grab & go item OR the main course.
- One Premier product from the list provided to be used in the dessert.
- Innovation/application.
- Quantity of product used in recipe and where used.
- Have the sponsor's products been used in a substantial way?

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## Working Practices in the Kitchen

MARKS AVAILABLE PER ENTRY  
**20**

- Time plan.
- Cooking methods as submitted.
- Organisation of work flow.
- Knife skills.
- Correct use of chopping boards and knives as per universal code.
- Use of probes (correct knowledge of core cooking temperatures).
- Food hygiene practices eg use of sanitiser.
- Personal hygiene (clean and tidy, hair tied back and covered, no jewellery, correct use of PPE etc)
- Food storage.
- Minimum wastage, no over production.

## Creativity and Appearance

MARKS AVAILABLE PER DISH  
**10**

- Description of dish matches taste.
- Portion size; relevance to age group in accordance with the School Food Standards.
- Eat Well Guide followed.
- Balance of ingredients.
- Appealing to eye.
- Suitable garnish for meal.
- Use of sustainable products.
- Use of local products.

## Taste and Flavour

MARKS AVAILABLE PER DISH  
**10**

- Originality of dish.
- Balance between main course and dessert.
- Flavours and ingredients work together.
- Variety of textures.
- Seasoning.
- Relevance to age group in accordance with the School Food Standards eg low in salt and sugar.

# COMPETITION RULES 2022

Please read these rules carefully as they have been fully revised for 2022.

These rules apply at all levels of the competition. Breach of these will result in contestants being disqualified or points deducted from their score.

1. The competition is open to all staff that hold a kitchen-based post and who are involved in the daily preparation of pupils' meals at the time of entry. Contestants may work in more than one kitchen as a mobile chef but must be on the salary grade of kitchen manager or lower. Management, area managers, training managers or development chefs are not eligible to enter.
2. Entries may be submitted by any school meal provider, whether a local authority, contract caterer, academy or free school.
3. Open to non members of LACA, if a non-member reaches the regional final of the competition, they must become a member to continue.
4. A previous national winner cannot enter a second time.
5. You will be required to produce four portions of a grab & go/breaktime savoury snack along with four portions of a main course and dessert suitable for 11 year old pupils (year 6 primary or year 7 secondary). Meal produced must comply with the SCHOOL FOOD STANDARDS and take into account the EAT WELL GUIDE 2016 and follow the judging criteria.
6. Cost per portion for the grab & go item must not exceed 60p. Cost per head must not exceed £1.40 for one main course and one dessert (£5.60 for four main courses and four desserts). The standard ingredient cost sheet MUST be used for all costings. Any disposable items used in the dishes should be included in the costings eg cake cases, kebab skewers.
7. All ingredients must be freshly prepared on the day and judges will check this prior to the commencement of the competition cooking time. Judges will be spot checking ingredient weights and a bowl will be provided to all contestants for any food production waste.
8. Main course should be presented on white plates, either round or square; desserts need to be presented on dishes to reflect the recipe. All main course dish elements to be served on the plate, a small jug or dish of sauce can accompany the main course.
9. Competition time is 1 hour and 45 minutes to prepare, cook and present four portions of each dish. The grab & go item is to be presented in the first 30 minutes of cooking time.
10. All entries must include a minimum of one Quorn product from the core range in BOTH the grab & go item and the main course and one Bisto product from the list provided in EITHER the grab & go item OR the main course. The dessert should be based on 50% fruit content and include one item from the list of Premier dessert products provided.
11. A written explanation will be required to include the following: (maximum 150 words). This information will be displayed with your dishes at the regional finals.
  - What inspired you to create the dishes? This could be a local hero or landmark, products grown in the school garden or reflect the ethnic background of the pupils in your school.
  - The reasoning behind the product application of the Quorn product/s
  - What changes to the ingredients, method or skills would need to be made when the menu is produced en masse?
  - Show where sustainable products or locally sourced ingredients have been used.
12. Allergen information regarding the meal should be completed using the FSA form included with the entry forms.
13. The following photographs are required - one of the grab & go item served as an individual portion, one each of the main course and dessert plated for presentation in the competition and photographs showing a minimum of 20 portions of each dish served en masse, as you would serve in your dining room/hatch.
14. Recipe, costs and method of preparation need to be provided at entry level and the dishes produced at regional and national heats must adhere to these.
15. National Finalists will be permitted to make changes to their recipe, costings and method following judges' feedback after the regional finals. Amended entry forms MUST be re-submitted before the national final showing the changes made, including pictures if required.
16. At all stages throughout the competition a scoring sheet will be used by the judges to encompass the criteria as set out in the rules.
17. At the regional finals, competitors should reflect the dress code of their employer. Uniforms will be provided for each competitor for the national final.
18. Employers will be responsible for overnight accommodation and travel expenses for competitors and any other staff attending regional cook off heats if required.
19. The Chair of Judge's decision is final and no correspondence may be entered into. Verbal feedback will be given to competitors.
20. There will be up to two judge's wild card entries chosen from the regional finals who will be invited to compete at the national final in July 2022. These will be notified after all regional finals have taken place.
21. The National winner will be required to attend regional events and media coverage. Employers should be prepared to release winner from day job.