#### LACA School Chef of the Year 2022

#### Grab & Go Item, Main Course and Dessert method

**Rule 11 explanation of your menu**

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| Name of Organisation/School |  | LACA Region |  |
| Entrant Name |  | School name |  |
| * This document should give step by step instructions on how to create both dishes, as you would see in a recipe book, and clearly show the skills being used in the recipes – please use bullet points or numbers to show each step.
* Make sure to include oven temperatures and cooking times.
* Cross reference to make sure all ingredients are listed on the costing sheet and included in the method.
* Please list all allergen ingredients used in your recipes on the allergen chart included and submit with your entry forms.
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| **Grab & Go Item method:** |

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| **Main Course method:** |

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| **Dessert method:** |

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| **Rule 11 explanation of your menu, to include:*** 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.

Maximum 150 words permitted. This information will be displayed on the photography table at the regional final and national final stages of the competition. |

## Submit this form along with your Entrant Details, the Grab & Go Item, Main Course and Dessert Menu Recipe & Costing Sheets and the Allergen information tick list sheet to the SCOTY Competition Organiser

**NO LATER THAN FRIDAY 11th MARCH 2022**

**By email to scoty@dewberryredpoint.co.uk**