



SHOW YOUR CULINARY MAGIC LACA SCHOOL CHEF OF THE YEAR 2021

COMPETITION RULES AND ENTRY CRITERIA

PLEASE READ THIS INFORMATION CAREFULLY

**REGISTRATION IS OPEN
FOR LACA SCHOOL CHEF OF THE YEAR 2021
SPONSORED BY QUORN.**

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. Prepare, cook and present four portions each of two courses with a total food cost of £1.40 per head in 1hr and 15 minutes that meet School Food Standards and Eat Well Guide.

LACA ARE PLEASED TO BE PARTNERING WITH QUORN AS SPONSOR OF THE 2021 LACA SCHOOL CHEF OF THE YEAR COMPETITION.

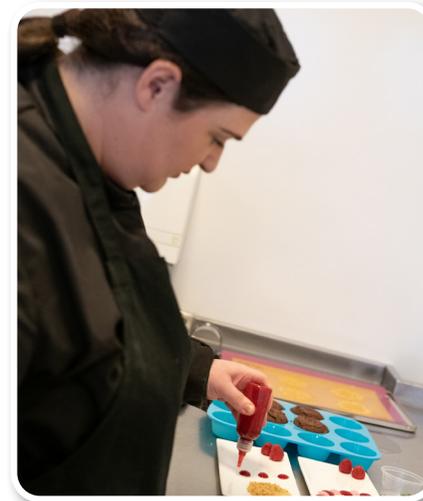
LACA Chair, Stephen Forster says: "LACA is delighted that Quorn has chosen to support our School Chef of the Year competition in 2021. The competition has been running for over 20 years and during that time we have evolved it to reflect both school food standards and food trends. This new partnership reflects the current shift to reduce the amount of meat in our diet, which is also emerging as a major feature of school menus.

"We know school children are interested in the environment along with healthier eating and they are demanding more meat-free choices on their school menus. This link with Quorn will allow the amazing school chefs across the country to respond to this trend as they show off their skills."

Meat free pioneer, Quorn, is delighted to come on board. "Meat free is high on the agenda at the moment and we have been trailblazing its development for over 40 years" said Phil Thornborrow, Foodservice Director at Quorn.

The Education sector in particular is embracing a more flexible approach to meat consumption, driven by rising concerns over childhood obesity and younger generations leading the fight against climate change. We want to inspire future generations to eat healthily and establish sustainable eating habits by educating them on how their food choices can be both good for their health and the planet. We can't wait to see what school chefs create!"

Register here: www.laca.co.uk/scoty



Holly Charnock, 2020 LACA School Chef of the Year representing North West region, plates up her dessert at the national final.



Holly's winning main course - Braised Beef Tortellini on a bed of soya bean and spinach, a tomato and basil sauce, balsamic reduction and a parmesan crisp



Holly's winning dessert - Chocolate and beetroot brownie served with banana ice cream, crumble and a raspberry and vanilla coulis

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2021 COMPETITION SCHEDULE

- December 2020 – registrations open
- 2pm on Wednesday 13th January 2021 – Quorn masterclass and FAQs webinar hosted by Kate Snow, Chair of Judges. Register for your place at www.laca.co.uk
- Friday 19th March 2021 – final date for registrations
- Friday 23rd April 2021 – deadline for full entries to be returned to competition organisers
- May 2021 – paper judging of all entries. Regional finalists will be notified in May.
- Late May/June/Early July 2021 – 4 regional finals, final dates and locations tbc:
 - London, South East and East of England
 - North East & Scotland, North West and Yorkshire & Humber
 - South West and Wales
 - East Midlands and West Midlands
- National finalists briefing day – September 2021
- Tuesday 12th and Wednesday 13th October 2021 – national final at LACA Main Event, Hilton Birmingham Metropole. Winner to be announced at the LACA Gala Dinner on Wednesday 13th October.

LACA SCHOOL CHEF OF THE YEAR... A STAR IN THE MAKING

- A school chef with a passion.
- A school compliant two course menu including a minimum of one Quorn product from the list provided in the main course and a 50% fruit based dessert, suitable for 11 year old pupils (year 6 or 7).
- Ability to prepare, cook and present in 75 minutes.
- Your own utensils and light cooking equipment.

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



Step 1 - Register your interest

Register for the competition online at www.laca.co.uk/scoty
This must be received by the organisers no later than Friday 19th March 2021.

Step 2 - Submit your entry

- Download all entry forms from the website 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 both the main course and dessert and include pictures of both 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 to be used in the main course. The dessert should be based on 50% fruit content.
- 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 23rd April 2021.

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 the end of May 2021.

Step 4 - Regional Finals

These will be held in four locations across the country in late May, June and and July 2021, split between regions as follows:

- London, South East and East of England
- North East & Scotland, North West and Yorkshire & Humber
- South West and Wales
- East Midlands and West Midlands

The judging panel at the regional finals will consist of the Quorn judge as Chair of judges, 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 Tuesday 12th and Wednesday 13th October.

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 and a professional chef judge.

The winner will be announced at the LACA Main Event Gala Dinner on Wednesday 13th October.

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 2021

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.

1.

MARKS AVAILABLE PER DISH
10

Use of Quorn products

- A minimum of one Quorn product from the core range to be used in the 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

Quorn Pieces

www.quornfoodservice.co.uk/products/quorn-pieces

Quorn Best of British Sausages

www.quornfoodservice.co.uk/products/quorn-vegan-best-of-british-sausages

Quorn Fillets

www.quornfoodservice.co.uk/products/quorn-plain-fillets-69g

With the to option to add one of the following:

Quorn Vegan Chicken Free Slices

www.quornfoodservice.co.uk/products/quorn-vegan-chicken-free-slices

Quorn Vegan Smoky Ham Slices

www.quornfoodservice.co.uk/products/quorn-vegan-smoky-ham-free-slices

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2.

MARKS AVAILABLE PER DISH
10

Working Practices in the Kitchen

- 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 tidy / hair tied back & covered / no jewellery, correct use of PPE etc)
- Food storage.
- Minimum wastage, no over production.

3.

MARKS AVAILABLE PER DISH
10

Creativity and Appearance

- 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.

4.

MARKS AVAILABLE PER DISH
15

Flavours / Appearance / Aroma / Taste and Texture

- 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 2021

Please read these rules carefully as they have been fully revised for 2021.

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 pupil's meals at the time of entry. Contestants may work in more than one kitchen, but must be on the salary grade of kitchen manager or lower. Management, area managers or trainers 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 both the main course and dessert, suitable for 11 year old pupils (year 6 or year 7). 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 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 10" (25cm) 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 10" plate, a small jug or dish of sauce can accompany the main course.
9. Competition time is 1 hour and 15 minutes to prepare, cook and present four portions of each dish.
10. A minimum of one Quorn product from the core range to be used in the main course, this should be chosen from the agreed list of Quorn products provided. The dessert must be based on 50% fruit content.
11. A written explanation will be required to include the following: (maximum 150 words).
 - What inspired you to create the dishes?
 - 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.
 - This information will be displayed on the tasting table at the regional finals.
12. Allergen information regarding the meal should be completed using the FSA form included with the entry forms.
13. Photographs of the main course and dessert need to be supplied with the entry form – both of the individual menu dishes on their serving plates and the en masse production of the menu.
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. No changes will be permitted between the regional and national level of the competition.
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 (non-slip shoes etc).
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. 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 October 2021. 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.