

The vital ingredient...  
**YOU**★



COMPETITION RULES AND ENTRY CRITERIA  
PLEASE READ THIS INFORMATION CAREFULLY

# Recipe!



## LACA SCHOOL CHEF OF THE YEAR INGREDIENTS

A school chef with a passion. ✓

A school compliant two course menu including a minimum of one different McDougalls product in each course, suitable for 11 year old pupils (year 6 or 7). ✓

Ability to prepare, cook and present in 90 minutes. ✓

Your own utensils and light cooking equipment. ✓

### Method:

- Create 4 portions of both main course and dessert for £1.30 a head (£5.20 total).
- Complete entry forms and return by Wednesday 17th October 2018.
- Photograph your main course and dessert and include with your entry form, along with photographs of your menu cooked en masse at your school (minimum 20 portions).

### Timings:

- Registration closes – Friday 28th September 2018.
- Closing date for entries – Wednesday 17th October 2018.
- Regional Finals announced – w/c 5th November 2018.
- Regional Finals between November 2018 and January 2019.
- National Finalists Briefing day - Tuesday 5th February 2019, St Albans.
- National Final – March 2019 to take place at a college venue with a presentation dinner that evening at a nearby hotel; the winner will be interviewed at the LACA National Seminar the following day.

### Prizes:

Each regional final winner will receive a prize of £100. A second place may also be awarded at the regional finals. ★

### National Final:

Winner will receive £1,000 cash prize plus work experience trip.  
2nd place will receive a £500 cash prize.  
3rd place will receive a £300 cash prize.

# Piece of cake



## ... ENTRY PROCESS

### Step 1 - Register your interest ✓

Register for the competition either using the form within this pack or online. This must be received by the organisers no later than Friday 28th September 2018.

### 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 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 different McDougalls product to be used in the main course and the dessert.
- 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 10 of the competition rules.
- Your entry must be received by the organisers no later than Wednesday 17th October 2018.

### 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 w/c 5th November 2018.

### Step 4 - Regional Finals ✓

These will be held in five locations across the country between November 2018 and January 2019, split between the regions as follows:

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

The judging panel at the regional finals will consist of the McDougalls 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.

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## ... ENTRY PROCESS

- 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 in March 2019.

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, a Craft Guild of Chefs judge and two pupil judges.

The winner will be announced on the evening of the national final at a presentation dinner.

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 McDougalls products  
<http://www.premierfoodservice.co.uk>



# Proof is in the pud...



## JUDGING CRITERIA 2019...

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 will increase your potential score.

### 1. **Use of McDougalls products** 20

10 marks available per course.

A minimum of one different McDougalls product to be used in the main course and the dessert.

- Use of product.
- 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?

### 2. **Working Practices in the Kitchen** 30

15 marks available per course.

- Time plan.
- Cooking methods as submitted.
- Organisation of work flow.

- Knife skills.
- Correct use of chopping boards 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 etc).
- Food storage.
- Minimum wastage, no over production.

### 3. **Creativity and appearance** 20

10 marks available per dish.

- 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.

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## JUDGING CRITERIA 2019...

4.

**Flavours / Appearance / Aroma / Taste and Texture**

10 marks available per dish

20

- 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.



### Pupil Judges

At the national final level of the competition, the judging panel will include two 11 year old pupils who will judge on the following criteria and will have 10 points per course to award.

20

- What they have seen.
- What they have learnt.
- Would the dish go down well in their school?
- How did it look on the plate?
- How did it taste?



# COMPETITION RULES 2019

**Please read these rules carefully as they have been fully revised for 2019.**

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 £1.30 for one main course and one dessert (£5.20 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 9" (23cm) 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 9" plate, a small jug or dish of sauce can accompany the main course.
9. Competition time is 90 minutes to prepare, cook and present four portions of each dish.
10. A minimum of one different McDougalls product to be used in the main course and dessert. These should be chosen from the agreed list of McDougalls products given.
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 McDougalls products?
  - 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. 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.
16. At the regional finals, competitors should reflect the dress code of their employer (non-slip shoes etc).
17. Employers will be responsible for overnight accommodation and travel expenses for competitors and any other staff attending regional cook off heats if required.
18. The Chair of Judge's decision is final and no correspondence may be entered into. Feedback will be given to competitors.
19. NEW FOR 2019. 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 March 2019. These will be notified after all regional finals have taken place.
20. The National winner will be required to attend regional events and media coverage. Employers should be prepared to release winner from day job.



# Easy as pie



## LACA School Chef of the Year 2019

To register your organisation to take part in LACA School Chef of the Year 2019, please complete this form and return to the competition organisers, details below.

You can also register online at [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)

### Key competition deadlines

#### Timings:

- Registration closes – Friday 28th September 2018.
- Closing date for entries – Wednesday 17th October 2018.
- Regional Finals announced – w/c 5th November 2018.
- Regional Finals between November 2018 and January 2019.
- National Finalists Briefing day - Tuesday 5th February 2019, St Albans.
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With thanks to the competition sponsor:



Name of organisation/School

LACA Membership Number

LACA Region

Name

Telephone number

Mobile number

Email address

Postal address

Signed

Name

Date

**Return this form to the LACA School Chef of the Year Competition office by Friday 28th September 2018**

Email: [SCOTY@dewberryredpoint.co.uk](mailto:SCOTY@dewberryredpoint.co.uk)

Post: LACA School Chef of the Year 2019 Competition Office, Riverbridge House, Ground Floor, South Tower, 3065 Admirals Park, Anchor Boulevard, Crossways Business Park, Dartford, Kent DA2 6QH

Or register online at [www.laca.co.uk/scoty](http://www.laca.co.uk/scoty)

**If you have any questions, please call the competition organisers on 0845 108 5504**