



North East Young Chef of the Year 2018
 11th October 2018
 Lancastrian Suite, Gateshead

Please return completed entry form to:
 Susan Jordan, 41 Kingsley Avenue, Newcastle upon Tyne NE3 5QN. With a cheque made payable to NECTA for £15 (Entry fee). This must be submitted with entry form.

<p>BLOCK CAPITALS PLEASE</p> <p>SURNAME (MR,MRS,MISS,MS) _____</p> <p>FORENAMES _____</p> <p>DATE OF BIRTH _____</p> <p>HOME ADDRESS _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>POST CODE _____</p> <p>TEL NO. _____</p> <p>E-MAIL ADDRESS _____</p>	<p>BUSINESS ADDRESS _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>POST CODE _____</p> <p>TEL NO. _____</p> <p>NAME OF EMPLOYER _____</p> <p>JOB TITLE _____</p> <p>SIGNATURE _____</p>
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Submission of menus shall constitute acceptance of Rules and Conditions of entry



Official use only
Competitor No.

<p>NECTA North East Young Chef of the Year 2018 11th October 2018</p>

Entrants must be under 24 years old on 1st October 2018

Entrants must submit a 2 course menu for 2 covers

The menu must complement seasonal local produce

Entrants must submit a recipe, method and costing for each course

Entrants must include the following as a main ingredient in the appropriate course

All other ingredients to complete the dish are to competitor's choice

Starter: SCALLOPS

Main course: GUINEA FOWL

Successful entrants will be selected by a panel of judges based on their menu then notified in writing by the Chairman of Judges.

Competitors will then be invited to compete on 11th October 2018

The competition will commence with a 30 minute knife skill class, when competitors will produce and present:

- Julienne of Carrot
- Brunoise of Carrot, Turnip and Onion
- Paysanne of Root Vegetables, Potato, Carrot, Turnip.
- 4 Pieces of Turned Carrot, suitable for garnish
- 4 Pieces of Turned Potato, suitable for Cocotte

60 minutes will then be allowed to prepare, cook and present the submitted menu.

The winners of 1st, 2nd and 3rd prizes will be announced at a presentation on the day.

STARTER TITLE: _____

INGREDIENTS	WEIGHT OR UNITS	COST PER KG OR UNIT	TOTAL COST £ p
		TOTAL	

METHOD

MAIN COURSE TITLE: _____

INGREDIENTS	WEIGHT OR UNITS	COST PER KG OR UNIT	TOTAL COST £ p
		TOTAL	

METHOD

GUIDANCE NOTES TO COMPETITORS

BEFORE THE DAY

Read the rules carefully and understand them thoroughly.

Ensure ingredients are of the best quality.

Check timings during practice and try to plan in a space at the end to taste.

Check service presentation.

Be careful with mise-en-place – do not over prepare.

Weigh and measure all ingredients.

Show as many craft skills that are feasible within the competition time.

Before leaving for the venue check that everything has been packed including service plates and dishes and any equipment that is required. Unless otherwise stated, competitors must supply all food items and the necessary equipment to prepare cook and serve, including all pans, light equipment and presentation equipment.

Ensure that all equipment, knives etc. is clean.

Do not set up for competition using dirty equipment or with dirty uniform and footwear.

Hygiene, although not a major source of marks, will be a consideration of the judges.

ON THE DAY

All competitors for live competitions should report to a NECTA official at least 1 hour before the start of the class.

On arrival at the venue check out the working area and ensure that you are familiar with where cooking equipment is sited.

Look at the equipment available and if you are unsure how it works ask before you start.

THE COMPETITION

Lay out all ingredients and equipment neatly.

Refrigerate if necessary and unwrap goods from packaging.

A brief menu description card should be provided and placed on your work station.

Ensure your working methods are carried out in a professional manner.

Competitors are requested to show as many craft skills as possible in front of the judges as time allows. Competitors will be judged on working methods, professional techniques and craft skills, originality, hygiene, timing, balance and quality of flavours and textures and presentation.

Hygiene and safety methods are important.

The food on the plate is important but in a live competition the methods used are also very important.

Remember to taste your food early for seasoning and flavour.

Ensure you have a supply of tasting spoons in clean water for this purpose.

Do not taste with your fingers.

Be aware of waste. Do not throw anything away that could be used again. Your marks will often reflect this.

Presentation is very important. Hot food on hot plates. Cold food on cold plates. Check before service.

Make sure plates and service equipment is spotlessly clean.

When saucing hot plates do not use plates that are too hot as the sauce will dry up very quickly.

Take extra care with garnishing. The use of raw herbs in excess should be discouraged. Generally if you cannot eat it should not be on the plate (apart from bones)

AFTER THE COMPETITION

When the result has been announced, successful or otherwise, do not disappear, ask a judge for a critique. All judges will be more than happy to talk to you and offer constructive comments on your working methods and finished dishes. It is important to you and to the future of your competition work to gather as much information as possible.