



North East Young Chef of the Year 2019  
 10<sup>th</sup> September 2019  
 Newcastle Eagles Community Arena, Newcastle upon Tyne

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.

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| <p><b>BLOCK CAPITALS PLEASE</b></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><b>BUSINESS ADDRESS</b> _____</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



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|--------------------------|
| <b>Official use only</b> |
| Competitor No.           |

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| <p style="text-align: center;">NECTA<br/>North East<br/>Young Chef of the Year 2019<br/>10th September 2019</p> |
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Entrants must be under 24 years old on 10<sup>th</sup> September 2019

Main course: GUINEA FOWL

Dessert: APPLES

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 10th September 2019

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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes will be announced at a presentation on the day.

| MAIN COURSE TITLE |        |
|-------------------|--------|
| INGREDIENTS       | METHOD |
|                   |        |

| DESSERT TITLE |        |
|---------------|--------|
| INGREDIENTS   | METHOD |
|               |        |

# Rules

## 1. ENTRIES

Competitors must complete an entry form and send to Susan Jordan at the address shown. Entry forms are available from the Chairman of Judges, Douglas Jordan, 41 Kingsley Avenue, Newcastle upon Tyne NE3 5QN. Tel 0191 4477117/Mobile: 07538405492/E-mail: [douglas.jordan@nectachef.org](mailto:douglas.jordan@nectachef.org)/[douglasejordan@aol.com](mailto:douglasejordan@aol.com)

## 2. ENTRY FEE

Each entry must be accompanied by the correct fee.

## 3. LIVE COMPETITION

Competitors must register their attendance with a NECTA official AT LEAST ONE HOUR prior to the timed start for the class. All equipment and ingredients must be in the place allocated as quickly as possible and cleared when instructed. All competitors must bring a description of the dish to be displayed on the work station during the competition. Competitors should ensure that the work station is left in good order and thoroughly cleaned. This will be judged.

Work stations will be equipped with 1 double induction hob, one free standing electric oven, a height adjustable salamander and one small fryer. No other heavy equipment (including water baths) is allowed. Each station is provided with an extension lead of 3 sockets for light equipment only i.e. blenders, processors and ice-cream makers which should be provided by the competitor. All other equipment i.e. pans (suitable for use with induction hob), are to be provided by the competitor. However any other equipment will be checked, taken into account and judged before the competition starts to avoid overequipping and overpowering.

Competitors also to provide their own plates for service.

Chilling and freezing equipment will be available in the venue's kitchens.

Competitors are allowed a commis/runner to assist in general duties. On no account can this person assist in their creations or preparation of food.

## 4. PROFESSIONAL INTEGRITY

It is the responsibility of competitors to assure the judges that their work is unaided and is completed within the spirit of fair competition.

## 5. SECURITY OF EQUIPMENT

Whilst all reasonable care will be taken for the security of the dishes and equipment, the Committee of Management will NOT be responsible for any loss or damage to dishes, equipment or personal effects. It is the individual's responsibility to cover this personal risk.

## 6. JUDGING

All judges will mark independently. Competitors are asked to seek feedback from judges once results are known.

## 7. RESULTS

Results will be announced at an awards dinner on the evening after the competition.

## 8. AWARD OF PRIZES

Gold, silver and bronze prizes will be awarded.

## 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.