



Sunday 1st February 2015 @ 1st Hook Scout HQ

ARRIVE : 10.30am START COOKING - 11.00am FINISH - 1.45pm

**Cook & prepare a 3 course meal for 4 people within 2 hours - for under £25.00.
Teams to consist of up to 4 Scouts of ANY age
Entrance £7.00 per team**

Theme: "A Taste of Asia"

Every year, the County Cooking Competition devises a different and hopefully topical theme for teams to try. The competition is very simple, it's all about having a go, it doesn't matter how young or inexperienced the team is, just come along and get cooking. By all means, do some research into the type of dishes chosen, take advice from Leaders and parents, perhaps have a go at preparing dishes beforehand, but teams do NOT need to be experienced chefs! (In the past few years we have had a number of teams entered who have been under 12 years in age and they have all done incredibly well - it's a proven fact, when Scouts put their minds to it, they can cook extremely competently and produce some stunning dishes).

2015 is the year of the World Jamboree in Japan, obviously a Japanese inspired menu could produce some original and interesting dishes, but we are aware of the restrictions that this could impose in terms of acquiring ingredients and trying out quite unfamiliar preparation and cooking techniques.

We have decided to widen the choice and make the theme - "A Taste of Asia", which means that there is a very wide range of cuisines and dishes to choose from - Malay, Thai, Singaporean, Chinese, Korean, Vietnamese, etc. The skill will be in preparing nicely flavoured and well prepared dishes, teams though may need to be a little careful when using some of the hot spices and flavourings that are typical of Asian cuisine.

As always, cost of ingredients keeps rising, so we have increased the maximum to be spent to £25 per team. The maximum amount does not have to be spent, as the judging is based on each team's efforts on the day, the cost of ingredients is not part of the marking process. (Apart from not exceeding the £25 budget).

There are some very useful websites to get ideas from -

<http://www.jamieoliver.com/recipes/category/world/asian/>

<http://www.foodnetwork.co.uk/recipe/asian-cuisine--main-course-course.html>

<http://www.houseandgarden.co.uk/collections/thai-and-south-east-asian-recipes>

<http://www.food.com/recipes/asian> (US site, need to convert US to UK weights and measures)

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Teams must prepare and cook a meal for 4 people regardless of the number in the team.

Teams should use fresh food. NO PRE-PREPARED or PART PREPARED DISHES.

The ingredients should cost no more than £25.00 - Herbs, condiments, cooking oil, stock and the like will not be considered as part of the cost.

The main course must be hot, the starter and dessert may be either hot or cold.

No alcohol is to be used in the preparation of any part of the meal.

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Each team MUST supply their own:

- * Double gas burner (two rings only may be used) - NO OVENS OR GRILLS
- * Base (e.g. wooden or metal sheet) for gas burner to prevent damage to tables
- * Gas, Cooking Equipment - including a chopping board!
- * Eating Equipment, Washing up equipment
- * Oven gloves or cloth for moving hot pots and pans
- * NO ELECTRICAL EQUIPMENT (e.g. Mixers, Blenders etc.)
- * There is NO refrigerator space
- * Water carrier and waste bucket

* A small fold up camping table/card table is essential for displaying the Finished Meal - there are non available at 1st Hook and utilising the table on which cooking has been carried out is not suitable.

* Teams should make sure they bring 2 washing up bowls, brushes and tea towels - there are non available at 1st Hook.

* Washing up should be done at the prep table and sufficient hot water should be prepared in good time to be ready after judging.



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Team Entry Form

Closing date for entries 24th January 2015 (1 week before event).

Entries limited to 40 places - first come, first served

A booking confirmation will be e-mailed to you within 5 days of posting - if you don't receive it, please call as it means your booking hasn't reached us!

Any queries, please contact -

Robin Burr - robin.burr@glswscouts.org.uk

Tim Kerridge - tim.kerridge@glswscouts.org.uk



COUNTY COOKING COMPETITION 2015

Team Entry Form

I would like to enter _____ teams and enclose £7.00 per team
(cheques should be made payable to GLSW County Scout Council)

Troop

Name

Address

Postcode

Tel No

E-mail

Please return forms to: Robin Burr, 29 Windsor Avenue,
New Malden, Surrey, KT3 5EY



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Teams should arrive by 1030am so that they are able to commence preparation and cooking promptly. A two-hour preparation and cooking period will be allowed.

- THE JUDGES DECISION IS FINAL.

MENU & BUDGET INFORMATION

TEAM NUMBER :

STARTER

MAIN COURSE

DESSERT

BUDGET

Please List Each Individual Item and Cost (Continue over page if necessary)

1-	£	11-	£
2-	£	12-	£
3-	£	13-	£
4-	£	14-	£
5-	£	15-	£
6-	£	16-	£
7-	£	17-	£
8-	£	18-	£
9-	£	19-	£
10-	£	20-	£

Sub Total £ _____

Sub Total £ _____

Grand Total : £

Please hand in TWO copies on arrival in the hall

COUNTY COOKING COMPETITION 2015

...criteria for scoring

The following guidelines show the way in which the judges will award the points when scoring the Cooking Competition. During the competition judges will be wandering amongst you observing and asking questions. Don't let this put you off - they are all friendly people! If you have any problems whilst preparing your meal **DON'T PANIC!** Ask one of the organisers or judges and they will try to help you.

The best advice we can give to you is to take your time, read your recipes and instructions carefully, and most importantly - **ENJOY YOURSELVES!**

Budget - Maximum 10 points

Teams who are on budget will automatically receive the full ten points. Teams under budget will receive the full ten points as long as the judges are satisfied that the ingredients brought are sufficient to prepare a full three course meal for four people. Teams over budget will have two points deducted for every 10 pence they are over the £25.00 limit.

Content and Nutrition - Maximum 10 points

Menus will be judged for a balanced meal giving good nutrition to the consumer. The complexity of the meal being prepared, flair and imagination in the choices of foods used, the suitability of ingredients and the cooking techniques employed will also be taken into consideration. For example, a team who prepares their meal using a lot of frying is unlikely to score as well as a team who uses varying methods of cooking.

Hygiene - Maximum 5 points

The judges will be looking for good personal hygiene (e.g. hand washing - in hot water and with soap), use of clean utensils for tasting, cleanliness and tidiness during preparation, safe handling of foods (e.g. keeping raw and cooked separate). Cleanliness and tidiness of area and equipment during the competition will also be noted.

Teamwork / Team Spirit - Maximum 5 points

Judges will be looking for good teamwork amongst the members. Tasks for each team member keeping them occupied throughout the two-hour preparation period will be judged. *As a general rule - look busy even if you're not - there's always washing up to be done!*

COUNTY COOKING COMPETITION 2015

...criteria for scoring continued

Use of Time - *Maximum 5 points*

Teams will be given two hours from the start time to prepare and present the meal for judging. If a meal is ready at a point within the last 15 minutes of the allotted time, the judges will endeavour to assess you then, as obviously the judges cannot deal with all the teams at the same time. (Meals presented too early may well have marks deducted, there are no points for doing that).

Presentation and Edibility

The judges will individually examine the meal produced by each team. Points will be awarded for the following:

- Adherence to menu - ***Maximum 5 points***

Is the meal that you have prepared the same as is written on your menu?

- Presentation - ***Maximum 5 points.***

Is the food displayed nicely on the plate, has thought been put into how best to present the food to make it appetising? .

- Taste - ***Maximum 5 points.***

Does the food taste good, is there too much or too little seasoning, are some flavours critical to the success of the dish masked by other stronger ingredients?

- Texture - ***Maximum 5 points.***

Does each dish have a range of textures to make it more appetising, is the dish cooked properly (i.e. vegetables not too crisp but not too soft)?

- Edibility - ***Maximum 5 points.***

Is the food cooked properly and, therefore, safe and good to eat, is the food hot (if a hot course)?

Other points to note:

Final Clearing and washing-up does not need to be completed within the two-hour preparation time. However, clearing up as you work and keeping things clean and tidy as you go along is judged.

COUNTY COOKING COMPETITION 2015

The County Trophy will be awarded to the winning team and certificates will be awarded to all participants.

A separate prize will be awarded to the best presentation (table setting, overall design and decoration). If you have some artistic skills or a brilliant idea, why not have a go. This is an extra section (completely optional) and any points will NOT be included in the main cooking competition scoring. You do not need to notify us if you are going to enter, just let us know when you arrive at the HQ.

How to find 1st Hook?

Please enter via Hook road then into Verona drive - a one way system will be in operation. There is no parking within the HQ, but there will be an area for dropping off teams and plenty of parking in the local streets.

please do not park in front of the neighbours garages

