



COME & COOK 2020

Denbighshire Primary Schools
Cooking Competition

'A Taste of Wales'



Celebrating Welsh food & nurturing young talent





'A Taste of Wales' ... Age 7-11



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Introduction

Over the past 4 years, Denbighshire's annual schools cooking competition has attracted and nurtured young talent. With the help of like-minded sponsors and supporters, the competition has grown from strength to strength.

This year, in line with the 'Eatwell Guide' to promote healthy eating, we are rebranding the competition under the title of '**Come & Cook**'. Our aim is to encourage young cooks to discover their local food and to develop the next generation's cooking skills.

Denbighshire Come & Cook Competition is open to 7-14 year olds (Years 3-8) in primary, secondary and special schools. The brief is to work to create a two course menu using as many locally produced ingredients as possible. The competition challenges pupils to learn about where their food comes from and explore the key issues of seasonality and sustainability. Young cooks enter Round 1 of the competition in school, with a closing date of **Friday 12 June 2020**.

This year's theme - 'A Taste of Wales'

Steeped in mystic history, stretching back to the days of King Arthur, Wales is truly a unique and beautiful place; a country of three million people and about 8,000 square miles in size, with one of the oldest spoken languages, a vibrant culture and a breath-taking landscape. Wales is a country rich in beauty and adventure, with more than enough recipes to delight your taste buds and fill a recipe book.

Traditional Welsh cooking derives from the diet of the working man: fisherman, farmer, coal miner or labourer. Thus, fresh vegetables from the garden, fish from the rivers, lakes or sea, meat from the family farm, etc, forms the basis of traditional Welsh cooking. Lamb and beef feature prominently, together with freshly caught fish, such as salmon, brown trout, white crab, lobsters and cockles.

Our Come and Cook 2020 Primary Schools Competition - 'A Taste of Wales' - will thus showcase and celebrate traditional local Welsh produce and dishes.

Thank you so much for all your hard work entering the Come & Cook 2020 Competition.

We really look forward to judging your entries and seeing all your ideas.

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Be Inspired...

The competition involves 2 rounds:-

ROUND 1 (School Round): 'Dragon's Pitta-Bed' - a kebab served on a bed of shredded lettuce in a pitta bread.

Talented young cooks will prepare a set savoury dish and add their own 'Welsh' twist to impress the judges. Young cooks will need to show the design of their dish and calculate the cost.

ROUND 2 (Grand Final): 'Dragon's Swampy Soup and Cheesy Straw Stilts' – an unseen **Technical Challenge**, where **instructions** and **ingredients** will be provided for you.

ROUND 1 (School Round): 'Dragon's Pitta-Bed' - a kebab served on a bed of shredded lettuce in a pitta bread.

During the period **Monday 2 March - Friday 12 June 2020**, Denbighshire Primary Schools will hold their own in-house cooking competition, when young cooks will prepare their **'Dragon's Pitta-Bed Kebab'** - a kebab served on a bed of shredded lettuce in a pitta bread. Young cooks can explore and develop purposeful and practical skills and delight in dishing up their **'Dragon's Pitta-Bed'**, inspired by Wales and the legend of the Welsh dragon.

Judges' considerations

The judges will consider the following during the preparation of the dish:-

- Correct and safe use of the equipment;
- Correct weighing and measuring of ingredients;
- Demonstrate safe and accurate chopping skills, using the bridge and claw techniques;
- Taste and texture of the dish; how well do the ingredients combine together;
- Overall presentation of the dish;
- Overall cost of the dish has been calculated.

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Judging

Schools will judge all entries in-house and select 2 'Dragon Chefs' to take part in the **Come & Cook 2020 Grand Final**, at **Denbigh High School**, on **Tuesday 30 June 2020**, a.m. / p.m. (*times to be confirmed*).

Round 2 - 'Dragon's Swampy Soup & Cheesy Straw Stilts' (Technical Challenge)

During the morning/afternoon session of the **Come & Cook 2020 Grand Final**, at **Denbigh High School**, on **Tuesday 30 June 2020**, pupils will take part in a 2½ hour unseen '**Technical Challenge**', set by highly experienced tutors. Following a set recipe and ingredients supplied, pupils will be required to meet the **Technical Challenge**.

How to Enter

Please register your school's interest to take part in Denbighshire's **Come & Cook 2020: 'A Taste of Wales': Age 7-11** via e-mail to paula.roberts@denbighshire.gov.uk / _sarah.dixon@denbighshire.gov.uk by **Friday 12 June 2020**.

What your young cooks could win

- 🎯 2 'Dragon Chefs' will be selected to represent their school at the **Come & Cook 2020 Grand Final**, on **Tuesday 30 June 2020**, at **Denbigh High School**, a.m. / p.m. (*times to be confirmed*).
- 🎯 The overall winner of **Come & Cook 2020: 'A Taste of Wales': Age 7-11** will be awarded a trophy.
- 🎯 All participants (School and/or Final Rounds) will receive a **Certificate of Achievement**.

When will you announce the winners of the 2020 competition?

- 🎯 The overall winner will be announced on **Tuesday 30 June 2020**, following the final.

Why Not Tweet

Twitter is without a doubt the best way to share and discover what's happening. So why not join the **#Come&Cook** conversation **@cyfoeth_enrich**. Remember, also to share your photos and/or videos.

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Round 1 (School Round): 'Dragon's Pitta-Bed'

You are to produce **one** kebab to be served on a bed of shredded lettuce in a pitta bread.

You must use all of the ingredients listed, but can add additional ingredients from the list and produce a garnish on the side.

'Dragon's Pitta-Bed' - a kebab in a pitta bread bed (compulsory ingredients)

- 1 pitta bread (wholemeal or white)
- 100g shredded iceberg lettuce
- ½ red pepper
- 50g cheese of your choice (cheddar, mozzarella, feta)
- 2 cherry tomatoes

Suggestions for additional ingredients

- 1 spring onion
- 3 cucumber slices
- 2 pickled onions
- 4 black olives
- 4 grapes
- 1 slice of meat (lamb, beef, ham)

Equipment

- Chopping board
- Chef's knife
- Plate
- Kebab stick

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Round 1 (School Round): 'Dragon's Pitta-Bed' (contd.)

All chopping and slicing needs adult supervision.

Method

1. Wash all vegetables and dry.
2. Shred the lettuce and place in the pitta bread.
3. Prepare your selected ingredients -
 - Cut the pepper into bite size pieces;
 - Cut the cheese into cubes;
 - Slice the cucumber;
 - Cut the olives/grapes/picked onions to desired size (small to create eyes).
4. Arrange your ingredients attractively on the kebab stick remember to take into account the character you are trying to create.
5. Place your kebab on the bed of lettuce and garnish your dish appropriately.





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Design your **'Dragon's Pitta-Bed'**. Think carefully about the impact and the creature you want the kebab to make.



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Ingredients Costs

Fruit and Vegetables

Cherry Tomatoes	80p per 335g
Spring Onions	65p per 100g
Red Pepper	55p each
Iceberg Lettuce	60p
Cucumber	50p each
Grapes (Black or Green)	£2.00 for 500g

Refrigerator

Cheddar Cheese	£2.00 for 400g
Mozzarella	45p per 125g
Feta	£1.35 for 200g
Black Olives	£1.50 for 120g
Ham	£1.50 for 120g
Cooked Lamb	£1.50 for 120g
Cooked Beef	£1.50 for 120g

Store Cupboard

Pitta Bread	6 wholemeal or white for 50p
Pickled Onions	465g (weight of one pickled onion is 20g) for 90p



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'A Taste of Wales' COMPETITION RULES

1. The Competition

The competition is split into 2 rounds:-

Round 1 - School Round

Round 2 - Grand Final

Within **Round 1 - School Round**, competitors are required to make the savoury dish only. This will help to save on time and costs.

Within **Round 2 - the Grand Final**, competitors will be required make the **Technical Challenge** dish. Instructions and all ingredients which will be supplied on the day.

2. The Recipe

Please read the recipe very carefully, noting the ingredients and equipment needed and any special instructions.

The recipe indicates some of the points that the judges will be looking for during the preparation of the dish.

You must produce a design sheet and a costing form for your dish.

3. Ingredients and Equipment

🕒 Competitors will need to provide the ingredients for **Round 1 - School Round**.

🕒 In **Round 2 - the Grand Final**, all ingredients and equipment will be available at the hosting school.

4. Food Safety and Hygiene

👤 Competitors must pay particular attention to food safety and hygiene and their own and others' personal safety.

👤 Frequent hand washing is essential, before and during food preparation especially when working with eggs and meat.

👤 Cover wounds on hands with blue waterproof dressings.

👤 Do not attend the competition if you feel unwell, feel sick or have a stomach upset, a heavy cold or cough.

👤 Wear a clean apron or chef whites.

👤 Please tie your hair back if it is long and secure any wisps or long fringes away from the face.

👤 Do not wear nail polish.

👤 Remove any jewellery, such as rings and earrings.

👤 Wear appropriate footwear. Do not wear high heels, open sandals, mules, 'flip-flops' or other shoes which do not cover the feet completely.



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- Perishable ingredients should be stored at 5°C or below.
- Competitors should use safe cutting techniques such as the 'bridge' and 'claw' when preparing ingredients. To find out more about safe cutting/preparation techniques visit the Skills Snippets website.
(http://www.focusonfood.org/sgilliau_cyflym - Welsh)
(http://www.focusonfood.org/skills_snippets - English)
- Do not leave sharp items in washing up bowls or where they may cause injury to others.
- If any competitor should need essential medication during the competition it is their responsibility to ensure it is available and administered by themselves or an appropriate designated adult.
- Do not touch electrical equipment with wet or greasy (slippery) hands. Operate the equipment with due care and under judges' supervision

5. During the Competition

- The final round will last for 2 hour 30minutes, this will include 15 minutes to read through the recipe and make notes and an additional 15 minutes to collect equipment and ingredients
- The timings for Round 1 (school) should be restricted to 1 hour.
- If you experience a problem during the competition (such as a major mistake, malfunctioning equipment or you are feeling unwell), you must tell the judge/s immediately.
- Wash up as you go along and keep your cooking area tidy.
- Competitors must take care when using cookers and portable electrical equipment.

6. Judging

- Judging will take place at each of the rounds using the judging form provided.
- You will be judged on the following:
 - ✓ Correct and safe use of the equipment;
 - ✓ Correct weighing and measuring of ingredients;
 - ✓ Demonstrate safe and accurate chopping skills, using the bridge and claw techniques;
 - ✓ Taste and texture of the dish; how well do the ingredients combine together;
 - ✓ Overall presentation of the dish;
 - ✓ Overall cost of the dish has been calculated.

The judges' decision is final and regrettably no written critiques or judges' mark sheet can be made available to individual competitors.



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Judging Form for Round 1 (School Round)

Name:	School:
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Recipe	Cost	Preparation & Cooking Skills	Hygiene & Safety		Time	Round 1 Dish			Total
	All calculations shown	Correct tools & equipment / logical sequence of work	Clearing up during the cooking process, work area tidy at all times	Worked in safe manner - correct methods of chopping	Logical sequence of work & completed in time	Quality of dish: taste; combination of flavours, seasoning	Quality of dish: texture; mix of soft, crisp, crunchy	Presentation of dish - main focus will be on the neatness of the dish, garnish and overall colour	
	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(40)
Round 1 - 'Dragon's Pitta-Bed' - a kebab served on a bed of shredded lettuce in a pitta bread									
Comments:									

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