



COME & COOK 2020

Denbighshire Secondary Schools
Cooking Competition

'A Taste of Wales'



Celebrating Welsh food & nurturing young talent





'A Taste of Wales' ... Age 11-14



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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales'

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 Secondary 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 Swampy Soup & Cheesy Stepping Stones' - Leek and Potato Soup with a Cheesy Scone.

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

ROUND 2 (Grand Final): 'Moel Famau Topsy-Turvy Pasty' - an unseen *Technical Challenge*, where instructions and ingredients will be provided for you.

ROUND 1 (School Round): 'Dragon's Swampy Soup & Cheesy Stepping Stones' - Leek and Potato Soup with a Cheesy Scone.

During the period **Monday 2 March - Friday 12 June 2020**, Denbighshire Secondary Schools will hold their own in-house cooking competition, when young cooks will prepare their '**Dragon's Swampy Soup & Cheesy Stepping Stones' - Leek and Potato Soup with a Cheesy Scone**. Young cooks can explore and develop purposeful and practical skills and delight in dishing up their '**Dragon's Swampy Soup & Cheesy Stepping Stones' - Leek and Potato Soup with a Cheesy Scone**, 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;
- Using the hob and oven safely following correct safety rules;
- Taste and texture of the dish: how well do the ingredients combine together;
- Overall presentation of the dish, that you have used your imagination for the garnish (make sure that you have researched what could be used);
- 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 the morning of **Wednesday 1 July 2020** (*times to be confirmed*).

Round 2 - 'Moel Famau Topsy-Turvy Pasty' (Technical Challenge)

During the morning session of the **Come & Cook 2020 Grand Final**, at **Denbigh High School**, on **Wednesday 1 July 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 11-14** 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 Friends' will be selected to represent their school at the **Come & Cook 2020 Grand Final**, on the morning of **Wednesday 1 July 2020**, at **Denbigh High School** (*times to be confirmed*).
- The overall winner of **Come & Cook 2020: 'A Taste of Wales': Age 11-14** 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 **Wednesday 1 July 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](https://twitter.com/cyfoeth_enrich). Remember, also to share your photos and/or videos.

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'A Taste of Wales'... Age 11-14

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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales'

Round 1 (School Round)

'Dragon's Swampy Soup & Cheesy Stepping Stones'

Leek and Potato Soup with a Cheesy Scone

You are to produce a leek and potato soup served with a cheese scone. You must use all of the ingredients listed, but can add an additional ingredient of your choice and produce a garnish on the side.

Cheese Scones (compulsory ingredients) - Makes 6-8 scones, depending on the size of cutter selected

- 250g self-raising flour
- 1 x 5ml spoon mustard powder
- 40g butter or baking fat/block
- 75g hard cheese
- 125ml semi-skimmed milk

Optional extras

- Half teaspoon herbs
- 1 onion (finely chopped)

Garnish

Make sure that you have a suitable garnish for the dish to impress the judges - don't forget to do your research!

Equipment

- Baking tray
- Pastry brush
- Sieve
- Mixing bowl
- Grater
- Chopping board
- Measuring jug
- Flour dredger
- Rolling pin
- Scone cutter
- Cooling rack



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Cheese Scones - Makes 6-8 scones, depending on the size of the cutter selected

Method

- Preheat oven to 220°C or Gas Mark 7.
- Grease or line the baking tray.
- Sift the flour and mustard into the bowl.
- Rub the fat into the flour until it resembles breadcrumbs.
- Grate the cheese.
- Stir in the cheese.
- Make a well in the middle of the flour and carefully pour in the milk (Save just a little of the milk).
- Mix to form a soft dough.
- Place the dough on a lightly floured work surface.
- Roll out the dough to about 1½ cm thick.
- Shape the scones using a cutter.
- Place the scones on a baking tray and brush each top with a little milk.
- Bake for 12-15 minutes, until golden brown.
- Allow to cool on a cooling rack.

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'A Taste of Wales'... *Age 11-14*

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'Dragon's Swampy Soup' - *Leek and Potato Soup* (compulsory ingredients)

- 50g butter
- 450g potatoes
- peeled and cut into 1cm pieces (try Golden Wonders or Kerr Pinks)
- 1 small onion
- 3 leeks
- 850ml chicken or vegetable stock
- 142ml carton whipping cream
- 125ml full-fat milk
- Seasoning

Garnish

- the white part of 1 leek
- a small knob of butter
- finely chopped chives

Equipment

- Saucepan
- Chopping board
- Chef's knife
- Wooden spoon
- Blender
- Plate



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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales'

'Dragon's Swampy Soup' - *Leek and Potato Soup*
(Serves 4)

Method

1. Peel and cut the potatoes into 1cm cubes, peel and chop the onions, wash and slice the leeks.
2. Melt 50g butter in a saucepan, add potatoes, onion, and leeks. Toss them in the butter until they are well coated.
3. Season well with salt and freshly ground pepper and toss again. Put a disc of greaseproof paper (called a cartouche by chefs) on top of the vegetables to keep in the steam), then cover the pan with its lid.
4. Cook over a gentle heat for 10 minutes, or until the vegetables are soft but not coloured. Uncover the pan and discard the paper. Pour in 850ml of the light chicken or vegetable stock, bring to the boil and simmer until the vegetables are just cooked - about 5 minutes.
5. Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return the soup to a clean pan and stir in three quarters of a 142ml carton of whipping cream and 125ml full-fat milk.
6. Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking), then pour into warmed bowls.
7. To finish the soup, finely shred the white part of 1 leek and gently cook it in a small knob of hot butter for a few minutes until it is softened but not coloured.
8. Drizzle the remaining cream over each serving, top with a little pile of buttered leeks and a scattering of chives and black pepper and serve at once.



'A Taste of Wales' ... Age 11-14



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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales'

Round 1 (School Round)

'Dragon's Swampy Soup & Cheesy Stepping Stones'

Leek and Potato Soup with a Cheesy Scone

Ingredients Costs

Vegetables

Potatoes	1000g @ £1.00
Leek	500g @ £1.00
Onion	Pack of 3 @ 65p
Fresh Chives	20g @ 75p

Dairy

Cheddar Cheese	400g @ £2.00
Butter	100g @ 40p
Semi skimmed milk	2.27litres @ £1.10
Full Fat Milk	2.27litres @ £1.10
Whipping Cream	330ml @ £1.20

Store Cupboard

Self-raising flour	1.5KG @ 85p
Mustard Powder	1.5KG @ 85p
Stock Cube - Chicken	12 stock cubes @ £1.60
Stock Cube - Vegetable	12 stock cubes @ £1.60
Ground Pepper	10g @ 26p
Dried Mixed Herbs	14g @ 85p

Don't forget to research the cost of the garnish you have decided to use.

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'A Taste of Wales' ... Age 11-14



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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales' COST CALCULATIONS

Name:	School:
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Round 1 (School Round) - You must list all the ingredients that are compulsory and any additional ingredients you have used - don't forget the garnish!

'Dragon's Swampy Soup & Cheesy Stepping Stones' - Leek and Potato Soup with a Cheesy Scone	
Ingredients	Cost

How much does this recipe cost in total? _____

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Denbighshire Secondary Schools Cooking Competition '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 Recipes

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

The recipes indicate some of the points that the judges will be looking for during the preparation of the dishes.

You must produce 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 but you must provide any of the additional ingredients to enhance your dish and the garnish.

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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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales' COMPETITION RULES (contd.)

-  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/sgiliau_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;
 - ✓ Using the hob and oven safely following correct safety rules;
 - ✓ Taste and texture of the dish - how well do the ingredients combine together;
 - ✓ Overall presentation of the dish, that you have used your imagination for the garnish (make sure that you have researched what could be used);
 - ✓ 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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Denbighshire Secondary Schools Cooking Competition 'A Taste of Wales' Judging Form for Round 1 (School Round)

Name:	School:
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Recipes	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, crunchy, creamy	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 Swampy Soup & Cheesy Stepping Stones' - Leek & Potato Soup with a Cheesy Scone									
Comments:									

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