

Great Denbighshire Menu 2019

PRIMARY SCHOOL COMPETITION





Making Marvellous Madness... Age 7-11

Alice and the Mad Hatter's Tea Party

Alice is sitting by a river one day when she spots a White Rabbit hurrying by. She follows the Rabbit, falls down a very deep hole and finds herself in a strange and curious place called Wonderland. It is full of extraordinary people and animals – a nervous White Rabbit, a disappearing Cheshire Cat, a very bad-tempered Queen of Hearts, a rather rude Caterpillar, a sleepy Dormouse and a nutty Mad Hatter.

Things get even stranger in Wonderland when Alice comes across a tea party in the woods.

'There was a table set out under a tree in front of the house, and the March Hare and the Hatter were having tea at it: a Dormouse was sitting between them, fast asleep, and the other two were using it as a cushion, resting their elbows on it, and talking over its head.'

Everything is very confusing for poor Alice. The Mad Hatter asks her riddles that she can't answer, then she watches in astonishment as the March Hare and the Hatter try to wake up the sleepy Dormouse by pouring tea on its nose. She listens politely when the Mad Hatter sings a song that seems familiar:



*"Twinkle, twinkle, little bat!
How I wonder what you're at!
Up above the world you fly,
Like a tea-tray in the sky."*

The Mad Hatter orders everyone to move around the table and Alice realises that no-one ever does the washing-up! Eventually, in the middle of telling a very long story about three sisters who lived in a well, the Dormouse begins to doze off again and Alice decides to leave. The last thing she sees is the Mad Hatter and the March Hare trying to stuff the Dormouse into the teapot.

Our Own Mad Hatter's Tea Party

Wouldn't it be fun to hold our own Mad Hatter's Tea Party and invite you to create tasty treats fit for even the maddest of Mad Hatters?

Ours will be the best Mad Hatter's Tea Party in all of Denbighshire!



Making Marvellous Madness... Age 7-11

Great Denbighshire Menu 2019: Age 7-11

Primary Schools' Competition: 'Making Marvellous Madness'...

In 2019, Denbighshire Education and Children's Services invites you to 'tumble down the rabbit hole' and create your own tasty treats for a tea party beyond your wildest imagination, filled with gastronomic adventures, inspired by the whimsical world of Alice in Wonderland.

The competition involves **2** rounds:-

Round 1 (School Round): 'Eat Me' LIGHT BITES – where talented young cooks will prepare a set savoury dish and add their own 'Wonderland' twist to impress the judges.

Young cooks will need to show the design of their dish and calculate the cost.

Round 2 (Final): Mad Hatter's MYSTERY MOUTHFUL – an unseen *Technical Challenge*, where instructions and ingredients will be provided for you.

Round 1 (School Round): 'Eat Me' LIGHT BITES

During the period **Monday 4 March – Friday 7 June 2019**, Denbighshire Primary Schools will hold their own in-house cooking competition, when young cooks will prepare their '**Eat Me' LIGHT BITES**. Young cooks can explore and develop purposeful and practical skills and delight in dishing up their '**Eat Me' LIGHT BITES**, inspired by some of Lewis Carroll's beloved characters.

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 technique;
- ♥ Taste and texture of the dish, how well do the ingredients combine together;
- ♥ Overall design and end presentation;
- ♥ Overall cost of the dish has been calculated.





Making Marvellous Madness... Age 7-11

Judging

Schools will judge all entries in-house and select 2 'Alice's Aces' to take part in the **Great Denbighshire Menu 2019: The Mad Hatter's Tea Party**, at **Denbigh High School**, on **Monday 1 July 2019, a.m. / p.m.**

Round 2 – Mad Hatter's MYSTERY MOUTHFUL (Technical Challenge)

During the morning/afternoon session of the **Great Denbighshire Menu 2019: The Mad Hatter's Tea Party**, at **Denbigh High School**, on **Monday 1 July 2019**, pupils will take part in a 2½ hour **Mad Hatter's MYSTERY MOUTHFUL** – an 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 the **Great Denbighshire Menu 2019: Age 7-11** via e-mail to paula.roberts@denbighshire.gov.uk by **Friday 12 April 2019**.

What your young cooks could win

- ♥ 2 'Alice's Aces' will be selected to represent their school at the **Great Denbighshire Menu 2019: The Mad Hatter's Tea Party**, on **Monday 1 July 2019**, at **Denbigh High School, a.m. / p.m.**
- ♥ The overall winner of Great Denbighshire Menu 2019: Age 7-11 will be awarded a trophy and a Children's Blender-Mixer with accessories.
- ♥ All participants (School and/or Final Rounds) will receive a *Certificate of Achievement*.

When will you announce the winners of the 2019 competition?

- ♥ The overall winner will be announced on **Monday 1 July 2019**, 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 **#GDM2019** conversation **@cyfoeth_enrich**. Remember, also to share your photos and/or videos.





Making Marvellous Madness... Age 7-11

This round potentially involves the use of a kettle or a tin opener. These must be done by an adult. The round also involves the use of knives which must be done under adult supervision.

Round 1 - School Round

You are to produce a layered salad that would be suitable to have in a packed lunch or on a picnic outing. You must use all of the ingredients listed (dressing and basic salad ingredients) and can add **up to 4 additional ingredients of your choice** to make your salad unique (remember to make sure that the combination of ingredients work).

Layered Salad (compulsory ingredients)

- ♣ Dressing 2-3 Tbsp. of the dressing of your choice
- ♣ Handful Lettuce
- ♣ 50g Cucumber
- ♣ 2 Tomato/6 cherry
- ♣ 3 Spring onions/1 red onion
- ♣ 1 Peppers

Suggestions for additional ingredients

- | | |
|-----------------------|-------------------------------------|
| ♣ 1Tbsp. Apricots | ♣ 50g Ham |
| ♣ 50g cooked peas | ♣ 50g Chicken |
| ♣ 50g Sweetcorn | ♣ 50g Tuna |
| ♣ 1 Celery stick | ♣ 1 Egg |
| ♣ Handful Red cabbage | ♣ 50g Cheese |
| ♣ 40g Mushrooms | ♣ 50g Pasta |
| ♣ 3 Asparagus spears | ♣ 1 Dessert spoon Toasted pine nuts |
| ♣ 1 Avocado | ♣ 40 g Couscous |

Remember you may choose any other ingredient but don't forget to include it in the costing.

Equipment

- ◆ Chopping board
- ◆ Chef's knife
- ◆ Dessert spoon
- ◆ Table spoon
- ◆ Small basin
- ◆ Kettle
- ◆ Fork
- ◆ Jar to assemble the layered salad (you could use an old jam jar or similar)





Making Marvellous Madness... Age 7-11

Round 1 - School Round

All chopping and slicing needs adult supervision.

Method

1. Wash all the vegetables used in the salad and pat dry.
2. Prepare all the vegetables for the salad:
 - ♣ Shred the lettuce;
 - ♣ Cut the cucumber into small cubes;
 - ♣ Slice the large tomato/cut the cherry tomatoes into quarters;
 - ♣ Peel and slice the onions;
 - ♣ Cut the top from the pepper, deseed and cut into small pieces.

Additional ingredients preparation

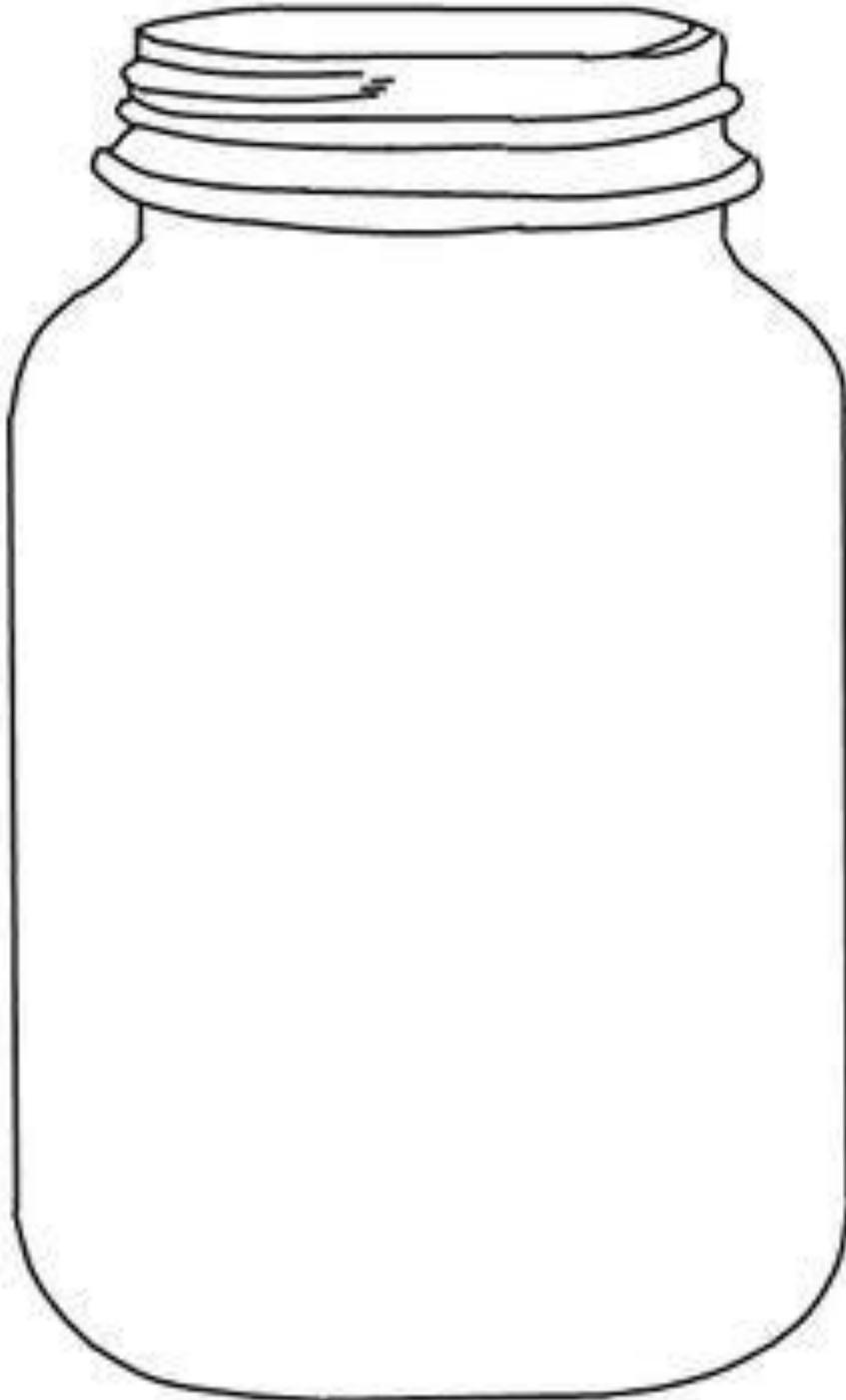
- ♣ Cut the dried apricots into small pieces;
 - ♣ Cook the peas and sweetcorn. Place in a small basin and cover with cling film, cook in the microwave for 2 minutes (**an adult must help you**);
 - ♣ Slice the celery stick, shred the red cabbage, slice the mushrooms;
 - ♣ Cook the asparagus spears in a saucepan of boiling water, remove and slice into bite size pieces (**an adult must help you**);
 - ♣ Peel the avocado cut into wedges or smaller pieces to suit your design;
 - ♣ Cut the ham or chicken into bite size pieces;
 - ♣ Open the tin of tuna, drain the brine and place the tuna in a small basin, use the fork to break into flakes (**an adult must help you**);
 - ♣ Boil the egg, cool, remove the shell. The egg can either be sliced or mashed using a fork (this depends on your design) (**an adult must help you**);
 - ♣ Grate the cheese;
 - ♣ Boil the pasta and cool (**an adult must help you**);
 - ♣ Toast the pine nuts by placing on a baking tray and placing in the oven for 5 minutes (**an adult must help you use the oven**);
 - ♣ Prepare the couscous as explained on the packet (**an adult must help you**).
3. Assemble the **Salad in the Jar** following your design. You must start with the dressing layer.





Making Marvellous Madness... Age 7-11

Design your **Salad in a Jar**. Think carefully about the impact you want your salad to make. The first layer must be the dressing.





Making Marvellous Madness... Age 7-11

Ingredients Costs

Fruit and Vegetables

Large tomatoes	70p per 6
Cherry tomatoes	80p per 335g
Spring onions	65p per 100g
Red onions	£1 per 1Kg
Lettuce	1 iceberg lettuce for 60p
Frozen peas	£1.30 per 910g
Tinned sweetcorn	70p per 198g
Red pepper	55p each
Green pepper	55p each
Yellow pepper	55p each
Orange pepper	55p each
Cucumber	50p each
Celery	60p per 450g
Red cabbage	80p per cabbage
Mushrooms	95p per 300g
Asparagus	£1.75 per 250g
Avocado	£1.10 each

Refrigerator

Cooked Ham	£1.75 per 120g
Cooked Chicken	£2.50 per 120g
Eggs	£1 per 6
Cheese	£2.00 per 400g

Store Cupboard

Couscous	13p per 100g
Salad dressing	£1.25 per 180ml
Dried apricots	£1.00 per 60g
Pine nuts	£3 per 100g
Tinned tuna	£1.10 per 160g
Pasta	30p per 500g



Making Marvellous Madness... Age 7-11

COMPETITION RULES

1. The Competition

The competition is split into 2 rounds:-

Round 1 – School Round

Round 2 – 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 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 recipe.

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

3. Ingredients and Equipment

- ◆ Competitors will need to provide the ingredients for **Round 1 – School Round**.
- ◆ In **Round 2 – the 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.



Making Marvellous Madness... Age 7-11

- ♣ 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 timings for Round 1 (School Round) should be restricted to **1 hour**.
- ♠ The final round will last for **2 hours 30minutes**; this will include **15 minutes** to read through the recipe and make notes and an additional **15 minutes** to collect equipment and ingredients
- ♠ 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 technique;
 - Taste and texture of the salad; how well do the ingredients combine together;
 - Overall presentation of the salad and how it matches the design;
 - Overall cost of the salad has been calculated.
- ♥ The judges' decision is final and regrettably no written critiques or judges' mark sheet can be made available to individual competitors.





Making Marvellous Madness... Age 7-11

**Great Denbighshire Menu 2019: Primary Schools' Competition
 Judging Form for Round 1**

Name:	School:
--------------	----------------

Recipes	Cost	Preparation & Cooking Skills			Hygiene & Safety	Time	Final Dishes			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 final dishes: taste; combination of flavours, seasoning	Quality of final dishes: texture; mix of soft, crisp, crunchy	Presentation of final dish – main focus will be on the neatness of the dish and overall colour		
	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(40)
Round 1 - 'Eat Me' LIGHT BITES										

Comments: