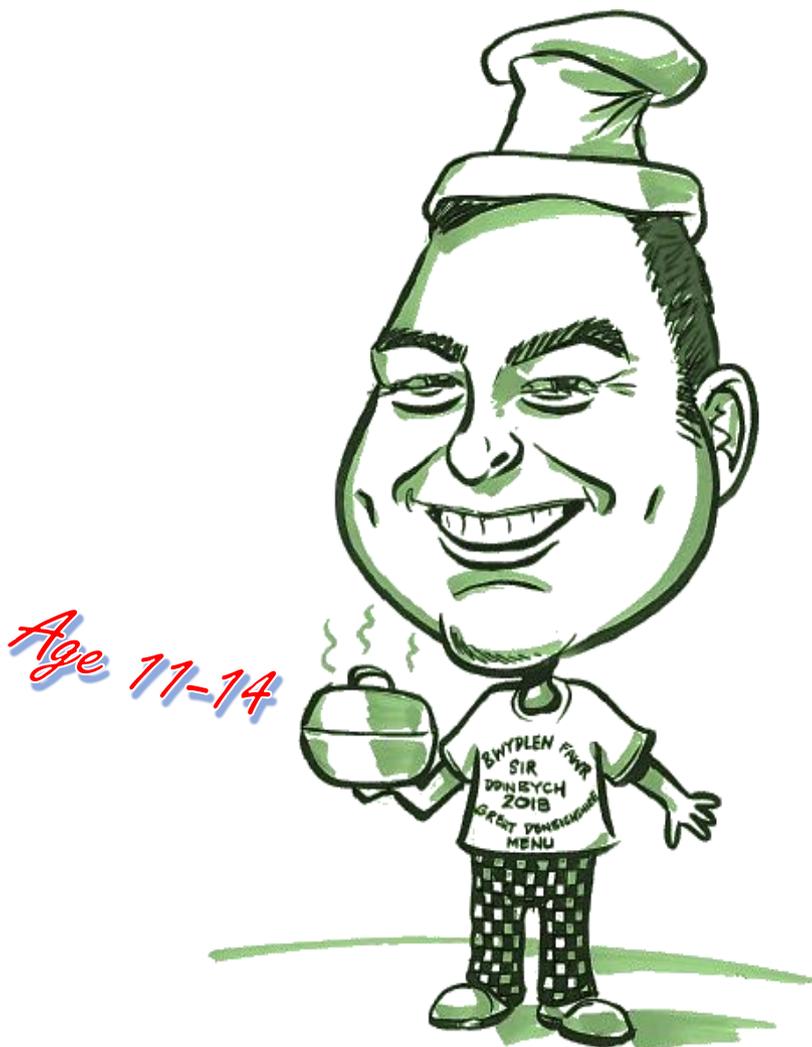


Great Denbighshire Menu 2018



Fine Dining a la David...



Fire Dining a la David... Age 11-14

Great Denbighshire Menu 2018: Age 11-14

Secondary Schools' Competition: *Fire Dining a la David*...

If you've been inspired by the BBC's **Great British Menu**, then this is the competition for you! The programme involves top chefs from regions all around the UK, preparing food for a banquet. Denbighshire schools' version is a competition designed for Secondary School pupils, aged between 11 and 14. The theme for this year's competition is **'Fine Dining a la David'**, in honour of the 10 year anniversary of 'The World of David Walliams', No 1 bestselling children's author. Denbighshire schools' talented young chefs will compete for the chance to cook at an incredible two-course banquet in July 2018 and tickle the taste buds of some of David Walliams' favourite characters e.g. Grandpa (*'Grandpa's Great Escape'*), Aunt Alberta (*'Awful Auntie'*), Mr Stink, Granny (*'Gangsta Granny'*) or even Mrs Trafe (*'Billionaire Boy'*) - the kind of lunch lady that nightmares are made of!

The competition involves 2 rounds:-

Round 1 (School Round): 'MOUTH-WATERING' MAIN - where talented young chefs will prepare a set MAIN course and add their own wonderful Walliams twist to impress the judges.

Round 2 (Final): 'TECHNICAL TEASER' - the Grand Final will involve your **'Mouth-Watering' MAIN**, plus a **'Technical Teaser'** – an unseen challenge. Ingredients will be provided for both dishes.

Round 1 (School Round): 'MOUTH-WATERING' MAIN

During the period **Tuesday 21 February – Friday 8 June 2018**, Denbighshire Secondary Schools will hold their own in-house cooking competition, when pupils will prepare their **'Mouth-Watering' MAIN**. Pupils can explore and develop purposeful and practical skills and delight in dishing up their **'Mouth-Watering' MAIN**, inspired by some of Walliams' savoury and unsavoury characters. A fluffy-wuffy risotto – Walliams motto!

Your **'Mouth-Watering' MAIN** must not exceed **£6.00** to prepare. The cost of each ingredient has been listed for you and you must calculate the final cost of your main course. This dish will serve 3 people.

Judging

- ★ Schools will judge all entries in-house and select 2 **'Walliams Wowzers'** to take part in the **Great Denbighshire Menu 2018: The Banquet**, at **Denbigh High School**, on **Tuesday 3 July 2018, 09.00am – 3.00 pm**.

Round 2 – 'TECHNICAL TEASER'

During the morning session of the **Great Denbighshire Menu 2018: The Banquet** at **Denbigh High School**, on **Tuesday 3 July 2018**, pupils will take part in a 2½ hour **'Mouth-Watering' MAIN**, plus a **'Technical Teaser'**, set by highly experienced tutors. Following a set recipe and ingredients supplied, pupils will be required to meet the **'Technical Teaser'** challenge.



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In the afternoon, pupils will join an award-winning celebrity chef, learning to cook like a master, in what will surely be the best cooking class in town!... Your amazing masterclass will be packed with truly amazing cooking hints and tips, as you learn all the culinary skills you need for kitchen success.

How to Enter

Please register your school's interest to take part in the **Great Denbighshire Menu 2018: Age 11-14** via e-mail to paula.roberts@denbighshire.gov.uk by **Friday 23 March 2018**.

What you could win

- ★ **2 'Walliams Wowzers'** will be selected to represent their school at the **Great Denbighshire Menu 2018: The Banquet**, on **Tuesday 3 July 2018** at **Denbigh High School**, **09.00am-3.00pm**.
- ★ The overall winner of **Great Denbighshire Menu 2018: Age 11-14** will win a **Blender-Mixer with accessories**.

When will you announce the winners of the 2018 competition?

- ★ The overall winner of the **Great Denbighshire Menu 2018: Age 11-14** will be announced on **Tuesday 3 July 2018**, after 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 **#GDMenu2018** conversation **@cyfoeth_enrich**. Remember, also to share your photos and/or videos.



Fire Dining a la David... Age 11-14

Round 1: 'MOUTH-WATERING' MAIN

You are to produce a **MAIN** course that would be suitable to serve as part of a banquet. The selected **MAIN** course is to be a risotto. You must use all of the ingredients listed, but can add an additional ingredient of your choice and produce a garnish on the side.

This dish will serve 3 people.

Risotto (compulsory ingredients)

- 1 small carrot
- 1 small leek
- 1 small onion
- 1 garlic clove
- 15g butter
- 1 tbsp. olive oil
- 225g risotto rice
- 1.1litre (2 pints) vegetable stock—boiling water and stock cube
- 85g frozen peas
- 60g grated parmesan cheese
- Pinch freshly ground pepper to season
- Optional extras
- 1/2 medium courgette
- 100g chestnut mushroom
- 4 Asparagus
- 100g Broccoli

Garnish

Make sure that you have a suitable garnish for the main course to impress the judges; don't forget to do your research.

Equipment

- Chopping Board
- Garlic press
- Measuring spoons
- Wooden spoon
- Measuring jug
- Ladle
- Cook's knife
- Weighing scales
- Large saucepan
- Kettle
- Vegetable peeler



Method

Remember to wash fresh vegetables

1. Peel and chop the onion, crush the garlic, peel and dice carrot, thinly slice the leek and prepare any of your additional ingredients.
2. Melt the butter in a large saucepan. Add the oil, then sauté the onions for 4 to 5 minutes, until they are soft and translucent.
3. Add the leek, carrot and garlic and sauté for another 2 to 3 minutes, until the leek has softened.
4. Stir in the rice and cook for 1 minute, then stir in a ladleful of stock and cook slowly, until the liquid is absorbed, stirring all the time.
5. Add the rest of the stock a ladleful at a time—wait until it is absorbed before adding more (you may not need to use all of the stock at this point, and keep some for method point 6). Stir the rice regularly during cooking. After about 18 minutes, it will be almost cooked through.
6. Add the peas and your additional vegetables, plus more stock if necessary. Cook for a further 4 minutes or until the vegetables are cooked through.
7. Remove the saucepan from the heat and stir in the parmesan cheese. Season with pepper, garnish and serve.





Five Dining a la David... Age 11-14

Ingredients Costs

Vegetables

Carrot	1Kg @ 60p (one carrot weighs 60g)
Leek	500g @ £1 (there are 3 leeks in a 500g pack)
Onion	Pack of 3 @ 65p
Garlic	1 bulb, 8 cloves in a bulb @ 30p
Courgette	Pack of 2 @ 69p
Chestnut mushroom	250g @ £1
Asparagus	125g @ £1.40
Broccoli	350g @ 55p
Frozen peas	1Kg @ £1.30

Dairy

Parmesan cheese	100g @ £2
Butter	100g @ 40p

Store cupboard

Olive oil	1ltr @ £3.60
Risotto rice	500g @ £1.25
Stock cube	10 stock cubes @ 50p
Ground pepper	10g @ 26p



Fire Dining a la David... Age 11-14

COMPETITION RULES

1. The Competition

The competition is split into 2 rounds:-

- ★ **Round 1 – School Round – ‘Mouth-Watering’ MAIN**
- ★ **Round 2 – Final – ‘Technical Teaser’**

For **Round 1**, competitors are required to make the **‘Mouth-Watering’ MAIN** only. This will help to save on time and costs.

For **Round 2 – Final** - competitors will be required make the **‘Mouth-Watering’ MAIN** and undertake a **‘Technical Teaser’** - a technical challenge dish - 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 costing form for your **‘Mouth-Watering’ MAIN**.

3. Ingredients and Equipment

- Competitors will need to provide the ingredients for **Round 1**. (However the school might choose to buy the ingredients if finance permits).
- In **Round 2/Final**, all ingredients and equipment will be available at Denbigh High School for both dishes.
- Any additional items for decorating the dishes and table must be provided by the competitor.

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.
- 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.
- 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) /



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-  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.

During the Competition

- **Round 2 (Final)** 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 Round) 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:-
 - the suitability and cost of your **'Mouth-Watering' MAIN**;
 - how well you work during the competition (preparation/cooking skills/cleaning as you go);
 - the taste, texture and presentation of your **'Mouth-Watering' MAIN**;
 - if you have included 'The World of David Walliams in your **'Mouth-Watering' MAIN**.
- The judges' decision is final and regrettably no written critiques or judges' mark sheet can be made available to individual competitors.



Fine Dining a la David... Age 11-14

Great Denbighshire Menu 2018: Age 11-14
JUDGING FORM FOR ROUND 1: SECONDARY SCHOOLS' COMPETITION

Name:	School:
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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, crunchy, creamy	Presentation of final 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 - 'Mouth-Watering' MAIN									

Comments: