

Great Denbighshire Menu 2019





Making Marvellous Madness... Age 11-14

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 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!



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Great Denbighshire Menu 2019: Age 11-14 **Secondary 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' Egg-citing 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 calculate the cost of producing their savoury dish.

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' Egg-citing BITES

During the period **Monday 4 March and Friday 7 June 2019**, Denbighshire Secondary Schools will hold their own in-house cooking competition, when young cooks will prepare their '**Eat Me' Egg-citing BITES**. Young cooks can explore and develop purposeful and practical skills and delight in dishing up their '**Eat Me' Egg-citing 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;
- ♥ 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 'Alice's Aces' to take part in the **Great Denbighshire Menu 2019: The Mad Hatter's Tea Party**, at **Denbigh High School**, on **Tuesday 2 July 2019, a.m. / p.m.**

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

During the morning/afternoon of the **Great Denbighshire Menu 2019: The Mad Hatter's Tea Party**, at **Denbigh High School**, on **Tuesday 2 July 2019**, young cooks 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, junior chefs 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 11-14** 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 **Tuesday 2 July 2019**, at **Denbigh High School, a.m. / p.m.**
- ♥ The overall winner of Great Denbighshire Menu 2019: Age 11-14 will be awarded a trophy.
- ♥ The overall winner and two runners-up in the Secondary School competition will be awarded a restaurant/kitchen experience for a whole or part of a day. This will be a wonderful experience for 11-14 year olds to see at first-hand how a hugely successful business is run on a daily basis and all the challenges that this involves.
- ♥ 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 and two runners-up will be announced on **Tuesday 2 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.





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Round 1 - School Round

You are to produce a savoury dish that would be suitable to serve at a party or on a picnic. The selected dish is '**Scotch Eggs**'; you must use all of the ingredients listed, but can add an additional ingredient of your choice and produce a garnish on the side.

Scotch Eggs (compulsory ingredients)

- ♣ 200g sausage meat
- ♣ 200g stale bread (this is about 8 slices)
- ♣ 5 eggs
- ♣ Oil for frying

Optional extras

- ♠ Half teaspoon herbs
- ♠ 50g grated cheese
- ♠ 1 onion (finely chopped)
- ♠ 1 tablespoon tomato puree
- ♠ 1 grated carrot
- ♠ 2 garlic cloves

Garnish

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

Equipment

- ◆ Chopping board
- ◆ Mixing bowl
- ◆ Food processor small bowl flour dredger
- ◆ Fork
- ◆ Pastry brush
- ◆ Greaseproof paper
- ◆ Frying pan
- ◆ Baking tray
- ◆ Fish slice
- ◆ Small saucepan
- ◆ Garlic press
- ◆ Measuring spoons
- ◆ Grater
- ◆ Chef's knife





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Method

1. Preheat oven 190°C / Gas 5.
2. Use a food processor to grate the bread into bread crumbs.
3. Put 4 of the eggs in a small pan. Cover with water, put on heat and bring to the boil. Boil for 10 minutes.
4. Prepare any optional extra ingredients:-
 - Grate the cheese on large hole of grater;
 - Peel and finely chop the onion;
 - Peel and grate the carrot on the large hole of grater;
 - Peel and crush garlic cloves.
5. Place sausage meat and any of your optional extras in a mixing bowl and mix by hand. Divide the mixture into 4 equal balls.
6. Remove the eggs from the heat and cool in running cold water.
7. Divide the sausage meat mixture into 4 equal balls.
8. Sprinkle flour onto work surface using flour dredger. Flatten the balls of sausage meat into circle approximately 1cm thick.
9. Remove shells carefully from eggs. Sprinkle eggs with flour and place onto circles of sausage meat.
10. Cover each egg with sausage meat evenly, making sure there are no cracks.
11. Crack the fifth egg in a small bowl and beat with a fork.
12. Scatter the breadcrumbs evenly over a large piece of greaseproof paper.
13. Brush each sausage meat covered egg with beaten egg.
14. Roll each egg onto breadcrumbs and make sure each egg is evenly coated with a layer of breadcrumbs.
15. Heat the oil in a frying pan and seal the sides of all scotch eggs. Remove and place on a baking tray. Cook for 20-25 minutes. Remove from oven cool and cut in half. Garnish appropriately.



Special Points

-  Ensure eggs are hard boiled.
-  Make sure sausage meat fully covers egg in order that it does not crack and begin to fall apart when cooking.
-  Ensure scotch eggs are thoroughly cooked in order to avoid food poisoning from undercooked meat.





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Ingredients Costs

Butchers

Sausage meat	400g @ £2.00
Eggs	6 eggs @ £1.00

Vegetables

Carrot	1Kg @ 60p
Onion	Pack of 3 @ 65p
Garlic	1 bulb @ 30p

Dairy

Cheddar Cheese	400g @ £2.00
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Store Cupboard

Vegetable Oil	1L @ £1.20
Mixed Herbs	14g @ 75p
Tomato Puree	200g @ 50p
Ground Pepper	10g @ 26p

Bakery

Bread	800g @ £1.05
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Don't forget to research the cost of the garnish you have decided to use.





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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 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 costing form for your ‘Eat Me’ Egg-citing BITES dish.

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.



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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/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 hours 30 minutes; 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 cost calculations of your dish;
 - How well you work during the competition (preparation/cooking skills/cleaning as you go); and
 - The taste, texture and presentation of your dish.
- ♥ 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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**Great Denbighshire Menu 2019: Secondary Schools' Competition
 Judging Form for Round 1**

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 - 'Eat Me' Egg-citing BITES									

Comments: