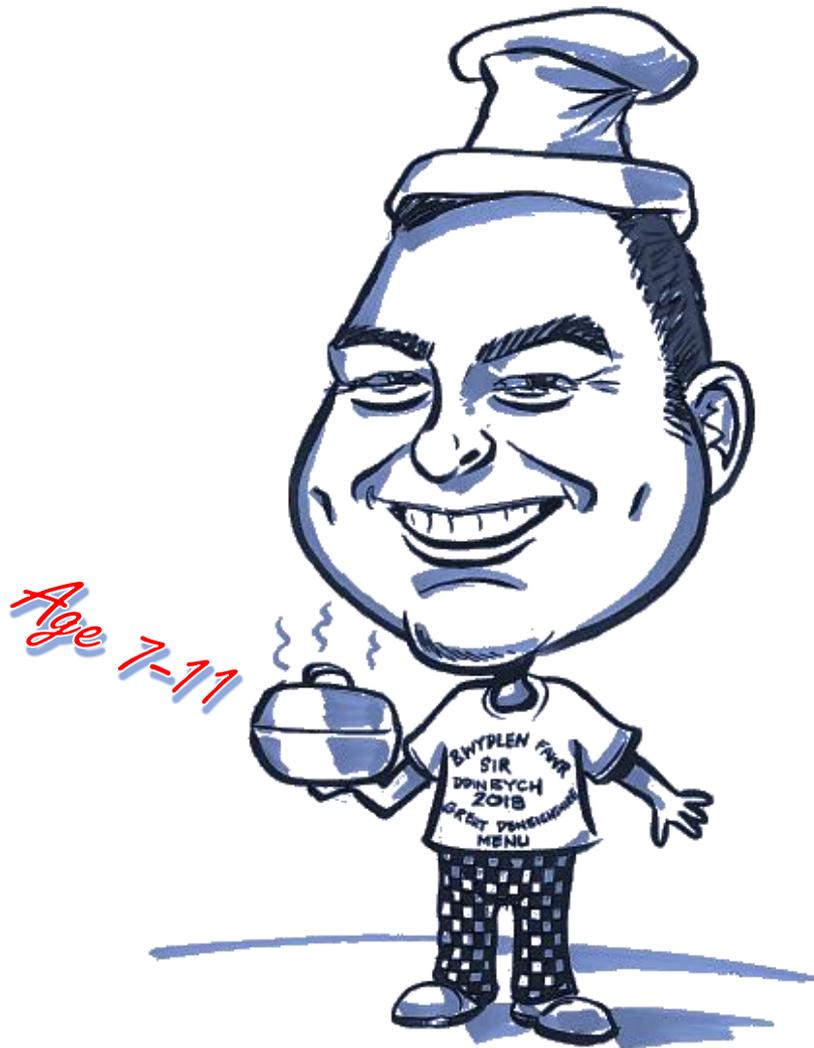


# Great Denbighshire Menu 2018



*Fine Dining a la David...*



## *Fine Dining a la David...Age 7-11*

### **Great Denbighshire Menu 2018: Age 7-11**

#### **Primary Schools' Competition: *'Fine 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 Primary School pupils, aged between 7 and 11. 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): 'SHOWSY-WOSEY' STARTER** - where talented young chefs will prepare a set starter and add their own wonderful Walliams twist to impress the judges.

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

#### **Round 1 (School Round): 'SHOWSY-WOSEY' STARTER**

During the period **Tuesday 21 February – Friday 8 June 2018**, Denbighshire Primary Schools will hold their own in-house cooking competition, when pupils will prepare their **'Showsy-Wosey' STARTER**. Pupils can explore and develop purposeful and practical skills and delight in dishing up their **'Showsy-Wosey' STARTER**, inspired by some of Walliams' savoury and unsavoury characters. You can make your stuffed tommy-toes look simply di-'vine'!

Your **'Showsy-Wosey' STARTER** must not cost more than **£4.00** for 2 people to prepare. The cost of each ingredient has been listed for you and you must calculate the final cost of your starter.

#### **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 **Monday 2 July 2018** (**'Technical Teaser'** – *pupils will be invited to either a morning or afternoon session depending on the number of entries – TBC*).

#### **Round 2 – 'TECHNICAL TEASER'**

The **Great Denbighshire Menu 2018: The Banquet** (*either morning or afternoon*) at **Denbigh High School**, on **Monday 2 July 2018**, will involve a 2½ hour **'Showsy-Wosey' STARTER**, 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.



## *Fine Dining a la David... Age 7-11*

### **How to Enter**

Please register your school's interest to take part in the **Great Denbighshire Menu 2018: Age 7-11** via e-mail to [paula.roberts@denbighshire.gov.uk](mailto: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 **Monday 2 July 2018** at **Denbigh High School** (*either morning or afternoon*).
- ★ The overall winner of **Great Denbighshire Menu 2018: Age 7-11** will win a **Children's Blender-Mixer with accessories**.

### **When will you announce the winners of the 2018 competition?**

- ★ The overall winner of the **Great Denbighshire Menu 2018: Age 7-11** will be announced on **Monday 2 July 2018**, after the Grand 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.



### **Round 1: 'SHOWSY-WOSEY' STARTER**

You are to produce a starter that would be suitable to serve as part of a banquet. The selected starter is to be a stuffed tomato; 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 recipe will make enough to serve two people.

#### **Stuffed Tomato** (compulsory ingredients)

- 2 large tomatoes
- 75ml tomato juice
- 60g couscous
- 25g sultanas
- Chopped Basil leaves (about 6)
- Pinch of Ground black pepper to season
- Pinch of Salt to season

#### **Suggestions for additional ingredients**

You may want to select 1 or 2 from the following list to enhance the flavour

- Spring onion (2, washed and sliced)
- Cucumber (1/4, washed and cubed)
- Pepper (1/4 of only one colour - red, yellow, green or orange), chopped into bite size pieces)
- Apricots (15g dried, chopped into small pieces)
- Cranberries (15g dried and halved)
- Parsley (handful of fresh parsley)
- Garlic (2 cloves, peeled and crushed)
- Chives (handful of fresh chives)
- Toasted pine nuts (20g)
- 50g Cheese (if using cheese there is a change in the method)

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

#### **Garnish (optional for Round 1 in school; compulsory for the Final):**

Choose some ingredients to garnish your tomatoes:

- Flat leaf parsley, washed
- Chopped fresh chives
- Sprinkling of pine nuts
- Slice of cucumber
- Washed basil leaf
- Slices of spring onions
- Washed mixed lettuce leaves





## Round 1—School Round

### Equipment

- Chopping board
- Small basin
- Kettle
- Dessert spoon
- Measuring jug
- Serving plate
- Chef's knife
- Mixing bowl
- Fork
- Teaspoon
- Tablespoon

### Method

Remember that all fresh fruit and vegetables must be washed before use.

1. Slice the tops off the tomatoes using a chef's knife and scoop out the insides with a teaspoon. Put the tomato shells and tops safely to one side for later. Put the seeds and flesh into the small basin with 75ml of tomato juice.
2. Put 60g of couscous in a mixing bowl. Pour 75ml of boiling water in to a measuring jug. Add to the couscous and leave to stand for 10 minutes. Fluff up the grains using a fork. Then add the tomato mixture to the couscous.
3. Prepare your additional ingredients. For example: slice spring onions, chop peppers, crush garlic and toast the pine nuts.
4. Add 25g sultanas, the 6 chopped basil leaves and your selected ingredients and mix using a tablespoon. Taste and season with salt and pepper as needed.
5. Spoon the mixture using the tablespoon into the tomato shells.
6. If using cheese, add grated cheese to the top and place on a baking tray. Bake in a preheated oven (200C) for 20 minutes until tomatoes have softened and cheese is golden brown.
7. Think about how you would like to present your tomatoes. You might like to garnish them with some salad or parsley. Give your dish a Walliams themed name, based on one of your favourite characters from his books e.g. *'Billionaire Blushers'*, *'Granny's Salad Days'*, *'Grandpa's Greenhouse Giants'*, *'Dennis' Dazzlers'*, *'Mr Stink's Sunglow Sizzlers'*, *'Awful Auntie's Chutney Chompers'*.
8. Prepare your garnish and place the stuffed tomatoes, tomato tops and garnish on a serving plate, perhaps in readiness for Dennis's Dad to enjoy and get healthy. Remember to present your gourmet globes in the most eye-catching, colourful, culinary, Showsy-Wosey, show stopping way!





## Ingredients Costs

### Fruit and vegetables

Large tomatoes	85p each
Basil leaves	70p for 25 leaves
Spring onions	65p per 100g
Parsley	70p per 30g
Garlic	30p per bulb
Chives	70p per 30g
Red pepper	55p each
Green pepper	55p each
Yellow pepper	55p each
Orange pepper	55p each
Cucumber	50p each
Dried apricots	£1.00 per 60g
Cranberries	£1.00 per 60g
Sultanas	30p per 100g

### Refrigerator

Tomato juice	8p per 100ml
Cheddar cheese	£3.50 per 350g

### Store cupboard

Couscous	13p per 100g
Ground black pepper	28p per 10g
Salt	2p per 50g
Pine nuts	£3 per 100g





## COMPETITION RULES

### 1. The Competition

The competition is split into 2 rounds:-

- ★ **Round 1 – School Round – ‘Showsy-Wosey’ STARTER**
- ★ **Round 2 – Final – ‘Technical Teaser’**

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

For **Round 2 – Final** - competitors will be required make the **‘Showsy-Wosey’ STARTER** 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 **‘Showsy-Wosey’ STARTER**.

### 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](http://www.focusonfood.org/sgiliau_cyflym) - Welsh) / ([http://www.focusonfood.org/skills\\_snippets](http://www.focusonfood.org/skills_snippets) - English)



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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.
-  Adult supervision is essential when the competitors are using boiling water from the kettle.

### **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:-
  - 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 starter, how well do the ingredients combine together;
  - Overall presentation of the starter.
  - Overall cost of the starter 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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## Great Denbighshire Menu: Age 7-11

### JUDGING FORM FOR ROUND 1: PRIMARY 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, crisp, crunchy	Presentation - main focus will be on the neatness of the filled tomato, the salad garnish and colours of dish.	
	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(5)	(40)
Round 1 'Showsy-Wosey' STARTER									

Comments: