



A COOKERY COMPETITION FOR 12 -14YR OLDS (YEARS 8 AND 9) IN WEST SUSSEX SECONDARY SCHOOLS

Competition Brief:

All 12 – 14yr olds (in years 8 and 9) are invited to enter The 2012 Create and Cook Competition in teams of 2. The brief is to design a 2 course menu for two people using locally sourced ingredients that can be prepared, cooked and served in 90 minutes.

Guidelines:

- Seasonality. The finals will be in the Summer Term so the menu needs to have a summer theme.
- Local produce. Menus should include the use of at least 2 locally produced foods and one product from The Co-op's Local Flavours Range (our sponsor).
- Provenance /place of origin. Please give us some details about one of the local ingredients used, where and how it is made or produced on the questionnaire.
- Creativity. Think about the flavours and textures of your menu.
- Cooking skills. Use as many skills as possible.
- Nutritional balance. Don't forget your seasonal fruit and veg.
- Budget for ingredients . Maximum of £20 per menu.

Closing Date - Friday 30th March 2012

Please send entries to fit2cook food education. Include in your entry:

- Menu with a paragraph on reasons for choice
- Recipes (including method)
- Questionnaire on local produce
- Video clip on your menu and interest in cooking (optional)

West Sussex Final - 4 pairs will cook their menus in front of judges

The West Sussex final will be on Thurs 10th May at Chichester College. From this two pairs of West Sussex cooks will be chosen to cook against two pairs of Hampshire cooks at a Regional Final on Thurs 21st June at Newlyn Farm Cookery School, Hook to find the 2012 winner.

Prizes:

- West Sussex finalists win £100 for their Food Technology Department plus goody bags full of local produce, cookery books, i-tunes vouchers for themselves.
- Regional finalists will all get their recipes published and professionally photographed.
- The 2012 Create and Cook winners win the fit2cook trophy & £1,000 for their School plus a cookery masterclass at a top local hotel and an in- school cooking workshop.

**The 2012 Create and Cook Competition is Sponsored by
The Southern Co-operative Co-op Stores:**

The co-operative



NOTES FOR TEACHERS

ENTRIES:

- **Pupils to work in teams of 2**

The competition is open to years 8 and 9 (12-14yr olds) working in teams of 2.

Schools might want to run the competition as an after school session or set it as a piece of class work.

- **Please send us your best entries – maximum 3 per school**

We are looking for quality not quantity so would strongly encourage you to run your own cook off to give your pupils the chance to cook their dishes and for you to taste them and decide which ones to put forward.

- **Post Entries please to:**

Min Raisman
fit2cook food education,
Ropley Cottage,
Ropley,
HANTS
SO24 0DU.

Please keep a copy of your entry in school as well.

Each entry should include:

- Menu and reason for choice
- Recipes with method
- Local food questionnaire. Please mark name and school clearly on each page
- Video clip - optional
- **Closing date for entries Friday 30th March 2012**

VIDEO:

This year we are giving young cooks the opportunity to send in a video clip with their entry. This must be no longer than 30" and must be recorded at school onto the memory stick we will give you. They can use this as a chance to tell us in person about their entry and their love of cooking. This will help us in the judging process. Some of the video clips will be uploaded to our Facebook page to share with everyone and there will be i-tunes vouchers for the clips we use. We need parental permission to use these clips so please send in a signed permission form with the entry – attached to the end of parent's letter. The video element is not compulsory but we hope it will be fun and interactive!!

MENUS:

- **2 course menu**

The menu should be 2 courses for two people. You can have a starter and main course rather than just a main course and pudding. You need to plan and budget for 2 servings of each course.

- **Summer theme**

The menu should have a summer theme as the finals will be in May/June. Think about the produce that will be in season.

- **Local produce**

The menus should include at least 2 locally produced West Sussex ingredients and one ingredient from The Co-op's Local Flavours Range. See full list of Sussex Local Flavours Range. You must tell us where you would source your local ingredients – this could be your garden, allotment, farm shops, farmer's market etc. The more local produce used the better.

- **Co-op Local Produce**

If you have any questions regarding the Co-op's Local Flavours Range and what products count or if you do not have a Co-op near your school but would like to get hold of some of the Local Flavours Range please email Lucy Avison at the Southern Co-operative and she will be able to help and assist you. LucyAvison@southerncoops.co.uk

- **Reason for choice**

Please think carefully here, as this gives the judges an idea of the thought and enthusiasm that has gone into the entry and is an important judging criterion.

- **Local Food Questionnaire**

Please give us some more detailed information about one of your local products chosen and how it is grown/reared/produced. Please send in the completed questionnaire with the entry. The aim of the questionnaire is for the young cooks to think about where their food comes from and how it is produced.

- **Multi-cultural themes**

The menu doesn't have to be typically English, it can have a multi-cultural twist. We will be looking at flavours and textures of the dishes chosen.

- **Cooking skills**

The recipes should include a reasonable amount of cooking skill. This will be a judging criterion.

- **Nutritional balance**

Please consider nutritional balance when designing dishes – and don't forget seasonal fruit and veg!

- **Budget**

Remember the budget for ingredients is £20. Receipts will be required once at the finals stage. If you pupils get through to the finals they will be given £60 per couple for ingredients costs to practice their menus and cook them at the final.

- **Timing**

Please be as creative as possible but remember the menus need to be achievable within the time given (1hr 30 mins). We are looking for teamwork so some thought needs to go into how the meal would be cooked by 2 people in the time.

FINAL:

- **The West Sussex final in May 2012**

We will shortlist 4 teams to take part in the final which will be held on Thursday 10th May at Chichester College. The teachers will be expected to attend the final with their pupils. From this two teams will be selected for the Regional Final.

- **The Regional Final in June 2012**

This will be between 2 pairs from Hampshire and 2 from West Sussex. This will be on Thursday 21st June at Newlyn's Farm Cookery School near Basingstoke. Here we will select one overall winner of The 2012 Create and Cook Competition.

- **Publicity**

There will be a fair amount of publicity attached to the finals so we hope the pupils and school will be happy to have their photos taken, appear in the local media, local Co-op stores, websites and be part of the Create and Cook video for 2012.

- **The judge's decision will be final**

Prizes :

- **All West Sussex finalists** will get goody bags full of local produce, cookbooks, i-tunes vouchers. They will also win £100 for their school Food Technology Department.
- **The Regional Finalists** will get their recipes professional styled, photographed and published.
- **The overall winners of the 2012 Create and Cook Competition** will win £1000 for their school Food Technology Department. They will also win a cookery masterclass in a top class kitchen and an in school cookery demonstration. These prizes must be taken by December 2012.

Contact:

If you have any queries regarding the competition please contact the organiser Min Raisman, Fit2cook Food Education, info@fit2cook.co.uk, 01962 773727



The 2012 Create and Cook Competition is kindly Sponsored by
The Southern Co-operative co-op Stores:

The **co-operative**

with support from:





LOCAL FOOD QUESTIONNAIRE:

Please choose ONE of the local ingredients that you are using & tell us a bit more about it.

Name of local ingredient/product :

.....

Who it is produced/grown/made by and where?

.....

Where would you buy the ingredient/product? eg farmers market, farm shop, farm

.....

Explain a bit about how this ingredient/product is made/grown/reared/produced?

.....

.....

.....

.....

.....

Explain one unique, special feature about the ingredient/product you have chosen?

.....

.....

.....

.....

Why is it important to buy local food?

.....

.....

.....

.....

.....

.....

Thank you, we look forward to receiving your entry.

The 2012 Create and Cook is kindly Sponsored by
The Southern Co-operative Co-op stores:





Dear Parents/Carers,

Your son/daughter has shown an interest in entering The 2012 Create and Cook Competition through their food technology department at school. This fun competition is for all 12 -14 year olds (years 8 and 9) in secondary schools in West Sussex and Hampshire and is organized by fit2cook food education. The focus of the competition is cooking with local ingredients, produce grown locally to you in West Sussex. The deadline for entries is 30th March 2012 and the final will be held during May 2012. Your young cook should have been given The Create and Cook Competition brief but we would be really grateful if you could **support them** in any way you can:

- encourage them to have fun designing menus with a focus on local ingredients
- help them research local produce, take them to the local farmers market, farm shop etc
- share your cookery knowledge and books with them!
- encourage them to be creative and to be ambitious with their ideas
- let them into your kitchen to practice ideas and encourage them to do the washing up afterwards!

As part of their entry, young cooks may send in a video clip talking about their entry and passion for cooking. This will be recorded at school but we need your permission first. Please see form overleaf.

To find out more about The Create and Cook Competition and to get inspired please see our fun video of last year's final on www.fit2cook.co.uk or via The Create and Cook Competition Facebook page. You can also see past finalists recipes on the website.

Thank you for your support and we look forward to an inspiring bunch of entries during 2012!
Best wishes

Min Raisman

Min Raisman
Co-founder and Organiser of The Create and Cook Competition
fit2cook food education
www.fit2cook.co.uk/createandcook

**The 2012 Create and Cook Competition is kindly Sponsored by
The Southern Co-operative Co-op Stores:**

The co-operative

With support from:





VIDEO CLIP PARENTAL PERMISSION FORM

I give my permission for my son/daughter

from.....school

to record a video clip at school which will be used as part of their entry into The 2012 Create and Cook Competition. I understand the clip maybe used on The Create and Cook Competition Facebook page to share with other young cooks and teachers.

Name.....

Address.....

Signature.....

Phone no or email.....

Any queries please contact Min Raisman, Organiser of The Create and Cook Competition at info@fit2cook.co.uk

www.fit2cook.co.uk/createandcook