

Main Sponsor

# 2012 <sup>NACC</sup> Care Cook of the Year



The Worshipful Company of Cooks

# Care Cook



## Care Cook of the Year 2012

Competition entry form

Celebrating Queen Elizabeth II Diamond Jubilee Year

We are once again searching for the person who can claim to be the best Care Cook in the UK. Can a member of your staff, or a care chef in your area achieve this accolade and join the exclusive club of title holders?

# Competition Overview



**We are proud to say that the NACC Care Cook of the Year Competition is one of the longest standing, independent recipe competitions in the UK. It continually challenges people who operate in the care sector to devise new and exciting recipes and to excel in their day to day catering environments.**

The competition is open to all chefs/cooks in the care sector. Entries are sought from all sectors of the care market and both NACC members and non-members are welcome to take part.

For non-members an entry fee of £62.50 applies which includes 1 year's membership to the NACC.

This competition aims to raise the profile of the sector and those working in it locally and nationally – can you afford not to be part of this fantastic opportunity?

## Prizes

### 1st Prize

- £500 plus trophy
- Delegate place at the NACC Conference 2012
- Full set of Engraved Chefs Knives (value £500)

### 2nd Prize

- £300 plus trophy
- Engraved Presentation Knife (value £150)

### 3rd Prize

- £150 plus trophy
- Engraved Presentation Knife (value £150)

### Finalists

- £50 plus trophy

### Highly Commended Entrée

- £50 plus trophy

### Highly Commended Dessert

- £50 plus trophy

# Roll of Honour



## Previous winners

**2000** Cliff Hamilton

**2001** Paula McAllister

**2002** Amanda Steel

**2003** Barbara Walker

**2004** Judy Reynolds

**2005** Gary Brailsford

**2006** Garry Maundrill

**2007** Patrick Moore

**2008** Gareth Cartledge

**2009** Mark Wilkinson

**2010** Craig Dewhurst

**2011** Malcolm Shipton

Thank you to our sponsors without whom we would not be able to have such a prestigious competition

# Sponsors and supporters



The Worshipful Company of Cooks

## Our main sponsor for the fourth year is The Worshipful Company of Cooks

The smallest of London's Livery Companies, the Worshipful Company of Cooks can trace their origins back to the 12th Century. Thirty-fifth in order of seniority in the City Livery Companies. It was founded from two guilds of cooks in medieval

London – the Cooks of Eastcheap and the Cooks of Bread Street.

Receiving its first charter in 1482, the Cooks' Company is as vital today – actively supporting the modern day craft and catering industry, as well as funding a range of charitable activities – as it was when it controlled all the catering trade within the "Square Mile".

The Company is no longer an association of tradesmen in its original sense of control: yet its membership today still includes craft tradesmen as well as active engagement with a broad range of organisations associated with cooking.

[www.cookslivery.org.uk](http://www.cookslivery.org.uk)



**Rational are World's leading Manufacturer of the Self Cooking Center**

**'WhiteEfficiency', producing more than half of all combination ovens used worldwide.**

The award winning Self Cooking Center 'WhiteEfficiency' is easy to use and delivers perfect results every time. Its unique cooking processes are ideally suited to Care Catering as all food is cooked in a way that ensures all natural juices, vitamins and minerals are retained whilst retaining flavours and reducing shrinkage. Rational's radical Self-cleaning and Care Control features save space, reduces running costs and are environmentally friendly. [www.rational-uk.co.uk](http://www.rational-uk.co.uk)



**Unilever Food Solutions are delighted to host the NACC Care Cook of the Year final and the South East Regional Cook off again this year.**

As the manufacturer of some of the country's best loved brands such as Knorr, Flora, Hellmann's and PG tips, Unilever Food Solutions are proud to work closely with the NACC and to support the association in its goals to promote excellent nutrition and health into the care sector.

The Care Cook of the Year competition provides a great platform for the cooks in the industry to show off their skills and we are thrilled to be able to share our facilities to promote these. [www.unileverfoodsolutions.co.uk](http://www.unileverfoodsolutions.co.uk)



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**Over 200 years of innovation, passion and expertise make Churchill the natural partner for providing tabletop solutions.**

The Churchill brand has achieved global recognition as a reputable supplier of the highest quality ceramics. Respected for service excellence, product quality, environmental responsibility and product innovation. Churchill offer an exciting portfolio of products with innovative and practical solutions for all establishments, focussed on presentation, practicality and performance. Continuous investment in research and new product development also ensures products are developed with specific requirements and sectors in mind. For the Care sector Churchill has developed a range which will accommodate the needs of this very specialist and important group of establishments. [www.churchillchina.com](http://www.churchillchina.com)



**GRAM are kindly providing banner sponsorship.**

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# Competition and rules



- 1** On the day of the final all competitors to be correctly dressed for the kitchen taking into account removal of jewellery and the wearing of the correct head attire.
- 2** Competitors to provide their own ingredients for production of four (4) servings of their main course and four (4) servings of dessert.
- 3** Competitors to provide their own plates and dishes for presentation, although the kitchen is partially equipped the organisers recommend that each competitor provide their own pans, sieves, knives, cutting boards, cloths etc. Plates for the main course must be round with a maximum diameter of 10". No plate liners are to be used.
- 4** Meal presentation – 3 servings can be presented in a competition style, however one must be presented as it would be served in the workplace.
- 5** The schedule for the event must be adhered to in particular the times for finishing and judging. These times will be circulated before the event.
- 6** At the final, 90 minutes preparation and cooking time will be allocated. If any amendment to the submitted recipe is to be made, the competition cost parameters must be followed and approval of the amendment must be given. Inform the organisers in writing of any amendment as soon as possible.
- 7** Competitor entries should take into account a healthy balance of ingredients in line with NACC nutritional guidelines.
- 8** Some preparation is allowed prior to the cook-off. If competitors are producing their own marinades and subsequently marinating products, this may be done before the event. This being the case samples of marinades must be brought to the event.
- 9** Similarly with stocks, stocks can be made and brought along to the event.
- 10** Maximum food cost of £1.30 net for both courses per head must not be exceeded. All competitors should provide a breakdown of the recipe cost together with the supplier it was sourced from.
- 11** Competitors will be allocated a workstation upon arrival.
- 12** The use of a commis chef or kitchen assistant is not allowed.
- 13** All recipes become the property of the NACC and can be reproduced in publicity materials without prior consent.
- 14** The judges' decision is final and no correspondence will be entered into.
- 15** Prizes maybe subject to tax payable by the prizewinner.  
1st Prize – £500 plus trophy  
2nd Prize – £300  
3rd Prize – £150  
Finalists – £50  
Highly Commended Entrée – £50  
Highly Commended Dessert – £50
- 16** Entrants must be nominated by a member holding current membership of the NACC, including corporate memberships. Non-members are welcome to enter for a fee of £62.50, this will include a personal 12 month membership to the NACC.
- 17** Closing date for entries 14th January 2012. No late entries will be accepted.
- 18** If selected for the regional or final cook off all entrants will be notified in writing.
- 19** All travel and accommodation expenses are the responsibility of the competitor.

With the 12 previous winners of this illustrious title proudly displaying their award in their place of work, are you the thirteenth to generate a winning recipe?

Please encourage participation in this competition as it is a very effective means of raising the profile of care catering, and puts presentation and creativity skills to the test. It is a very useful tool in the workplace with regard to staff development.

# How to enter



## What Is Required?

We are looking for a two course menu, main course and dessert, suitable for service users in a care setting. The combined food cost for both courses should be no more than £1.30 per head based on four portions and the meal should be nutritionally balanced.

Each contestant will be given 90 minutes to produce the meal.

## Judging

Our panel of experts will view your entries, with the best from each of the six NACC regions being invited to a cook off in the final on **20th June 2012**. The final will be held at the Knorr's Kitchen at the Unilever Head Office in Leatherhead. All entries must state the client group they are suitable for, but will be served in a competition style for the final.

Judges will be looking for innovation, costing, suitability for the environment, adherence to nutritional guidelines, taste and overall menu balance.

Closing date for entries:

**14th January 2012**

This entry form is available in electronic form via the NACC website – [www.thenacc.co.uk](http://www.thenacc.co.uk)

Promoters: NACC, Admin Office, Meadow Court, Faygate Lane, Faygate, West Sussex, RH12 4SJ

Email: [info@thenacc.co.uk](mailto:info@thenacc.co.uk)

# Care Cook of the Year 2012 Entry Form



NACC Nominating Member: \_\_\_\_\_ Non-member

Entrants Name: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: \_\_\_\_\_ Email: \_\_\_\_\_

Establishment Name: \_\_\_\_\_

Local Authority/ Organisation: \_\_\_\_\_

Client Group the recipes are suitable for: \_\_\_\_\_

Recipe Name: \_\_\_\_\_

Main Course: \_\_\_\_\_

Ingredient	Amount	Cost	Supplier
Total cost for four portions			

Main Course Method: \_\_\_\_\_

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