

Main Sponsor

2012 ^{NACC} Care Cook
of the Year



The Worshipful Company of Cooks

Care Cook



20th June 2012 – Unilever, Leatherhead

Care Cook of the Year 2012
Final

Welcome



Welcome to the Care Cook of the Year final 2012. Congratulations to all of the competitors who have succeeded in attaining a place at today's final. This year saw another rise in entrants and the regional finals showcased the extensive skills and knowledge across this sector.

I hope you all enjoy the competition and I would like to wish you all the best of luck.

I would like to thank our sponsors and judges without whose help this competition would not take place.

Each year the competition gains in recognition and shows how our frontline staff ensure high quality nutritious food which meets service users needs, is delivered 24 hours a day 365 days a year. The responsibility for complete nutrition is borne by these chefs who show a dedication to their client group.

I would also like thank managers, Care Establishment Groups and others who have supported the candidates through the whole process.

Enjoy your day.

A handwritten signature in black ink, appearing to read 'Karen Oliver'.

Karen Oliver





Lisa’s Menu

Chicken chasseur with anna potatoes and cabbage with bacon and baton carrots

Oat topped apple crisp

Lisa is 24 years old and has worked at St Monica Trust for nine years. She started working as an evening catering assistant in her last year of school and then progressed to working in the restaurant dining room as a waitress.

She started helping out in the kitchen with some food preparation and low level cooking. She showed an obvious natural ability and flair when working in the kitchen which went with her excellent attention to detail and desire to produce great food.

Lisa is a very quiet and shy individual but the need to communicate effectively in the kitchen environment has helped her development immensely.

Lisa has recently completed a course on cake decorating, which she took to like a “duck to water” and has now become the official “cake maker” and the orders are pouring in!

Lisa works well under pressure and would love to win the Care Cook title to follow in the footsteps of her colleagues Gary and Gareth who have won it in previous years. She would also like to become the second woman to win the title.



Ellie’s Menu

Chicken and olive tagine served with coriander couscous and balsmaic cherry tomatoes

Lemon cheesecake

Ellie, who has worked for Anchor for three years, said: “This is the second time I have entered this competition and the second time I have won.

“It still didn’t stop me from feeling really nervous but when I found out I had won I was over the moon! I love my job because I really enjoy cooking healthy, nutritious meals for our residents and Anchor always pushes you to raise the standards of catering.

“Anchor’s Cater Craft course has helped me be inventive and create dishes using fresh, seasonal ingredients that are popular with older people.”

Kirkley Lodge’s Business Manager, Jo Innocent said: “I’m really proud of Ellie and her commitment to making the older people we work with happy. She provides fantastic meals for our residents and good food is central to the variety of events we organise as part of our packed activities programme.”

Anchor’s Catering Manager, Richard Herne said: “For Ellie to win in all three categories is wonderful news”.

Philip Day Oak House Residential Home – Midlands Region



Philip's Menu

Chicken mousse with peas
and handmade gnocchi
in a vermouth sauce

Cardamom panna cotta
with summer berries and
chilled berry juice

After 2 years' basic training at Stamford College, Phil spent the next 4 years at Lake Isle hotel and restaurant in Uppingham, learning his trade under the spotlight of experienced chefs and discerning customers.

And that's when luck plays a part. For Phil, it came through the opportunity to take on a more responsible role at Oak House Residential Home in Greetham, Rutland.

Working with owner Preston Walker (himself a top chef with 20 years' experience at renowned Michelin

Emanuele Ferri Haven Bay Care Home – Republic of Ireland



Emanuele's Menu

Smoked haddock pave with pea and dillisk risotto,
sauteed spinach and butternut squash

Organic yoghurt and chocolate carrageen panna cotta
with orange coulis

Joe Fower Yarnton Nursing Home – South East Region



Joe's Menu

Ballotine of chicken, served with fondant potatoes,
baby glazed vegetables with honey and wholegrain mustard

Glazed coconut rice and raisin pudding
with spiced pineapple compote

starred restaurants such as Hambleton Hall and the K Club in Ireland), Phil discovered a very different catering world amongst a population of frail, elderly customers with needs ranging from constant variety to specific nutrition; from quality and presentation to daily delivery of choice for 25 individuals (and often their visitors!)

During his four years at Oak House, Phil has been an integral and growing part of a small team that continues to push the boundaries of catering for the elderly across new and wider horizons.

Such has been the interest and impact of his work at Oak House, that Phil recently entered and won the Midlands Regional final of the Care Cook of the Year competition (with a score of 172/180) held by the National Association of Care Caterers. With the national final beckoning in Surrey at the end of June, Phil will be repeating his winning 2 course meal (which had to feed four for a total maximum cost of £1.30 per head) for which he also won Best Main Course.

The dishes had to show awareness of elderly needs including

a soft diet with modified textures and elements including low sugar levels and the use of cream for fortification.

Phil observes, "When I started out, I would never have expected to get so much satisfaction working in an environment like Oak House.

Our residents look forward to every meal of every day. The whole experience of choosing from the menu the day before, anticipating the meal as it is cooked and then sitting down to eat it creates a cycle of worthwhile living for so many of them.

Head Chef Emanuele Ferri joined Haven Bay Care Centre in 2008 after many years working in the hospitality industry and travelling the world.

He leads a committed team of 6 and together they have won the Nursing Homes Ireland Care Award in 2010 and 2011 for Best Catering and Nutrition team. They were also finalists at the Hotel and Catering review magazine awards 2011 for

best Institutional Catering and Emanuele had the honour of representing Ireland at the final of the Care Cook of the Year 2011. Emanuele and his team are also involved in the community providing the meals for the local Meals on Wheels service and providing the catering service for the Kinsale Day Care Centre.

Emanuele's aim is to create and deliver a unique dining experience for

the residents in respect of their preferences, their needs and adding those innovations that make food a very important ingredient to spice up our lives.

Emanuele believes that chefs are ambassadors of healthy cooking both for the residents as well as the community and working closely with other professionals they should strive to create, improve and deliver quality food but above all a quality experience.

Joe Fower started his career with Sanctuary Care in 2008 as a kitchen assistant at Wantage Nursing Home in Oxfordshire.

His passion for catering was developed by head chef Mark Ord and when a position for deputy chef came up at the organisation's new Yarnton

Residential and Nursing Home, also in Oxfordshire in November 2011, Joe was successful.

He said: "Care catering was something that really spoke to me. Working in a care home, you are providing a vital service to those who need it. It really gives me a sense of achievement that I am

helping to look after people who raised ours and our parent's generations. It's the satisfaction of knowing I am giving something back."

Joe secured his place in the final by winning the South East regional final.

Matt Gomersall Donisthorpe Hall – Wildcard Entry



Matt's Menu

Tempura battered pollock, spicy coconut sauce served with potato spinach salad

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Strawberry cheesecake served with lemon verbena cream anglaise

Margaret Stewart Methilhaven House – Scottish Region



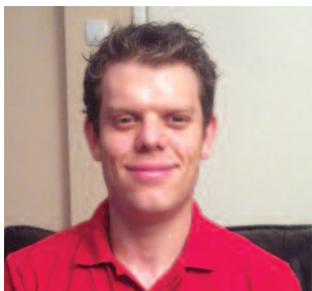
Margaret's Menu

Balmoral chicken with a whisky sauce served with roasted potatoes and honey glazed carrots

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Poached pears with a toffee sauce garnished with summer berries

Daryl Williams Ty Eirin Care Home – Welsh Region



Daryl's Menu

Pork terrine with black pudding, crushed potatoes, warm cabbage, carrot and apple salad with a sage cream

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Ginger sponge with a spiced custard and poached pears

My name is Matt Gomersall and I am the Sous Chef at Donnisthorpe Hall in Leeds.

I have worked at this establishment for 5 years following a career in hotels and restaurants and I truly enjoy my time working here as it provides me with daily challenges.

This will be the second time that I have competed in the finals of the NACC Care Cook of the Year. The

previous time was in 2010. I am a big supporter of this competition as I believe it shows that our sector in the catering industry does have a wealth of talented chefs. My choice of dishes this year represents the style of food that we cook and serve to our residents. I have attempted to use seasonal, fresh ingredients but keeping within the budget to provide a main course and sweet consisting of

a selection of textures, flavours and cooking skills as well as providing the right nutritional balance.

Outside of the kitchen I focus on spending time with my new born son and if there is any spare time left I will normally be found in the gym training and helping others prepare for bodybuilding competitions. I also enjoy going to watch Leeds Rhinos rugby league team and Leeds United.

My name is Margaret Stewart and I have worked as the Head Cook Methilhaven home since July 2008.

After leaving college in 1988 I spent 20 years working in student halls of residence. I started as an assistant cook and worked my way up to head chef. In 2008 I decided I needed to do

something totally different and applied for a head cooks job at Methilhaven home. Going to work at Methilhaven home is one of the bests things I have ever done. Sometimes the job is very challenging but very rewarding. I enjoy doing functions and spending time with the residents.

This will be the 3rd year that I have

won a place in the Care Cook of the Year final.

In 2010 and 2011 I got selected to take part in the Scottish cook off and won a place at the final. Both finals were nerve racking and very intense. The standard of the competition was very high and I was delighted to come 3rd in 2010 and 2nd in 2011.

I was born in Bridgend, South Wales and I have always had a passion for cooking.

I started working at 15 at The Farmers Arms a renowned local gastro pub as a Commis Chef. I trained mostly on the job in the

classical kitchen way. I then moved to the Seabank Hotel Porthcawl and took up the position of Chef de Partie and started progressing my career. I met my future wife whilst working here. I then went to work at St Marys Hotel, Golf and Country Club in

Pencoed with an excellent kitchen team producing more of a fine dining menu. I then decided to make a career move into the private care sector taking over the running of the kitchens in Ty Eirin care home a 90 bedded setting.

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 fifth 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



Inspiration every day

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



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producing more than half of all combination ovens used worldwide. For the second year Rational UK Ltd have kindly donated prizes for each of the finalists.

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