

2013 ^{NACC} Care Cook of the Year

Six talented Care Cooks prepare for Grand Final battle *NACC Care Cook of the Year 2013*

The finalists for the National Association of Care Catering (NACC) Care Cook of the Year Competition 2013 have been confirmed.

Having triumphed in their respective regional heats, the six talented finalists are now preparing to do battle at the **Grand Final¹** on **Wednesday 12 June 2013** and claim the coveted title *NACC Care Cook of the Year 2013*.

One of the longest-standing, independent recipe competitions in the UK, the NACC Care Cook of the Year Competition searches out the nation's best Care Cook, whilst raising the profile and specific talents of chefs and cooks working in the care sector.

It challenges competitors to devise new and exciting recipes appropriate for a care environment, highlighting the true culinary flair and particular skill sets required to ensure excellence and success within care catering.

Mary Wedge, Deputy Chair, NACC, comments: "Catering within the care sector requires very specific knowledge and skills. From the fundamental issues of nutrition, budget and specific dietary needs of service users, to the important factors of variety, creativity, great taste and presentation, there is a lot to be continually considered and learnt in order to maintain excellence.

"The NACC Care Cook of the Year Competition gives chefs and cooks in the sector the opportunity to showcase their talents and champion their field, whilst also pushing the boundaries and sharing ideas and best practice."

The 2013 NACC Care Cook of the Year Competition Finalists:

- **Scottish Region Winner: Alan Innes, Head Cook, Appin House, Fife Council:**
Main: Lemon tea salmon, Savoy bubble & squeak, sweet pickle carrots & peppers
Dessert: Mascarpone raspberry mousse twisted

- Northern Region Winner: Simon Lawrence, Group Executive Chef, Hadrian Healthcare:**

Main: Oat crumbed mackerel & sweet potato fish cakes served with pea puree & roasted thyme potatoes with a home-made horseradish sauce

Dessert: Pannacotta with roasted rhubarb & caramelised fig
- Wales Region Winner: Kevin Beebe, Cook in Charge, Y Plas Care Home, Carmarthenshire County Council:**

Main: Garlic stuffed breast of lamb served with potato gratin and a carrot and bean cannelloni

Dessert: Poached strawberries with scone ice cream
- South West Region Winner: Amanda Smith, Chef Manager, Greensleeves Homes Trust:**

Main: Chicken and sweet potato pie served with seasonal greens and carrots

Dessert: Warm chocolate brownie with crème fraiche and strawberry compote
- South East Region Winner: Ismail Polat, Cook, New Tyne Resource Centre, West Sussex County Council:**

Main: Tantalising Tangy Trout

Dessert: Scrumptious Raspberry Summer Pudding
- Midlands Region Winner: Jaroslaw Figiel, Head Chef, Hampton Grange Nursing Home, Hereford:**

Main: Salmon and sweet potato fishcake served with tomato Provencal sauce and broad bean puree

Dessert: Vanilla and cinnamon scented floating islands with honey tuilles

Open to all chefs and cooks in the care sector (both NACC members and non-members), the NACC Care Cook of the Year Competition challenges entrants to create a delicious and nutritionally balanced two-course menu, main and dessert, suitable for service users in a care setting, and meeting the set budget of no more than £1.30 per head.

The six finalists impressed the judges in the regional heats with excellent demonstrations of innovation, costing, suitability for the environment, adherence to nutritional guidelines, taste and overall menu balance.

Mary concludes: "The standard of this year's competition has been incredible and our six finalists are testament to this. I congratulate them on their achievements so far and wish them the very best of luck in the Grand Final. It's sure to be a fantastic and nail-biting event and we look forward to crowning the NACC Care Cook of the Year 2013!"

As well as the esteemed title of NACC Care Cook of the Year 2013, the overall winner will claim a superb prize package and trophy.

For more information on the NACC Care Cook of the Year 2013 competition visit www.thenacc.co.uk .

Ends

Notes to editors:

1. The Grand Final of the NACC Care Cook of the Year 2013 competition takes place on Wednesday 12 June 2013 at Unilever Food Solution's development kitchen in Leatherhead and editors/journalists are invited to attend the event. Please contact the NACC office on 08707 480 180 / info@thenacc.co.uk to put your name on the guest list.
- The competition is supported by the Worshipful Company of Cooks, Rationale, Unilever Food Solutions and Steelite.
 - **The NACC**
The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector

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