



**The National Association of Care Catering Crown's the UK's Best Care Cook
NACC Care Cook of the Year 2013**

Simon Lawrence, executive chef for Hadrian Healthcare Group based at Wetherby Manor, Wetherby, has been declared the **Best Care Cook in the UK** by the National Association of Care Catering (NACC).

Simon claimed the coveted title at the Grand Final of the NACC Care Cook of the Year 2013 competition, on Wednesday 12th June. Over 90 minutes of intense competition, Simon impressed the expert judges with his creativity, knowledge and culinary excellence, and proved that he was the finalist worthy of the crown.

The judges praised Simon's thoughtful and organised approach and enthused about the great flavours of Simon's winning menu of *oat crumbed mackerel and sweet potato fish cakes served with pea puree and roasted thyme potatoes with a home-made horseradish sauce, followed by pannacotta with roasted rhubarb and caramelised fig.*

Simon's menu also received the *Highly Commended Main* accolade.

Jaroslaw Figiel, Head Chef, Hampton Grange Nursing Home, Hereford claimed second place, with Ismail Polat, Cook, New Tyne Resource Centre, West Sussex County Council taking third place. Alan Innes, Head Cook, Appin House, Fife Council received the Highly Commended Dessert accolade.

One of the longest-standing, independent recipe competitions in the UK, the NACC Care Cook of the Year Competition challenges chefs and cooks working in the care sector to really push themselves, honing their skills and knowledge, and demonstrating culinary flair, in a bid to be named the nation's best Care Cook.

All entrants were required to devise new and exciting recipes appropriate for a care environment, and create a delicious and nutritionally balanced two-course menu, main and dessert, suitable for services users, and meeting the set budget of no more than £1.30 per head. Innovation, costing, suitability for the environment, adherence to nutritional guidelines, taste and overall menu balance were the key attributes being looked for by the judges.

Simon Lawrence said: “It has been a real pleasure to compete against other chefs who are so passionate and genuinely care about catering for the care sector. After three years of competing in the Northern heats, I knew each year I had to improve to just compete in the final, and to finally achieve this is a very proud achievement.”

Karen Oliver, Chair, NACC, comments: “Our heartfelt congratulations go to Simon – a worthy winner of the *Care Cook of the Year 2013* title.

“The NACC Care Cook of the Year competition is vital for the care catering sector. As well as celebrating the true talent that exists within the field, it also fulfils the important role of raising the profile of the sector and highlighting the specific culinary knowledge, skills, flair and dedication required to ensure consistent excellence within care catering.

“This year’s competition, and particularly the Grand Final, succeeded in doing just that. The overall standard of entries was higher than ever before, with entrants really pushing the boundaries and sharing best practice. Yesterday’s final was simply phenomenal. The six finalists gave a real master class in care catering. Their menus showed creativity and aptitude, underpinned by a real understanding of the fundamental issues faced daily in a care environment – namely, nutrition, budget and the specific needs of service users. On top of this, the execution of the menus showed real skill and passion and the actual dishes tasted amazing.

“I congratulate all of the finalists. Their personal achievements deserve to be celebrated and the collective achievement of championing the field of care catering must be praised.”

As well as the esteemed title of NACC Care Cook of the Year 2013, Simon claimed 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:

- 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

www.thenacc.co.uk

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