



Carmarthenshire Chef showcases culinary skills at Grand Final of National Care Cook of the Year Competition

Kevin Beebe, the Cook in Charge at Y Plas Care Home, Carmarthenshire County Council, showcased his culinary skill and talent as he competed at the Grand Final of the National Association of Care Catering's (NACC) esteemed competition the ***Care Cook of the Year 2013***, on Wednesday 12 June.

Kevin was one of just six cooks from the UK care catering sector to make it to the Grand Final, having won the Welsh Region heat, and received great praise for his achievement and performance. Over 90 minutes of intense competition Kevin impressed the expert judges with his delicious menu, approach and execution.

His menu included garlic stuffed breast of lamb served with potato gratin and a carrot and bean cannelloni, followed by poached strawberries with scone ice cream.

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.

Karen Oliver, Chair, NACC, comments: "Our heartfelt congratulations go to Kevin. Getting to the Grand Final was a fantastic achievement and he delivered a great Grand Final performance.

"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.”

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

Ends

Notes to editors:

- The NACC Care Cook for the Year Grand Final took place on Wednesday 12 June 2013 at the Unilever Food Solutions Development Kitchen in Leatherhead, Surrey.
- Simon Lawrence the executive chef for the Hadrian Healthcare Group based at Wetherby Manor, Wetherby, was declared the overall winner and NACC Care Cook of the Year 2013.
- 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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