



Supported by



The Worshipful Company of Cooks



# NACC CARE CHEF OF THE YEAR ENTRY FORM 2018



[www.thenacc.co.uk](http://www.thenacc.co.uk)



@NACCaterCare #CARECHEF2018



# INTRODUCTION



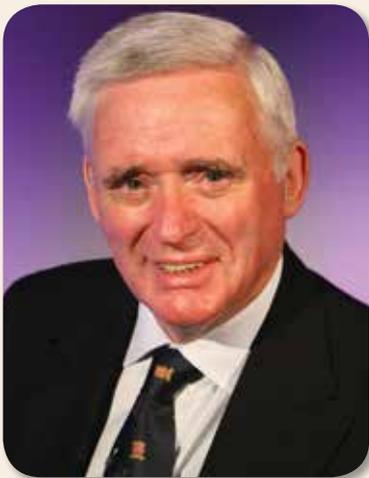
Neel Radia, National Chair

## The search is on for the NACC Care Chef of the Year 2018.

The competition provides an excellent opportunity where a member of your team or care chef in your area, could achieve this accolade and join the exclusive club of title holders to be crowned Care Chef of the Year 2018. It is not only open to those working in care homes but also extends to local authorities and other care organisations including hospices. As the longest standing care chef competition in the UK, this competition continually challenges people who operate within the care sector to devise new and exciting recipes whilst adhering to a strict budget and meeting the nutritional needs of their clientele. It aspires to raise the profile of catering in the care sector and the excellence achieved by those working within it nationally – can you afford not to be a part of this fantastic opportunity?

We wish you best of luck and look forward to receiving your entries

A handwritten signature in black ink, appearing to read 'Neel Radia'.



Bev Puxley – NACC Head Judge

Firstly, judges will be looking for innovation and a nicely balanced menu costed in line with the budget allowed. It needs to be appropriate for the target clientele and with good nutrition to the fore. Our specialist nutrition judge may ask questions to test your understanding of good nutrition.

Secondly, they will look for good accurate cooking, demonstrating an understanding of the commodities used. Thirdly, a neat and clean presentation showing good texture, colour and contour balance.

Throughout the morning, all judges will be observing good working practices, hygiene and timing.

Good luck to you all!



STUART  
MIDDLETON  
2017  
WINNER

# 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

2012 Ellie Cook  
2013 Simon Lawrence  
2014 Jenny-May Smith  
2015 Oliver Smith  
2016 Alex Morte  
2017 Stuart Middleton

## COMPETITION OVERVIEW

The competition is open to all chefs/cooks in the care sector. Following on from the success of the format from our 2017 competition, we will continue with requiring two finalists from each region to go forward to the final on 6<sup>th</sup> June 2018 at Barking & Dagenham Technical Skills College.

Entries continue to be sought from all sectors of the care market and both NACC members and non-members are welcome to take part throughout the UK.

For non-members an entry fee of £67+vat applies which includes 1 year's membership to the NACC.

## COMPETITION SCHEDULE

CARE  
CHEF 2018

**DEC  
2017**

### Launch of Care Chef 2018 competition

Competition now open. All entries to be forwarded to NACC Administration office with fee if appropriate.

CARE  
CHEF 2018

**2 FEB  
2018**

### Closing date for entries

CARE  
CHEF 2018

**MARCH  
2018**

### Regional cookoffs held and finalists announced

South East Region – 6<sup>th</sup> March  
Midlands Region – 20<sup>th</sup> March  
Scottish Region – 13<sup>th</sup> March

Northern Region – 15<sup>th</sup> March  
Welsh Region – 21<sup>st</sup> March  
South West Region – 7<sup>th</sup> March

CARE  
CHEF 2018

**6 JUNE  
2018**

### Care Chef Final

Barking & Dagenham Technical Skills Academy  
for the 12 finalists

## PRIZES



### 1st Prize

- £600 plus trophy
- Residential delegate place at the NACC Forum 2018 and opportunity to demo
- 1 year membership to the Craft Guild of Chefs

### 2nd Prize

- £400 plus trophy
- 1 year membership to the Craft Guild of Chefs

### 3rd Prize

- £200 plus trophy
- 1 year membership to the Craft Guild of Chefs

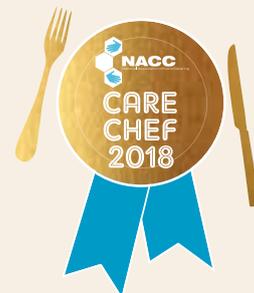
### Finalists – £75

Highly Commended Entrée – £75

Highly Commended Dessert – £75



# SPONSORS AND SUPPORTERS



THANK YOU TO OUR SPONSORS WITHOUT WHOM WE WOULD NOT BE ABLE TO HAVE SUCH A PRESTIGIOUS COMPETITION.



Our main sponsor for the eighth 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 12<sup>th</sup> 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)



**Premier Foods**, is again, extremely proud to be sponsoring The NACC Care Chef of the Year 2018, one of the longest standing and well-established competitions in the industry. As one of Britain's largest food producers, we supply hospitals and care homes with some of the nation's favourite brands including Ambrosia, Bisto, McDougalls, Bird's and Angel Delight. We're focused on helping you produce dishes with the familiar taste that your residents know and love, whilst at the same time providing quality you can rely on. Our experienced culinary team is dedicated to supporting the specific needs of our healthcare customers and we are passionate about supporting positive initiatives such as The NACC Care Chef of the Year to showcase the standards of catering in the industry.

## 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 £2.25 per head based on three portions and the meal should be nutritionally balanced and incorporate one of the Premier Food brands as listed in the competition rules 9.

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

## HOW TO ENTER

**With the 18 previous winners of this illustrious title proudly displaying their award in their place of work, are you the nineteenth 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.

This entry form is available in electronic form via the NACC website [www.thenacc.co.uk/events/care\\_chef\\_year](http://www.thenacc.co.uk/events/care_chef_year)

### Promoters:

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

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

## JUDGING

Our panel of experts will view your entries, with the best two from each of the six NACC regions being invited to a cook off in the final on 6<sup>th</sup> June 2018.. The final will be held at the Technical Skills Academy in Barking, which forms part of the Barking & Dagenham College. All entries must state the client group they are suitable for, but will be served in a competition style for the final. **The judges' decision is final and no correspondence will be entered into.**



**Closing date  
for entries:  
2<sup>nd</sup> February 2018**

# COMPETITION & RULES

1. On the day of the regional heat and 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 three (3) servings of their main course and three (3) servings of dessert all to be presented competition style.
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. 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.
5. 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.
6. Competitor entries should take into account a healthy balance of ingredients in line with NACC nutritional guidelines.
7. 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.
8. Similarly with stocks, stocks can be made and brought along to the event.
9. **All menus submitted must include at least one product from the catering range of the following Premier Foods brands – McDougalls, Ambrosia, Birds, Bisto or Paxo. For reference a product list has been included at: <http://bit.ly/PremierFoodIngredientsCareChef2018> Any menu without a Premier Foods brand listed will be disqualified.**
10. Maximum food cost of £2.25 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. All competitors should provide a breakdown of their recipe and meet the minimum standards of 320-360g complete main meal and 120-150g complete dessert, together with the supplier from which food was sourced.
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 may be subject to tax payable by the prize winner.  
1st Prize – £600 plus trophy  
Finalists – £75  
2nd Prize – £400 plus trophy  
Highly Commended Entrée – £75  
3rd Prize – £200 plus trophy  
Highly Commended Dessert – £75
16. Non-member entrants must be nominated by a member holding current membership of the NACC including corporate memberships. Alternatively, non-members are welcome to enter for a fee of £67+vat, this will include a 12 month membership to the NACC. The entry fee is non-refundable.
17. Closing date for entries 2<sup>nd</sup> February 2018. No late entries will be accepted.
18. If selected for the regional or final cook off all entrants will be notified in writing and MUST be available to take part on both days. Otherwise they can not take part, plus regions are non-transferable.
19. All travel and accommodation expenses are the responsibility of the competitor.
20. By entering the competition you are agreeing for you and your organisation to participate in public relations activity.
21. Entries MUST be submitted using the form provided.





Dessert \_\_\_\_\_

Ingredient	Amount	Cost	Supplier
Total cost for three portions:			
Premier Foods brand from list:			

Dessert Method \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

Nutritional reasons behind using certain elements in your dish; your answer will form part of the criteria for our judging panels \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

*Please feel free to use separate sheets as necessary.*

The entry form is available in electronic form via the NACC Care Chef 2017 Promoters:  
NACC, Admin Office, Meadow Court, Faygate Lane, Faygate, West Sussex, RH12 4SJ  
**Tel:** 0870 748 0180 **Fax:** 0870 748 0181 **Email:** info@thenacc.co.uk

Non-members please attach your entry fee of £67+VAT  
Please make cheques payable to The National Association of Care Catering

**Please return your completed submission to:**  
NACC Administration Office, Meadow Court, Faygate Lane, Faygate, West Sussex RH12 4SJ  
**Tel:** 0870 748 0180 **Fax:** 0870 748 0181 **Email:** info@thenacc.co.uk



