



Supported by



The Worshipful Company of Cooks

# NACC CARE CHEF OF THE YEAR ENTRY FORM 2019

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

 @NACCaterCare #CARECHEF2019



# INTRODUCTION



**Neel Radia**  
National Chair

## The search is on for the NACC Care Chef of the Year 2019.

The National Association of Care Catering (NACC) Care Chef of the Year competition provides an excellent platform to recognise the excellence of Chefs working in our sector. The competition provides opportunity for a member of your team to achieve this accolade and join the exclusive club of title holders to be crowned Care Chef of the Year 2019. It is not only open to those working in care homes but also extends to local authorities and other care organisations including hospices. The NACC Care Chef competition is the longest standing care chef competition in the UK, that continually challenges people who operate within the care sector to devise innovative 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.



**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!



**Mark Taylor**  
Foodservice Channel  
Controller, Premier Foods

**We are proud to sponsor the NACC Care Chef of the Year competition and believe it is a great opportunity for caterers in this sector to showcase their passion, drive and skills first hand.**

Through our campaigns and recipe solutions, we strive to ensure dignity in dining and our relationship with the NACC helps us to continue to deliver on this. We understand the pressure of providing a welcoming care home environment, alongside serving up suitable and tasty meals for all requirements – the competitors we see entering this competition go above and beyond in this area. Not only do they deserve the recognition which this platform gives them, but by competing they are also providing other care caterers with inspiration. The sky really is the limit, even with a strict budget in place we are impressed with the standards every year and look forward to seeing what care chefs have in store for us in 2019.



**JOHN  
GROVER**  
**2018  
WINNER**

# PREVIOUS WINNERS...

<b>2000</b> Cliff Hamilton	<b>2005</b> Gary Brailsford	<b>2010</b> Craig Dewhurst	<b>2015</b> Oliver Smith
<b>2001</b> Paula McAllister	<b>2006</b> Garry Maundrill	<b>2011</b> Malcolm Shipton	<b>2016</b> Alex Morte
<b>2002</b> Amanda Steel	<b>2007</b> Patrick Moore	<b>2012</b> Ellie Cook	<b>2017</b> Stuart Middleton
<b>2003</b> Barbara Walker	<b>2008</b> Gareth Cartledge	<b>2013</b> Simon Lawrence	<b>2018</b> John Grover
<b>2004</b> Judy Reynolds	<b>2009</b> Mark Wilkinson	<b>2014</b> Jenny-May Smith	

## COMPETITION OVERVIEW

The competition is open to all chefs/cooks in the care sector. Following on from the success of the format from our 2018 competition, we will continue with requiring two finalists from each region to go forward to the final on 5<sup>th</sup> June 2019 at Stratford-Upon-Avon 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 2019

**DEC  
2018**

### Launch of Care Chef 2019 competition

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

CARE  
CHEF 2019

**1 FEB  
2019**

### Closing date for entries

CARE  
CHEF 2019

**MARCH  
2019**

### Regional cookoffs held and finalists announced

Scotland – 4 <sup>th</sup> March	Midlands – 19 <sup>th</sup> March
South East – 13 <sup>th</sup> March	Wales – 18 <sup>th</sup> March
South West – 14 <sup>th</sup> March	North – 20 <sup>th</sup> March

CARE  
CHEF 2019

**5 JUNE  
2019**

### Care Chef Final

Stratford-Upon-Avon College  
for the 12 finalists

## PRIZES



### 1<sup>st</sup> Prize

- £600 plus trophy
- Residential delegate place at the NACC Forum 2019 and opportunity to demo
- 1 year membership to the Craft Guild of Chefs

### 2<sup>nd</sup> Prize

- £400 plus trophy

### 3<sup>rd</sup> Prize

- £200 plus trophy

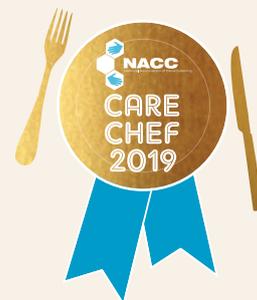
Finalists – £75

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, Premier Foods,** are extremely proud to be sponsoring The NACC Care Chef of the Year 2019, 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.



**Our sponsor for the ninth 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)

## 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 Foods products as listed in the competition rules 9.

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

## HOW TO ENTER

**With the 19 previous winners of this illustrious title proudly displaying their award in their place of work, are you the twentieth 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 5<sup>th</sup> June 2019. The final will be held at Stratford-Upon-Avon 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:  
1<sup>st</sup> February 2019**



# 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 balance of ingredients and nutrients 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/PremierFoodIngredientsCareChef2019> 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 1<sup>st</sup> February 2019. 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.







