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NACC

CARE CHEF OF THE YEAR

ENTRY FORM 2021



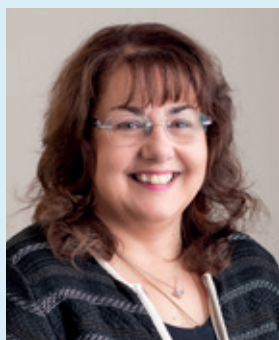
www.thenacc.co.uk



@NACCCaterCare #CARECHEF2021



INTRODUCTION



Sue Cawthray
NACC National Chair

The search is on for the NACC Care Chef of the Year 2021.

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 2021. 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!



Alex Hall
Executive Chef at
Unilever Food Solutions

We are very excited and proud to sponsor the National Association of Care Catering (NACC) Care Chef of the Year competition in 2021.

This competition provides a great opportunity for care chefs around the country to showcase their skills and raise the profile of care catering and this event offers the perfect platform to do this.

Our team, at Unilever Food Solutions is delighted to be working alongside chefs within the care sector to ensure that every mealtime is the highlight of the resident's day, be that supporting with activities to nutritionally analysed recipes, training, inspiration and competitions like this. We look forward to seeing how this year's competitors rise to the challenge and wish them the very best of luck.



David Smith, CBE
Master of the Worshipful
Company of Cooks 2019-2021

Once again, the Worshipful Company of Cooks is proud to sponsor the NACC competition.

For over 500 years we have been involved in the world of cookery; initially being responsible for standards of catering and hygiene in the City of London and more recently closely engaged, through our support for competitions such as this one, in encouraging chefs to achieve high standards. We also help train and educate young chefs just starting off in their careers.

To all competitors I send my best wishes and I look forward to being able to host the winner at our annual Prize Winners' Lunch when you will be able to sit back and enjoy the results of someone else's hard work. Good luck!

PREVIOUS WINNERS...

2000	Cliff Hamilton	2006	Garry Maundrill	2012	Ellie Cook	2018	John Grover
2001	Paula McAllister	2007	Patrick Moore	2013	Simon Lawrence	2019	Martin McKee
2002	Amanda Steel	2008	Gareth Cartledge	2014	Jenny-May Smith	2020	Tim Ware
2003	Barbara Walker	2009	Mark Wilkinson	2015	Oliver Smith		
2004	Judy Reynolds	2010	Craig Dewhurst	2016	Alex Morte		
2005	Gary Brailsford	2011	Malcolm Shipton	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 2020 competition, we will continue with requiring two finalists from each region to go forward to the final on 6th October 2021 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 £70+VAT applies which includes 1 year's membership to the NACC.

COMPETITION SCHEDULE



**CARE
CHEF 2021**
**22nd MAR
2021**

Launch of Care Chef 2021 competition

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

**CARE
CHEF 2021**
**30th APR
2021**

Closing date for entries

**CARE
CHEF 2021**
**JUNE
2021**

Regional cook-offs held and finalists announced

(Eight finalists at each regional cook-off)

**CARE
CHEF 2021**
**6th OCT
2021**

Care Chef Final

Stratford-Upon-Avon College
(12 finalists – two from each region)

PRIZES

1st Prize

- £600 plus trophy
- Residential delegate place at the NACC Forum 2021 and opportunity to demo
- 1 year membership to the Craft Guild of Chefs
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2021

2nd Prize

- £400 plus trophy
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2021

3rd Prize

- £200 plus trophy
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2021

Finalists – £75, Prize from Unilever Food Solutions, Attendance at NACC TDF 2021

Highly Commended Entrée – £75

Highly Commended Dessert – £75

Hygiene Award – £75



**TIM WARE
2020 WINNER**



SPONSORS AND SUPPORTERS

Thank you to our sponsors without whom we would not be able to have such a prestigious competition.



We believe our care homes should feel just like home. That's why we're making residents our top priority, by providing added value services and being the preferred Food Solutions partner within the Care Sector.

Our four core principles are what drives us. MIND means providing meaningful activities to boost the overall mental and physical wellbeing of residents in a care setting. HEART means to bring people together to create happy environments and a sense of belonging. BODY means to care for the nutrition of each resident via our recipes and menu inspirations. And GROWTH means to empower, train and inspire chefs through our elderly care specialist culinary team, in the hopes of enhancing the mealtime experiences of residents.

Whether it's cooking from scratch or for convenience, and whether it's meat free meat, bouillons, gravies, sauces or dressings, we've got the backs of all chefs. Our extensive range of products have been developed to deliver the flavour your residents will love and enjoy. [f This Is Home | Facebook](#) [@UnileverFS_UK](#) [in www.linkedin.com/company/unileverfoodsolutions-ukie/](https://www.linkedin.com/company/unileverfoodsolutions-ukie/)



Our sponsor for the eleventh 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 12th 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

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 Unilever Food Solution's products as listed in the competition rules 9.

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

HOW TO ENTER

With the 21 previous winners of this illustrious title proudly displaying their award in their place of work, are you the next 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-2021

Promoters:

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

Email: 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 6th October 2021. 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.**



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 specified catering range of Unilever Food Solutions.**
The full list can be **downloaded here**
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 £70+VAT, this will include a 12 month membership to the NACC. The entry fee is non-refundable.
17. Closing date for entries 30th April 2021. 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.





THIS IS HOME



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Recipe Name _____

MAIN COURSE

INGREDIENT	AMOUNT	COST	SUPPLIER
Total cost for three portions:			
Unilever Food Solutions product from list:			

MAIN COURSE METHOD – Please bullet point and number each step

INGREDIENT QUANTITY/AMOUNT

[illegible]

DESSERT	

INGREDIENT	AMOUNT	COST	SUPPLIER
Total cost for three portions:			
Unilever Food Solutions product from list:			

[illegible][illegible]

Non-members please attach your entry fee of £70+VAT
Please make cheques payable to The National Association of Care Catering

Please return your completed submission to:

NACC Administration Office, Meadow Court, Fayaqate Lane, Fayaqate, West Sussex RH12 4SJ

Tel: 0870 748 0180 **Fax:** 0870 748 0181 **Email:** info@thenacc.co.uk

The entry form is also available in electronic form via the NACC Website: **www.thenacc.co.uk**

Please feel free to use separate sheets as necessary.



