

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.

