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NACC

CARE CHEF OF THE YEAR

ENTRY FORM 2022



www.thenacc.co.uk



@NACCCaterCare #CARECHEF2022



INTRODUCTION



Sue Cawthray
NACC National Chair

The search is on for the NACC Care Chef of the Year 2022

The National Association of Care Catering (NACC) Care Chef of the Year competition is a fantastic platform to spotlight the skills, knowledge and excellence of chefs working in our sector. Delicious, nutritious food and positive dining experiences are fundamental to quality care, so you could say that the kitchen is at the heart of a care home. It's therefore only right that we celebrate and champion the incredible talents of care chefs who, day-in-day-out, ensure the individual and varied needs of those in their care are understood and met with skill, flair and dignity.

I encourage you to enter your amazing chefs and showcase the culinary excellence you deliver. It is not only open to those working in care homes but extends to local authorities and other care organisations, including hospices. The NACC Care Chef of the Year competition is the longest standing care chef competition in the UK and continually challenges people who operate within the care sector to create innovative and exciting recipes whilst adhering to a strict budget and meeting the nutritional needs of their clientele. Year-on-year, it continues to raise the profile of catering in the care sector and the achievements and opportunities for those working within it.



Steve Munkley
NACC Head Judge

I am delighted and honoured to be asked to be Head Judge of the NACC Care Chef of the Year competition. I am excited to see what the great chefs of the care industry can do – especially after the last few years. I wish all competitors the best of luck!

After 44 years in the catering industry as a chef I now act as consultant on many different projects. I currently act as Salon Director for Salon Culinaire at The Hotel Restaurant and Catering Show, Ambassador for the Grande Cuisine Academy, leading figure in organising events for the Craft Guild of Chefs, along with many other voluntary and training roles within the industry.



Alex Hall
Executive Chef at
Unilever Food Solutions

We are very excited and proud to continue sponsoring the National Association of Care Catering (NACC) Care Chef of the Year competition in 2022.

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 residents' 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.



Virginia Bond
Master of the Worshipful
Company of Cooks 2022

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

For more than 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 that they can then take back into their workplace. We also help train and educate young chefs just starting off in their careers, support them along their journey and support caterers in our Armed Forces. To all competitors we send our best wishes and we 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 | 2021 | Aaron Watson |
| 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 2021 competition, we will continue with requiring two finalists from each region to go forward to the final on 5th October 2022 at a venue to be confirmed.

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

| | | | |
|--|---|--|---|
| <div>CARE CHEF 2022</div> <div>21st MAR 2022</div> <p>Launch of Care Chef 2022 competition Competition now open. All entries to be forwarded to NACC Administration office with fee if appropriate.</p> | <div>CARE CHEF 2022</div> <div>25th APR 2022</div> <p>Closing date for entries</p> | <div>CARE CHEF 2022</div> <div>JUN/JUL 2022</div> <p>Regional cook-offs held and finalists announced (Eight finalists at each regional cook-off)</p> <p>7th June South East Region</p> <p>5th July South West Region</p> <p>11th July Welsh Region</p> <p>W/C 27th June North & Scotland</p> <p>W/C 11th July Midlands</p> | <div>CARE CHEF 2022</div> <div>5th OCT 2022</div> <p>Care Chef Final (12 finalists – two from each region)</p> |
|--|---|--|---|



AARON WATSON
2021 WINNER



PRIZES

1st Prize

- £600 plus trophy
- Residential delegate place at the NACC Forum 2022 and opportunity to demo
- 1 year membership to the Craft Guild of Chefs
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2022

2nd Prize

- £400 plus trophy
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2022

3rd Prize

- £200 plus trophy
- Prize from Unilever Food Solutions
- Attendance at the NACC TDF 2022

Finalists – £75, Prize from Unilever Food Solutions, Attendance at NACC TDF 2022

Highly Commended Main – £75

Highly Commended Dessert – £75

Health & Hygiene Award – £75

Waste Management Award – £75



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/](#)



Our sponsor for the twelfth 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 £3.00 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.

**Closing date
for entries:
25th April 2022**

HOW TO ENTER

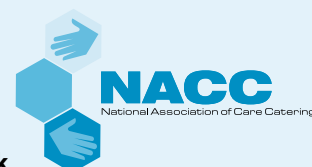
With the 22 previous winners of this illustrious title proudly displaying their award in their place of work, are you the next to generate a winning recipe?

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.

**The entry form is electronic this year –
please complete it here:**

www.bit.ly/NACCCareChefNomForm2022

If you require any assistance please email: info@thenacc.co.uk



JUDGING

Our panel of experts will view your entries and regional cook offs will take place in June / July and then the best two from each of the six NACC regions will be invited to a cook off in the final on 5th October 2022. The location of the final will be confirmed closer to the time. 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 relevant to the serving of the meal within their care home. 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.
10. Maximum food cost of £3 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.
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
Health & Hygiene award - £75
Waste Management Award - £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 25th April 2022. 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.

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:
www.bit.ly/UnileverProductFlyer22



Good Luck!

