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DEADLINE
FOR ENTRIES:
**24 APRIL
2023**

NACC

CARE CHEF OF THE YEAR

ENTRY FORM 2023

 www.thenacc.co.uk  @NACCCaterCare #CARECHEF2023



INTRODUCTION



Sue Cawthray
NACC National Chair

The search is on for the NACC Care Chef of the Year 2023

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 Head Judge of the NACC Care Chef of the Year Competition once again. I am excited to see what the great chefs of the care industry can do and I wish all competitors the best of luck!

After 45 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 2023

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.



The Reverend Keith Powell
Master of the Worshipful
Company of Cooks 2023

Once again, the Worshipful Company of Cooks is proud to sponsor the NACC Care Chef of the Year 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	2022	Chris Pickard
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 2022 competition, we will continue with requiring two finalists from each region to go forward to the final on 3rd October 2023 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 2023</div> <div>20TH MAR 2023</div> <div>Launch of Care Chef 2023 competition</div> <div>Competition now open. All entries to be forwarded to NACC Administration office with fee if appropriate.</div>	<div>CARE CHEF 2023</div> <div>24TH APR 2023</div> <div>Closing date for entries</div>	<div>CARE CHEF 2023</div> <div>JUNE 2023</div> <div>Regional cook-offs held and finalists announced</div> <div>(Eight finalists at each regional cook-off)</div>	<div>CARE CHEF 2023</div> <div>3RD OCT 2023</div> <div>Care Chef Final</div> <div>(12 finalists – two from each region)</div>
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PRIZES

- 1st Prize**
 - £600 plus trophy
 - 1 year membership to the Craft Guild of Chefs
 - Prize from Unilever Food Solutions
- 2nd Prize**
 - £400 plus trophy
 - Prize from Unilever Food Solutions
- 3rd Prize**
 - £200 plus trophy
 - Prize from Unilever Food Solutions
- Finalists** – £75, Prize from Unilever Food Solutions
- Highly Commended Main** – £75
- Highly Commended Dessert** – £75
- Health & Hygiene Award** – £75
- Waste Management Award** – £75



CHRIS PICKARD
2022 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](#) [t @UnileverFS_UK](#) [in www.linkedin.com/company/unileverfoodsolutions-ukie/](#)



Our sponsor for the thirteenth 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 £3.50 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:
24th April 2023**

HOW TO ENTER

With the 23 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 can be completed online via the link below or if you would like to receive an electronic PDF to fill in please email info@thenacc.co.uk

<https://bit.ly/CC23NominationForm>

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 and then the best two from each of the six NACC regions will be invited to a cook off in the final on 3rd October 2023. 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 equipment for the production of their competition dishes, there will be a limited amount at the venue but please do not rely on this. All presentation plates should be brought by the competitor, **remembering that the service of the dish is in a competition style.** No under liners are required.
4. Basic preparation is allowed prior to the competition e.g. the peeling of vegetables but not shaping and basic stocks and sauces. If any ingredients need some pre-preparing due to marinating, curing or something that requires additional time, this item should be brought to the attention of the lead judge and a demonstration of the preparation/making of marinade be made during the competition.
5. Feedback will be available to all competitors after the regional heats on the dishes prepared and to the finalists on their nutritional plan.
6. On arrival at the final you will be allocated 30-45 mins to set up your cooking station in preparation for the competition. Then when the competition starts you will have 90 minutes to prepare and cook your dishes, points will be deducted for any over run on the allocated time. Any amendment to the submitted recipe between the heats and the final must be logged with the organisers prior to the final event. Remembering these need to still stay within the competition cost parameters.
7. Hygiene and working practices will be part of the marking process, therefore competitors are advised to make sure during practicing they pay attention to these areas as points can be lost and gained here.
8. Competitor entries should take into account a balance of ingredients and nutrients in line with NACC nutritional guidelines.
9. **All menus submitted must include at least one product from the specified catering range of Unilever Food Solutions and have fully listed allergens for the dishes. The full list can be downloaded here: <https://bit.ly/CC23Unilever>**
10. Maximum food cost of £3.50 net for both courses per head must not be exceeded. All competitors should provide a breakdown of the recipe cost on the sheet provided together with the supplier information, e.g. Brakes, Tesco, Waitrose.
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. A nominated judge will be solely reviewing the candidate's sustainability credentials and monitoring the amount of wastage created by the chef to allocate this prize. Some examples of what they will be looking for are local sourcing, use of trimmings, careful use of energy and non-excessive use of non-recyclable products.
16. Prizes may be subject to tax payable by the prize winner.
1st Prize – £600 plus trophy
2nd Prize – £400 plus trophy
3rd Prize – £200 plus trophy
Finalists – £75
Highly Commended Main – £75
Highly Commended Dessert – £75
Health & Hygiene Award – £75
Waste Management Award – £75
17. Non-member entrants must be nominated by a member holding current membership of the NACC including group 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. Your nomination will not be accepted if this fee is not paid ahead of the paper judging.
18. Closing date for entries 24th April 2023. No late entries will be accepted.
19. 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.
20. All travel and accommodation expenses are the responsibility of the competitor.
21. By entering the competition you are agreeing for you and your organisation to participate in public relations activity.
22. Entries **MUST** be submitted using the form provided.



Good Luck!

