

HOW TO RUN A ROTARY YOUNG CHEF COMPETITION

Why run a Club Competition.....

- This is a competition for young people at school who like cooking. It is not designed for catering students (only first year NVQ and GNVQ catering students or the national equivalent).
- The aim is to promote healthy eating and cooking skills in young people – very much **in line with current Government Policy**.
- Young People are enthusiastic and enjoy cooking; it gives them a **sense of achievement** and pride to serve an interesting healthy meal.
- It is an essential **life skill** to be able to produce dishes from basic ingredients and not depend on commercially produced meals.
- Food based **television programmes** eg Master Chef, “Ready, Steady, Cook”, Gordon Ramsay and Jamie Oliver have inspired Young People to experiment and try to emulate the dishes produced on television.
- It frequently creates **media interest** leading to possible sponsorship. It gives your club a good image.

How to run a Club Competition

The Competition is easy to organise and does not need to cost a lot of money. Remember that local supermarkets, food, catering and hospitality firms are a possible source of sponsorship.

The Rotary Club can define

- how many students could take part
- how many courses they will cook
- but they should be healthy meals.

The competition may follow any format the Club wishes to adopt. A suitable example of a Club event might be:

Prepare a two course healthy meal for two people as economically as possible in 1½ hours.

Don't include any costing of their meal, as it can discourage them at this level. To help defray costs you could pay £5, €8 per entrant (or as your Club decide), against receipts.

A set of Club Competition Rules, which should be given to the students entering, is included at the end. They could be used as they stand or modified to suit your Club.

When to run a Club Competition

Before you fix anything, speak to your District Youth Opportunities Chairman and get the dates of the District events to ensure that your competition is before that.

Arrange with the school a suitable date for the students

- could be after school
- could be part of their lessons
- could even be done at the end of the summer term when schools may like to have a different challenge.
- usually club events are completed by Christmas

If you can run the event after school, in the evening or at weekend, then time will not be a problem. But if you are trying to fit it into school time, then consider reducing the cooking to a main course.

If there are too many entrants at the Club level, pre-selection may be made on the basis of their intended menu. The size of the competition will depend on the number of cookers available at the venue (one cooker per student).

Alternatively you can always hold a few events in different schools, and then hold another event between the winners of these schools to find the person to enter to the next round.

At the event

Standard cooking equipment should be available at the venue, with each entrant having sole use of one cooker.

At all times entrants must consider personal hygiene, correct handling of food, food hygiene and neat working conditions

Washing up may be finished off after the cooking time, while the judges are marking.

At the decision of the judges, the dishes will normally be served within the last half-hour of the competition. It is suggested that the judges will taste only one serving of the food, leaving the other serving for photographs etc.

After the marking has taken place, supporters should be allowed in to view the food and hear the judges' comments on the presentations and the announcement of the result. Maybe the judges will be willing to give some individual feed back to the students.

Responsibilities of The Rotary Club

- Enlist the support of a member of staff at the venue where you plan to hold the event, and then they will be responsible for health and safety in the kitchen.
- Produce posters for use within the establishment.
- Ensure participants know the location of the venue, facilities available to them and when to arrive.
- Find a couple of suitable judges. Consider any sponsors you have for the event, local chefs, food teachers from another school (not the local school), or anyone involved locally in Food.
- Arrange for an area or room (away from the competition) where the supporters may wait while the competition is in progress, rather than in the cooking areas.
- Consider all Health & Safety and Protection Policy issues.
- Provide all entrants with an A4 certificate of participation for their formal Record of Achievement signed by the Club President, and include name of Rotary Club, date and place of competition etc.
- Consider providing winner(s) with a prize - cash is always acceptable! In addition you could give an embroidered chef's jacket for the next rounds (which typically cost under £20, €32) but it is not advisable to give chef's knives as prizes.
- Don't forget to contact the local Press as this is a photogenic opportunity to show your Rotary Club working with Young People in your community.
- Advise the organiser of the next round full details of the winner

There are lots of ways of running this event, it really doesn't matter what you do at Club level or indeed District level as long as **your winner is prepared to cook to the RIBI Rules for the Regional events and RIBI Young Chef Final**. (A three course healthy meal for 2 people, costing no more than £14, €21).

NB Some Rotary Clubs assist their winning student to organise themselves for the next round. For example, ask a local chef to advise your student on presentation of dishes and suitable portion sizes for dishes. Often the Rotary Club will purchase a chef's jacket (with Rotary roundel embroidered on?) and hat for their entrant to wear in the next round, or any other ideas you can think of to boost your student's confidence.

District Competition

As this is the next level there should be some progression therefore, in addition to the club competition rules you could consider to add some or all of the challenges of the RIBI Final:

- A 3-course healthy meal for 2 people (starter, main course and dessert) costing no more than £14, €21 (or as agreed by the District).
- Increase the cooking time to 2 hours for a 3-course meal.
- Include costing considerations.
- Marks will need to be adjusted accordingly to take these extra challenges into account. (e.g. an additional 5 marks for costing, and 10 marks for the starter)

The winner of a **Club** event will progress to **District** events

The winner of the **District** event will progress to a **Regional** event.

The winner of the **Regional** event will progress to the **RIBI Final**.

[NOTE:

Any alterations made to this document are the responsibility of the issuing Club or District.]

Updated April 2008

ROTARY YOUNG CHEF

Club Competition Rules

Prepare cook and serve a two-course healthy meal (main course and dessert) suitable for two people, as economically as possible.

The Rotary Club will reimburse up to £5, €8 if entrants provide details of purchases, and receipts, although entrants should be encouraged to approach their local supermarket to sponsor/provide them with their ingredients. Convenience foods may be used, but marks will be given for demonstration of cookery skills within the 1½ hours cooking time.

Setting Up Time: 30 minutes.

This time to include table setting and collecting together equipment. No cooking or handling ingredients! Any ready prepared food/ingredients are to be declared to the judges before cooking. Entrants have the sole use of one cooker.

Cooking Time: 1 hour 30 minutes

Entrants should bring their own crockery, cutlery and serving dishes etc., plus any specialist equipment. (Or check with the school what will be available.)

Entrants must consider food safety – personal hygiene and handling of food, including food served at the correct temperature at the end of the competition.

Washing up may be finished off after the cooking time, while the judges are marking. At the decision of the judges, the dishes will normally be served within the last half-hour of the competition.

Display a copy of the menu on the serving table/area with name clearly visible.

MARK SCHEME:

- | | |
|--|-----------|
| • Healthy choice of dishes, planning and working to time | 10 points |
| • Range of food skills used | 15 points |
| • Neatness of working and hygiene | 5 points |
| • Meal served at the correct temperature at finish | 5 points |
| • Presentation of table (including cloth, menu, flowers etc) | 5 points |
| • Main course | 10 points |
| • Dessert | 10 points |

All competitors will receive a certificate.

The winner will proceed to the District Final Competition and will also receive £50 and £50 for their school/college Food Technology Department. The runner up will receive £30 and the third prize will be £20

This Club Competition will take place on

At (venue and time)

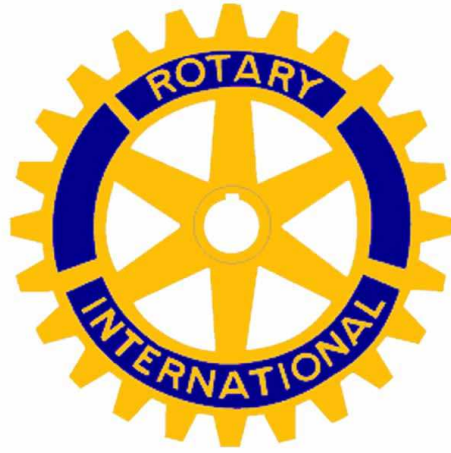
For further information, please contact:

Rotary Club of
e-mail:
Tel:

**ROTARY YOUNG CHEF CLUB COMPETITION
Mark Sheet**

Entrant Name	Healthy Choice, Planning, Timing	Skills Used	Hygiene, Neatness	Food Temp	Presntat'n Table	Main Course	Dessert	Total
Menu	10	15	5	5	5	10	10	60

This sheet is confidential to the judges



THE ROTARY CLUB OF
Rotary International District 1220

This is to certify that

participated in

ROTARY YOUNG CHEF 2009

at School, on (date)

and cooked a healthy Two Course Meal for Two people

President, 2008 - 2009



THE ROTARY CLUB OF ANYTOWN, DISTRICT XXXX

CAN YOU COOK?



**ENTER
"ROTARY YOUNG CHEF"
NOW!
Cash Prizes!**

**Wednesday nnth October at 3.30 pm
Rules & Entry Form from
Miss Smith, Room 14**