

# Quality Standard beef mince Young Chef Challenge 2008

## Questions & Answers

We've prepared a document just in case you have any outstanding questions but if there's anything else you need to ask please email [QSMyoungchef@goodrelations.co.uk](mailto:QSMyoungchef@goodrelations.co.uk) or call the Young Chef Challenge Hotline on 020 7861 3042.

### **Background**

#### **Q. What is EBLEX Ltd and why is it running this project in schools?**

A. EBLEX Ltd is the AHDB sector company for beef and lamb in England previously known as the English beef and lamb executive of the MLC. They look after beef and lamb farmers in England.

This is the third year of the Quality Standard beef mince Young Chef Challenge and it has been designed to engage and educate senior school students about the importance of good nutrition and cooking.

The ultimate goal is to encourage students to show a greater interest in the food they eat, educate them on identifying quality ingredients, and inspire them to get cooking.

For further details please visit [www.eblex.org.uk](http://www.eblex.org.uk)

#### **Q. Does it cost anything to enter this competition?**

A. No the competition is completely free.

### **Students**

#### **Q. What age group can enter the competition?**

A. Students who are in Key Stage 3 or 4 (age 11-16) are eligible to enter the competition.

#### **Q. How many children can be put forward from each school?**

A. Four entrants can be put forward from each school to compete at regional level.

#### **Q. Do I need to follow any guidelines in selecting the four students to represent the school?**

A. This is entirely up to your discretion.

We would recommend selecting the students who have devised the most unique recipes. They will be judged on the following:

Recipe Development – The originality of the dish, the method and instructions and the nutritional value

Cooking Skills – The food preparation, work area maintenance and time plan accuracy

And finally, presentation and taste!

### **Recipes**

**Q. Can existing recipes from cookery books or recipe magazines be used?**

A. No. Students may take inspiration from cookery books or recipe magazines but the entry needs to be the student's original work.

**Q. Is there a time limit for the recipes?**

A. Students will be given a time limit of one hour in order to prepare and cook and present their dishes.

**Q. Is there a price limit on the ingredients?**

A. Yes, ingredients can cost up to a maximum price limit of £10.

**Q. Are pupils expected to cover the cost of their ingredients?**

A. Schools and/or students will be required to fund the cost of their ingredients until they reach the regional finals, where EBLEX Ltd will cover the cost.

**Q. Will students be judged on presentation as well as recipe content?**

A. Presentation is important to the overall entry and students will be judged on the final presentation of their dishes. However, the main focus will be on the formulation of recipes.

**Q. What does a main meal plus accompaniments mean?**

A. The purpose of the competition is to promote a nutritionally balanced diet and therefore entries must represent an entire meal. Accompaniments will vary depending on the recipe content but will include side orders of carbohydrate such as potatoes and pasta, vegetables and salad to complement the dish.

The main meal must be made using **beef mince**. It is not required that you purchase QSM beef mince.

**Q. How many people should the recipes cater for?**

A. The recipe must serve two people using approximately 225g beef mince.

**Q. Several of my students wish to enter but without using beef mince – is this possible?**

A. We are sorry but this competition is only open to recipes developed with beef mince.

**Q. Can pupils get additional assistance with their recipes from the Young Chef team?**

A. The e-mail helpline [QSMyoungchef@goodrelations.co.uk](mailto:QSMyoungchef@goodrelations.co.uk) will be active over the summer holidays for any queries.

Alternatively, they can visit the main website [www.meatandeducation.com](http://www.meatandeducation.com) for full details on the competition.

**Q. Do the recipes need to stick to any particular culinary theme?**

A. No the competition is open to all recipe types and we welcome beef mince dishes from a global perspective, whether it is English, Mexican, Indian etc.

## **Teaching**

**Q. How much help is allowed by teachers?**

A. It is up to the individual discretion of teachers as to how much time and support they give to the project.

There is no time allocation set aside for teaching hours for the competition. We do recommend that students are given as much guidance as possible when developing their recipes without 'putting ideas into heads'.

Teachers may want to incorporate into the lesson plans or may alternatively present to the students as a homework project.

Download the lesson plan tips from [www.meatandeducation.com](http://www.meatandeducation.com) for inspiration and ideas for how to incorporate into lesson plan to suit the curriculum

## **Deadlines**

### **Q. When is the deadline for entries and significant dates to be aware of?**

#### **Registration**

To take part in the competition your school must **register** interest by the 4<sup>th</sup> July 2008:

Post: Young Chef Challenge,  
Good Relations,  
Holborn Gate,  
26 Southampton Buildings, London, WC2A 1PQ  
Fax: 020 7861 3131  
Email: [QSMyoungchefchallenge@goodrelations.co.uk](mailto:QSMyoungchefchallenge@goodrelations.co.uk)

The school will then be provided with a template entry form which should be used by the individuals selected to represent the school.

#### **Recipe Entries**

All **recipe entries** - which must be typed and provided in both soft and hard copy format. The completed entries must be received by the 17<sup>th</sup> October 2008

#### **The Regional Heats**

If your student is successful they will be required to attend and partake in a regional final against students from schools in the local area. This challenge will take place in December

## **Finals**

### **Q. If pupils are selected to take part in the regional heats are they expected to fund their own ingredients?**

No. Students / schools will be asked to meet costs ahead of the regional final. However, for the regional final, whilst students will be asked to bring their own ingredients (with the exception of Quality Standard beef mince which will be provided at the event) all costs associated with the purchase of these ingredients will be refunded by EBLEX Ltd.

We ask that teachers request an expenses form from [QSMyoungchefchallenge@goodrelations.co.uk](mailto:QSMyoungchefchallenge@goodrelations.co.uk) and attach proof of receipt for those costs.

### **Q. If pupils are selected to take part in the regional heats are they expected to fund their own travel?**

No. A location as close to the school as possible will be selected for the regional heat.

All transport costs (within reason) associated with taking part in the regional heats will be refunded by EBLEX Ltd.

We ask that teachers request an expenses form from [QSMyoungchefchallenge@goodrelations.co.uk](mailto:QSMyoungchefchallenge@goodrelations.co.uk) and attach proof of receipt (petrol costs / train / bus (not inc. taxi) in standard class).

Please provide to a Quality Standard beef mince Young Chef Challenge team member at the regional heat or post to:

Young Chef Challenge  
Good Relations  
Holborn Gate  
26 Southampton Buildings  
London  
WC2A 1PQ

**Q. If pupils are selected to take part in the regional heats are they expected to bring their own equipment?**

Basic equipment will be provided by EBLEX Ltd. If a student's recipe needs specific equipment e.g. hand blender we recommend they bring this themselves.

**Q. Are teachers allowed to attend the regional heats?**

It will be a requirement that one representative from the school attends the regional finals with their selected students. If this will not be possible, contact must be made with the Young Chef Challenge organisers immediately to make alternate plans.

There will be a waiting area set aside for parents / guardians but it is unlikely that they will be able to watch the competition due to limited space.

**Q. What do pupils receive from participating?**

The purpose of the competition is to help educate students about a nutritionally balanced diet and enable them to enhance their cooking skills.

The incentive for participating will be a series of prizes awarded to those who receive 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in the REGIONAL finals.

These prizes will be awarded as follows:

- |                     |   |
|---------------------|---|
| <b>First Place</b>  | A first place certificate, Professional chef whites, Signed James Martin book and £200 kitchen equipment vouchers |
| <b>Second Place</b> | A second place certificate, Professional chef whites, Signed James Martin book,                                   |
| <b>Third Place</b>  | A second place certificate and Professional chef whites   |

**Q. When and where will the Quality Standard beef mince Young Chef Challenge be visiting my region?**

The roadshow will be visiting regions across England and your school will be entered into the nearest venue. The roadshow will take place in December

Venues will be confirmed at a later date.

**Q. How long will the final competitions last?**

We estimate that the competitions will last around 3 hours (including preparation time).

Running order will be confirmed closer to the date but final judging and awards will take place directly afterwards.

**Q. I don't have access to e-mail – what should I do if I need help?**

We have a phone line that will be monitored between the hours of 10.00am – 4.00pm to answer any queries that you may have. Outside of these hours please leave a message and a representative will get back to you as soon as possible. This phone number is 020 7861 3042. Or alternatively email [QSMyoungchefchallenge@goodrelations.co.uk](mailto:QSMyoungchefchallenge@goodrelations.co.uk)