



# JUNIOR CHEF OF WALES 2023

Junior Chef of Wales  
Finalist 2023  
Harry Osborn

## F. DICK KNIVES

 **DICK**  
Traditionsmarke der Profis

Win a competition engraved set of cooks knives made by Friedr Dick who have been a manufacturer of high quality products since 1778.

You will feel the difference immediately: cutting will become a pleasure. The special Friedr Dick manufacturing process fastens blade and handle securely together, without a gap. This means that, in contrast to handles being assembled, even the smallest residues of food or liquid are kept away.

## YOUNG NATIONAL CHEF OF THE YEAR



As the Junior Chef of Wales you will be seeded into the semi finals of the Craft Guild of Chefs - Young National Chef of the Year.

To accompany you on this journey our Junior Culinary Team will work with you to refine the skills you'll need to go up against the best junior chefs in the UK and ensure you're ready to showcase Wales at its finest.

## WORLDCHEFS CONGRESS 2023



The winner will have the opportunity to travel with the Culinary Association of Wales delegates to the Worldchefs Congress 2024, and be part of the Welsh Chefs Worldchefs Young Chefs Club.

Their mission is to reach out to our members around the world to drive and encourage the development of Young Chefs Clubs while mentoring our Global Young Chef Ambassadors to develop and deliver initiatives such as the Young Chef Culinary Culture Exchange Program and Bill Gallagher Young Chefs Forum.

More information: [worldchefs.org/Young-Chefs-Club](http://worldchefs.org/Young-Chefs-Club)

## CHURCHILL



Win £100 worth of personally selected products to keep you up to date with the latest trends. With over 220 years of innovation, passion & expertise, Churchill's global reputation for manufacturing & supplying the highest quality tabletop solutions will be available to our winner.



# JUNIOR CHEF OF WALES 2023

23RD FEBRUARY 2022

OFFICIAL USE ONLY

COMPETITOR No.

AREA

**PLEASE READ CAREFULLY** (BLOCK CAPITALS PLEASE)

SURNAME (Mr/Mrs/Miss/Ms)

FORENAMES

HOME ADDRESS

BUSINESS ADDRESS

POSTCODE

POSTCODE

TEL No

TEL No

EMAIL

NAME OF EMPLOYER

DATE OF BIRTH

PRESENT POSITION

ADDRESS

CONTACT TELEPHONE NUMBER

CONTACT E-MAIL

Submission of menu constitutes acceptance of rules and conditions of entry

Signature

Please send this form **with your entry fee** to the address shown in item 2 of the rules and conditions of entry

## OFFICIAL USE ONLY

Date Received

Money Received

Cheque/PO

Mark Awarded

Entry Form

Heat

1st Course

2nd Course

3rd Course

Total

Judges Signature



# Junior Chef of Wales Competition Rules & Conditions

## 1. AGE LIMIT

Open to all chefs who are minimum age 16, maximum age NOT more than 23 on the 1st January 2023 (must be born after 1st January 2000). All entrants must be working and/or studying for a catering qualification in a college or establishment in Wales.

## 2. ENTRIES

All entries must be submitted on the official entry form accompanying these rules and conditions, together with an administration fee of £15.00 (payable via bank transfer or paypal). Junior membership for the Culinary Association of Wales is included in the fee, for the CAW year 2022/23.

**Payment Information:** Account Number: 81734059 | Sort Code: 40-37-13

An A4 page for each course with a full recipe for four persons to be affixed to the entry form, which should be sent to: Culinary Association of Wales Office, Ty Cambrian, Unit 10, Offas Dyke Business Park, Fisher Rd, Welshpool SY21 8JF or via email to Ceri Nicholls at [office@culinaryassociation.wales](mailto:office@culinaryassociation.wales). Last day of acceptance is 31st January 2023.

## 3. MENU

The entry must be the competitor's own creative menu for a three-course dinner for four persons, [Soup is not to be used for the first course]. Competitors must use a majority of Welsh products and this will form part of the marking schedule. Chosen finalists will be expected to compete on 23rd February 2023.

Starter course must be a seafood/fish appetizer

Main course must be using 2 cuts of Welsh Beef – one prime cut and one secondary cut

Dessert must be seasonal, feature one hot element and include chocolate

## 4. TIME ALLOWED

The time allowed for the completion of the menu is three hours.

Dishes are to be presented in course order. At the end of the competition, when time is called competitors will be judged only on what has already been presented. Start times and presentation times will be staggered by 10 minutes between each chef/team, this will allow the judges ample time to mark your dishes. A schedule of presentation times will be sent to competitors at least 2 weeks before the final.

## 5. PROVISION OF FOOD & EQUIPMENT

The provision of all commodities and small kitchen equipment is the responsibility of the competitor throughout the contest, please note that this year's competition will be held using induction technology for cooking. The organisers accept no responsibility for loss or damage to your equipment. Only fresh food will be accepted, seasonal factors should be taken into account.

The following is a list of permitted mise-en-place

- Salads – cleaned, washed, not mixed or cut.
  - Vegetables – cleaned, peeled, washed, not cut, must be raw.
  - Fruit and vegetable purees are permitted but must not be seasoned or finished item
  - No glaze or concentrated juices
  - Dried fruit / or vegetable powder permitted
  - Dehydrated fruit or sheets permitted
  - Vegetable ash and home-made spice mixture are permitted.
  - Shellfish should be raw in their shells but cleaned. Crustaceans should be raw or boiled, but not peeled.
  - Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, wines, etc.) and hot and cold samples must be available for the judges.
  - Pastry sponge, biscuit, – can be brought in, but not cut. Meringue can be in a piping bag pre-made but not cooked
- Basic pastry recipes can be brought in weighed out but no further processing.
- Fruit pulps – fruit purees may be brought in but not as a finished sauce.
  - Decor elements – 100% must be made in the kitchen. Food colors, titanium dioxide, glitters, gold dust are not allowed.

Teams violating these rules will be penalized up to 10% from the maximum potential score.

## 6. SELECTION OF FINALISTS

On the basis of the entry form and menu, the judges will select the best entrants who will qualify for the final. The winner will be expected to potentially represent Wales in World Chefs competition(s).

## 7. PRESENTATION

Competitors will be asked to present their menu in the following manner:

- All courses to be plated in front of their workstation.
- Two plates for judges, one plate for photographs, one plate for display .
- Competitors will be asked to leave their work areas whilst judges complete their marking.
- Competitors must produce a bilingual presentation menu in Welsh and English.
- Excessive use of decorative silverware, napkins, flowers, wine/glasses and menus will not be taken into consideration by the judging panel

## 8. JUDGING

The prizes will be awarded in order of merit to those entrants who show the following:

- Best meal produced
- Blends of texture, colour, taste & flavour
- Presentation of food
- Self-organisation
- Balance of menu & use of Welsh products
- Range of technical & knife skills shown
- Personal & practical hygiene

## 9. WINNER

The final will consist of the four highest scorers from the paper judging. The final will take place on Thursday 23rd February 2023 at Coleg Llandrillo, Llandudno Rd, Rhos on Sea, Colwyn Bay LL28 4HZ, followed by an Awards Dinner in the evening at The Imperial Hotel, Llandudno, of which each finalist will be allocated 2 tickets. The winner for the Wales National final will get an automatic seeding into the UK National semi-final of the Young National Chef of the Year.

## 10. MENTORS

This maybe your lecturer, trainer or a Chef in your kitchen, basically anyone whom you name and will act as an advisor to you for the duration of the competition .

Competitors are allowed a commis - the student is permitted to do as much as you direct or can work as a kitchen steward to support the cleanliness of the kitchen. This person must be the same age or younger than yourself. On no account can this person be your mentor/ senior chef.

## 11. GENERAL

- a) Failure to comply with these rules will lead to disqualification .
- b) Any point can be verified with the Chairman of Judges before the final by letter, the reply will be brought to the notice of the judges prior to the commencement of the competition.
- c) The decision of the judges is final and binding. No correspondence will be entered into concerning the judges decision.
- d) Submission of a menu will constitute an agreement to abide by these rules and conditions.
- e) Ingredients and instruction recipes must be provided in English - menu titles may be in Welsh but translations must be provided.
- f) Recipes become the property of the Culinary Association of Wales and Sponsors.

Notes of Guidance for competitors and mentors.

- a) Competitors are reminded that the eating quality of the food they produce is as important as the visual appeal and marks can be lost in this very valuable area.
- b) Competitors should plan their hot dishes and method of work so that their food is served HOT.
- c) A few minutes notice, given by the competitor to the chairman of the judges, will ensure that the Competitor's food is judged in the best possible condition.

**PLEASE PRINT OR TYPE YOUR ENTRY AND CHECK ALL SPELLINGS**