



NATIONAL CHEF OF WALES 2023

CULINARY ASSOCIATION OF WALES



The Culinary Association of Wales will be presenting the top three competitors with a cash prize.

1ST PRIZE = £500 & THE TITLE OF NATIONAL CHEF OF WALES 2022

2ND PRIZE = £300

3RD PLACE = £200

F. DICK KNIVES



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.

CHURCHILL



Win £250 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 reputations for manufacturing & supplying the highest quality tabletop solutions will be available to our winner.

NATIONAL CHEF OF WALES 2023

21ST - 22ND FEBRUARY 2023

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

National Chef of Wales Competition Rules & Conditions

1. AGE LIMIT

Open to all chefs, 23 and over on 1st January 2023. All entrants must be working and/or studying for a catering qualification in an establishment or college in Wales.

2. ENTRIES

All entries must be submitted on the official entry form accompanying these rules and conditions, together with an entry fee of £30.00 (payable via bank transfer or paypal).

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

An A4 page for each course with a full recipe for TWELVE 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 email Ceri Nicholl at office@culinaryassociation.wales. Last day of acceptance is 31st January 2022.

3. MENU

The entry must be the competitor's own creative menu for a THREE - course dinner for TWELVE persons, [Soup is not to be used for the first course]. The starter must be suitable for vegans, the main course must use 2 different cuts of Welsh Lamb, and the dessert must feature seasonal fruits, an ice cream, chocolate and biscuit or tuille. Competitors must use a majority of Welsh products and this will form part of the marking schedule.

Chosen finalists will be expected to compete for the title on Tuesday 21st February or Wednesday 22nd February 2023.

4. TIME ALLOWED

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

Dishes are to be presented in course order, service will begin at 1.30 and competitors will have a staggered start, which in turn will result in a staggered service time of 10-minute intervals. This is to give the judges ample time to assess the plate, you will be prompted by the judges at your designated service time, a schedule of which will be published before the competition so your workplan can be accurately compiled, taking the intervals into consideration. 3 plates for the judges, 1 plate for photographs and the remaining 8 plates will be served to invited guests/sponsors. At the end of the competition, when time is called, competitors are judged only on what has already been presented. The service should be seamless in the style of a high-end restaurant.

5. PROVISION OF FOOD & EQUIPMENT

The main protein element of your chosen menu will be provided by the organisers, your Welsh Lamb requirements must be sent to the organisers at least 10 days before the competition. We cannot be responsible for the lack of provisions if no list has been received.

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. The provision of all remaining commodities and small kitchen equipment is the responsibility of the competitor throughout the contest. 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.

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.

7. TEAM

Your team must consist of a chef and a commis chef. The commis chef will be permitted to assist on the whole menu.

8. PRESENTATION

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

- All courses to be plated in front of their workstation.
- Three plates for judges, one plate for photographs, eight plates for service to invited guests and sponsors.
- Competitors will be asked to leave the service 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.

9. JUDGING

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

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

10. WINNER

The final will consist of the 8 highest scorers from the paper judging. The final will take place on Tuesday 21st February or Wednesday 22nd February at Coleg Llandrillo, Rhos on Sea, followed by an Awards Dinner on the evening of Thursday 24th February at The Imperial Hotel, Llandudno, of which each finalist will be allocated 2 tickets.

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 judge's 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.

g) Competitors are allowed a commis to assist, in line with World Chefs rules this person CAN assist in the creation, preparation or presentation of the food.

Notes of guidance for competitors

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.