

Students Cook-Off Contest

For Secondary School Students

Sincere thanks to our sponsor **SODEXO**, a world leader in Food and Facilities Management Services, who will provide Barbeques and cooktops for the Cook-off. The winning teams will then receive BBQs and cooktops as a prize for their school.

Grateful thanks to McDonalds Family Restaurant, Sale for providing prize money for the Cook-Off.

How it works:

Students will form teams of up to 3 students per team depending on the number of entrants. There will be 2 Sections: (A) Years 7, 8 & 9 and (B) Years 10 & 11.

Each team is to provide a 2 course meal.

A MAIN and a DESSERT

These will be created from 5 core ingredients:

- Beef,
- A Vegetable,
- A Fruit,
- Chocolate,
- A Dairy product

(With allowance for additional ingredients.)

All teams must provide a detailed menu on day.

Using local produce where possible, students could be asked origin.

* Some prior preparation allowed but evidence of preparation also at show necessary.

30 Minutes to Cook

(Time to be strictly adhered to)

All contestants to step back on final bell.

SCORING:

Personal appearance

Preparation of dishes

Teamwork

Techniques used (Process and use of local produce)

Taste

The judges will score the meals on the day and the names of the winning teams will be published in the Gippsland Times.

HEAT TIMES:

Commencing from 10:00 am on Friday 28th October.

Contestants should arrive half an hour prior to the commencement of the event.

PRIZES:

1st prize: \$100.00 to be shared amongst the team.

2nd prize: \$ 60.00 to be shared amongst the team.

3rd Prize: \$ 30.00 to be shared amongst the team.

A 'Future Chef' prize will be awarded to the student deemed to be the most talented.

*Successful applicants will be notified by email or phone of their acceptance into the competition and will be given times to attend.

Items you may need to bring – some suggestions:

Plating Up & Presentation – Bring all own requirements.

- | | |
|----------------------|----------------------------------|
| Fresh food | Cutting boards |
| Esky – to carry food | Spoons |
| Frypan | Grater |
| Wok and Chan | Mixer |
| Saucepan | Food processor |
| Knives | Salt and Pepper |
| Tongs | Sauces – Can be prepared earlier |
| | Herbs fresh and/ or dry |

What we supply:

- | | |
|------------------|---------------------|
| BBQ's | Chux / sponges |
| Stove top cooker | Trestle table |
| Paper towel | Hand basin and soap |
| Drinking water | Access to power |
| Hand towel | Encouragement!!! |

Forward your application:

See your VET Co-ordinator or Careers teacher for an application form. Fax your application to: 03) 5144 2603 or post to Secretary, Sale Showgrounds, P O Box 391, SALE VIC 3850 or email booking@saleshow.com.au The entry form must be sent to the Sale Showgrounds by the 14th October 2011.

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Teams Details:

TEAM NAME _____
ADDRESS _____
YEAR LEVEL _____
SCHOOL _____

Team Members:

1 NAME _____
ADDRESS _____
EMAIL _____
HOME PHONE _____ MOBILE _____

2 NAME _____
ADDRESS _____
EMAIL _____
HOME PHONE _____ MOBILE _____

3 NAME _____
ADDRESS _____
EMAIL _____
HOME PHONE _____ MOBILE _____

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