



**Fun, Learning and
Achievement**

Status Final
May 2023
Direct

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2023-24

NFYFC Cookery

RULES

A Meal for a Seasonal Event



MALVERN
AUTUMN SHOW

Competition Aim

To provide an opportunity for YFC members to demonstrate their ability at preparing and cooking a nutritional meal whilst adhering to health and safety and food hygiene procedures.

Learning outcomes

Cooking skills including knowledge of local ingredients, use of implements, understanding recipes, food safety, hygiene, nutrition, presentation and time management.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

1. DATE AND VENUE

1.1. The final will be held at the Malvern Autumn show Saturday 28th September, 2024. Subject to invitation TCAS.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof.

3. ELIGIBILITY

3.1. Teams to consist of three members, one must be 28 years of age or under, one must be 21 years of age or under and one must be 16 years of age or under, on 1 September 2023, and full members of a Club affiliated to NFYFC.

4. SUBSTITUTION

4.1. If two or more of the original team are unable to go forward to subsequent rounds, then the next highest placed team will represent the County.

5. PROCEDURE

- 5.1. Each team will be required to prepare a three course meal for a Seasonal Event e.g. Special Birthday, Christmas, Harvest Supper etc.
- 5.2. Teams must promote local produce within their displays.
- 5.3. The menu must include three courses, one starter, one main and one dessert. Each course will be required to serve two people. A drink does not count as a course and will not be scored.
- 5.4. Teams must ensure each course involves a cooked element, prepared from raw ingredients, demonstrating cookery skills. (It is advised that the combination of smoked salmon and cream cheese is not included).
- 5.5. At the National final, 3 mystery ingredients will be provided to each team by NFYFC which must be incorporated into the menu. The mystery ingredients can be used in either of the courses or all in one course.

- 5.6. Competitors are allowed to bring their own recipe/cookery books with them for reference (**the use of mobile phones will not be permitted**).

6. TIMING

- 6.1. Teams will be given 1 hour to create their dishes which includes preparation and tidying of the site and to finish their exhibit.
- 6.2. Competitors will be penalised at the rate of one mark per minute or part thereof over allotted time.
- 6.3. At the NFYFC final, teams will be allocated their workspace and display space. Display bays may be set up **before** the one-hour preparation and cooking time and teams may unpack their equipment and ingredients onto the worktable before the one-hour practical session. At the end of the one hour preparation and cooking time, teams should have tidied the site leaving a clear (wiped) work table with only the gas stoves on it – i.e. they should have packed away their equipment and wiped down the work table. The gas stoves should be left on the worktable to cool before being packed away.

At the NFYFC final, teams will be required to:

- 6.4. Work on two trestle tables. This includes an area to prepare and an area to cook with two (2) butane gas stoves (gas stoves provided by teams).
- 6.5. Cook and display their exhibit within the one-hour time limit.
- 6.6. Have recipe details available throughout the practical session for judge's inspection.
- 6.7. During the period of the competition, competitors must not communicate directly or indirectly with any person other than Judges or Stewards. **No other person, other than their team members, will be allowed in the competing area.**
- 6.8. Teams will not have access to an electrical supply but will have access to water. Teams may not use liquid nitrogen.

7. EQUIPMENT

Competing teams are required to provide:

- 7.1. All ingredients (these may be brought to the competition already weighed out and vegetables ready washed – **all other work must be executed on site in the practical session**).
- 7.2. Two (2) butane gas stoves (currently available from approx. £15.00 from camping and outdoor retailers/Argos/Amazon). The stoves must be like the images below and be fuelled by butane cartridges:



8. DISPLAYS

- 8.1. At the NFYFC final, competitors will be allowed a maximum display space of 90cm (width) X 60cm (depth) X height optional (i.e. no height limit) which to display the courses to their best advantage. Please note these are the EXTERNAL dimensions. If teams use back and/or side boards the whole of the board must be within the dimensions given. Any accessories or drapes used on the outside walls will be included in the overall size limit of the exhibit. **Displays which exceed the above dimensions will be disqualified.**
- 8.2. Teams must:
- 8.2.1. Display a menu card.
- 8.2.2. Display details of recipes.
- 8.3. There are no limitations on the contents of the display. Menu cards, recipes and display accessories (non food items) etc may be brought to the competition ready prepared.
- 8.4. Displays must remain in position throughout the day of the competition. Any entry removed before the Presentation of Awards will be disqualified.
- 8.5. All displays and competitor's property will be at the risk of the competitor and NFYFC cannot accept liability for any loss or damage sustained – therefore, competitors are advised to use items of little established value.
- 8.6. NFYFC will provide a County Name and Number label for each display.

8.7. **Note:** County Federations are reminded that they may adapt these rules at County level.

9. SCALE OF MARKS

Practical cookery skills, including teamwork	40
Taste	40
Incorporation of 3 mystery ingredients into menu	20
Finished courses, suitability, choice of menu and variety	20
Overall display and interpretation of theme	20
Suitable clothing (white coats, headwear, shoes etc)	10
TOTAL	150

10. AWARDS

- 10.1. **Tesco Challenge Cup** and Prize Cards to the winning team
- 10.2. NFYFC Prize Cards will be awarded to teams placed 2nd and 3rd.
- 10.3. NFYFC Certificate of Achievement will be awarded to competitors in teams placed 1 – 10.
- 10.4. Awards will also be presented for:
 - 10.4.1. Dish of the Day
 - 10.4.2. Display of the Day
 - 10.4.3. Best presentation

11. NOTES:

- 11.1. Competitors must wear white coats or equivalent and be thoroughly smart in their appearance. Club, County and Sponsor logos are permitted on either the front or back of the coats.
- 11.2. Competitors will be required to wear hairnets/ beard nets or hats.

County Competition Organiser Safety Information when using stoves

1. The event organiser should nominate a Safety Officer who should be on-site for the duration of the setting up and one-hour preparation and cooking time.
2. He or she should:
 - Situate the stoves in a sheltered area out of the wind.
 - Check the stove's condition before each use, if the gas canister seal looks damaged, or if the stove or gas canister is extremely rusty and deteriorated, it must not be used.
 - Ensure all competitors are familiar with the operating instructions for the stove and are confident at igniting it, regulating the flame and turning the stove off.
 - Check the pan support and spill tray – on some models these must be turned over after removal from the carry case, to the correct cooking position.
 - If the pan support is upside down and the burner is used, heat can be transferred onto the aerosol type butane canister in the body of the stove and after a time, the canister can burst causing a violent fire.
 - Ensure that the correct type of gas canister for the appliance is used and that it is correctly fitted (in the right place and in the right way).
 - When fitting the butane canister, do not force the gas canister retaining lever into position as this can damage the mechanical linkage and the safety pressure relief device.
 - If there is a problem with the retaining lever, check that the pan support and spill tray and the butane gas canister has been correctly fitted.
 - If there is still a problem with the lever or if there are further problems or concerns, do not attempt to ignite the stove.
 - If anyone smells or hears gas leaking from the stove before attempting to light it, **don't use it.**
 - If any gas is leaking, ensure that it is being dispersed in free air well away from any sparks or other sources of ignition.
 - Ensure a fire extinguisher/ fire blanket are available to be used by a trained person/ safety officer.