

# Are you the Overberg's *Aspiring Chef of the Year ?*



## Cooking Competition for grade 11 & 12 learners in the Overberg

**We are looking for the 2023 Overberg Aspiring Chef of the Year !**

Warwick's Chef School is situated in Hermanus, one of South Africa's top tourism destinations, with an abundance of world class restaurants, hotels and wine estates.

We have collaborated with the FynArts Festival to bring attention to All thing Culinary, and give high school learners the opportunity to participate in a competition where they can present 'Art on a Plate'

**You are invited to enter this competition by re-inventing a Family Favourite Recipe.**

Take a photo of your dish and send it to us, together with your recipe, and you could be one of the finalists at the cook-off at Warwick's Chef School, competing for prizes to the value of R 30 000.00 sponsored by **Core Catering Supplies**.

The winner will also gain celebrity status as they will have the opportunity to cook their dish at the FynArts Festival Culinary Demonstration Kitchen.

**So what are you waiting for - get cooking and stand a chance to win !**

**Refer to the competition details, rules and entry form for more information**

**Entry forms available on the Warwick's Chef School Facebook Page:**

**<https://www.facebook.com/WarwicksChefSchool>**

**or request a form from us at [warwicks@hermanus.co.za](mailto:warwicks@hermanus.co.za)**

## WHO CAN ENTER ?

- Any grade 11 or 12 learner in the Overberg Region

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## HOW DO I ENTER ?

- Reinvent a Family Favourite Recipe, working with Chicken - Make it modern / Twist it up / Give it a 2023 flavour !!
- Complete the attached entry form and submit it, together with a photograph of your beautifully plated reinvented dish, with a typed out recipe.
- The photograph:
  - Should be clear (in colour), and of one portion of the cooked and garnished dish that you will recreate at the cook-off if you are chosen as a finalist
- The recipe should contain:
  - A name of the dish,
  - List of Ingredients with Quantities,
  - Step by Step Method of Preparation and List of equipment used
  - Note that: The dish must be cooked and served within 2 hours.
- Your reinvented Family Favourite dish should include:
  - Chicken as the protein
  - A starch of your choice
  - Vegetables / Salad ingredients of your choice
  - Suitable garnishes
  - It can be presented as a hot or cold dish
- **The completed entry must be emailed to: [warwicks@hermanus.co.za](mailto:warwicks@hermanus.co.za)**
- **The closing date for entries is Friday 14 April 2023**
- There is no entry fee to take part in this competition.
- The entry form can be completed electronically or printed out and completed by hand.
- The photograph must be in JPEG format (not more than 1 MB)
- The recipe must be in WORD format
- The entry form, photograph and recipe must be send as attachments to the indicated email address.

## WHAT HAPPENS THEN ?

- Warwick's Chef School will select up to 12 of the best entries
- You will be notified by Monday 17 April 2023 if you have been selected as a finalist.
- Finalists will then have the opportunity to cook their dish at the chef school on Thursday 27 April 2023.
- All ingredients, apron and equipment will be supplied for the cook-off
- You have 2 hours to cook and present your dish to the panel of judges.
- Your dish will be judged on:
  - Creativity/Originality - making an old favourite new.
  - Presentation
  - Taste
- Marks will also be allocated for the cleanliness of your work station, equipment and utensils used.
- The winner will be announced at the prize giving event on the evening of 27 April 2023.

## WHAT ARE THE PRIZES ?

- We have organised some amazing prizes ! All finalists will receive a goodie bag with kitchen smalls from **Core Catering**, and products from other sponsors, as well as a certificate of participation
- First Prize winner will receive:
  - Hamilton Beach Stand Mixer** to the value of R 20 000.00 Sponsored by **Core Catering Supplies**,
  - Lunch for 6 guests at **Creation Wines**, and the opportunity to cook your winning dish at the **FynArts Festival** Culinary Demonstration kitchen
- Second Prize winner will receive:
  - Moulinex Blender** and **Tramontina Frying Pan** Sponsored by **Core Catering Supplies**
- Third Prize winner will receive:
  - Moulinex Blender** sponsored **Core Catering Supplies**

### WHAT ARE THE RULES ?

- Only one recipe per participant may be entered.
- No assistance by any friends or family on the cooking day will be allowed
- No ingredients or equipment may be brought in with you on the day of the cook-off
- By entering, you confirm that you are available on the 27th of April 2023 for the cook-off and during the FynArts Festival week for a demonstration on 16 June 2023.
- No prepared items may be used (eg bottled sauces / frozen pastry / bought bread / packets of soups/sauces etc). Please make sure that the ingredients used in your recipe are fresh, and that you prepare all elements from scratch.
- The dish may be presented hot or cold as a main course.
- Chicken must be used as the protein element, and the specific portion/cut must be specified.
- The recipe must be for 1 portion, and only 1 portion must be prepared at the cook-off.
- You will have 2 hours to prepare, cook and present your plate.

### POINTS TO REMEMBER WHEN YOU ENTER A CULINARY COMPETITION

- Make your entry stands out from the rest - be creative, think out of the box.
- Do not hesitate in asking for help (this is how we learn !) - find inspiration from your teacher / friends / family / mentors.
- Photo entries should always be very clear and in good focus. Make sure there is enough natural light when you take your photograph, and that it is taken from an angle that makes your food look appealing on the plate. Most cellphones take good photos - just keep your hand steady.
- Use a clean plate ! Photos have a way of showing finger marks on plates.
- Think about colour and presentation when you put your dish together.
- Keep it interesting by making use of different textures and complementing flavours on the plate if it suits your dish.
- TASTE, TASTE, TASTE ! Make sure your dish does not only look good - it should taste amazing to.
- Push your boundaries and try something new, but remember to practice it - you do not want to enter something that will not be achievable or successful.
- Recipes should be neatly typed out and in a format that is easy to read and understand.
- Make sure all your spelling is correct on the recipe.
- Make sure you use the correct units of measurements in your recipe (specify grams / milliliters etc)
- Think about your work order and time management. You need to be able to complete the entire dish within 2 hours. AS AN EXAMPLE: Should you for instance be baking a bread, you should start by making the bread dough first, and then continue with other preparation while your dough is proving and baking. The same goes for items that must soak / set / rest etc.
- Ask if you are unsure. You are welcome to contact the chef school on [warwicks@hermanus.co.za](mailto:warwicks@hermanus.co.za) if you need more information.

### THE FOLLOWING EQUIPMENT WILL BE AVAILABLE DURING THE COOK-OFF

- 4 burner gas stove with electric oven per finalist
- Stick blender, Electric hand mixing machine, Microwave oven
- 3 Different size Stainless Steel Pots, Non-stick Frying Pan, Grill Pan, Roasting Pan, Baking sheet
- Appropriate colour cutting boards, Chef's Knife, Serrated Paring Knife
- 3 Different size mixing bowls, colander
- Sieve, Rolling pin, Pastry Brush
- Whisk, Lifter, Rubber Spatula, Skimmer, Wooden Spoons, Ladles
- Skewer, Basting spoon, Ring Moulds (2 different sizes), Dariole Moulds (2 different sizes)
- Pallet Knives (2 different sizes), Jug, Piping Bags, Scissors
- Foil, Plastic Wrap, Grease-proof paper, String

## TERMS & CONDITIONS

Please ensure that you read the terms and conditions:

- Students to submit their completed entry form , together with a typed up recipe, and one jpeg photograph (not more than 1 MB) to warwicks@hermanus.co.za
- E-mail will be the only acceptable entry mechanism.
- A student may submit one entry.
- The promoter reserves the right to upload entries on social media.
- Entrants who send photographs hereby agree to the posting thereof on social media.
- Judging will be conducted by Warwick's Chef School and the sponsors of the event.
- The student whose creation achieves the highest overall score will win the 1st prize . The student whose creation achieves the second highest overall score will win the 2nd prize and the student whose creation achieves the third highest overall score will win the 3rd prize.
- By entering this competition, each entrant agrees to be bound by these terms and conditions.
- This competition is open to any grade 11 and 12 student in the Overberg Region.
- Warwick's Chef School and third-party suppliers reserve the right to change, postpone, suspend, or cancel the competition and any prizes, or any aspect thereof, without notice at any time, for any reason which is deemed necessary. In the event of such variation, postponement, suspension or cancellation, entrants agree to waive any rights, interests and expectations that you may have in terms of this competition and acknowledge that you will have no recourse against the Promoter, their affiliates and third-party suppliers.
- Warwick's Chef School and their affiliates will not be responsible, and disclaim all liability, for any loss, liability, injury, death, expense or damage (whether direct, indirect, incidental, punitive or consequential) of any nature, whether arising from negligence or any other cause, which is suffered by the students participation in the competition or the acceptance and/or use by the student, or the students partner (if applicable), of any prize, or by any action taken by the Promoter or any of their affiliates in accordance with these terms and conditions.
- The final cook-off competition time on the 27th of April 2023 may be changed, to accommodate the load shedding schedule.
- Warwick's Chef School and the judges' decision on any matter concerning the competition and/or arising out of these terms and conditions, including the selection of winners, is final and binding, and no correspondence will be entered into.
- The participant will not hold Warwick's Chef School liable for any technical errors originating from their hosting website, Facebook, Instagram, network suppliers and other service providers.
- No responsibility can be accepted for entries that are lost or delayed, or which are not received for any reason, including technical and IT reasons. Proof of sending is not proof of receipt
- Participants are responsible for data, mobile phone or any other charges necessary to enable participants to gain necessary network or internet access to be able to enter the competition.
- South African law shall govern these competition rules and the courts of South Africa shall have exclusive jurisdiction.
- Should Warwick's Chef School alter or updated these rules they will be available on the school's Facebook Page.
- This promotion is in no way sponsored, endorsed or administered by, or associated with, Facebook or Instagram. You are providing information to Warwick's Chef School and not to Facebook / Instagram.
- In accordance with the POPIA act, if in the future, participants do not wish to receive further communications from Warwick's Chef School and the Sponsors of this competition, and would prefer their details to be removed from its database, or if they simply wish to make corrections to their details or to how they receive communications from the promoter, they can inform the promoter in writing at: warwicks@hermanus.co.za
- It is the responsibility of the entrant and not Warwick's Chef School to ensure that the correct contact information is given, if the wrong contact information is given and the entrant cannot be contacted, Warwick's Chef School will not be held responsible.
- Winners may be requested to take part in promotional activities and Warwick's Chef School and the Sponsors of the competition reserves the right to use the names of the winners, their photographs and audio and/or visual recordings of them in any publicity.

**Warwick's Chef School**

**Unit 3A Hemel-en-Aarde Village Centre, Sandbaai Hermanus**

**warwicks@hermanus.co.za**