



## NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2015 - 16

### NFYFC Cookery

Theme: "Tomorrow's World"  
One 26 & under, One 21 & under, One 16 & under

Status FINAL  
02 March 2015  
Direct  
Clarified 20.05.2015

### RULES

#### Competition Aim

To provide an opportunity for YFC members to demonstrate their ability at preparing and cooking a nutritional dish whilst adhering to health and safety and food hygiene procedures, also to promote awareness of local dishes and produce.

#### Learning outcomes

Cooking skills including knowledge of products, use of implements, understanding recipes, food safety, hygiene, nutrition and personal development skills.

#### 1. DATE AND VENUE

1.1. The final will be held at the Malvern Autumn show in September 2016 subject to invitation from TCAS.

#### 2. REPRESENTATION

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

#### 3. ELIGIBILITY

3.1. Teams to consist of three members, one must be 26 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 2015, and full members of a Club affiliated to NFYFC.

3.2. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

#### 4. LATE WITHDRAWAL OF ENTRIES

4.1. No deposits will be required from county teams prior to the NFYFC final.

4.2. **However**, withdrawals or cancellations made in the two (2) weeks before the day of the final will result in a fine of **£25** to the county federation.

4.3. If a team withdraws within 48 hrs of the start of the competition final or fail to turn up on the day of the competition final a **£40** fine will be issued.

#### 5. PROCEDURE

5.1. Each team will be required to prepare and display four (4) dishes for a home cooked dinner to the theme "Tomorrow's World"

5.2. The menu must include at least one sweet and one savoury dish. Each dish will be required to serve two people. Several culinary components may form one "dish". For example a sweet/savoury plus sauce/vegetable/berries is one dish. A drink does not count as a dish and will not be scored.

At the NFYFC final, teams will be required to:

5.3. Prepare four dishes/side dishes for a Home Cooked Dinner for an anniversary celebration – to include at least one savoury and one sweet dish. **Rules Clarification; the term "Dish" is defined as (definition taken from the Concise Oxford Dictionary) "a particular type of food made (dish or side-dish)".**

5.4. **Finalists may choose how to present their dishes. Some finalists may choose to present their entries as courses (plated up) and others may choose to display their dishes buffet style (in serving bowls /presentation bowls)**

5.5. Work on two trestle tables. This includes an area to prepare dishes and an area to cook with two (2) butane gas stoves (gas stoves provided by teams).

5.6. Cook and display their exhibit within the one hour time limit.

5.7. Have recipe details available throughout the practical session for judge's inspection.

5.8. During the period of the competition, competitors must not communicate directly or indirectly with any person other than Judges or Stewards, under penalty of instant disqualification. **No other person, other than their team members, will be allowed in the competing area**

## 6. EQUIPMENT

Competing teams are required to provide:

6.1. 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**).

6.2. Two (2) butane gas stoves (currently available from approx. £10.00 from camping and outdoor retailers/Argos/Amazon). The stoves must be like the images below and be fuelled by butane cartridges:



7. **DISPLAYS** – At the NFYFC final, competitors will be allowed a maximum display space of 90cm (width) X 60cm (depth) X height options (i.e. no height limit) which to display the dishes 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. **Displays which exceed the above dimensions will be disqualified.**

7.1. Teams must:

7.1.1. Display a menu card.

7.1.2. Display details of recipes and costing.

7.1.3. Display a description of how their exhibit fits the theme: "Tomorrows World"

7.1.4. Ensure recipes are made available throughout the practical session for judges to examine.

7.2. There are no limitations on the contents of the display. Judges will place emphasis on marking displays which compliment the dishes/theme. Menu cards, recipes and display accessories (non food items) etc may be brought to the competition ready prepared.

7.3. Displays must remain in position throughout the day of the competition. Any entry removed before the Presentation of Awards will be disqualified.

7.4. 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.

7.5. NFYFC will provide a County Name and Number label for each display.

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

## 8. SCALE OF MARKS

Practical cookery skills, including teamwork	50
Finished dishes, suitability, choice of menu and variety	20
Taste	50
Overall display and interpretation of theme	20
Suitable clothing (white coats, headwear, shoes etc)	10
<b>TOTAL</b>	<b>150</b>

## 9. TIMING

- 9.1. One hour to **include** preparation and tidying of the site. Competitors will be penalised at the rate of one mark per minute or part thereof over allotted time.
- 9.2. At the NFYFC final, teams will be allocated their work space 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 work table 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 worktable. The gas stoves should be left on the worktable to cool before being packed away.

## 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 2<sup>nd</sup> and 3<sup>rd</sup>.
- 10.3. NFYFC Certificate of Achievement will be awarded to competitors in teams placed 1 – 10.

## 11. NOTES:

- 11.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from the NFYFC website.
- 11.2. This competition **WILL** carry points towards the NFU Trophy.
- 11.3. Competitors must wear white coats or equivalent and be thoroughly smart in their appearance.
- 11.4. Competitors will be required to wear hairnets or hats.
- 11.5. Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.

## **County Competition Organiser Safety Information**

**Note:** Many county federations will wish to or do already use these stoves at the county round of the competition and the following safety advice is given:-

- 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.
- He or she should:
  1. 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.
  2. 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.
  3. 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.
    - 3.1. 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.
  4. 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).

5. 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.
  - 5.1. 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.
  - 5.2. If there is still a problem with the lever or if there are further problems or concerns, do not attempt to ignite the stove.
6. If anyone smells or hears gas leaking from the stove before attempting to light it, **don't use it**.
7. If any gas is leaking, ensure that it is being dispersed in free air well away from any sparks or other sources of ignition.

