

Competitor's Information Pack – CogUrdd 2012



NOTES FOR EISTEDDFOD COMPETITORS

Urdd National Eisteddfod 2012

Rounds 1-3

(Please see separate notes for Round 4 – National Finalists)

The notes below have been written to assist competitors in their preparation for the competition.

1. Competition Recipes

Please read the recipes for your age range very carefully, noting the ingredients and equipment needed and any special instructions. The recipes indicate some of the points that the judges will be looking for during the preparation of the recipe. You should note these carefully.

2. Food Safety and Hygiene

You should pay particular attention to food safety and hygiene and to your own and others' personal safety.

- Frequent hand washing is essential, before and during food preparation especially when working with raw meat, raw fish and uncooked eggs.
- When cutting, slicing or dicing, use safe cutting techniques ('bridge' and 'claw'). Do not leave sharp items in washing up bowls or where they may cause injury to others.
- Store raw and cooked perishable ingredients at 5°C and take steps to avoid cross-contamination by accidentally transferring harmful bacteria from raw meat or fish on to other foods.
- Cover wounds on hands with waterproof dressings.
- Do not attend the competition if you feel unwell, feel sick or have an upset stomach, a heavy cold or cough.
- Wear a clean apron or overall.
- Please tie your hair back if it is long and secure any wisps or long fringes away from the face.
- Do not wear nail polish.
- Wear appropriate footwear. Do not wear high heels, open sandals, mules, 'flip-flops' or other shoes which do not cover the feet completely.
- If any competitor should need essential medication during the competition it is their responsibility to ensure it is available and administered by themselves or an appropriate designated adult.
- Do not touch electrical equipment with wet or greasy (slippery) hands. Operate the equipment with due care and under judges' supervision.
- Time allowed for cooking is 1 1/2 hours. Competitors may have 15 minutes (in addition to 1 1/2 hours) at the start of each round in order to set out their ingredients, weigh them and to collect and check equipment. During this time judges/supervising adults may give additional advice or instructions e.g. draw

attention to safety/fire procedures and highlight, some cooking techniques such as the 'bridge' and 'claw' cutting techniques.

- If there is a choice of recipes in your age range you should make your choice in the first round and if you are successful, continue with the same choice throughout the subsequent rounds.
- Some ingredients in some recipes may be prepared in advance. Do not prepare any other ingredients unless stated in the recipe or you may lose marks.
- Please do not alter the recipes or the quantities specified. However, some 'on the spot' minor changes might need to be made during making including adding or reducing liquid in the mixing of dough or adjusting the consistency of soup, for example.
- The full quantity of the recipe should be made in all the competitions. For practise purposes some recipe quantities may be halved for economy.
- You will probably find it helpful to rehearse your recipes before the competitions to ensure that you avoid difficulty or problems when you are making the dishes during the competition.
- If you experience a problem during the competition (such as a major mistake, malfunctioning equipment or you are feeling unwell) you must tell the judges immediately.
- Good time management is essential and you should aim to serve and present your dishes in the order in which they are listed in the section for your age range. To serve them in the correct order may mean that you will need to work out which dish or parts of each dish are to be cooked or prepared at different times – i.e. items which require longer cooking need to be cooked first. To help you with this you may want to prepare a short time plan outlining your order of work which you can refer to during the competition. If you do this the judges will require access to your time plan.
- Do not waste food by excess trimming, thick peeling or discarding good food. Recycle cans and bottles/jars and use the compost bins (if available).
- Wash up as you go along and keep your cooking area tidy.
- No mobile phones may be used during the competition. Please turn yours off.

3. Judging

Judging will take place at each of the rounds. Your work (the preparation, cooking, serving and the presentation of your dishes) will be observed carefully. The judges will allocate marks for certain processes, (some indicators are given in each of the recipes) careful, safe and hygienic practise and for the finished dishes. Judges will give a short critique to competitors at the end of each of the competitions. The judges' decision is final and regrettably no written critiques or judges' mark sheet can be made available to individual competitors.



NOTES FOR EISTEDDFOD COMPETITORS

Urdd National Eisteddfod 2012

Round 4 – The National Final

(Please see separate notes for Rounds 1-3)

The notes below have been written to assist competitors in their preparation for the National Final held on board The Welsh Government Cooking Bus – a unique travelling kitchen staffed by expert teachers.

Please note the following carefully:

- All ingredients for finalists will be supplied and prepared for them by The Cooking Bus team.
- All equipment will be selected and set out for finalists.
- Finalists will not be required to wash up but should work tidily and responsibly with due care for matters of safety for themselves and others.
- The Cooking Bus is heated and it is not necessary to wear heavy clothing. Aprons will be provided for all competitors.
- Please note the points made in the document NOTES FOR EISTEDDFOD COMPETITORS IN ROUNDS 1-3 in respect of dress and safety apply. Please ensure that you comply with these clothing in particular and personal requirements – hair tied back etc.
- Please note the emphasis on food safety and hygiene.
- Please note that space on the Cooking Bus is at a premium. Do not bring luggage, big bags, bulky clothing or musical instruments to the Cooking Bus. Competitors must ensure that they take care of personal items. Design Dimension, *Focus on Food* and the Welsh Government cannot take responsibility for loss or damage to competitors' possessions.
- No food or drink may be brought to the Cooking Bus and competitors should not take or eat any food or ingredients on the Cooking Bus without first consulting the Advisory Teacher in charge.
- Please note that there is no toilet on board the Bus. Competitors should visit the toilet before arriving at the Cooking Bus.
- All competitors in all age ranges will be required to supply contact details (e.g. mobile telephone number) to the Cooking Bus' Advisory Teacher at the start of the session. This is in case contact needs to be made in the event of illness or accident.
- Please arrive in good time to start the session promptly. Latecomers may find the competition has started and because of that their time to complete dishes has been reduced.
- The Cooking Bus competition will be filmed and/or photographed.
- Please contact Llinos Williams on 029 20643 5690 or llinoswilliams@urdd.org if you have a disability or are a wheelchair user.

Finalists' parents, friends and supporters are welcome to watch the competition from the outside of the Cooking Bus on the external screen or through the entrance glass. Regrettably they cannot view the competition from inside The Cooking Bus.