



The **Young North East Chef of the Year** competition is open to all young chefs under the age of 23 years on 31st May 2024, who have a demonstrable passion for the industry, excelling in their technical skills, deepening their knowledge base, flair and commitment for their chosen path. You can be anywhere on the kitchen 'partie' system from Apprentice to Head Chef and from any sector of the industry.

BRIEF

All entrants must develop a three-course menu with a written explanation as to why core ingredients have been chosen.

The menu theme should be; '**green gastronomy**' with all chefs demonstrating a sound knowledge of key sustainability themes such as food miles, food waste, climate protection and ethical ingredient sourcing.

Menus must also show a clear awareness of seasonal local produce and demonstrate the chefs knowledge of local supply chain showcasing culinary ingredients from across the North East where possible.

An example regional larder; **SPELT FLOUR. RAPESEED OIL. HERITAGE POTATOES. MICROGREENS. SEA SALT. DAIRY**

All entries will be judged on their knowledge of the ingredients and local supply base, ambition and creativity, time management and presentation skills.

All entries MUST be uploaded as a PDF document and a £10 administration fee paid.

Successful entrants will be notified in writing by the Chairman of Judges.

If your entry is successful, you must provide the Chairman of Judges a recipe and method for each course on the day of the competition.

Selected chefs will be responsible for providing ALL ingredients for their dishes as well as supporting equipment outside what is already provided by the competition (see Hot Live Theatre Guidelines below)

On the day of the competition, competitors will be judged on self discipline and organisation, creativity and flair, technical ability and presentation.

ONLY SIX CHEFS WILL BE GIVEN 2 HOURS AND 45 MINS TO COMPETE.



ENTRY INFORMATION

All applicants will receive email confirmation that their application has been submitted.

All applicants will receive confirmation by **mid-April** as to whether or not they will progress to the live stage of the competition.

JUDGING CRITERIA

Invited judges will be marking on the following guidelines; *Craft skills, originality, proportion and balance, presentation and artistry.*

LIVE THEATRE GUIDELINES

All competitors for live competitions should report to the NECTA desk at least 1 hour before the start of the class.

Unless otherwise stated, competitors must supply all food items and the necessary equipment to prepare, cook and serve, including all pans, light equipment and presentation equipment.

Work stations in the Hot Live Theatre will include the following;

- Two induction hobs
- One electric oven
- One adjustable salamander

All supplied by our sponsors at Rollergrill.

Work surfaces, shelving and sufficient sockets for light equipment will also be available.

Refrigeration and freezer facilities are not on the station but will be available.