



ENTRY PACK 2017

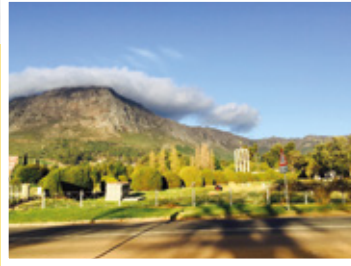
**SOUTH AFRICAN
CUISINE **YOUNG**
CHEF OF THE
YEAR**

**A COMPETITION FOR UK
CHEFS AND STUDENTS**

**Create a menu
inspired by South African
cooking and fruit.
Win training at one of
South Africa's top
restaurants**



www.beautifulcountrybeautifulfruit.co.uk



Last year's winner, student Kieran McGarrigle, reflects on his experience in the competition and his visit to South Africa. He has some words of advice for our 2017 entrants...

What made you decide to take part in the competition last year?

"I found the brief for the competition really interesting and liked the idea of finding ways to use a variety of South African fruit in both sweet and savoury dishes. I also decided to take part because I didn't make it through to the final in the previous year, so I wanted to really think about my menu and how best to improve my ideas."

Where did you get your inspiration from when creating your competition menu?

"I gained inspiration from looking at classic South African dishes and the influences that have affected the country's gastronomy. I took elements from various dishes and reinvented them, using my own style of cooking, which is influenced by modern northern Europe and Scandinavian styles."

How did being announced as winner make you feel?

"I felt amazed and relieved. I had been taking part in a competition in Birmingham the previous day and unfortunately didn't win there, so to come back and win this competition was incredible. Also, realising that I was going to be going to South Africa was unbelievable."

How would you describe your experience working at The Tasting Room with Margot Janse?

"My experience was incredible! I loved every minute of working there and felt very settled into the kitchen by the end of the week; everyone was extremely friendly and welcoming. Margot was inspirational and great fun to work with, as was the Head Chef, Gerald, who allowed me to work on the pass, plating up the food for the majority of the week. Experiencing the amazing ingredients and the development of each dish was amazing. It gave me the opportunity to work with food I had never come across at home."

What memory will stick with you from the experience?

"Working in an incredible kitchen, in a fascinating country and going from prepping and service to sampling the full menu myself. Also, to be trusted to plate the food when standards are so high was a real honour for me."

What advice would you give to our 2016/17 entrants?

"Do as much research on South African foods and culture as you can, so you can fully understand their cuisine. I would also advise making the dishes your own and expressing in them what you believe is good food."

HOW TO ENTER

It's your chance to showcase your culinary skills in this year's **South African Cuisine Young Chef of the Year! 2017** competition and win the experience of a lifetime in South Africa.

To enter, you must be either a UK-based student or chef already working in industry, up to the age of 25.

The first stage requires you to create a three-course meal, using South African fruit in each course, for two covers. You must provide us with details of **ingredients, method** and a **colour photograph** for each dish. This can be sent to us via post or email.

Each course must feature one fruit from the list below. You must use a different fruit in each course.

- **South African varieties of apples:** Granny Smith, Pink Lady, Royal Gala, Golden Delicious.
- **South African varieties of pears:** Forelle, Williams, Packham's, Beurre Bosc.
- **South African varieties of plums:** Flavor King, Laetitia, Songold (yellow), African Pride.
- **South African peaches and nectarines**

Rainbow cuisine' is often used to describe South African cuisine due to its variety of sources and stages. We encourage all entrants to research South African cooking to help inspire your creations and demonstrate an understanding of South African flavours.

We require all entries in by December 2016. A small panel of reputable chefs and food writers will then judge all entries we receive in the first stage of the competition.

The eight lucky finalists will be contacted in January 2017, who will then take part in a cook-off which will take place in April 2017.

Please send your completed entry form, and a colour photograph of your three dishes via post or email, to:

Young South African Chef of the Year! 2017
C/o Red Communications
3-4 Free Church Passage
St Ives
PE27 5AY

Email pippa@redcomm.co.uk

All entries must arrive by the closing date of 16th December 2016.

For more information visit www.beautifulcountrybeautifulfruit.co.uk



ENTRY FORM

Name

Date of Birth

College (if applicable)

Course studied (if applicable)

Place of work (if applicable)

Home address:

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Contact telephone number

Email address

Using **one fruit from the list below in each course**, design a South African-inspired menu for two covers.

A different fruit must be selected for each course: **starter, main and dessert.**

- **South African varieties of apples:** Granny Smith, Pink Lady, Royal Gala, Golden Delicious.
- **South African varieties of pears:** Forelle, Williams, Packham's, Beurre Bosc.
- **South African varieties of plums:** Flavor King, Laetitia, Songold (yellow), African Pride.
- **South African peaches and nectarines**



1. STARTER

Title of dish:

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Description:

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Which fruit from the list did you use?.....

2. MAIN COURSE

Title of dish:

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Description:

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Which fruit from the list did you use?.....



3. DESSERT

Title of dish:

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Description:

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Which fruit from the list did you use?.....



COMPETITION TERMS & CONDITIONS

1. The competition is open to all UK residents aged 25 or under who are students or already working in the catering/hospitality industry other than employees of the Promoter, their immediate families, agencies or any person connected with this competition.
2. Only one entry per person.
3. First round entries should be paper-based and must include details of how to design a three-course meal for two covers, using at least one South African fruit in each course. You must include details of ingredients, method, and a colour photograph of each dish. Entries must be received by 16.12.16.
4. No responsibility will be accepted for lost or damaged entries. Proof of postage will not be accepted as proof of receipt.
5. First round paper entries will be judged by a panel of chefs and food critics during w/c 16.01.2017. Short-listed finalists will be notified by telephone by 27.01.2017 and invited to a Cook-Off final - to take place in April in London. There will be eight finalists chosen. If a short-listed finalist cannot attend the Cook-Off then a replacement finalist will be chosen to take their place.
6. The Cook-Off final will require the finalists to prepare their menu under the supervision of a small panel of judges. One winner will be chosen on the day. To obtain details of the winner send a SAE to South African Cuisine Young Chef of the Year 2017 Winner, The Promotions Centre, 3-4 Free Church Passage, St Ives, Cambs, PE19 5AY between 30.04.2017 and 31.05.2017.
7. There is one first prize of a trip to South Africa including one week (5-6 working days) work experience in the kitchen of a South African restaurant. The prize will consist of 7 nights B&B accommodation in a 3-Star Hotel for one person, return economy flights from the UK to South Africa and transfers. The winner will be notified of the specific restaurant, hotel, dates of travel, and departure and arrival airports once chosen but dates of travel will be between 30.04.2017 and 30.04.2018.
8. The prize must be accepted as offered. There is no cash alternative. Work experience is strictly subject to availability and the winner must also agree to abide by the terms of temporary unpaid employment set out by the restaurant. Full details will be made known to the winner once chosen. The promoter reserves the right to substitute the prize with one of an equivalent or greater value.
9. Entrants agree to be bound by all entry instructions of which these terms and conditions form a part.
10. The Promoter's decision is final and no correspondence will be entered into.
11. Your personal details will be used only for the purposes of this competition and destroyed thereafter.
12. The winner and other finalists must agree to take part in advertising and any relevant public relations exercise undertaken by the promoter.

Promoter: HORTGRO 258 Main Road (PO Box 163), Paarl, 7622, South Africa –

DO NOT SEND ENTRIES TO THIS ADDRESS

