

SCOUTS



Lewisham District Scout Section Ready Steady Cook Competition

**Saturday 3rd February 2024 at Kingswood Halls, Lee,
SE13 5BU - 13:30 - 16:30**

Competition rules:

1. Initially we can allow 1 team of scouts under 14yrs per troop. We can have up to 16 teams taking part so once we reach that limit, no additional teams will be admitted. If we don't fill the 16 places then we can allow additional teams. Please let me know by 12th Jan how many teams you would ideally like to enter.
2. Each team may consist of a **minimum of 3, but no more than 4 Scouts**. It is also possible to mix up a team from two (or more) Troops if you think you have less than three Scouts wanting to take part from your Troop.
3. Each team must bring their own cooking equipment including max two gas rings - either 2 single or a double burner and their fuel. They need to be recently serviced. They will need utensils to cook with such as pots and pans, knives and preparation boards, washing up bowl & a bucket to stain water and plates/bowls. Judges eating utensils will be supplied. If you don't have any of the above please mail me and we can assist.
4. There will be no use of a kitchen or fridge
5. There is a small entry fee of £6 per team to cover the cost of sundry expenses, trophy and a donation for hire of hall.
6. The teams will be required to prepare one serving of a **three-course** meal consisting of a **starter, main dish and desert**. Each team is required to bring their own food and they may spend no more than £15 per team. Dried herbs and spices (up to a pinch of) are not counted in the budget. **You will be required to produce a receipt for the food purchased**



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7. No ingredients that contain nuts!!! Please let the organisers know if you have any severe allergies.

8. Items such as cooking oil, salt, pepper, general condiments will be provided - see the list below for exact details. Cleaning equipment will also be provided but each team should bring their own drying up towel & washing up bowl. If you would like anything added to this table please let us know.

The items on this table will be:

- Salt
- Pepper
- Extra virgin olive oil (500ml)
- Sunflower oil spray
- Worcester sauce
- Ketchup
- Mixed herbs
- Balsamic Vinegar
- Soy sauce

8.1 Splitting packs of meat/other protein & eggs. You can't generally buy one chicken breast or one egg from the supermarket. These you can split cost on - so if eggs are cost £1.80 for 6, and you needed only one, then you can cost 30p for that. If chicken was 2 breasts for £2.50 and you only need one, then can count £1.25 to the cost. Things like bread, flour, pasta can't be split in this way.

9. Just to repeat, can each team **bring a washing up bowl and a slops bucket for straining.**

10. The competition cooking time will be 60 minutes for preparation and cooking. This does not include cleaning up.

11. No preparation of food may take place in advance.

All food may only be prepared when the cooking starts and the ingredients must be shown to the judges before the competition begins. There is no use of a fridge.



12. Teams will be judged in the following categories:

- Execution: Did the dish come together? Did the team work together?
- Presentation: Is it pleasing to the eye? Does it look appetizing? Do you want to take a big bite out of it right now?



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- Taste: Is it pleasing to the taste buds? Does it make you want to eat more? Is there an appropriate balance of flavour?

Points will be awarded in each category, and the winning team will be the one with the most points overall. In the event of teams having equal points, the trophy will be shared.

13. For safety reasons, no deep fat frying.

14. The plan is to finish by 16.00 including cleaning up and final presentations of certificates and trophy.

- Teams need to pick a name for the team.
- A trophy will be presented to the winning team.
- To book a team, please contact Dan at 07830376101 or dan@12thlewishamnorthscoutgroup.org.uk by **12th Jan**

