



SCHOOL COOKING CHALLENGE

Finalist information sheet

Introduction Congratulations on being selected as a Finalist in the Root to Tip School Cooking Challenge. As a Finalist School, you must select 2 representatives to cook your menu in our Cooking Challenge Kitchen!

Cooking Challenge Kitchen Pairs will participate in the Cooking Challenge Kitchen located in the Casebrook Intermediate Technology Suite.

Cooking Challenge Location Casebrook Intermediate is located at:
99 Veitch Rd, Casebrook
Follow signs to office & sign in before being directed to the Cooking Challenge Kitchen.

Cooking Challenge Schedule The table below details time and flow of events on cooking challenge day:

Time	Activity	Who
9.15am	Sign in at school office	All finalists
9.20am	Tour of facilities Health and Safety Instructions Unpack ingredients and set up equipment Meet your station host	All finalists
9.55am	Competition briefing	Event MC All Finalists and Judges
10.00am	Start cooking	All Finalists
11.00am	Entrée served	All Finalists & judges

11.45am	Main served	All Finalists & judges
11.45am	Clean Up	All Finalists
12.15 pm	Winners announced	Event MC All Finalists and Judges

Judging Criteria

As dishes are served the judges will be looking at the following criteria:

- Root to Tip philosophy applied to dishes
- Ingredient % from community, family, and school gardens
- Presentation & Taste
- Nutritional Balance
- Cooking Techniques & methods
- Creativity

What To Bring

Equipment

The Casebrook Cooking Challenge kitchen will have basic equipment such as bowls, chopping boards and utensils however we suggest bringing your own kit with you including:

- Chef's Knife / Vegetable Knife / Electronic Scales
- Presentation Dishes
- Cooking tins or dishes

Ingredients

You will need to bring all ingredients with you. We will have some basic staples such as salt, oil, flour available if you forget anything on the day.

Ingredients must be in their raw state e.g. unprepared so we can fully assess weight of waste.

Where possible produce should be sourced from school, family, and community gardens. The aim is 80 % or more sourced from local gardens. If you are having challenges with this please let us know and we will try and connect you with a local community garden.

Station Assistant

Each cooking station will have a dedicated assistant to help you with equipment and appliances.

Every station has a sink and stove provided.

Preparing for the big day!

To do your best for the big day some tips for preparation include:

- Create a plan with times and tasks you will complete to get your dishes served on time
 - Practice cooking the recipes in competition conditions using your plan. This will allow you to make changes and alterations to recipes, plans and feel confident on the day.
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