



# YOUNG SCOTTISH SEAFOOD CHEF 2010

## RULES & CONDITIONS

### 1. THE COMPETITION

The competition seeks to find a young seafood chef of the year who will have the honour of cooking his/her winning dishes at a Ministerial dinner. The winner will also enjoy a two-day all expenses paid visit to the final of the Bocuse d'Or competition in Lyon, France, in January 2011 to see the world's top chefs in action, and have the opportunity to spend a week working at Ondine, in Edinburgh. The winner and finalists will benefit from publicity generated by the event, which is sponsored by The Scottish Government.

To give finalists a greater understanding of the seafood industry, they will be invited to spend a day in the northeast of Scotland, with overnight stay and seafood supper in the company of fishermen. This will be followed by an early morning tour of Peterhead fish market, visits onboard fishing vessels, and a tour of seafood processing factories.

The aim is to encourage young chefs working in Scotland to make greater use of fresh, local, Scottish seafood.

### 2. CONDITIONS OF ENTRY

The competition is open to young chefs aged 23 and under on 30th June 2010, whether in full time employment or in further education in Scotland.

**Chefs must submit recipes in writing for two covers of one starter and one main course using seafood from the list below.** The recipes should also reflect seasonal Scottish produce. Photographs of the dishes must accompany the submission.

A panel of judges will choose six finalists from the submitted entries, using the recipes to determine originality, skill level and adherence to the key messages.

### 3. KEY MESSAGES

- Healthy Eating
- Sustainable Supply and Responsible Fishing
- Delicious to Eat and Visually Appealing
- Provenance

### 4. SPECIES

One course must use at least one of the following aquaculture species:

Farmed salmon  
Farmed Gigha halibut  
Rope grown mussels

One course must use at least two of the following wild caught species:

Scottish mackerel  
Scottish haddock  
Scottish langoustine

Seafood Scotland will provide fresh, unprepared seafood on the day of the cook-off and will be seeking to judge competitors on their skill level in the preparation, handling, cooking and presentation of the chosen species.

### 5. CLOSING DATE

The closing date for all entries is **FRIDAY 30<sup>th</sup> April 2010**.

### 6. TIMING

Friday 14<sup>th</sup> May

Initial paper judging and announcement of finalists

20th/21<sup>st</sup> June

Industry visit to Northeast for finalists

Monday 28th

Cook-off final in Edinburgh

### 7. ENTRIES

Competitors must complete an entry form, downloaded from [www.seafoodscotland.org](http://www.seafoodscotland.org) or [www.scottishchefs.com](http://www.scottishchefs.com) and send it by post or e-mail to the address shown below, by the closing date. (**Friday 30<sup>th</sup> April 2010**)

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**Seafood Scotland**  
**18 Logie Mill**  
**Logie Green Road**  
**Edinburgh, EH7 4HS**  
**Tel: 0131 557 9344**  
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[sarah@seafoodscotland.org](mailto:sarah@seafoodscotland.org)

**All applications must be typed and accompanied by recipes, method, work plan and photographs**, as the competition will be subject to a process of paper judging to choose the 6 finalists. A letter of support from your chef/mentor must also be provided.

**Recipes** must give ingredient amounts and method of preparation.

The **Work Plan** must specify each preparation step and the approximate time to perform the task. It must be easily followed and understood by the judges.

### 8. ENTRY FEE

There is no entry fee.

### 9. COOK OFF

The cook off will take place in Edinburgh on Monday 28<sup>th</sup> June 2010.

Finalists will cook two plates each of their chosen dishes; one for tasting by the judges and one for photography

The competition will begin at 1030 and each competitor's start will be staggered by 10 minutes to facilitate judging of hot dishes. Total preparation and cooking time will be **1 hour 30 minutes**.

Chefs must bring their own knives and any specialist equipment required. Please check with the organisers if you have any queries regarding equipment at the venue.

Chefs must also bring all ingredients apart from seafood to the competition. Seasonings etc will be available. *No advance preparation of any food is allowed.*

### 10. Dress Code

All competitors are required to dress professionally. Each person must wear a chef's jacket, black or chequered chef's trousers, apron, black work shoes, and chef's hat.

### 11. JUDGING

Two judges from the Federation of Chefs Scotland will be joined by top seafood chef Roy Brett and a representative from the Scottish Government. The decision of the judges is final and unquestionable.

### 12. RESULTS

Results will be announced on the day of the cook-off and feedback on performance will be given to all finalists

### 13. PRESENTATION OF AWARDS

All finalists will be presented with certificates and the winner will be presented with a trophy on the day.

### 14. PUBLICATION OF RECIPES

The recipes of all finalists will be published on the Seafood Scotland and Scottish Government websites. Seafood Scotland reserves the right to use the recipes for future publication with suitable credit.