

THE CULINARY COMPETITION
FOR THOSE WITH A...

THE FINAL | 2021

Passion for EXCELLENCE

**ASPIRING
STUDENT CHEF**

2020-21

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THE NEXT GENERATION OF
SCHOLARSHIP **SUPER CHEFS**

Past winners' recipes
**DISHES THAT
HAVE IMPRESSED**



Chef Patron - Adam Byatt
**THESE KIDS ARE
TRULY AMAZING!**



Bournemouth & Poole
**TRAINED TO THE
HIGHEST CALIBRE**



Meet the Judges
**WHO HAS THE
FINAL SAY?**





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“Nonstick pans usually scratch instantly
when using metal utensils, but not these!”

Chef and Celebrity, **Lesley Waters**



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A warm welcome...

...to all students, their families and friends.

My name is Lesley Waters and it is an honour to be Head Judge once again for this years' National Finals of the Inspiring Culinary Generations Awards in association with headline sponsor Teflon™ non-stick coatings and partners the Royal Academy of Culinary Arts, Bournemouth & Poole College, Thermapen®, BonChef®, ChefSet®, Hospitality in Action and *The Caterer*.

Myself and our remarkable panel of acclaimed and elite judges are greatly looking forward to the task before us today, assessing the skills and creativity of the 17 aspiring young chefs who have secured a place in the final. Every year I am truly blown away by the enthusiasm, quality of food and originality of ideas shown by all of the entries in each category. The standards are incredible and your recipes have inspired me, you should all be very proud to have made it here today.

I wouldn't be where I am today if it wasn't for the exposure to great mentors and doors that were opened through the cookery competitions that I experienced when I was a young, inspiring chef, so I would like to thank Teflon™ for providing this life changing opportunity for the future generation of chefs.

Teflon™ is extremely grateful to partners the Royal Academy of Culinary Arts and Bournemouth & Poole College for their invaluable support along with Thermapen®, BonChef®, ChefSet®, Hospitality in Action and *The Caterer*.

Without further ado, thank you and good luck!

Lesley Waters
HEAD JUDGE



ASPIRING STUDENT CHEFS (AGED 16-18)

TIME	EVENT
9.30 – 10.00	Aspiring Student Chef Finalists arrive Finalists will be greeted with chef whites & welcome packs
10.00 – 10.15	Welcome by Andy Godfrey – UK Sales and Marketing Manager of Teflon™ non-stick coatings College Welcome by Diane Grannell – Principal of Bournemouth & Poole College Introduction by Head Judge Lesley Waters – Outline of the Day, Health & Safety Briefing and Certificate Presentation
10.15 – 12.15	Mystery Fish Dish Paul Dayman Masterclass, Demonstration Theatre Prepare & Cook Fish Dish Kitchen 3 and 2 Judging Takes Place – Kitchen 1
12.15 – 1.30	Competitors Lunch For all attendees College Facilities Tour Paul Dayman A quick tour of Bournemouth & Poole College Catering & Hospitality Department with Q&A session
1.30 – 2.00	Observation Test Lesley Waters & Paul Dayman
2.00 – 3.45	Prepare & Cook Signature Dish Kitchen 3 and 2 Judging Takes Place – Kitchen 1 Clear down
3.45 – 4.00	Judges Confer and Select a Winner Time Out for Contestants and Teachers Interviews with Finalists
4.00 – 4.30	Announcement of Winner and Feedback Presentations by Andy Godfrey – UK Sales & Marketing Manager of Teflon™ non-stick coatings
4.30	Aspiring Student Chefs Depart

Order of the day.

ASPIRING STUDENT CHEFS (AGED 11-16)

TIME	EVENT
11.30 – 12.00	Aspiring Student Chef Finalists arrive Finalists will be greeted with chef whites & welcome packs
12.00 – 12.15	Welcome by Andy Godfrey – UK Sales and Marketing Manager of Teflon™ non-stick coatings College Welcome by Diane Grannell – Principal of Bournemouth & Poole College Introduction by Head Judge Lesley Waters – Outline of the Day, Health & Safety Briefing and Certificate Presentation
12.15 – 12.30	Workstation Set Up Set up workstation and check ingredients
12.30 – 2.15	Prepare & Cook Own Dish Kitchen 3 and 2 Judging Takes Place – Kitchen 1 Clear Down
2.15 – 2.30	Judges Confer and Select a Winner Time Out for Contestants and Teachers Interviews with Finalists
2.30 – 4.00	Refreshments and Dessert Demonstration Lesley Waters & Jacks McDonnell Demonstration Theatre
4.00 – 4.30	Announcement of Winner and Feedback Presentations by Andy Godfrey – UK Sales & Marketing Manager of Teflon™ non-stick coatings
4.30	Aspiring Student Chefs Depart



Something special

Adam Byatt is a graduate of the Specialised Chefs Scholarship and is a Fellow of The Royal Academy of Culinary Arts. He trained at Claridge’s and The Square. He is now the Chef Patron of Trinity Restaurant in London, which has been listed in *The Times* Top 100 Restaurants in the UK. Adam has published his own book and is a regular guest on BBC TV’s Saturday Kitchen Live.

Enrolling on the Royal Academy Specialised Chefs course at Bournemouth & Poole College was a huge turning point in my life. The excitement of learning and the feeling of achievement suddenly made sense for the first time. Whilst at The College you are taught by people who know and work closely within the industry; they are among the best in their field. If you put the work in, you will leave equipped to thrive inside quality establishments. The attention to detail and level of training is unparalleled at The College.

Add this to a culture of professional learning that runs through the campus, and even someone like me, with an incredible low tolerance for academia, can thrive!

I left Bournemouth & Poole College with a new found

confidence, bursting with knowledge and ready for full time employment in some of London’s most highly regarded restaurants and hotels. I always wanted to own a restaurant and be in control of my future. The depth of classical cookery learnt during my apprenticeship not only gave me the confidence to pursue my dream but also armed me with the skills I needed to make it a success.

I have built a life I am proud of. Aside from my personal successes, what inspires me the most is taking apprentices from Bournemouth & Poole College and playing a small part in the development of their future. My kitchen now has four Specialised Chefs, all trained in simply the most advanced professional Chef School this country has to offer.

“Simply the most advanced professional Chef School this country has to offer.”

JAMES GANDERTON, 2015 WINNER.

Our 2015 winner James Ganderton graduated with Distinction from Bournemouth & Poole College with his Royal Academy of Culinary Arts Specialised Chef qualifications on Monday 25th February 2019.

James was placed at the renowned and award winning Chewton Glen Hotel during his Scholarship where he thrived in the esteemed and professional environment as an apprentice.

He dreams of a future running his own 30 cover fine dining establishment, using produce from his own small holding and the surrounding area.

During 2020, James and his partner have set up The Wood Fired Wagon, an authentic wood fired pizza trailer in Shropshire!



THREE YEARS SPECIALISED CHEFS SCHOLARSHIP

Trained to the highest calibre



All the Aspiring Student Chefs categories stand the chance to win the prestigious three year Advanced Apprenticeship.

Offering an opportunity to train in all aspects of professional cookery at the highest level. The Scholarship is arranged by the Royal Academy of Culinary Arts (RACA) and is managed by Bournemouth & Poole College.

Through inspiring teaching and learning, Bournemouth & Poole College develop their students' work skills, life skills and knowledge, and so help to build a thriving local economy and community.

The point of difference between an RACA apprenticeship

and a routine apprenticeship is the standard of employer and establishment with whom the apprentice is employed during his or her training. These are mostly, but not entirely, in London and include Claridge's, The Ritz, The Dorchester and Chewton Glen.

The scholarship leads to a standard National Vocational Qualification (NVQ) at a minimum Level 3 and Key Skills of Level 2. In addition, at the end of the three-year apprenticeship the candidate sits the RACA final exam. If the candidate is successful, he or she will be awarded a Royal Academy of Culinary Arts Diploma and become a Graduate of the RACA.



THE MEASURE OF A GREAT DISH



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Have you got what it takes to be a CULINARY MASTER?

The Inspiring Culinary Generations, previously known as the Teflon™ Diamond Standard Awards, is a national competition designed to acknowledge & encourage excellence in the catering industry and in the home. This event reaches out to all children and young catering students who have a passion for cooking..

Established in 2012, the Awards quickly assumed a prominent position, attracting the attention of a prestigious group of sponsors and partners. We are also proud of the market penetration we have achieved this year, reaching over 25 million cooking enthusiasts and securing the highest standard of entrants. Open to students anywhere in the UK, the course is arranged by the Royal Academy of Culinary Arts and Teflon™, Chemours and managed by the Bournemouth & Poole College. We are offering the winners in each of the Inspiring Culinary Generations categories the chance to win some fantastic prizes.

STUDENTS

For students, this is potentially a life changing opportunity to receive a three year Specialised Chefs Scholarship, training to become a fully qualified chef. The scholarship is divided into two categories;



work based training with a chef member of the Royal Academy of Culinary Arts at one of the finest hotels or restaurants in the UK and full time block release tuition at Bournemouth & Poole College.

SIMPLE ENTRY PROCESS

Online based, we ask each participant to submit their recipe ingredients and method along with a photo of their cooked dish via the Enter Now form on icgcompetition.co.uk. We are taking entries for the Inspiring Culinary Generations 2021-22 competition right now.

JUDGING

A team of esteemed judges chaired by Lesley Waters choose their Regional Champions from online entries, inviting them to attend the national cook-off.

SHORTLISTING

Our judges take all of the submissions and shortlist their top entrants for each category. These finalists are notified by email and invited to cook at the National Final.

THE NATIONAL FINAL VENUE

If you are one of the lucky ones selected by our judging panel from your online entry, you are entered into the National Final of the Inspiring Culinary Generations. It's that simple!

The national cook-off will take place at Bournemouth & Poole College.

CHOOSE YOUR CATEGORY.

Aspiring Student Chefs (aged 11-16)



YOUR CHANCE TO WIN:

A life changing experience for young aspiring student chefs to compete in a national cook off judged by an elite panel of professional chefs and to win great prizes.

WINNERS PRIZE:

- A cash prize of £200
- £100 worth of cookware
- The option to take up a three year Specialised Chefs Scholarship with the Royal Academy of Culinary Arts at Bournemouth & Poole College.

Aspiring Student Chefs (aged 16-19)



YOUR CHANCE TO WIN:

Are you ready to showcase the skills you've learnt in a competitive environment judged by an elite panel of chefs? The experience will also provide an insight into career opportunities in catering, with the option to take up a three year Specialised Chefs Scholarship.

WINNERS PRIZE:

- A cash prize of £500
- Up to £1000 worth of cooking equipment for their college/school*
- The option to take up a three year Specialised Chefs Scholarship with the Royal Academy of Culinary Arts at Bournemouth & Poole College.

Dare to excel, visit: icgcompetition.co.uk

KEEN YOUNG COOK 2020

Reece Bosowitz

LOIN OF WILD FALLOW DEER



“ I chose this recipe because it is seasonal and represents the county where I live. The deer is sourced locally and is shot wild to lower numbers. I have preserved blackberries from my own garden, pickling them in summertime to use them in winter. All ingredients in the dish are at their best in February. ”

METHOD

Pickled blackberries

To pickle the blackberries, add all of the ingredients except the blackberries to a pan and heat until the sugar dissolves. Cool, then add the blackberries and leave to pickle.

Parsnips

For the puree, add sliced parsnips, cream and water to a pan, cover with a lid and cook until the parsnips are soft. Strain, reserving the cream, and add the parsnips to a blender. Add a splash of the cooking water to the parsnips and liquidise until smooth. Season to taste. For the parsnip crisps peel and slice on a mandoline. Deep fry until golden brown then drain on paper and salt to taste.

For the roasted parsnips, peel and chop into batons. Drizzle with oil, thyme and roast. When cooked drizzle with the syrup and put to one side.

Walnut ketchup

To make the walnut ketchup, boil the walnut pickling vinegar with the sugars until dissolved. Place the pickled walnuts in a blender with the vinegar and sugar mixture and blitz until smooth. Pass through a fine sieve and transfer to a squeeze bottle.

Venison sauce

To make the venison sauce, sauté the venison trimmings in butter until browned and caramelized all over. Add the shallot, garlic and brown chicken stock, bring to a simmer, skim and cook down to a sauce consistency. Pass through a sieve and season. Set aside until just before serving. Reheat the venison sauce and add a knob of butter.

Kale

For the kale, prepare by cutting out the stalk. Deep fry some and blanch the rest until just cooked but crisp.

Venison

Trim any excess sinew. Season the venison and fry in a little oil until coloured. When coloured add butter for flavour and keep basting with a spoon. Cook until pink then rest. Slice when ready to serve.

To serve

Place a large tablespoon of parsnip puree in the centre of the plate and sweep backwards with the spoon. Place the kale across the puree then add the sliced venison. Arrange the roasted parsnips, parsnip crisps and deep-fried kale on the plate. Arrange the pickled blackberries around the plate. Finish with dots of walnut ketchup and spoon over the sauce.



INGREDIENTS:

Parsnip puree

- 4 Parsnips
- 100ml Double cream
- 50ml Water
- Salt & White pepper

Parsnip crisps

- 1/2 Parsnip
- 500ml Oil to deep fry in – vegetable oil

Roast parsnips

- 2 Parsnips
- 50ml Golden syrup

Walnut ketchup

- 1 Jar of Green pickled walnuts
- 50g Dark brown sugar
- 20g Light brown sugar

Venison sauce

- 1litre Brown veal/chicken stock
- 50g Butter
- 20g Redcurrant jelly
- 50g Kale

Micro herb

- 1 packet fresh thyme
- 50ml oil to roast in – vegetable oil
- 500g loin of fallow deer
- Pickled blackberries
- 1 punnet coriander micro cress

ASPIRING STUDENT CHEF 2020

Jack Rymer

ROAST POUSSIN SERVED WITH CONFIT POUSSIN LEG



“ I chose to cook the dish as it is full of great flavours that pair well together and the colours on the plate help to make it stand out in a crowd. ”

INGREDIENTS:

- 2x poussin
- 3x potatoes
- 20x vine cherry tomatoes
- 3x red peppers
- 1x green courgette and 1x yellow courgette
- 1x lemon
- 500ml duck fat
- 50ml white wine vinegar
- 50ml rapeseed oil
- 50ml veg oil
- 100g tinned chopped tomatoes
- 50g mint
- 50g flat leaf parsley
- 3x brown anchovy
- 20g dijon mustard
- 20g capers
- 20ml red wine vinegar
- 50ml olive oil
- 250g butter
- 100ml double cream
- 100ml red wine
- 50g tarragon
- 1x carrot
- 1x onion
- 1x stick celery
- 2x bay leaves
- 2x eggs
- 50g plain flour
- 50g panko breadcrumbs
- 1x garlic bulb
- Salt and Pepper

METHOD

First remove legs from poussin and remove the femur bone from the thigh meat, wrap the thigh up and over the top of the drumstick bone, then tightly wrap each leg in cling film leaving the bone exposed at the top.

Put the duck fat in a pan and chop the head of garlic horizontal and place in the pan with the fat bring to 60C and place the wrapped legs in it for 1 hour.

Cover the red peppers in oil and salt and roast in the oven at 200C for 15 minutes then remove them from the oven leave in a metal bowl and cover with cling film to remove the outside skins.

Peel and chop potatoes into 1 inch cubes cover with cold water and boil until soft.

Make the salsa verde by roughly chopping all the herbs the blending everything together and slowly adding the oil until it comes together in a fairly stable paste.

Put the cream in a pan with 100g butter, garlic and thyme and bring to the boil, take off the head and strain.

Once potatoes are cooked though mash with a riced add infused cream and salsa verde just before serving

Chop all the cherry tomatoes in half and season with salt pepper and oil then roast in the oven at 200C for 10-15 minutes

Put the reduced stock in a pan add the white wine and reduce further for 5-10 minutes

In a hot frying pan place the poussin breast side down to get colour on both breast then put in the oven at 210C for 6 minutes remove from oven and base in butter then set aside in a warm place to rest before slicing to serve

Take peppers out of the bowl and remove the skins and pips then blend down with 50g of the chopped tomatoes and season.

Using a peeler peel the courgettes and dress then with the dressing which is made up of the white wine vinegar and olive oil.

Take the legs out of the confit and put them in the flour, egg and bread crumbs then deep-fry them at 180C until golden brown.

To serve

Mix the salsa verde through the mash and press though a 10cm chef ring on the bottom of a plate, layer the roast tomatoes on top then place the poussin legs on top of that. place the dressed courgette next to the mash and carve the breast of the poussin before placing them on the courgette. Put the remaining juices from the poussin and the chopped tarragon though the sauce and put in a jug and put a spoonful of the red pepper puree on the plate.





MEET THE JUDGES



This impressive line up of culinary gurus proves that reaching the finals, let alone winning, is no simple walk in the park.

1 LESLEY WATERS

Lesley Waters Cookery School

Lesley studied French Cuisine for three years at Ealing College, which included time as a chef at the Waldorf Hotel.

During this training period, she won one gold, and two silver medals at Hotelympia and was awarded a scholarship to the Hotel Intercontinental, Düsseldorf.

Renowned for her regular television appearances on Ready Steady Cook, Great Food Live and This Morning, Lesley is also a regular contributor to a number of food magazines including BBC Good Food Magazine, and an author of several cookery books. Lesley now runs her own cookery school in Dorset.

2 PAUL DAYMAN

Bournemouth & Poole College

Paul is a former Specialised Chef graduate who now has the privilege of teaching the current students on the programme, which is one of the most prestigious culinary courses in the country.

Having taken part himself in various competitions, he now mentors students for events including Salon Culinaire at Hotelympia and the Entente Cordiale in France.

3 JACKS MCDONNELL

Lesley Waters Cookery School

Having studied French Classical Cuisine at Ealing College, she worked in the hotel restaurant and Directors fine dining industry for 15 years.

Then moved into teaching at Leith's School of Food and Wine where she also worked on food styling for the Leith's cookery bible.

Following this she spent time in the publishing world, working as Deputy Food Editor, Food Stylist and Recipe Development Chef for IPC magazines. Currently head teacher at the Lesley Waters Cookery School in Dorset.

4 LUKE MATTHEWS

Chewton Glen

Luke Matthews joined Chewton Glen, a five-star country house hotel, in 1993 and became Executive Head Chef in 2003.

A great believer in training, Luke is a member of the Academy of Culinary Arts and has supported this scheme for the last 25 years, with three apprentices currently being placed in the hotel's kitchen brigade. He has also appeared on the BBC's popular 'Saturday Morning Breakfast Show' with his good friend and former Chewton Glen colleague, James Martin.

5 JAMES GOLDING

The Pig Group

James Golding is a graduate of the Specialised Chefs Scholarship. Placed at the Savoy as part of this training, within 3 years he had completed all sections in this

prestigious kitchen and in 1998 secured the position of Demi Chef de Partie at Le Caprice.

James is now Chef Director of The Pig Group, most recently listed in the Conde Nast top 15 hotels in the world, one of only two in the UK.



ASPIRING STUDENT CHEF (AGED 11-16)

Finalist Recipes



Lily Palmer

SCHOOL/COLLEGE: PARMITERS SCHOOL.

Recipe: Mackerel Curry with Aloo, Gobi and Saag Samosas and a Fresh Mint and Coriander Chutney

Why I chose this dish: I chose healthy oily fish and vegetables (nutritious food for my sports). I picked ingredients that I knew would be in season at the time of the finals in January: mackerel, potatoes, spinach, shallots, lemon, coriander and mint.

Why I want to win: An aspiring student chef best describes me. Cooking is my passion and I would love the opportunity to see how my skills compare to other young aspiring chefs across the country in a competitive environment.



Matthew Hesman

SCHOOL/COLLEGE: TRINITY LEWISHAM.

Recipe: Roast Pheasant

Why I chose this dish: It is both formal and rustic and very tasty. The perfect Sunday lunch.

Why I want to win: I have had a passion about cooking and baking from a young age. I love cooking because it's fun, relaxing, a very useful skill and also can be a work of art. I see this as a great opportunity for young chefs and for me particularly as my previous secondary school did not cover food technology and this competition has helped me to focus on learning and practising new cookery skills.



Abi Saunders

SCHOOL/COLLEGE: WESTFIELD ACADEMY.

Recipe: Chicken Ballotine with Fondant Potato and Mushroom Sauce

Why I chose this dish: I wanted to showcase local produce, like free-range chicken. I love how the chicken ballotine is very tender, the way it cuts into perfect circles with the local asparagus, Somerset Brie and mushroom.

Why I want to win: About a year ago I realised that my love for cooking was more than just enjoyment, it was my passion and I want to have a career in food. I live in Somerset and I have been inspired to explore some of it's amazing produce.



Liam Gill

SCHOOL/COLLEGE: TANBRIDGE HOUSE SCHOOL.

Recipe: Beef Fillet with a Gratin of Wild Mushrooms and Potato Dauphinoise

Why I chose this dish: My mum adores cooking local foods and regularly comes up with her own amazing dishes. My father also cooks a lot too and he always tries to throw in a cultural twist to all our meals with the addition of something Spanish. This combination of local with international is why I chose this recipe.

Why I want to win: I am 14 years of age and have been studying food technology as a GCSE. I hope to become a chef when I'm older and would appreciate the opportunity with this competition.



Reece Bosowitz

SCHOOL/COLLEGE: MARRIOTT'S SCHOOL.

Recipe: Fillet of Duck Breast, with Black Pudding Scotch Quail Egg, Pan Roasted Honey Glazed Carrots, Cider Fondant Potato, with Sloe and Apple Meat Jus and Roasted Hazelnuts

Why I chose this dish: I wanted to create a recipe that was seasonal. All the ingredients in this dish are best in January/February and are locally sourced.

Why I want to win: I would like to be able to enter this dish which represents my journey through learning to cook, from simple foraging as a very small boy through to more recent skills I have learnt and to follow a career I am passionate about.





Diya Nair

SCHOOL/COLLEGE: ALTRINCHAM GRAMMAR SCHOOL FOR GIRLS.

Recipe: Grilled Aubergine Stacks

Why I chose this dish: It combines the crunchy, nostalgia of Pakoras, the bustling warm spices of Tomato Chutney and the healthy twist of refreshing Kale and Raita.

Why I want to win: It allows me to express my creativity and embrace Indian culture. I want to build my confidence, improve my skills and I would be honoured to have the experience of having my food being tasted by professional judges.



Estelle Roots

SCHOOL/COLLEGE: TORQUAY GIRLS' GRAMMAR SCHOOL.

Recipe: Smokey Bacon, Tender Chicken, Fresh Basil Pesto, and Basil Pasta

Why I chose this dish: Tender chicken and smokey bacon are my two favourite meats and taste wonderful with the other components of my dish.

Why I want to win: I think cooking is such an enjoyable and worthwhile activity; when you've finished spending hours working on something in the kitchen you get to enjoy something very special with others. This is why I would love to win this competition.



Issy Mills

SCHOOL/COLLEGE: TORQUAY GIRLS' GRAMMAR SCHOOL.

Recipe: Tropical Mango, Passion Fruit, Coconut and Madagascan Vanilla Cream Tarts

Why I chose this dish: It's one of my favourites as the final product has a bright colourful tropical look and tastes great!

Why I want to win: I really enjoy cooking as it's a fun and exciting way to challenge yourself, use your imagination and be creative! I have loved cooking from as early as I can remember and this is why I would like to win. I would encourage everyone to take time out of their busy days to enjoy cooking together.



Louie Whelan Dorney

SCHOOL/COLLEGE: TENDRING TECHNOLOGY COLLEGE.

Recipe: Rack of Lamb with Red Wine Jus, Pomme Fondant and Pea, Courgette, Lemon and Mint Fricassee

Why I chose this dish: I was doing a session for my family and I chose to try a complex dish.

Why I want to win: Because I love to cook and bake.



Lily Darbyshire

SCHOOL/COLLEGE: CALDERSTONES SCHOOL.

Recipe: Spicy Pumpkin and Tomato Curry with a Red Lentil Dhal and Vegan Nigella Naan

Why I chose this dish: It shows skill and technique and has lots of flavour with a balanced amount of nutritional values. Curries are comforting and can be adapted easily to suit each season or person.

Why I want to win: I have always wanted to become a chef or someone who creates food. I feel I want to do more with cooking and push myself to be the best I can.



Zach Hird

SCHOOL/COLLEGE: COMBERTON VILLAGE COLLEGE.

Recipe: Miso Marinated Steak with Caramelized Shallots, Roast Potatoes, Stir Fried Kale and a zingy Miso Dressing.

Why I chose this dish: I wanted to do a Japanese inspired dish – miso, with British staples like steak and roasted potatoes. The juicy steak matches with the miso and the sauce adds freshness.

Why I want to win: I love experimenting with ideas like fermentation and cuisines such as Japanese. It would take my cooking further creatively and technically.



Jessica Khan

SCHOOL/COLLEGE: SOUTHEND HIGH SCHOOL FOR GIRLS.

Recipe: Medallions of Beef Fillet on Parsnip and Horseradish Mash served with a trio of Beetroot, Wilted Swiss Chard and a Thyme Bearnaise Sauce

Why I chose this dish: I wanted an earthy winter dish with deep flavour, texture, and colour.

Why I want to win: I would like to improve on my past performance and love to win because it would be an acknowledgement of my hard work and allow me to purchase even more cooking equipment!



ASPIRING STUDENT CHEF (AGED 16-18)

Finalist Recipes



Poppy Gregory

SCHOOL/COLLEGE: WILLIAM HOWARD SCHOOL.

Recipe: Wort Glazed Pheasant with Sweet Potato Fondant, Black Pudding Bon Bon and Cauliflower Puree

Why I chose this dish: Living in the hills, pheasant is a sustainable staple. My dad is a brewer, so I have access to an array of malts to make the wort from.

Why I want to win: It would be a fantastic opportunity, allowing me to get into the industry with a much better awareness of how the trade works, I would also use the cash prize to update some of my home equipment.



Ricardo Masson

SCHOOL/COLLEGE: ORMISTON BUSHFIELD ACADEMY.

Recipe: My Ceviche

Why I chose this dish: This dish shows off fish, and it is loaded with raw vegetables and fruits to showcase a vibrant, healthy heritage.

Why I want to win: Winning would mean training under the best names which has been a passion of mine growing up, dreaming of owning my own restaurant. The course is also an amazing opportunity to be able to learn the best culinary skills to add to my cooking knowledge.



Harvey Barker

SCHOOL/COLLEGE: CORFE HILLS SCHOOL.

Recipe: Duck Breast, Beetroot Puree, Roasted Jerusalem Artichokes, Pickled Red Cabbage and a Sauce of Beurre Noisette, Fruit Vinegar and the Ducks' roasting juices

Why I chose this dish: Duck is one of my favourite ingredients and I usually buy it from my favourite butcher, Keatings in Wimborne.

Why I want to win: I aspire to be a successful chef in the future. My goal is to become an apprentice at Le Manoir aux Quat'Saisons in Oxford. I would like to test my creativity in composing a dish and how I perform under pressure.



Elsbeth Robertson

SCHOOL/COLLEGE: INVICTA GRAMMAR SCHOOL FOR GIRLS.

Recipe: Succulent Pork Tenderloin with Seasonal Kale Crisps and Squash Salad on a bed of Tomato and Basil sauce

Why I chose this dish: I chose to do pork as it is a family favourite. The kale crisps pair well with the pork and lead to a variation and colour on the plate.

Why I want to win: I love to experiment with new combinations, and this will give me a chance to show professional chefs my work and receive feedback, allowing for more growth and development for my passion.



Cairo Henderson

SCHOOL/COLLEGE: WESTMINSTER KINGSWAY COLLEGE.

Recipe: Duck-a-ling

Why I chose this dish: My family and I went to Tredwells in Covent Garden and on that day they had a duck special on the main course... I was very eager to try it.

Why I want to win: My earliest memory is baking with my Grandma. I pushed myself to do more in and out of school, entering various competitions and work placements. This competition isn't just for me, it's to everyone who has supported me up to this point.



Alfie Sanderson

SCHOOL/COLLEGE: THE KINGS SCHOOL.

Recipe: The Sanderson x Andrews: Mallard, Rhubarb Hoisin, Confit Leg, Chinese Leaf, Red Miso

Why I chose this dish: Asian inspired cooking is somewhat unfamiliar territory for me, which I'd love to explore fully. Combining locally sourced game with my new found Asian knowledge, creating a flavourful dish.

Why I want to win: I'd be immensely grateful to be given the chance to win, as it would provide me with the confidence to further my culinary knowledge.

A BIG THANK YOU TO OUR

partners



The College has an international reputation for training chefs of the highest calibre. Based in the centre of Bournemouth, it offers an exciting environment in which to train with professional tutors.

The College manages the Specialised Chefs Scholarship and provides full time block release tuition during the three years.

“Simply the most advanced professional Chef School this country has to offer” – Adam Byatt, Chef Patron of Trinity Restaurant.



The Royal Academy of Culinary Arts is the awarding body for the Specialised Chefs Scholarship, offering a Diploma in Professional Cookery to successful candidates.

It also delivers work based training for students via chef members of the Royal Academy.

“This is the finest course for the training of young chefs today” - John Williams MBE, Executive Chef The Ritz.

Lesley Waters Cookery School have courses available to suit a range of abilities and interests.



Hands on Days offer a full day of cooking with loads to do and learn. These are available for group or corporate bookings.

Demonstration Days tend to be more laid back as Lesley demonstrates a variety of dishes which

you get to inspire and entertain you. You can join us for At Home With Lesley or Pop ups at Poundbury Garden Centre.

If you have any questions about any of the courses then please give us a call on 0844 800 4633 or email info@lesleywaters.com.

Alternatively we have a selection of GIFT VOUCHERS starting from just £25 available here and let them decide.



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BonChef® has a highly impressive and extensive chef clothing range that will become exactly what you will want to wear. Our designers are currently developing front of house garments which will be available in the coming year. We are pleased to offer a bespoke service (on bulk orders) for any garment you require.

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Thermapen are proud to sponsor the Inspiring Culinary Generations Awards. Events like this really give participants the chance to showcase their culinary skills and creativity.

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Founded in 1978, ChefSet® Ltd is a manufacturer of aluminium cooking pans based in Midlands, UK. ChefSet® supply a wide range of light catering equipment such as cookware, containers and utensils to wholesalers, catering distributors and Government Institutions.



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Hospitality Action was established in 1837 and has since offered vital assistance to all who work, or have worked within hospitality in the UK.

They're there for the chefs, waiters, housekeepers and managers. They're there for the concierges, receptionists and kitchen porters. And they're there for every sommelier, bartender, catering assistant and cook across the UK.

They provide help, advice and support whenever times get tough. From supporting the industry through national crises to supporting individuals with challenges from physical illness or mental health issues to financial difficulty, family problems to addiction - Hospitality Action exists to get businesses and individuals back on their feet again.

Whatever you do in hospitality, Hospitality Action have got you.



The Caterer is the leading multimedia brand for the UK hospitality industry. Since 1878, it's been helping operators build better businesses and better careers, as well as providing suppliers with a platform to showcase their most innovative products and services. It is the only hospitality media brand with a pan-industry focus, with extensive coverage of hotels, restaurants, foodservice, pubs and bars.

Hospitality is all about bringing people together, and The Caterer is proud to boast an industry-leading portfolio of events. The portfolio offers sponsors unrivalled opportunities for networking and brand exposure at over 30 annual events.

A BIG THANK YOU TO OUR

partners



The Royal Academy of Culinary Arts is the awarding body for the Specialised Chefs Scholarship, offering a Diploma in Professional Cookery to successful candidates. It also delivers work based training for students via chef members of the Royal Academy.

"This is the finest course for the training of young chefs today" - John Williams MBE, Executive Chef The Ritz.



The Studio offers services for all your business needs, including accommodation, conferencing suite and a fully equipped professional kitchens.

The Studio has two fully equipped, state of the art kitchen studios. Ready for photography,

videography, and TV production to enhance your business.

From celebrity chefs and upcoming talents to the latest cooking equipment and utensils, our kitchen studios are prepared for all your culinary production needs... not to mention the hosting of the ICG cookery competition!



The Olive Branch pub is situated in the pretty village of Clipsham, just two miles off the A1 in the tiny county of Rutland. It had been the heart of the village community up until its closure in 1997. With the help of friends, family and villagers, Sean Hope, Ben Jones and Marcus Welford bought The Olive Branch in 1999 and spent six weeks renovating it

to its former glory as a traditional village pub. They added luxury accommodation in 2003 to create this wonderful village inn, with open fires, antique tables and chairs, mixed with pine kitchen tables and benches. The atmosphere is friendly and informal with chestnuts roasted on the fires in winter and homemade lemonade in the garden in summer.

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Zoe Idehen

LONDON.

Main: Nigerian Jollof Rice and Asun (Spicy Goat Meat) served with a Bell Pepper Sauce
Dessert: Plantain Three-Ways: Plantain Puff Puffs, Caramelised Plantain Slices, and a Plantain Brownie served with Chantilly Cream

Why I chose this dish: I wanted to stay true to my Nigerian heritage and use this platform to showcase and celebrate some popular dishes and ingredients used in our cooking. This is comfort food at its best.

Why I want to win: I currently work as an Intensive Care Nurse but my greatest passion has always been for food and cooking. It will test my abilities and push me to work harder and bring out my best. I believe my style of cooking and cuisine will bring something different to the table. Cooking in a competitive atmosphere is far different to me cooking in my kitchen – entering this competition would be a new and exciting culinary experience for me. I would also love to get feedback from food and catering experts and hope to interact with other like-minded home-cooks who love cooking as much as me!



Gary Jensen

NORTHAMPTON.

Main: Basil Laminated Ricotta Spinach, Quail Egg with a White Wine Mushroom Sauce
Dessert: Boozy Sticky Toffee Pudding

Why I chose this dish: Due to the first Lockdown I learnt how to make pasta and found out it wasn't as difficult as I thought. I experimented and ended up with this Laminated Ravioli. The Pudding is a favourite of mine and I decided to jazz it up a bit.

Why I want to win: I'm a self-employed Labourer and enjoy cooking and trying different cuisines. I have spent more time in the kitchen over the last few years learning new skills. At the beginning of the year I posted my dishes on Instagram (#garyjensen68) and was surprised by the response. I thought this was a good opportunity to take it up a level and be judged by chefs to see if my dishes are as good as family and friends say.



Teresa Lynch

WILTSHIRE.

Main: Vietnamese chicken curry
Dessert: Yuzu tartlet with yuzu gel, meringues & orange sesame tuiles

Why I chose this dish: Two of my favourite cuisines are Vietnamese and Japanese. The Vietnamese curry is a family favourite; fragrant, warming and a hearty delicious curry, perfect for a winter's day. My yuzu meringue tartlet is a take on my favourite desert using zingy yuzu curd. It is a refreshing end to the meal with buttery pastry and decadently creamy Italian meringue, the orange sesame tuile adds a textural garnish..

Why I want to win: I am a keen and passionate home cook and love to experiment with food from around the world. I spend a lot of my free time reading cookbooks, studying recipes and trialling out new recipes on my friends and family. I also work as a Learning Support Assistant in a local primary school and until recently I taught groups of children how to cook and bake and we would often 'cook the curriculum' i.e. Dishes from history lessons and festivals around the world.



Gillian Nowland

ALVESTON, SOUTH GLOUCESTERSHIRE.

Main: Greek Souvlaki
Dessert: Greek Orange Cake

Why I chose this dish: The Mediterranean diet is healthy and uses simple, locally produced ingredients. The abundance of sun and good soil results in wonderful ingredients such as olives and tomatoes. Much of the meat is produced by small ethical farmers. Greece produces the best yogurt!

Why I want to win: Inspired by my son's passion for food, I am developing my skills later in life. Good food, cooked simply, using quality, ethical and sustainable products is important to me. My granddaughter and I promised one another that we would both enter the competition in 2021. I will be 60 this year, so this would be an amazing way to mark my 60th Birthday and to give me the confidence and inspiration to keep going with my new found passion for cooking.



KEEN HOME COOK

Finalist Recipes



Marina Kiefer

LONDON.

Main: Prawns and Scallops on top of a Polenta Mash with and Pickled Apple and Radicchio Shaved Salad and a Pesto Verde Sauce with Chorizo Crisp
Dessert: Banana Magic Cake

Why I chose these dishes: The first dish is very Mediterranean and I believe has a freshness and balance of flavours. The dessert is a moist rich banana cake – I love the flavour of banana and should be a light finish to the meal.

Why I want to win: I would like to win because I love cooking and this would help establish if I should enter more competitions and follow my passion of cooking into a career.



Will Pitt

GREENWICH, LONDON.

Main: Duck Donburi
Dessert: Matcha Ganache

Why I chose this dish: My fiancé and I travelled around Japan for 2 weeks. Having sampled all that Japan has to offer, Japanese food is one of my favourite cuisines. These recipes were inspired by that trip and chosen to invoke memories of beautiful Japan from London lockdown.

Why I want to win: I normally work as a Product Manager and Sport Scientist for a sports tech company. For the last six months I've been on furlough due to the financial impact of the pandemic on sport. I've spent my time cooking, experimenting, learning. Along with my fiancé, we started @thegreenwichkitchen on Instagram. My friends and family love tasting my food and I think it's my dedication to researching recipes and creating new flavours that does the trick. I have aspirations of one day creating a food business and I think that winning this competition would give me the confidence to pursue these dreams one day.



Trish Bradford

SUNDERLAND.

Main: Roasted Ndjua Crusted Cod, with Bean Stew
Dessert: Dads Favourite Apple Tart

Why I chose this dish: Two firm favourites in our household, also loved by those not with us anymore – memory food.

Why I want to win: I love to cook and share my food and recipes, but more than that is sharing what I have learnt from my parents and grandparents with others. My girls are grown up and now it is time to think of me and what I love to do. The experience and the skill I can learn from others in this competition would be priceless.





Quintessentially British

Five minutes with Ben Jones, co-owner of the Olive Branch in Clipsham, Rutland, on all things that make a fantastic British pub.



Tell us a little bit about the Olive Branch and your career.

Twenty-one years ago in November 1999, myself and two friends – Marcus Welford and Sean Hope – bought the Olive Branch in Clipsham, Rutland. It was a run-down village pub and at that

point it had actually been closed for three years. We saw a lot of potential, though, and with the help of friends, family and many of the locals we spent six weeks refurbishing it – painting, tidying, decorating, gardening, you name it – getting it into a suitable position to open. And, indeed, we did so just in time for a village Christmas party on December 12 that year.

My two friends and I met years ago at school and later trained and worked together in high-end, luxury country house hotels in the UK and further afield. After a number of years and experience under our belts, we came to the idea that between us we could create a similar experience that was a bit more informal and more accessible, but still offered fantastic food and drink. Initially, Sean was the chef, Marcus was in charge of wine, and I was front of house – and as we got busier and busier we employed more and more staff.

2004 was another big year. We bought Beech House which is located over the road and we developed that into six individually themed rooms to give guests the opportunity to stay after wining and dining in the pub. We then converted the neighbouring barn to use as a private dining room for up to 20 guests, and later acquired



the Red Lion pub in Stathern in the Vale of Belvoir which we sold only four years ago.

What awards have you claimed in those 22 years?

We have just been awarded the Good Pub Guide 2021 UK Pub of the Year, and we are in the running for the Top 50 Gastro Pubs of the Year for 2021 [results to be released in February], having claimed 27th place in 2020. We were awarded Leicestershire & Rutland County Dining Pub of the Year for 2020, and we are in the Michelin Red Guide and Michelin Pub Guide. We were in fact the second ever pub to be awarded a Michelin Star in 2002, which we retained for about 10 years and catapulted us into a national destination food pub. Beech House has also received four Gold Stars in the AA Good Hotel Guide too.

How would you describe the Olive Branch experience?

Good food, good wine and good ales served in a warm, welcoming atmosphere. There are as few rules as possible: no need for ties nor dressing up, and if you want to have fish and chips with a £150 bottle of wine you can, and in the same vein you can have a beer alongside a finest quality main.

We do indeed have a renowned seven-course tasting menu – a selection of seven smaller locally inspired dishes – all matched with fine wines or beers. But we try to make sure it is not exclusive, so you could order from our substantial mains menu, or even bar snacks, and sit wherever you like.

All in all, we pride ourselves as a true British village pub.

Who is behind the food in the kitchen today?

Our head chef is Luke Holland who has been with us for the last two years and is producing some wonderful food. Before that it was Sean, who has retired from his chef duties after 18 years here and is now involved at director level and is in charge of the paddock, growing and harvesting an assortment of seasonal delights which we serve in the restaurant and sell in the shop.

So, you are big supporters of serving local produce?

Absolutely, we serve as much locally and in season as we can. We would normally buy our meats direct from the farmer, but due to the unpredictability of 2020 we have dealt with butchers instead to ensure we are stricter on quantity levels to ensure that there is as little waste as possible. By having our paddock too, we are forced to think about how to use ingredients when they are in abundance – from courgettes to rhubarb – which really provides a fresh, seasonal menu. Game is also served when in season, and we will utilise all parts of an animal.

What are your most popular dishes and how regularly do you change your menu?

Fish and chips will forever be a British pub favourite! This year our mackerel and Lincolnshire eel starter has been exceptionally well received, along with a main of roast venison loin wrapped in cabbage leaf and buttered sprouts, served with a beetroot and venison sauce.

Our menu is changed with every season and we therefore offer a selection of superbly light yet flavourful summer plates to hearty, warming feasts in the colder months. Some dishes may even change daily with the availability of ingredients, and others will stay on the menu permanently.

Tell us a little bit about Beech house.

It is a '60s building that we spent 18 months refurbishing, adding sash windows and creating a wonderful Georgian period feel. Each of the six rooms is individually themed and with a characterful layout. We also converted what was the garage into a disabled-friendly room. What we wanted to create was the opportunity to engage in the atmosphere across the pub without needing to drive home or arrange transport, but also be able to go to bed early and not be kept awake by the humdrum of a busy pub.

What have been the biggest challenges posed by Covid-19 in 2020?

Uncertainty. Often we have been given just a couple days' notice



before being allowed to open or forced to close, but we are very fortunate that we order all of our fresh ingredients the night before service so we can be ready and prep with short notice and haven't wasted vast amounts of food.

Seating is another issue. We have opened the garden up for a lot of spacious seating across seven gazebos and they will probably stay when things return to normal. Inside we have had to comply to social distancing rules and have reduced tables by 33 per cent. Of course, we had to hire more staff to cope with the increase in labour intensive hygiene methods and the extra space to cover between tables.

'Eat out to help' certainly did help us and the industry in general, providing people with confidence to go out once again. Where we are really lucky is that we have a very loyal client base and are the hub of the community.

What advice would you give to a young person aspiring to have a career in the industry?

Experience is so important: travel to different places; enjoy and work in different cultures; and learn as much as you can off chefs and restaurateurs. There will always be a demand for someone with lots of experience – research a place well and aim high!

And what about someone who is wanting to run a pub/restaurant of their own?

Treat it as a business, know your numbers and be prepared. Don't get carried away by the romance that is cleverly published in the media – behind the scenes it is very demanding. And remember it is much more than just food, it's the smells, music, comfort, character and the minor details that make for a memorable experience. For example, we always give a table a fresh loaf to cut as opposed to individual rolls as this adds a bit of theatre and is different to the norm. These sorts of things have a big impact.

And finally, what's the best meal you can remember?

I'd actually choose something surprisingly simple and is more down to the scene than what was on the plate. I was in Corfu in my travelling years, and naturally I ordered the cheapest thing off the menu which was a Greek salad. We were surrounded by sea views, the smell of salty air and sand, and every mouthful was utterly fresh and delicious. It was all about the environment and you can't recreate that.



MEET THE JUDGES

Recognising a



passion for excellence.

This impressive line up of culinary gurus proves that reaching the finals, let alone winning, is no simple walk in the park.

1 LESLEY WATERS

Lesley Waters Cookery School

Lesley studied French Cuisine for three years at Ealing College, which included time as a chef at the Waldorf Hotel.

During this training period, she won one gold, and two silver medals at Hotelympia and was awarded a scholarship to the Hotel Intercontinental, Düsseldorf.

Renowned for her regular television appearances on Ready Steady Cook, Great Food Live and This Morning, Lesley is also a regular contributor to a number of food magazines including BBC Good Food Magazine, and an author of several cookery books. Lesley now runs her own cookery school in Dorset.

2 PAUL DAYMAN

Bournemouth & Poole College

Paul is a former Specialised Chef graduate who now has the privilege of teaching the current students on the programme, which is one of the most prestigious culinary courses in the country.

Having taken part himself in various competitions, he now mentors students for events including Salon Culinaire at Hotelympia and the Entente Cordiale in France.

3 JACKS MCDONNELL

Lesley Waters Cookery School

Having studied French Classical Cuisine at Ealing College, she worked in the hotel restaurant and Directors fine dining industry for 15 years.

Then moved into teaching at Leith's School of Food and Wine where she also worked on food styling for the Leith's cookery bible.

Following this she spent time in the publishing world, working as Deputy Food Editor, Food Stylist and Recipe Development Chef for IPC magazines. Currently head teacher at the Lesley Waters Cookery School in Dorset.

4 JAMES GOLDING

The Pig Group

James Golding is a graduate of the Specialised Chefs Scholarship. Placed at the Savoy as part of this training, within 3 years he had completed all sections in this prestigious kitchen and in 1998 secured the position of Demi Chef de Partie at Le Caprice.

James is now Chef Director of The Pig Group, most recently listed in the Conde Nast top 15 hotels in the world, one of only two in the UK.



KEEN HOME COOK 2020

Yui Miles

KHOA SOI (CHIANGMAI NOODLES).

**INGREDIENTS:**

- 200 g red curry
- 1 (1-inch) knob fresh turmeric, roughly chopped
- 2 thin slices ginger
- 1 teaspoon whole coriander seed
- 6 pod cardamom, inner seeds only
- Salt
- Fish sauce to taste
- 1 cup vegetable or canola oil
- 2 cans coconut milk
- 2 tbsp palm sugar
- 2 pieces of 250 g Lamb neck fillet
- 1 bunch coriander
- 2 limes (cut in wedges)
- 4 big red chilli (cut into small slices)
- 1 cup rice vinegar
- 2-3 Sliced shallots, lime wedges, and pickled chilli

For the homemade noodles

- 250 g extra strong bread flour
- ¼ tsp salt
- 2 egg
- 40 ml water
- 1 tsb lye water or sodium carbonate

METHOD**Make noodles**

In a big mixing bowl, add flour, salt, eggs, water and lye water. Mix all well together. This mixture will be very dry but don't be tempted to add more water.

Roll the dough into a ball, then knead for 5 mins. Rest the dough for 30 minutes (covered in cling film or under a damp cloth).

Set up pasta roller. Roll the dough as thin as you can with a rolling pin. Feed the dough through the widest setting on the pasta roller.

Reduce the setting and roll the dough through again. Roll the dough to the thinnest setting.

Then use spaghetti attachment to the pasta machine and cut noodles to your prefer length. Once cut, dust the noodles with plain flour and gently lift the noodles to disperse the flour.

Separate 2/3 to cook and 1/3 to deep fry for garnish.

Make Curry

Roast coriander seeds and cardamom for a few min then pound them in pestle and mortar.

Then add turmeric, ginger and red curry paste. Separate out 1/4 of the noodles (enough noodles to make a crispy fried-noodle) and set the remaining noodles aside.

Heat vegetable oil in a large wok over high heat until shimmering. Working in batches, add

noodles to oil and fry, stirring and flipping until golden brown and crisp.

Transfer to a paper towel-lined plate. Season with salt and set aside.

On a pressure cooker, using a spoon, skim 2 tablespoons of creamy fat off the top of the coconut milk and add to the pressure cooker. Heat it over high heat and cook, stirring constantly, until coconut milk breaks and oil begins to lightly smoke, about 2 minutes.

Add curry paste mixture and cook, stirring and smearing the paste into the oil, until aromatic, about 45 seconds.

Slowly whisk in the coconut milk, followed by the lamb neck fillet. Add some palm sugar, fish sauce.

Put the lid, locked it leave it to cook for an hour. Make pickle chilli by put some chilli in a bowl and add some vinegar. Leave it for about 10-15 mins.

Bring a pot of salted water to boil. Add remaining uncooked noodles and cook until al dente, about 1 minute.

Drain noodles and divide between warmed bowls. Top noodles with lamb and curry sauce. Divide broth evenly between bowls.

Top with fried noodles and serve immediately with sliced shallots, lime wedges, and pickled chilli on the side.

“Khoa Soi or ChiangMai Noodles is one of my favourite noodle to cook and to eat. I fall in love with this noodles since I visited ChiangRai. I created my own recipe that I think it tasted amazing!”

DEMONSTRATE YOUR PASSION.

Keen Home Cooks (aged 19+)



YOUR CHANCE TO WIN:

Your family says you're the 'best cook ever' and your dinner parties are infamous, so why not see what a panel of esteemed chefs say? Compete against other keen home cooks to win some amazing prizes and experience a day of engaging and competitive cooking.

WINNERS PRIZE:

A luxury hamper brimming full of cooking and foodie goodies along with Teflon™ non-stick coated cookware worth £500.

RUNNER-UP PRIZE:

Each finalist will receive a cookware bundle on behalf of our sponsors.

Dare to excel, visit: icgcompetition.co.uk



Have you got what it takes to be a GOURMET COOK?

The Inspiring Culinary Generations, previously known as the Teflon™ Diamond Standard Awards, is a national competition designed to acknowledge & encourage excellence in the catering industry and in the home. This event reaches out to all keen home cooks who have a passion for cooking.

Established in 2012, the Awards quickly assumed a prominent position, attracting the attention of a prestigious group of sponsors and partners. We are also proud of the market penetration we have achieved this year, reaching over 25 million cooking enthusiasts and securing the highest standard of entrants. Open to students and home cooks across the UK, we are offering the winners in each of the Inspiring Culinary Generations categories the chance to win some fantastic prizes.

HOME COOKS

For the home foodie, this competition gives you the chance to win an exclusive prize for you and a loved one perhaps. Submit your signature main & dessert course recipes for your chance to be selected for the National Final of the Inspiring Culinary Generations. Compete against other keen home cooks to



win some amazing prizes and experience a day of engaging and competitive cooking.

SIMPLE ENTRY PROCESS

Online based, we ask each participant to submit their recipe ingredients and method along with a photo of their cooked dish via the Enter Now form on icgcompetition.co.uk. Entries for the Inspiring Culinary Generations 2021-22 are now open..

JUDGING

A team of esteemed judges chaired by Lesley Waters choose their Regional

Champions from online entries, inviting them to attend the national cook-off.

SHORTLISTING

Our judges take all of the submissions and shortlist their top entrants for each category. These finalists are notified by email and invited to cook at the National Final.

THE NATIONAL FINAL VENUE

If you are one of the lucky ones selected by our judging panel from your online entry, you are entered into the National Final of the Inspiring Culinary Generations. It's that simple!

The national cook-off will take place at *The Studio*, Lincolnshire.
www.thestudiolincs.co.uk




Passion for

EXCELLENCE

Order of the day.

KEEN HOME COOKS

TIME	EVENT
9.00 – 10.30	Trish Bradford & Gillian Nowland Prepare & Cook Main & Dessert Dishes Theatre Kitchen and Demonstration Kitchen. Judging Takes Place – Tractor Shed
10.30 – 11.00	Judges Confer & Clear Down Time Out for Contestants. Interviews with Finalists
11.00 – 12.30	Marina Kiefer & Zoe Idehen Prepare & Cook Main & Dessert Dishes Theatre Kitchen and Demonstration Kitchen. Judging Takes Place – Tractor Shed
12.30 – 1.00	Judges Confer & Clear Down Time Out for Contestants. Interviews with Finalists
1.00 – 2.30	William Pitt & Gary Jensen Prepare & Cook Main & Dessert Dishes Theatre Kitchen and Demonstration Kitchen. Judging Takes Place – Tractor Shed
2.30 – 3.00	Judges Confer & Clear Down Time Out for Contestants. Interviews with Finalists
3.00 – 4.30	Teresa Lynch Prepare & Cook Main & Dessert Dishes Demonstration Kitchen. Judging Takes Place – Tractor Shed
4.30 – 5.00	Judges Confer & Clear Down Time Out for Contestants. Interviews with Finalists
5.00 – 5.30	Announcement of Winner & Champagne Theatre Kitchen Presentations by Andy Godfrey UK Sales & Marketing Manager of Teflon™ non-stick coatings
5.30	Keen Home Cooks Depart

As each Keen Home Cook finalist arrives, they will be welcomed and greeted with their aprons and welcome packs. Head Judge Lesley Waters will outline the day, deliver a health and safety briefing along with the presentation of their certificates.

After each finalist has cooked, they are welcome to stay at the venue in the mezzanine or encouraged to explore the local area and attractions. A selection of light refreshments will be served throughout the day.

Accommodation | Business Centre | Kitchen Studios

The place ...with flexible space!

The Studio is a truly unique stone-built barn conversion, blending contemporary with country, offering a broad range of facilities that over-deliver to business people and holidaymakers alike.

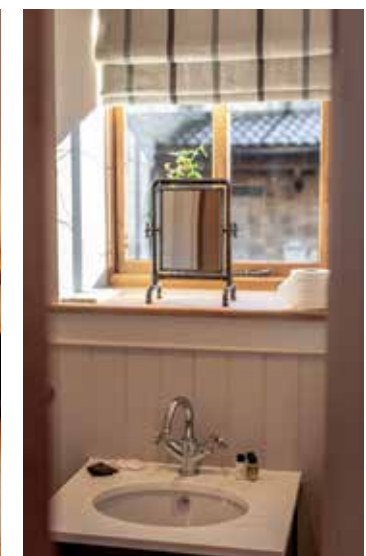


Kitchen Studios
Our two professional kitchen studios are designed for cookery, photography, video and TV production.



Accommodation

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Business Centre

Our business centre is the perfect place to meet clients, video conference, training or team building.

THE STUDIO

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Teflon™ Profile – The Professional Choice.

“Nonstick pans usually scratch instantly
when using metal utensils, but not these!”

Chef and Celebrity, **Lesley Waters**



More information: www.teflon.co.uk

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A warm welcome...

...to all keen home cooks, their families and friends.

My name is Lesley Waters and it is an honour to be Head Judge once again for this years' National Finals of the Inspiring Culinary Generations Awards in association with headline sponsor Teflon™ non-stick coatings and partners the Royal Academy of Culinary Arts, Thermapen®, BonChef®, ChefSet®, The Olive Branch Pub, Hospitality in Action and *The Caterer*.

Myself and our remarkable panel of acclaimed and elite judges are greatly looking forward to the task before us today, assessing the skills and creativity of the 6 keen home cooks who have secured a place in the final. Every year I am truly blown away by the enthusiasm, quality of food and originality of ideas shown by all of the entries in each category. The standards are incredible and your recipes have inspired me, you should all be very proud to have made it here today.

I wouldn't be where I am today if it wasn't for the exposure to great mentors and doors that were opened through the cookery competitions that I experienced when I was a young, inspiring chef, so I would like to thank Teflon™ for providing this life changing opportunity for the future generation of chefs.

Teflon™ is extremely grateful to their partner the Royal Academy of Culinary Arts for their invaluable support along with Thermapen®, BonChef®, ChefSet®, The Olive Branch Pub, Hospitality in Action and *The Caterer*.

Without further ado, thank you and good luck!

Lesley Waters
HEAD JUDGE



THE CULINARY COMPETITION
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THE FINAL | 2021

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IF YOU CAN STAND THE HEAT
THEN **STEP INTO THE KITCHEN**

Past winners' recipes
**DISHES THAT
HAVE IMPRESSED**



The Olive Branch
GOOD PUB GUIDE
2021 UK PUB OF THE YEAR



Order of the day
**A SNEAK PREVIEW
OF TODAY'S DISHES**



Meet the Judges
**WHO HAS THE
FINAL SAY?**

