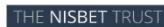




Springboard  
FUTURECHEF

# BakeOff

2021




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## BakeOff Details

- Location:** The production of the tart can be done either in school or at home 
- Dates:** There is no set date to produce the tart, however the evidence and must be submitted no later than 5pm on 24<sup>th</sup> March
- Task:** Produce a fruit tarte using fresh or tinned fruit of your choice using homemade shortcrust pastry. The tart must be made using an 8 or 10 inch Plain or fluted flan ring. The evidence needs to be through photographs of the process and a menu submission form with the dish title and brief description of the tarte and recipe and uploaded to the learning management system via a link that will be provided by Springboard. To register for the BakeOff please visit <https://futurechef.uk.net/bakeoff/>. A username, password and link will be sent to you to be able to access the learning management system.
- Budget:** There is no budget for the tiebreaker
- To be supplied:** Dish title, description of the dish and why those choices were made, photographic evidence of the process and a photograph of the final dish.
- Judges:** To be screened and selected by Springboard and the Craft Guild of Chefs. All judging will be done virtually through the submissions.
- Prizes:** All participants will receive commemorative a FutureChef certificate. The winners in each region will receive prizes.
- Rules & Guidelines:** See separate Health & Safety and Competition Rules sheets for details
- There will **only be one winner** from each region, who will be the Regional Champion for that region

## Judging Criteria

The judging criteria requires the participants to demonstrate practical skills and produce a selection of dishes, work in a methodical manner, produce a menu costing form and show awareness of nutritional balance.

### Creativity & Presentation

- Clean and pleasing plate presentation
- Good sense of colour
- Ease of serving and eating
- Practical portion size
- Freshness of presentation with natural and appetising look

### Dish Composition

- A well-made shortcrust pastry that is not broken or leaking
- Good use of ingredients that make a fruit flan
- Balance between the fruit and the pastry

### Paper and Photograph Submission

- Clearly typed/written submission
- Positive descriptions of the dish and process
- Photographs to be clear not blurred

# Fruit Tart Submission Form



<b>Competitor name</b>	
<b>School name</b>	
<b>School address and postcode</b>	
<b>Teacher name</b>	

## List of Ingredients

Name of tart:	
Food item	Unit /weight

## Time plan/method –To be supplied by students

Name of tart:

## Description of the tart and reasons for choices

Name of the tart:

## Competition guidelines & checklist

### Preparation

- ✓ Put thought into the design of the tart and the combination of ingredients
- ✓ Practice thoroughly and encourage someone else to taste your dish. Even though this dish is not being judged on taste it is good practice.
- ✓ Compile a checklist for your ingredients and equipment
- ✓ Make sure your work methods and hygiene practices are considered
- ✓ Ensure you have prepared a description of your dish as this will need to be submitted as part of your entry.
- ✓ Ensure you have a camera/phone camera to be able to take pictures of your process and importantly the final product. Ensure this is fully charged to be able to capture the evidence.

### Paperwork and photograph evidence

- ✓ Ensure any equipment or display dishes are clean and that you have prepared any accessories
- ✓ Note any special instructions that you may need to let the judges know.
- ✓ Do not forget to wipe the edge of your plate before you photograph the dishes, this is extremely important as presentation is a key factor
- ✓ Everything on the plate must be edible
- ✓ Ensure clean and hygienic practices are followed and you wear an apron whilst making your dish.
- ✓ All evidence needs to be uploaded to the FutureChef Learning Management System. A link and username/password will be supplied.
- ✓ Make sure you are organised and have your submission ready to submit in plenty of time before the closing date of 5pm 24<sup>th</sup> March 2021

## Competition Rules

- The competition is open to all persons between the ages of 14 and 16 and who must be no more than 16 years of age at the date of the submission deadline.
- Participants must be legal residents in the UK (England, Wales, Scotland or Northern Ireland)  
All participants must adhere to the relevant task that is being asked
- Participants must complete all paperwork to deadlines and supply full details as required, and comply with all rules to be eligible for the prizes
- All participants must comply with FutureChef' s Health & Safety Guidelines whilst taking part in the task. Refer to separate Health & Safety Guidelines document
- By entering the FutureChef programme, you hereby declare that all information submitted by you is true, current and complete
- By entering this programme, each participant grants Springboard the right to reproduce, publish or exhibit their recipes and photographs, in whole or in part, without charge or compensation
- Participants must upload photographic evidence of their dish along with photographic evidence of their work. Hands shots are sufficient, and we do not require head shots. Should these be required Springboard would contact the participant individually
- All participants consent by their participation in the competition, to have their names, recipes, photographs and images published on Springboard's social media channels including the website <https://futurechef.uk.net/>
- We fully welcome, and indeed encourage, the re-entry of competitors, and recognise the right to competition entry for any young person that meets the entry criteria  
In line with the competition rules and regulations, the decision made by our professional chef judges will always be final *and no correspondence or discussion shall be entered into*
- In the event of any dispute regarding the rules, programme notice, conduct, results and all other matters relating to the competition or programme, the decision of Springboard shall be final and no correspondence or discussion shall be entered into  
Prizes are non-transferable and there is no cash alternative. Springboard reserves the right to substitute prizes of equal or greater value at any time  
Springboard reserves the right to cancel or amend the Competition Programme, the Competition Programme Notice or these Rules at any time without prior notice. Any changes will be posted either within the Competition Programme Notice or these Rules  
Springboard reserves the right to disqualify any participant if it has reasonable grounds to believe the participant has breached any of these competition rules



## FutureChef Health & Safety Guidelines

### Standard Dress Code

An apron should be worn for health and safety reasons and to ensure protection of clothing

Long hair must be tied up and not to touch the shoulders.

**No jewellery** to be worn. No ear-rings, nose rings, studs, rings, watches or other forms of jewellery. These must be removed and not covered with blue plasters. No cosmetic make up.

### Personal Hygiene

Body cleanliness is essential for your own and other people's comfort at all times. Nails must be kept short and clean. No perfume or aftershave. Hands must be washed frequently, particularly before starting any practical sessions.

### Kitchen Safety

#### Mobile phones must be switched off whilst in kitchen and classroom

A safe and secure working environment should be maintained at all times. It is essential to observe all health and safety guidelines.

If you spill something on the floor, clean it up immediately and dry the floor. Use a warning sign whilst area is wet.

Often when you are working in the kitchen you are moving fast. Do not leave boxes, stools, bags of groceries or anything else out on the floor where they can trip up a fast-moving cook.

No running within the kitchens.

Keep an eye on all electrical cords. Watch for any breaks or cuts, or frayed areas where the cord passes over an edge or something has been placed upon it.

Dangerous or faulty equipment should be reported.

- Don't use electrical appliances near the sink or any other water. If one falls in, it can electrocute anyone nearby.
- Wet Cloths, Oven Cloves and Hot Pads can cause burns as heat turns the dampness to steam.

Any broken glass should be wrapped and disposed of in a safe container

## Knife Safety

It is important for your own safety that you handle knives in the appropriate and correct manner. Follow the guidelines below:

- Keep knives sharp
- Point the knife blade away from yourself
- Don't leave sharp knives loose in a drawer
- Do not put knives in the sink

## Refrigeration

Cooked and raw food must be stored in separate areas. All food must be placed on clean trays or bowls, covered with cling film and clearly labelled.

## Equipment and Machinery

All kitchen areas must be left clean. For example, tables and workbenches should be cleaned and sanitised after each service. All small utensils must be personally washed and kept within the section. Stoves, ovens and provers should be turned off and cleaned after each session. Under no circumstances should equipment be transferred from one kitchen to another unless under express permission from the lecturer in charge.

## Fire and Hot Oil Safety in the Kitchen

Most kitchen fires start because of heating fat or oil. As oil gets hotter it will at first smoke and then if it gets hotter it may burst into flames.

To extinguish a fat fire:

- Turn off the gas or power first
- Cover it with a fire blanket or damp cloth
- You can use foam or powder extinguishers but NEVER use water.
- Do not try to carry the burning pan!
- If you cannot quickly control the fire call 999

## Deep Fat Fryers

Never put water or other liquid into hot cooking oil as it turns into steam instantly and can violently explode hot oil in all directions.

- Watch the electrical cords carefully. Don't leave the fryer where something might snag the wires and spill hot oil.
- Be careful when you add food to a deep fat fryer. If the fat is too hot, or if there are pockets of liquid in the prepared food, the hot fat will spray up.

## Hot Pans

- Always remember that the steam will rise out of a boiling pot of water when you take off the cover.
- Remove the cover far side first so that this steam does not scald your hand.

If you take a hot pan or a cover from the oven or stove top and put it on a counter, leave a cloth or oven gloves on the hot lid or utensil as a warning to the others in the kitchen that it is hot.

- Don't let the pan handles on the stove protrude over the edge of the hob.
- Don't let pan handles extend over adjacent burners.
- Always be aware of where fire extinguishers are available and learn how to use them.

### **First Aid**

At every event there will be someone in the kitchen trained in at least basic first aid, in the event of a cut or burn, please inform either the programme manager or one of the judges immediately.

### **Cuts**

If you cut yourself please wash the wound under cold water. If the wound is shallow and the bleeding stops then dry the skin around the wound with paper, a clean cloth or cotton wool and cover with a waterproof blue coloured plaster.

If the wound is deep:

- Apply pressure to it to stem the bleeding
- Raise and support injured part
- Bandage wound
- Treat for shock
- Seek further assistance and if necessary dial 999

### **Burns**

- If you burn or scald yourself apply cold water, place hand under gently running cold water.
- It is important to take the heat from the area and although this may hurt prolonged application of cold water can substantially reduce blistering.
- Take care not to break the skin; if you spill quantities of hot liquid onto clothing do not remove the clothing get under a cold shower or into a cold bath and get medical attention: removing the clothing will rip off the skin!