



# COMPETITION OVERVIEW

## REVOLUTIONARY INITIATIVE FOR CHEFS UNDER THE AGE OF 25.

An inspiring experience, the Chef Stagiaire Award seeks to uncover the cream of the new wave of young chef talent currently emerging as the British cooking revolution continues apace. Entrants are all aiming to win the ultimate experience of Stages in some of the finest kitchens in the world.

Ten of the most innovative entrants will ultimately battle it out in the Semi Finals of Chef Stagiaire Award, each one taking part in a 1 week Stage at one of ten of the most highly acclaimed restaurants in the UK.

2 finalists will emerge who will go head to head in the final Stage at 2 Michelin star Hand & Flowers with Chef Patron Tom Kerridge and Head Chef Aaron Mulliss, who will judge them both on technique, attitude and ability throughout the 1 week Final Stage.

The winner will undertake an unforgettable prize of an all expenses paid 6 week trip including 4 weeks working with the pioneering Corey Lee at Benu in San Francisco, 3 Michelin Star holder, before flying on to the immense Six Senses 'Zil Pasyon Resort' in the Seychelles, for a further 2 weeks of creative cooking as well as enjoying their indulgent, luxury accommodation.

An elite team of widely celebrated British Judges will form the panel to assess firstly the initial paper applications and then secondly the Semi Final stages along with the relevant Head Chefs;

- **James Mackenzie**  
Chef Proprietor at The Pipe & Glass, Yorkshire (1 Michelin Star)
- **Luke Tipping**  
Chef Director at Simpsons, Birmingham (1 Michelin Star)
- **Tim Blake**  
Regional Executive Head Chef at Restaurant Associates

For more information, please see [www.chefstagiaire.com](http://www.chefstagiaire.com)



## JUDGES' TIPS

The first stage of the competition will be paper judged by our judges with all names concealed for fairness. Your aim is to get your recipe and method noticed by the judges and stand out on paper, so simplicity and attention to detail are key.

The clearer the information you can provide at this stage the better chance you will have. A clear, well thought out recipe helps them to be able to picture the dish at each stage of the process.

## CREATING YOUR DISH

Read the brief carefully and ensure you fully understand what you need to do. Think carefully about when you will be cooking the dishes and what will be in season at that time. Develop your dishes to showcase your ability and also let the key ingredient shine through. Originality will be looked upon favourably.

After you have come up with your dishes... practice, practice, practice and refine your recipe and method to ensure all the flavours balance and marry well with each other. Seek the advice of senior chefs in your kitchen and ask them to taste it with you.

## CHECKLIST

- Name the dish, just as you would on the menu in your place of work
- Supply a full and accurate list of all the ingredients and their quantities
- Write a clear step by step process for each stage of the dish
- Give clear details of how you will assemble, finish and present the dish, including photos

# PRELIMINARY ROUND – PAPER JUDGING



- Competitors are required to produce a menu for two covers
- One picture of each course must also be supplied
- A head and shoulders image of yourself should also be attached

You must prepare a written recipe and method for the following:

- **Amuse Bouche** [to competitors own choice]
- **Main** [to competitors choice using British Lamb]

During the stages you will be given 90 minutes to prepare both courses. Pre-prepared stocks and sauces will be permitted. Vegetables can be peeled but not chopped. Excessive amounts of mise en place will incur penalty points. Judges will be looking for innovation and creativity in your chosen recipe and the presentation of your submitted written entry. You should think carefully about the provenance and sustainability of your ingredients.

Your recipe, method, pictures and a copy of your up to date CV must reach the Stagiaire Office no later than 5.00pm on Thursday 31<sup>st</sup> May 2018.

Any entries received after this time will not be accepted.

Competitors must be under the age of 25 on the 30th April 2018.

All entries should be sent by *either email or post* to the address below:

Email: [awards@chefstagiaire.com](mailto:awards@chefstagiaire.com)

OR

Post: **Chef Stagiaire, Aquinas House, 63 Warstone Lane, Birmingham, B18 6NG**

# ENTRY FORM [1/5]



Title:

Forename:

Surname:

Address:

Postcode:

Email:

Date of Birth:

Contact Number:

Your Signature:

How did you hear about Chef Stagiaire Award?

Please check this box to confirm that you are happy to have your photograph and biography used for current and future media for the chefs competition:

*By signing this form you are agreeing to the competition terms and conditions as outlined in the attached terms.*

# CHEF STAGIAIRE AWARD ENTRY FORM [2/5]



Recipe and method for your **Amuse Bouche:**  
*(You may attach a Word document if you prefer)*

**Ingredients:**  
*(use another sheet if necessary)*

**Method:**  
*(use another sheet if necessary)*



# CHEF STAGIAIRE AWARD ENTRY FORM [3/5]

Recipe and method for your **Main:**

*(You may attach a Word document if you prefer)*

**Ingredients:**

*(use another sheet if necessary)*

**Method:**

*(use another sheet if necessary)*

# CHEF STAGIAIRE AWARD ENTRY FORM [4/5]



Name of Current Employer:

Address of Current Employer:

Postcode:

Telephone:

Type of Cuisine:

Number of Covers:

Send Correspondence to:

*(Home or Employer Address, your preference)*

HOME:

EMPLOYER:

**Important:** Please send us your CV in Word, Plain Text or PDF format if sending electronically.

t: 0800 012 6949  
e: [awards@chefstagiaire.com](mailto:awards@chefstagiaire.com)  
w: [www.chefstagiaire.com](http://www.chefstagiaire.com)



## CHECKLIST [5/5]

Please ensure that you have attached the following to your application:  
*(please tick box)*

- A fully completed entry form
- A high resolution head and shoulder photo (JPEG file if sending electronically)
- Your recipe, method and photos of the dishes
- Your full up-to-date CV
- You have read and agree with the terms and conditions
- You have signed and dated your entry forms

Please return your completed form to [awards@chefstagiaire.com](mailto:awards@chefstagiaire.com) or alternatively post it to our office address:

Chef Stagiaire, Aquinas House, 63 Warstone Lane, Birmingham, B18 6NG

Contact the above email address with any questions regarding the competition.





# TERMS & CONDITIONS

Please read these competition rules carefully. If you enter this competition, we will assume that you have read these rules and that you agree to them.

1. To enter this competition you must be:

- a) A current UK resident; and
- b) Under the age of 25 on the 30<sup>th</sup> April 2018

2. Only one entry per person.

3. No responsibility can be accepted for entries lost, delayed or not received for any reason. Copies of entries must be kept by entrants for future reference as correspondence cannot be returned.

4. Hotels and restaurants may submit any number of entries, providing each is from a different member of the team.

5. The organisers reserve the right to use and publish any submitted entry material.

6. The competitor agrees to be contacted by third parties relevant to the competition.

7. Proof of postage or submission by email will not be accepted as proof of delivery.

8. The Judges decision at each stage of the competition is final and no correspondence will be entered into.

9. The prize will not be transferable to another person.

10. No part of the prize is exchangeable for cash or any other prize.

11. The Prize is for the Winner only, no partners, family or friends can accompany you.

12. Prizes will only be on dates stipulated by the Stagiaire team, no alternative is available.

13. The organisers waive any responsibility for any tax liability resulting from the awarding of prizes.

14. The prizes and locations of stages are correct at the time of going to press but should any become unavailable for any reason, the organisers reserve the right to vary or amend them as necessary.