

.....

---

# ***A competitor's guide to the Junior Chefs Competition***

.....

**CRISPA™  
gold**

**JNR CHEF'S  
COMPETITION**

**WITH  
CHEF MLK**

**KING OF COOKING OILS  
CRISPA GOLD COOKING OIL**

# Junior Chefs Competition

South Africa

## Entry

Submit your recipe by sending it to [crispagold@chefmlk.com](mailto:crispagold@chefmlk.com) before the deadline.

Recipe **MUST** include a photograph of the dish and a picture of competitor.

The choice of recipe ( Main Course ) ingredients is strictly up to the discretion of the competitors.

There is no requirement that this Main Course recipe is on any existing menu but part of the judging criteria is that it **MUST INCLUDE CRISPA GOLD**.

Your recipes must be original and unpublished and must be submitted prior to the deadline.

These must be submitted via email , [Crispagold@chefmlk.com](mailto:Crispagold@chefmlk.com)

**Entries open on the 11th of July 2022 and close on the 28<sup>th</sup> of July 2022**

Finalist are chosen by a panel of Qualified Judges of the South African Chefs Association based on their recipe submission, the top 6 finalists and winner will be announced by the 22<sup>nd</sup> of August 2022

Competitors must be under the age of 25 to enter.

## The Competition

Junior Chefs Competition wants to provide you the competitor, every chance to excel and produce the best possible recipe. They want the best recipe using **Crispa Gold** to win.

This document has been produced to give you an indication of what the judges will be looking for, as well as some help full hints. You will score the maximum amount of points by showing the best possible use of **Crispa Gold**. Above all, be inventive and original.

**Crispa Gold** is an integral part of the event and the products SDO – Sime Darby Oils represents need to be used where possible.

We have listed some points below that if followed, will help you achieve your desired outcome.

Each entry will be judged on three key evaluation criteria: **Execution, Appearance and Taste**. The judges will give a score out of ten for each criterion, 1 being inedible, 10 being excellent. EXECUTION: Did the dish come together?

1. All dishes must contain **Crispa Gold**. Burgers must be served on a plate, bowl or other display products. Dishes may include any combination of ingredients

Have you used and identified sponsors product?

## Competition

Please note, that all our judges are all qualified South African Chefs Association Judges. The Junior Chefs Competition organizers do not select the finalist they are independently select by suitably qualified industry personal. You will probably never produce a dish that has not been replicated somewhere in the world. Therefore secrecy, to the point of ridiculous, is not necessary. In the spirit of good sportsman ship, if needed, assist your fellow competitor if they are in need of help. It may be you one day!

- Judges decision is final in all matters during the competition.
- All recipes and photography of contestants, and Dishes become the property of Junior Chefs Competition and may be used in future promotions and advertising.
- The winner of the Junior Chefs Competition South Africa will be announced on the 19<sup>th</sup> of August 2022 Online.

## Recipe Card

Please use a Recipe Card for your submission. Recipe MUST include, Picture of the Dish, ingredients and Methods.

Specify all recipes in the metric system in other words: grams and millilitres and not cups and spoons.

A sample recipe Template can be downloaded from the website: [www.crispagold.co.za](http://www.crispagold.co.za)

Follow the instructions on the template and save as word document and email back to the organisers.

Do not change fonts, page size, or any font size on the document.

Please take note that what is specified in your entry recipe must be able to be reproduced

## Conclusion

This is your opportunity to showcase your talent and originality.

All competitors who reach the finals will receive a certificate.

- Top 6 and overall winner will be announced in the last week of entries. (SDO Hamper & Branded SDO Chef's Jacket)
  - Overall winner will receive a set of Professional Knives, and an Overall winner Trophy
-

**RECIPE TITLE**

**COMPETITORS NAME:**

Prep time: ... minutes

Cooking time: ...minutes

Serves: ... portion

**Ingredients:**

<b>Component title: Crispy French Fries</b>	
i.e. 500ml	Crispa Gold Oil
<b>Component title: Homemade Tomato Sauce</b>	

If your dish comprises of more than 1 component, you need to separate the ingredients for each. i.e. Crispy French fries and homemade tomato sauce.

**Method:**

**Component name: Crispy French Fries**

1. Steps
2. Steps
- 3.

**Component name: Homemade Tomato Sauce**

1. Steps
2. Steps

