

**North Region**  
**Ready Steady Country Cooks 2023**  
**(Highland)**

**ELIGIBILITY**

Teams will consist of 2 members who must be full junior or senior members and do not exceed their 28<sup>th</sup> birthday on the date of the competition

**SCORING CRITERIA**

In judging each article, the judges will be asked to allocate marks as follows:-

Taste, Texture & Flavour - Main dishes & extra dishes	40 marks
Balance of Dish	20 marks
Appearance of Finished Dishes	10 marks
Hygiene, tidiness & methodical preparation of the meal	10 marks
Technical skills	10 marks
Team work	10 marks

Total 100 marks

**PROCEDURE**

1. Teams will be given 1 full hour to complete the completion. However the first 10 minutes are for preparation time only – no cooking or ingredient prep is allowed. 48 minutes will then be allocated for cooking time followed by a 2 minute plate up time.
2. Clubs/district may decide how the teams are to be selected
3. Judges, whose decision will be final.
4. A Bag of 8 ingredients will be given to each team with a minimum of 5 to be used during the competition.
5. Teams must present a main course dish after the competition is complete however additional or complimentary dishes or courses may also be made.
6. No Mobile Phones, books or computers will be allowed.
7. Teams will be given 1 oven, 2 induction hobs and store ingredients which include;
  - Salt & Pepper
  - Cornflower
  - Butter
  - Natural Yogurt
  - Milk
  - Flour (Plain & SR)
  - Vegetable Oil
  - Various Herbs/Spices/curry power
  - Eggs
  - Tinned Tomatoes
  - Onion
  - Caster Sugar
8. Ovens will be preheated to 200 Degree Celsius prior to start of the competition.
9. Competitors are provided with a reporting time prior to the competition and are expected to arrive in plenty of time. Teams who arrive 10 minutes late or more will be disqualified.

**Entry Deadline:** 5<sup>th</sup> May  
**Competition Date:** 14<sup>th</sup> May

**Entry Fee:** £30  
**Entry Criteria:** Region to National