

# East Region Ready Steady Country Cooks 2025

## 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 task. 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. A maximum of 2 teams per District may enter the East elimination.
3. The judge's 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 – **TEAMS MUST NOT BRING ANY ADDITIONAL INGREDIENTS.**
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 degrees Celsius prior to the 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.

**Top two teams from East will go forward to the National Final**

**Entry Deadline:**

**Friday 2<sup>nd</sup> May**

**Entry Fee:**

**£30**

**Competition Date:**

**Tuesday 20<sup>th</sup> May**

**Entry Criteria:**

**Region to National**