

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 28th 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:
Competition Date:

Friday 2nd May
Tuesday 20th May

Entry Fee: £30
Entry Criteria: Region to National