



National prizes

\$2000
Gift Voucher

+ School membership


The school with the national winning entry will receive a \$2000 gift voucher plus an HEIA one-year school membership (for up to 6 teachers at the school) valued at \$400. Visit heia.com.au for full membership benefits.

State prizes

The winning entry from each state/territory (ACT/NSW, NT/SA, QLD, VIC/TAS, WA) will receive a Tupperware prize pack for the classroom valued at \$1037.*



* Indicative sample of prize pack

In addition, each state/territory winner will receive a supply of McCormick herbs and spices for the classroom (valued at \$500).

Tupperware



There are also student prizes and each entrant receives a participation certificate.

McCormick Foods Australia and the Home Economics Institute of Australia Inc. (HEIA) invite you to involve your Year 9 and Year 10 home economics students in a national, education-focused recipe challenge.

McCormick Foods Australia and the Home Economics Institute Australia Inc. (HEIA) are excited to announce the launch of the Years 9 & 10 Flavour Forecast® 2018 Student Recipe Challenge.

Each year, McCormick releases the Flavour Forecast report, a highly anticipated look at emerging culinary trends expected to drive flavour innovation over the next several years. This report is created by a team of McCormick chefs, home economists, sensory scientists, dietitians, trend trackers, marketing experts and food technologists from around the world. The global report showcases trends and flavours taking root in Asia, Australia, Europe, Africa, Latin America and North America.

Now in its fifth year, the McCormick/ HEIA Student Recipe Challenge provides an opportunity for Year 9 and Year 10 home economics students in Australian schools to explore these flavours in more detail and develop a series of recipes based around the 2018 trend-setting themes.

The challenge is for students, individually or in teams, to develop three original recipes that support the McCormick® Flavour Forecast® 2018. Entrants are required to submit:

- school and student details
- three original recipes inspired by the Flavour Forecast 2018 report (see overleaf)
- two or three supporting images of each dish
- a costings breakdown for each recipe
- for each recipe a justification of, and reflection on the resolution to the recipe challenge.

Judges will be looking for:

- adherence to the design brief
- appeal of the recipes
- point of difference
- justification of, and reflection on the resolution to the recipe challenge
- presentation of final food product.

Schools can submit multiple entries and any number of students can be part of a team; however, any one student can be part of only one team. If a student enters individually, he/she cannot also be in a team.

Each team/individual can only submit one school entry.

Schools must obtain written consent from the parent/guardian of each student prior to entry.

HEIA has worked closely with McCormick Foods Australia to develop a design brief that is grounded in the curriculum. As a result, the recipe challenge has a real-world context, modelling some of the key features of the Australian Curriculum, including critical and creative thinking and ICT capability. This is a great opportunity for students to learn about the real demands of the food industry, have some fun whilst being creative, and potentially win some fabulous prizes.

The competition closes on Friday 19 October 2018 and winners will be announced on Wednesday 7 November 2018.

To register your interest, please email Neredith at neredith@marketmaker.com.au and request your Competition Entry Pack, which contains full entry requirements. Your school must obtain a Competition Entry Pack prior to entering as the pack contains the design brief and additional supporting materials, including a spice pack, a copy of the Flavour Forecast 2018 report, a glossary of all flavour ingredients, tips on food styling and photography, tips on writing a recipe, background on how food trends are identified, and some key information on storing and selecting herbs and spices.

* This challenge is subject to terms and conditions, which are available in the competition pack.

Request a copy from Neredith at neredith@marketmaker.com.au



McCormick Brings Passion to Flavour™



McCormick flavour trends (select three from the four listed below)	Instructions	Set ingredients
<h3>A BITE OF EAST AFRICA</h3>	<p>East Africa is a treasure trove of flavour. At last, the signature seasonings, BBQ marinades and sauces of Tanzania and Ethiopia are being discovered across the globe. The Berbere spice blend is Ethiopia's most popular seasoning that contains an array of spices like paprika, allspice, coriander, cardamom, ginger, cinnamon and cayenne pepper. Its hot, sweet and citrusy flavour lends richness to whatever it touches, whether rubbed on meats, stirred into soups and stews, or sprinkled onto lentils and veggies.</p>	<p>Students are to develop a savoury dish that includes:</p> <ul style="list-style-type: none"> - Berbere spice blend as a hero ingredient in one component of the dish - grilling or barbequing as a cooking technique in one component of the dish - a flatbread and/or grain as a side <p>The dish must have:</p> <ul style="list-style-type: none"> - Berbere spice blend (refer to recipe) - a side of flatbread (made from scratch) or a grain
<h3>DRINK TO YOUR WELLNESS</h3>	<p>Wellness never tastes so good. Breakfast boosts, snacking soups and end-of-day sips feature robust cucumbers, dandelion greens, ginger, turmeric and cayenne pepper. Awaken, stay energised, rebalance and, above all, enjoy.</p>	<p>Students are to create a liquid that can be consumed from a glass or a mug. It can be served hot or cold. The liquid must:</p> <ul style="list-style-type: none"> • be suitable for a vegan • be between 250 mL - 300 mL per serve (i.e. recipe is no more than 600 mL) • contain at least: <ul style="list-style-type: none"> - one fruit - one vegetable - one herb, and - one spice <p>The dish must have:</p> <ul style="list-style-type: none"> - at least one of the following fruits: apple, grapefruit, lemon, lime, mango, orange, passionfruit, and/or pineapple - at least one of the following vegetables: avocado, beetroot, capsicum, cucumber, dandelion greens, kale, silverbeet, and/or spinach - at least one of the following herbs (fresh or dried): basil, fennel, thyme, oregano, parsley and/or sage - at least one of the following spices (fresh or dried): cayenne pepper, ginger, nutmeg, sumac and/or turmeric.
<h3>JAPANESE IZAKAYA EATS</h3>	<p>Sushi isn't the only bite-sized food Japan has to offer. Izakayas serve up casual tasting plates, similar to Spanish tapas. Featuring bold glazes, tangy sauces and seaweed seasonings, these dishes are an explosion of flavour.</p>	<p>Students are to prepare three different types of Japanese savoury, bite-sized snacks/ appetisers that can be served as part of a tasting plate. The tasting plate must present:</p> <ul style="list-style-type: none"> - at least one dish served hot or warm - at least one dish served cold - at least one dish must be vegetarian - at least one dish must have a dipping sauce. Note, this dipping sauce is included as part of the dish and not categorised as a separate item. <p>Sushi cannot be included.</p> <p>The dish must have:</p> <ul style="list-style-type: none"> - furikake seasoning (refer to recipe) in at least one of the three snack options.
<h3>HANDHELD FLAVOUR FUSION</h3>	<p>Take to the streets for the latest fusion of global cuisines. Carts, trucks and food halls are merging high-flavour fillings with unique crepes, buns and breads for loaded street fare you eat with your hands.</p>	<p>Students are to develop a handheld food item. A crepe, bun or bread must be the main holder of the filling. The dish must:</p> <ul style="list-style-type: none"> • be eaten in one's hands (i.e. does not require the use of cutlery or other utensils to be consumed) • reflect the fusion of two of the following continents - Asia, Africa, Europe and America. <p>The dish must have:</p> <ul style="list-style-type: none"> - a crepe, bread or bun (made from scratch)

