

# Information for teachers

## Important dates

### Closing date for entries:

To arrive no later than last mail on Friday 19 October 2018

### Winners announced:

Wednesday 7 November 2018

## How to enter

Obtain your competition pack and entry form by emailing Neredith at [neredith@marketmaker.com.au](mailto:neredith@marketmaker.com.au). Complete the entry form and submit with a hard copy of requirements, along with a CD or USB, if submitting images as a multi-media presentation, to:

### Flavour Forecast 2018 Recipe Challenge

PO Box 404, Kew East VIC 3102

Your entry should include the following:

#### School details

- School name & address
- School contact person  
—name, phone, email

#### Individual or team details

- Name
- School year/s
- Team members if a group entry

#### The recipes

Please ensure you submit one recipe for each trend, making a total of three recipes.

#### Images, justifications & reflections

The supporting images, justifications and reflections may be submitted as hard copy or as a multimedia presentation.

If using digital technologies (such as MS PhotoStory, Animoto, iMovie, MovieMaker), please save the file on to a CD or USB stick, and mail with your entry.

## Terms and conditions

This challenge is subject to terms and conditions. Please ensure you have read and understood the terms and conditions, which are found within your Competition pack.

Please contact Neredith at [neredith@marketmaker.com.au](mailto:neredith@marketmaker.com.au) if you require another copy or further clarification.

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

## National prizes

**\$2000**  
Gift Voucher

+ School membership



## Tupperware

### State/territory prizes

+ Student prizes

Every student receives a certificate



\* Indicative sample of prize pack



## Prizes

### National school prize

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](http://heia.com.au) for full membership benefits.

### National student prize

The individual or team that submits the national winning entry will receive \$500 worth of gift cards. If a team wins, the \$500 will be distributed evenly amongst team members.

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

### State/territory student prize

Each team member or individual from the winning state/territory will receive a McCormick gift bag of various items. Participation certificates will be sent to all students who enter.

Years 9 & 10  
Flavour Forecast® 2018

# Student Recipe Challenge



# Years 9 & 10 Flavour Forecast® 2018 Student Recipe Challenge



## Introduction

The Years 9 & 10 Flavour Forecast® 2018 Recipe Challenge is a challenge designed by McCormick Foods Australia and the Home Economics Institute of Australia Inc. for Year 9 and Year 10 home economics students in Australian schools. The challenge is for students, individually or in teams, to develop **three** original recipes to support the McCormick® Flavour Forecast® 2018.

Schools may submit multiple entries and any number of students may be part of a team; however, any one student may be part of only one team. If a student enters individually, he/she may not also be in a team. Each team/ individual may submit only one school entry.

## Design situation

Each year, McCormick identifies and reports on flavour trends that are expected to drive global innovation in food. This year, the report identified five trends. However, the 2018 Student Recipe Challenge focuses on only four of these trends, as shown in the table opposite.

McCormick Foods Australia is looking for three new recipes to support its Flavour Forecast 2018 trends. The recipes that are submitted may be used by McCormick Foods Australia to promote to consumers how the selected flavour trends can be used to develop flavoursome dishes that can be made in the home kitchen.

McCormick Foods Australia is looking for contemporary recipes that promote a variety of fresh foods (in addition to the set ingredients) and reflect the current Australian Dietary Guidelines.

For each trend, the Home Economics Institute of Australia Inc. and McCormick Foods Australia have identified parameters for how these trends are to be represented. These parameters are identified in the Design brief.



## Design brief

Three original recipes are required, one recipe each for three of the four McCormick flavour trends, as outlined below.

### A bite of East Africa

Students are to develop a savoury dish that includes:

- 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

### Drink to your wellness

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:

- 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:
  - one fruit
  - one vegetable
  - one herb, and
  - one spice

### Japanese izakaya eats

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:

- 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.

Sushi cannot be included.

### Handheld flavour fusion

Students are to develop a handheld food item. A crepe, bun or bread must be the main holder of the filling. The dish must:

- 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.

## Specifications

- Each of the three recipes must:
  - be original—please be aware of penalties related to breach of copyright laws
  - be suitable to be prepared in a typical home economics kitchen
  - be prepared and/or cooked within 100 minutes or less
  - serve two.
- The cost for ingredients for **all three** recipes must be no more than \$26 in total, excluding the set ingredients.
- No more than one of the three recipes must fall into the discretionary/eat in small amounts food category. Refer to the Discretionary choices fact sheet.\*

## What has to be submitted?

For each recipe, the following must be included:

- 1) The recipe (please refer to Tips for writing a recipe\*):
  - Title
  - Preparation time
  - Cooking time
  - Total serves/makes
  - Ingredients
  - Method
  - Suggestion/s for presentation of the final dish
- 2) Two or three supporting images of the dish from different angles (refer to Tips for food presentation and photography\*).
- 3) Costings breakdown for the recipe, but excluding the set ingredients, taking into account the ingredients are to only serve two people
- 4) Justification of the resolution to the recipe challenge, which should:
  - be no longer than 300 words
  - include two or three images of work-in-progress, with appropriate annotations to highlight the design and production journey.
- 5) A brief (maximum 150 words) reflection, for example:
  - the inspiration for the recipe
  - what was enjoyed most
  - what was learnt
  - what was most challenging
  - what would be done differently next time.

## Judging criteria

- Adherence to design brief
- Appeal of the recipes i.e. how well the ingredients come together to form appealing, quality products
- Justification of, and reflection on the resolution to the recipe challenge
- Point of difference i.e. the factor/s that make the recipes and the presentation of the final food products stand out from the crowd
- Presentation of final food product i.e. attention to design elements such as colour, texture, placement, focal point etc.

McCormick flavour trends (select three from the four listed below)	Instructions	Set ingredients	
<b>A BITE OF EAST AFRICA</b>	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.	Students are to develop a savoury dish that includes: <ul style="list-style-type: none"> <li>- Berbere spice blend as a hero ingredient in one component of the dish</li> <li>- grilling or barbequing as a cooking technique in one component of the dish</li> <li>- a flatbread and/or grain as a side</li> </ul>	The dish must have: <ul style="list-style-type: none"> <li>- Berbere spice blend (refer to recipe)</li> <li>- a side of flatbread (made from scratch) or a grain</li> </ul>
<b>DRINK TO YOUR WELLNESS</b>	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.	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: <ul style="list-style-type: none"> <li>• be suitable for a vegan</li> <li>• be between 250 mL - 300 mL per serve (i.e. recipe is no more than 600 mL)</li> <li>• contain at least:                             <ul style="list-style-type: none"> <li>- one fruit</li> <li>- one vegetable</li> <li>- one herb, and</li> <li>- one spice</li> </ul> </li> </ul>	The dish must have: <ul style="list-style-type: none"> <li>- at least one of the following fruits: apple, grapefruit, lemon, lime, mango, orange, passionfruit, and/or pineapple</li> <li>- at least one of the following vegetables: avocado, beetroot, capsicum, cucumber, dandelion greens, kale, silverbeet, and/or spinach</li> <li>- at least one of the following herbs (fresh or dried): basil, fennel, thyme, oregano, parsley and/or sage</li> <li>- at least one of the following spices (fresh or dried): cayenne pepper, ginger, nutmeg, sumac and/or turmeric.</li> </ul>
<b>JAPANESE IZAKAYA EATS</b>	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.	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: <ul style="list-style-type: none"> <li>- at least one dish served hot or warm</li> <li>- at least one dish served cold</li> <li>- at least one dish must be vegetarian</li> <li>- 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.</li> </ul> Sushi cannot be included.	The dish must have: <ul style="list-style-type: none"> <li>- furikake seasoning (refer to recipe) in at least one of the three snack options.</li> </ul>
<b>HANDHELD FLAVOUR FUSION</b>	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.	Students are to develop a handheld food item. A crepe, bun or bread must be the main holder of the filling. The dish must: <ul style="list-style-type: none"> <li>• be eaten in one's hands (i.e. does not require the use of cutlery or other utensils to be consumed)</li> <li>• reflect the fusion of two of the following continents - Asia, Africa, Europe and America.</li> </ul>	The dish must have: <ul style="list-style-type: none"> <li>- a crepe, bread or bun (made from scratch)</li> </ul>