

# Information for teachers

## Important dates

### Closing date for entries:

To arrive no later than last mail on Friday 20 October 2017

### Winners announced:

Wednesday 8 November 2017

## 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 2017 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



## State/territory prizes



**Tupperware**



**+ Student prizes**

**Every student receives a certificate**

McCormick Brings Passion to Flavour™



## 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

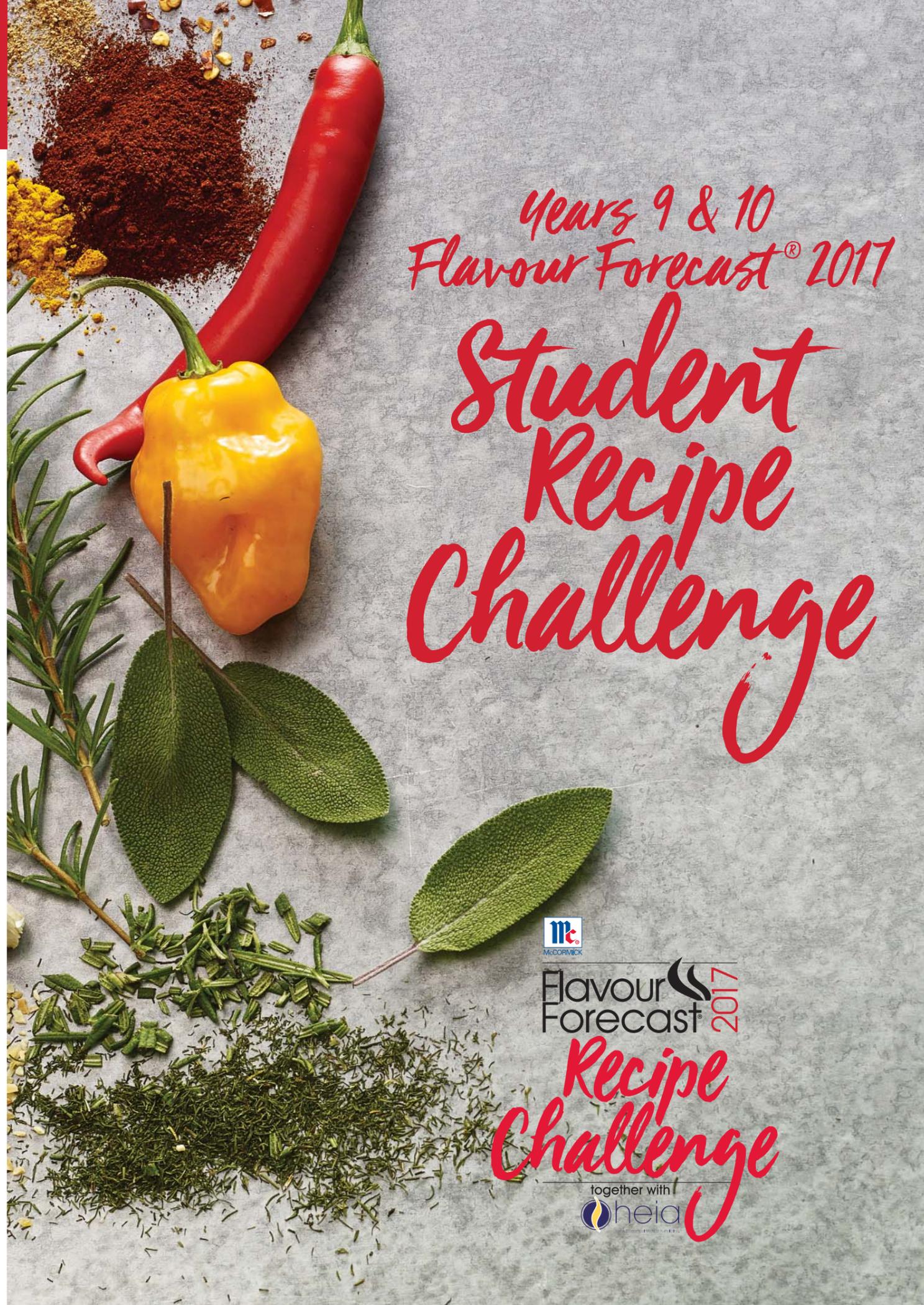
The winning entry from each state/ territory (ACT/NSW, NT/SA, QLD, VIC/TAS, WA) will receive following Tupperware prize pack valued at \$1037:

- Tupperware U-Series™ Knife Set
- Tupperware Extra Chef™
- Tupperware Smooth Chopper™
- Tupperware Turbo Chef®
- Tupperware Herb Chopper Seal
- Tupperware Kitchen Preparation Tool Collection
- Tupperware Grate 'N Measure™
- Tupperware Twistable Peeler
- Tupperware Ergologics Can Guru
- TupperChef™ Spatula Thin
- TupperChef™ Spatula Medium
- Tupperware EZ Prep Cooks Maid
- Tupperware EZ Mix 'N Pour
- Tupperware EZ Shaker
- Tupperware adjustable rolling pin and cookie cutters
- TupperChef™ Kitchen Scissors
- Tupperware Time Savers Cookbook 2016
- Tupperware Extra Chef Cookbook 2016

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® 2017

**Student  
Recipe  
Challenge**



Flavour Forecast 2017

**Recipe  
Challenge**

together with  
heia

# Years 9 & 10 Flavour Forecast® 2017 Student Recipe Challenge



## Introduction

The Years 9 & 10 Flavour Forecast® 2017 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® 2017.

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 2017 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 2017 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.

### Rise & shine to global tastes

Students are to develop a one-bowl breakfast that reflects a breakfast cuisine from an African country, a Far Eastern country or a Middle Eastern country. The breakfast should include:

- an ancient grain
- a plant-based milk
- a skhug sauce.

The breakfast bowl must be nutritious and sustain until the next meal.

### Sweet on pepper

Students are to develop a dessert that includes:

- two types of pepper:
  - one of the peppers must be used in a pepper-based syrup made from one of the following: brown rice, sorghum, barley, malt, yacon or coconut.
  - the other pepper should be used in a separate component of the dish.
- at least one tropical fruit chosen from the following: banana, dates, dragon fruit, durian, guava, jackfruit, lychee, mango, papaya, passionfruit, or pineapple.

### Egg yolks:

#### The sunny side of flavour

Students are to develop a lunch or dinner dish whereby the egg yolk is the hero of the dish and the yolk must remain whole and intact. Students are to create their own spice blend to enhance the dish. The egg white must be incorporated separately into the dish.

### Modern Med

Students are to choose a classic Western European dish from Austria, France, Germany, Italy, Sweden or the UK. Without losing the classic features of the Western European dish, and they are to create their own unique Baharat seasoning and introduce it into one or more elements of the dish. One of the elements must be a pasta, bread, pastry or spätzle made from scratch.

## 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\*). If preferred, the supporting images may be submitted as a multimedia presentation on a CD or USB stick
- 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 /techniques
<i>Rise &amp; shine to global tastes</i>	No more excuses for the same boring breakfast! Think outside the box and try a bowl brimming with new ingredients and captivating flavours to help you power through the day. From exciting ancient grains and rice varieties, to a Middle Eastern-inspired breakfast hash topped with a spicy sauce, these are the global tastes worth getting out of bed for.	Students are to develop a one-bowl breakfast that reflects a breakfast cuisine from an African country, a Far Eastern country or a Middle Eastern country. The breakfast should include: <ul style="list-style-type: none"> <li>• an ancient grain</li> <li>• a plant-based milk</li> <li>• a skhug sauce.</li> </ul> The breakfast bowl must be nutritious and sustain until the next meal.
<i>Sweet on pepper</i>	Pepper's tongue-tingling, bold edge can be tempered by naturally sweet ingredients like syrups and exotic fruits. After hiding in plain sight for so many years, pepper is finally capturing the spotlight. Its up-front bite and lingering sensation offer the next wave of spicy flavour.	Students are to develop a dessert that includes: <ul style="list-style-type: none"> <li>• two types of pepper:                             <ul style="list-style-type: none"> <li>- one of the peppers must be used in a pepper-based syrup made from one of the following: brown rice, sorghum, barley, malt, yacon or coconut.</li> <li>- the other pepper should be used in a separate component of the dish.</li> </ul> </li> <li>• at least one tropical fruit chosen from the following: banana, dates, dragon fruit, durian, guava, jackfruit, lychee, mango, papaya, passionfruit, or pineapple.</li> </ul>
<i>Egg yolks: The sunny side of flavour</i>	Egg yolks leave breakfast behind! These golden gems add richness and indulgence in a surprising fashion to a wide range of lunch and dinner menus. Taking on the different tastes and styles of each dish, yolks add excitement, protein and exceptional flavour.	Students are to develop a lunch or dinner dish whereby the egg yolk is the hero of the dish and the yolk must remain whole and intact. Students are to create their own spice blend to enhance the dish. The egg white must be incorporated separately into the dish.
<i>Modern Med</i>	Discover the new Mediterranean cuisine of the 21st century. Melding Eastern Mediterranean ingredients with Western European classics, cooks can create homey dishes with a fresh take.	Students are to choose a classic Western European dish from: Austria, France, Germany, Italy, Sweden or the UK. Without losing the classic features of the Western European dish, they are to create their own unique Baharat seasoning and introduce it into one or more elements of the dish. One of the elements must be a pasta, bread, pastry or spätzle made from scratch.