



EXMOOR YOUNG CHEF & ASPIRING CHEF COMPETITION 2025

**Partnering with Visit-Exmoor, Butlins, Bridgwater & Taunton
College Trust**

sponsored by



Information Pack

Introduction

The **Exmoor Young Chef** competition is to be held at West Somerset College, Minehead on Saturday 4th October 2025 and **Aspiring Chef** on Monday 20th October 2025. Both events will profile young chef's skills and creativity using local produce. The project recognises the importance of local food and tourism to the economy and aims to inspire young people to live and work in the Exmoor area by improving their knowledge, skills and opportunities in all aspects of the hospitality industry. The competition aims to highlight food and drink that is grown and produced on Exmoor and the economic development opportunities.

Aims

This competition aims to encourage young chefs to:

- Learn/demonstrate how to cook a healthy meal using local produce.
- develop skills.
- consider food hygiene issues.
- develop organisational and planning skills.
- develop an ability to cope in a demanding situation.
- Introduce young chefs to the local food industry.
- Understand costing.
- Contribute to the growing recognition of Exmoor as a place with a food culture.

Who can take part?

The **Exmoor Young Chef** competition is open to all young people aged 12 to 17 years (at the date of the competition), living or at school within the Greater Exmoor area. The **Aspiring Chef** competition is open to all those already working in kitchens on a full time or part time basis aged 18 to 24 and employed within the greater Exmoor area.

We actively invite support and encouragement from parents, schools, colleges, employers, community and young people's groups etc., to help young people enter the competition.

Prospective entrants should complete an entry form on-line, with up to 8 photographs (self and recent culinary creations). Any questions please email: businesssupport@visit-exmoor.co.uk

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The Finalists

Using the entry forms and the photographs provided, **Ten** Finalists for each competition will be chosen by the panel.

For the Exmoor Young Chef competition the contestants will be mentored on-line by professional Exmoor chefs in the weeks prior to the competition.

All finalists will be required to prepare and take part on the competition day

Exmoor Young Chef **Saturday 4th October 2025 at West Somerset College, Minehead.**

Exmoor Aspiring Chef **Monday 20th October 2025 at West Somerset College, Minehead**

Competition Guidelines

Task

To prepare in two hours, a three-course healthy meal comprising starter, main course and dessert for two people and costing less than £25.00 and showcasing at least two locally sourced ingredients, produced in the Greater Exmoor area, (See link to suppliers for inspiration: <https://directory.exmoor-nationalpark.gov.uk>) along with demonstrating cooking skills.

Competitors will be allocated a table to display their dishes and this display will be included in the competition marking. Each table must display, besides the three-course meal, a cloth, table cutlery, glasses, table décor, menu, napkins, plates and the competitor's name, all provided by the entrant.

Judges

Judges with appropriate skills will apply the judging criteria and provide feedback to the competitors. The judges will not discuss marks.

Judging Criteria

Judges will allocate marks as follows:

Costing	10	points
Planning	10	points
Completed Allergy chart	5	Points
Neatness of working area and hygiene	10	points
Range of skills	10	points
Meals served on time and at correct temperature	10	points
Healthy choice of dishes	5	points
Correct use of equipment and knives	5	points
Use of at least 2 local ingredients	5	points
Taste and presentation of starter	10	points
Taste and presentation of main course	10	points
Taste and presentation of dessert	10	points

Maximum available points 100

Judge's decision is final. Mark sheets will be available for contestants to view. After the competition the judges will comment on their observations before the results are announced and prizes presented at the afternoon event, following a light lunch.

Prizes

All competitors will receive a Finalist's Certificate and their marks,
All 10 Finalists will receive a light lunch on the day of the event.

How to enter

Prospective entrants should complete the relevant entry form on-line with up to 8 photographs (Self and dishes they have prepared). Use the online entry forms on the Visit Exmoor Website.

Competition Procedure

Arrival and Welcome

On arrival at West Somerset College, Bircham Road, Minehead, TA24 6AY each competitor will be assigned their own workstation in the large training kitchen and shown where to deposit their equipment and ingredients.

Family members, supporters and employers will not be allowed in the kitchen area during the competition but are welcome to wait in an adjacent reception room, where refreshments will be available.

Finalists will be invited to reserve up to a maximum of 2 places for family/supporters and places must be booked in advance.

Please note that photographs and interviews of young chefs, judging etc., will take place throughout the day.

Competitors and supporters will be welcomed, and competitors advised of the location of the cooking, judging and table display areas. Competitors will then be briefed by the Kitchen Manager. Judges will explain what they are looking for in terms of kitchen safety and the proper use of knives and cooking equipment.

Cooking, Equipment and paper work

Cooking areas and work tables will be pre-determined and display entrants name.

Standard cooking equipment will be available at the venue. Competitors should bring their own specialist and electrical equipment (with an appropriate Portable Appliance Tested (PAT) certificate.). Any clarification on equipment availability should be addressed to: businesssupport@visit-exmoor.co.uk

Organisers will allocate a table for the competitors to display their three dishes for supporters to see in the reception area. Entrants should provide a menu for display purposes, along with table cutlery, table décor, glasses, plates, cloths, napkins and their name.

Prior to the Competition start time at 09:30am. Supporters may assist with the unpacking and organisation of the cooking area. Supporters may not assist with any food preparation. Supporters must leave the cooking area before the competition starts. Food preparation must not start until the competition time begins.

Entrants should advise the judges of any ready or pre-prepared food or ingredients e.g. marinated food that they are using.

Entrants must also supply the judges with a printed copy of the following completed forms. (Blank forms are available at the end of this information pack)

- Time Plan
- Menu and ingredients form (specifying local ingredients)
- Allergy Matrix Form

The Menu and Ingredients Form should include all ingredients and the purchase cost of the quantity of ingredients to be used.

- If home grown produce or 'free' ingredients are used these should be valued at retail cost.
- Small amounts of herbs, spices and seasonings need not be included on the menu and ingredients form.
- Receipts with the items clearly marked should be attached to the form.

N.B. An Allergen Matrix form containing any of the 14 allergens as shown on the enclosed Form MUST BE COMPLETED and attached to the menu and ingredients forms. The competition organiser must be made aware of any allergens on arrival so that appropriate separation can be arranged. All utensils and surfaces must be thoroughly cleaned to avoid residual contamination.

Competitors must be suitably dressed for the competition, ideally apron, jacket and headgear.

Preparation and Cooking Time

The preparation time will commence at 09:30am Competitors will have **2 hours** to prepare, cook and serve their meal. During the last 45 minutes of preparation time, competitors should stagger serving their courses in the correct order and at the correct temperature.

One serving of each course should be placed in the judging area and the other serving on the display table in the Reception Area for the supporters, press and others to view.

Clearing up may be completed after the preparation time.

Results

After the judges have decided the result of the competition, one or more judges will comment on their observations of the competition before announcing the result to the Finalists and their supporters in the Reception Area.

Date and Timing

The Competition will take place on Saturday **4th October 2025 for Exmoor Young Chef** and **Monday 20th October for Aspiring Chef** at West Somerset College, Minehead.

Arrival and set up 08:45am to 09:15am

Judges Briefing 09:15am to 09:30am

Preparation and cooking start 09:30am to 11:30am

Clear up and Judging 11:30am to 12:30 noon.

Buffet Lunch in Reception Area 12:30 to 1.30pm

Presentation and prizes 1:30pm to 2:30pm (Finish)

Notes:

Privacy Notice and Personal information declaration

All entrants are reminded to read the Privacy Notice and Personal Information Declaration on the Entry Form.

Carers Advice

For carers advice, apprenticeships and opportunities please refer to businesssupport@visit-exmoor.co.uk

Project and Funding Partners

The competition is not for profit and is made possible by our partners and sponsors.



Contact

For any enquiries in relation to the competition please email Max Lawrence at:

businesssupport@visit-exmoor.co.uk

Time Planner

Competitors should bring a completed copy of this form to the competition.

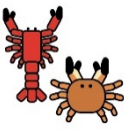
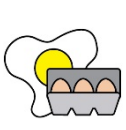
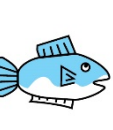
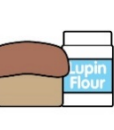
[illegible]

Menu and Ingredients Form (Maximum Cost must not exceed £25)

Competitors should bring a completed copy of this form to the competition. Only cost the quantity of ingredients used not the quantity purchased.

Competitors Name								
Starter			Main Course			Dessert		
Description			Description			Description		
Ingredient	Quantity	Cost £	Ingredient	Quantity	Cost £	Ingredient	Quantity	Cost £
Total		£	Total		£	Total		£
Cost of starter + cost of main course + cost of dessert								£

DISHES AND THEIR ALLERGEN CONTENT - [INSERT YOUR NAMEHERE]

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					

Review date:

Reviewed by:



You can find this template, including more information at www.food.gov.uk/allergy