



ORIENTAL COOKERY  
**YOUNG CHEF**  
*of the Year 2018*

ENTRY FORM



NOW IN ITS 6TH YEAR!

**榮業行**  
**WING YIP**



Oriental Cookery  
Young Chef of the Year 2018

# Could you be the NEXT BEST CHEF IN ORIENTAL COOKING?

The Wing Yip Oriental Cookery Young Chef of the Year is now open for entries.

Win culinary work experience in Hong Kong!

## HOW TO ENTER

Simply fill in the forms on page 3 and 4 of this pack and submit by 24 February 2018.

### Criteria for entry

All chef entrants must be employed in the hospitality industry or be in training at college or university and must be between the ages of 18 and 25 on 28 March 2018.

Finalists must be available to compete on Wednesday 28 March in one of two heats. The winner will be announced on the same evening in an awards ceremony and dinner.

### Competition date and venue

Wednesday 28 March 2018

University College Birmingham,  
Summer Row, Birmingham B3 1JB

### To enter

Please read the contents of this pack, fill in the forms on pages 3 and 4 and submit one authentic oriental recipe.

## Rules

- ◆ The recipe you submit will be one of two dishes you cook if you are in the final
- ◆ Ingredients can be pre-weighed
- ◆ Fruit and vegetables can be washed and peeled but not cut
- ◆ Basic stocks only but not totally reduced
- ◆ No finished broths
- ◆ Uncooked pastry only
- ◆ Food marinated but not cooked
- ◆ Butchered meat is allowed
- ◆ You will be required to cook two portions of a set first course dish and your authentic main recipe

### Judging

The competition will be judged in two stages.

**Stage 1:** All submitted written entries will be assessed after the closing date of Saturday 24 February 2018.

#### The assessment for stage 1 is:

- ◆ Quality of written entry
- ◆ Method
- ◆ Clarity
- ◆ Authenticity of your main dish

**Stage 2:** A shortlist of finalists will be notified and invited to compete in a cook off at University College Birmingham on Wednesday 28 March.

#### The assessment for stage 2 is:

- ◆ Culinary skills and professional techniques
- ◆ Presentation/portion size of dishes
- ◆ Hygiene
- ◆ Timing
- ◆ Quality and balance of flavours and textures

Finalists will be required to provide their own ingredients for both courses - a recipe provided by Larkin Cen and an authentic main dish – as well as all small and specialist equipment and presentation items.

The competition kitchen will include: work station with fridge, solid top, gas rings and conventional oven, salamander grill, fryer/combi oven, deep freeze and blast chiller facility.

## Prizes

**1st** An inspirational trip to Hong Kong

Including culinary work experience in some of the city's top restaurants (spending money not included), commemorative plate, framed certificate. The winner's mentor will receive a £100 Wing Yip voucher.

**2nd** £500 Wing Yip voucher, commemorative plate, and framed certificate.

**3rd** £250 Wing Yip voucher, commemorative plate, and framed certificate.

# YOUR ENTRY

Name

Address

Postcode

Home number

Mobile number

Email address

Twitter handle

Date of birth

Jacket size

(please tick the relevant box)

XS 32"–34"

M 40"–42"

XL 48"–50"

S 36"–38"

L 44"–46"

XXL 52"–54"

Name and address

(of place of work or college)

Name and position

(of employer or tutor)

Tel number

Email address

Employer/tutor signature

I, the participant, agree to abide by the rules of the competition

Signature



# YOUR ENTRY... *First Course*

Finalist must prepare, cook and present two dishes for two covers within one and three quarter hours – a recipe provided by Larkin Cen and an authentic Oriental main course of your choice.

You will be required to cook the following dish provided by Larkin Cen:

## Set dish

### Beef Tartare, shallot ponzu, mustard root nashi pear and confit yolk

Serves 2

#### Beef Tartare

*Ingredients:*

1 x 250g beef  
1 x pickled mustard root (called zah choi)

*Method:*

Sear the beef, and trim into small cubes and reserve.  
Trim the mustard root and cut into cubes and reserve.

#### Nashi Pear

*Ingredients:*

1 x nashi pear  
1 x lemon juice

*Method:*

Peel and cut the nashi pear into desired shape. Soak in water with lemon juice.

#### Confit Yolk

*Ingredients:*

4 x eggs  
Olive oil

*Method:*

Submerge the egg yolks into olive oil at 65 degrees for 55 minutes. Take out and reserve.

#### Shallot Ponzu

*Ingredients:*

100g shallots  
2 x spring onions  
20g garlic  
10g ginger  
380g light soy  
380g chicken stock  
1 teaspoon sesame oil  
5 x Star anise  
5 x bay leaves  
250g sugar  
1 tablespoon rice vinegar

*Method:*

Sauté the shallots, garlic and spring onions. Add to the soy mixture and simmer until aromatic with the star anise and bay leaves. Take out and cool quickly.

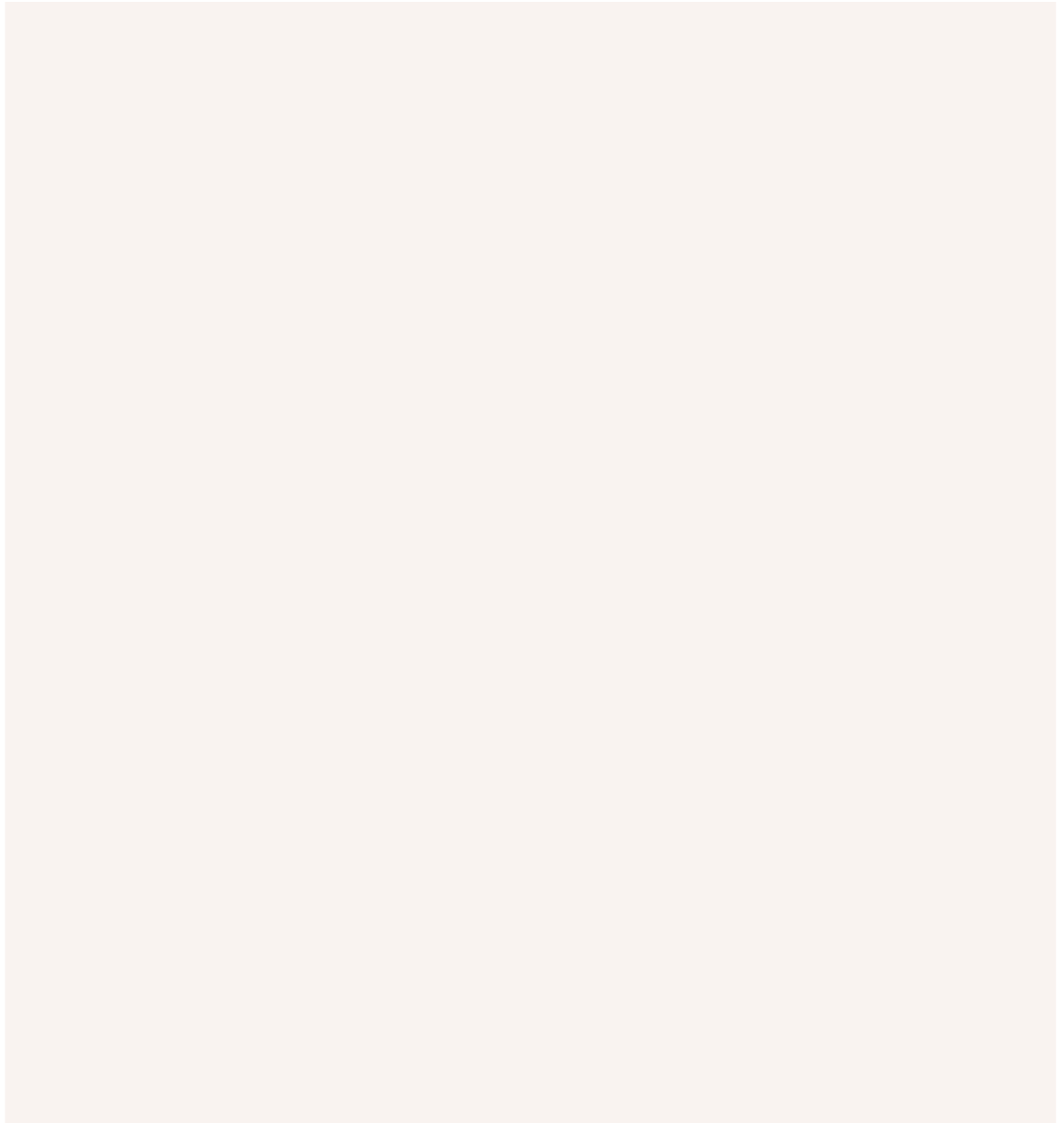
#### To serve:

Plate up the dish as you please but make sure you use all the elements and season to taste.

# YOUR ENTRY... *Main Course*

Please include details of your proposed ingredients, method and presentation for your main course below. You can use extra sheets of paper should you wish.

Main course



Email your completed entry form to [youngchef2018@wingyip.com](mailto:youngchef2018@wingyip.com). Alternatively, post it to Wing Yip Oriental Cookery Young Chef of the Year, Wing Yip, 375 Nechells Park Road, Birmingham, B7 5NT. Closing date for entries is **Saturday 24 February 2018**.



**Terms and conditions:** All entrants must be working or student chefs. All entrants must be between the ages of 18 and 25, on 28 March 2018. Proof of age will be required. All submitted entries must be original and Wing Yip reserves the right to publish any submitted material. All entries must include dish names, ingredients, methods and presentation ideas. Finalists must provide their own ingredients and any specialist equipment for both starter and main course. The judges' decision is final. The competition winner will be required to participate in PR/marketing activity, social media activity and a maximum of three appearances from the competition date up to and including March 2019. Entries will not be accepted from those who are employed by or related to a person who is employed by Wing Yip. No entries will be accepted after 24 February 2018. Successful finalists will be notified after this date.