



Recipe Challenge
together with 

National prize \$2,000 Voucher

The national prize for the winning school is a \$2,000 voucher from chefshat.com.au to stock up your kitchen. Plus an HEIA one-year school membership (for up to 6 teachers at the school), valued at \$400.

State prizes

In addition, the winning school from each state/territory (ACT/NSW, NT/SA, QLD, VIC/TAS, WA) will receive the following prize pack, valued at \$1999:

- Tupperware Modular Mates® Mixed Pantry Set
- Tupperware Smooth Chopper™
- Tupperware Turbo Chef®
- Tupperware Extra Chef™
- Tupperware Kitchen Preparation Tools
- Tupperware Grate 'n Measure™
- Tupperware Twistable Peeler
- Tupperware Universal Series™ Knife Set, Cheese Knife and Knife Sharpener
- Tupperware Veg Out, small and large
- Tupperware Bake 2 Basics Slimline Digital Scales
- Tupperware Bake 2 Basics Measuring Cup Set and Decorating Bag
- TupperChef™ Spatula, thin and medium
- TupperChef™ Slice Form, Round Form and Baking Sheet
- 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 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' 2015 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 third 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 2015 trend-setting themes.

The challenge is for students, individually or in teams, to develop four original recipes that support the McCormick' Flavour Forecast' 2015. Entrants are required to submit:

- school and student details
- four original recipes inspired by the Flavour Forecast 2015 report (see overleaf)
- two or three supporting images of each dish
- a costings breakdown
- 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, they 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, ICT capability, and Australia's engagement with Asia. 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 26 October 2015 and winners will be announced on 17 November 2015.

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 2015 Report, an A-Z 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™



Flavour trend (select four from the five listed below)	Instructions	Set Ingredients
<p>Sour + salt</p> <p>Combining coarse salt with surprising sours like pickled ginger, sour cherry, dried mango and lemon zest results in a lively finishing flavour that lends brightness and texture to dishes.</p>	<p>Students are to develop their own Sour + salt blend (students may choose from one of the Sour + salt blends provided in the Handy recipes[#], or create their own). Students must then deliver a dish that contains this Sour + salt blend, along with an additional sour ingredient from the choices outlined in the set ingredients column. Students may add any other ingredients, provided they are within the budgetary constraints of the challenge.</p>	<ol style="list-style-type: none"> 1) A Sour + salt blend 2) At least one sour ingredient from the following list: lemon, orange, tangerine, lime, pink grapefruit, kumquats, blood orange, clementine, tamarind, yuzo, apple cider vinegar, balsamic vinegar, white wine vinegar, red wine vinegar, rice vinegar, fruit vinegars, coconut vinegar, herb vinegars, sugar cane vinegar, palm vinegar, pickled vegetable[^], pickled fruit[^], fermented food, miso.
<p>Liquid revolution</p> <p>Fresh purees blend with bold spices and herbs to intensify the flavour of sauces, dressings and more — providing a fun and delicious way to enjoy an extra serving of fruits and vegetables.</p>	<p>Students are to deliver a vegan dish that uses a spiced or herbed fruit or vegetable puree as a sauce or dressing. While the focus of the dish is the spiced puree, the dish must also include at least one serve of protein-rich food and at least one serve of calcium-rich food from the supplied list in the set ingredients column.</p>	<ol style="list-style-type: none"> 1) One serve of protein-rich vegan food* from the following list: legumes (dried beans, peas and lentils), nuts, seeds, soy products, wholegrain breads and cereals (particularly amaranth and quinoa). 2) One serve of calcium-rich vegan food* from the following list: calcium-fortified soy products, hard tofu, almonds, unhulled tahini (sesame seed paste), green leafy vegetables such as kale and Asian greens (e.g. bok choy, Chinese broccoli).
<p>Cookies reimaged</p> <p>Spiced cookie flavours take new forms in imaginative desserts that redefine 'milk and cookies'.</p>	<p>Students are to deliver a dessert that uses a spiced cookie or biscuit within the dish. Students must make their own cookie or biscuit. They must also include within the dish a milk that is an alternative to dairy milk, in addition to any milk used to make the cookie.</p>	<ol style="list-style-type: none"> 1) Dairy milk alternative: almond milk, macadamia milk, goat's milk, coconut milk, rice milk or other plant-based milks.
<p>Middle Eastern mezze</p> <p>Dips, spreads and tapas plates are a delicious introduction to the tastes and textures of Middle Eastern cuisine.</p>	<p>Students are to deliver three small tapas plates, with no more than one of the three dishes being a dip or spread. At least two of the following spice blends must be used in at least two of the tapas dishes presented: ras el hanout, shawarma and harissa.</p>	<p>Two of the following spice blends are to appear in at least two of the tapas dishes:</p> <ol style="list-style-type: none"> 1) Ras el hanout 2) Shawarma 3) Harissa <p>Recipes for these blends can be found in the Handy recipes document[#] or students can use alternative recipes for these blends.</p>
<p>Smoked spices</p> <p>Smoking spices and herbs deepens their flavour and aroma, adding richness and smokiness to meals and drinks.</p>	<p>Students are to deliver a savoury or sweet dish that uses:</p> <ol style="list-style-type: none"> 1) a smoked spice (e.g. ground or quill cinnamon) AND a smoked herb (e.g. bay leaves, rosemary leaves) AND a smoked seed e.g. (fennel seed, coriander seed) <p>Or</p> <ol style="list-style-type: none"> 2) a smoked blend that contains at least one herb, one spice and one seed. 	<ol style="list-style-type: none"> 1) A smoked spice e.g. cinnamon 2) A smoked herb e.g. rosemary 3) A smoked seed e.g. fennel seed <p>Alternatively a spice, herb and seed may be blended together and then the blend smoked.</p> <p>Tips on smoking herbs and spices can be found within the A–Z Glossary[#], along with a list of herbs, spices and seeds that work best when smoked.</p>

[^] Please see A–Z Glossary for list of pickled fruits and vegetables [#] Available in the competition pack or online at www.mccormick.com.au.

*As recommended by the Dietitians Association of Australia (DAA)