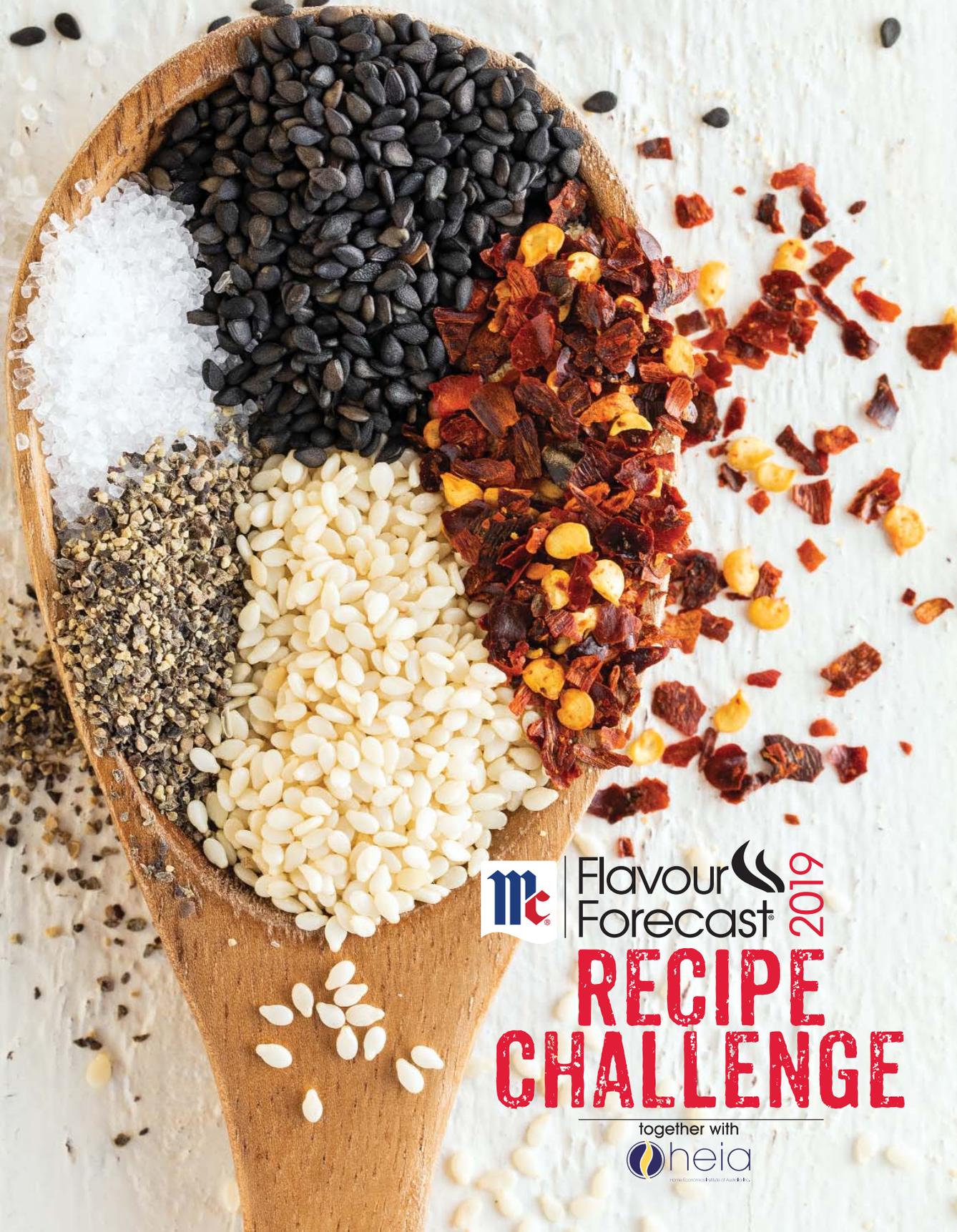


YEARS 9 & 10 FLAVOUR FORECAST® 2019 STUDENT RECIPE CHALLENGE



 Flavour Forecast® 2019
**RECIPE
CHALLENGE**

together with
 heia
Home Economics Institute of Australia Inc.



YEARS 9 & 10 FLAVOUR FORECAST®

Introduction

The Years 9 & 10 Flavour Forecast® 2019 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® 2019.

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 two key trends as shown in the table opposite.

McCormick Foods Australia is looking for three new recipes to support its Flavour Forecast 2019 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.

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, excluding the set ingredients, taking into account the ingredients are to only serve two people (please refer to 'Costings a recipe tips')
- 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.

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'.

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.





2019 STUDENT RECIPE CHALLENGE

Design brief

Three original recipes are required from the below. This means each entry will have two recipes from one Trend, and one recipe from the other Trend. The ingredients **highlighted** in each of the design brief recipes are set ingredients and do not need to be included in the costings for each recipe.

McCormick flavour trends

NEED FOR SEEDS

Little package. Giant punch! We're talking seeds of the crunchy, citrusy, nutty, buttery and pungent form. It's time the whole world started sprinkling, cracking, crusting, toasting and of course eating them on everything - like overnight coconut guava basil seed pudding, Cajun puffed lotus seed snack mix and gomasio, a Japanese black and white sesame seed seasoning blend. Seeds are food, fuel and flavour, and they give us texture, taste and wholesome goodness that makes both sweet and savoury dishes pop.

MEXICANA VEGANA

We heart Mexican cuisine. It's one of the most beautiful, fresh and flavourful cuisines around the globe and one of the fastest growing, too. Also, more than ever, we are eating more plant-based meals with a conscious focus on the environment and our wellness goals. Mexican + vegan! These two powerful foodie styles have finally become one.

Start with traditional antojitos (small bites) so everyone can enjoy satisfying street food like tacos, tortas and tostadas the vegan way. With the essential spices and easy home-cooking techniques, you can recreate the taste, texture and appeal of Mexican-inspired meat entrees. And, don't forget your sweet tooth - the classic tres leches cake finds its vegan side with coconut, cashew and almond milks.

Instructions and set ingredients

Recipe option 1

Students are to develop a nutritious breakfast dish that incorporates an original seed blend.

The seed blend **must** contain:

- sesame seeds** (white, black or both)
- at least **two (2) ancient seeds** from the following:
 - fennel seeds
 - mustard seeds
 - coriander seeds
 - cumin seeds
 - caraway seeds
 - amaranth seed
- at least **two (2) spices**
- an additional seed** of choice, that is not listed above

The breakfast dish can be sweet or savoury. Seeds can be used whole, cracked or as powder. They can be roasted, cracked, pickled or prepared any other way.

Recipe option 2

Students are to prepare three different types of bite-sized snacks/appetisers that can be served as part of a tasting plate.

Each item **must** feature a different seed. Across the tasting plate (either in separate items or all in one or two items), there must be:

- a seed infused oil**
- roasted seeds**
- lotus seeds or basil seeds.**

Recipe option 1

Students are to create a modern, savoury Mexican vegan dish. Using traditional spices and flavours, and creative cooking techniques, students are to recreate the traditional taste, texture and appeal of Mexican-inspired meat dishes using meat alternatives.

The savoury dish **must** be Mexican inspired and include:

- an original vegan mole (traditional Mexican sauce). See Mexicana Vegana fact sheet for mole inspiration
- a vegan cream-like sauce creatively using of one or more vegetables as the hero of the sauce
- a vegan product that has a meat-like texture, chose from one of the following:
 - **tofu**
 - **tempeh**
 - **seitan**
 - **jack fruit**
 - **young coconut flesh**
 - **mushrooms**
 - **eggplant**
 - **pulses.**

Recipe option 2

Create a spiced biscuit or meringue and use it for texture, taste, mouth feel, and/or visual appeal in a vegan Mexican-inspired dessert, served with a side of flavoured 'vegan ice cream'- and a vegan chocolate, caramel or fruit based sauce.

The dessert **must** be vegan and Mexican inspired and include:

- homemade **spiced biscuit or meringue** used for texture, taste, mouth feel, and/or visual
- a flavoured 'ice cream' (made from a vegan alternative)
- chocolate, caramel or fruit-based vegan sauce
- at least two (2) spices**
- at least one (1) fruit**, which can be featured in the sauce, ice cream or main dessert.

INFORMATION FOR TEACHERS

Important dates

Closing date for entries:

To arrive no later than last mail on
Friday 18 October 2019

Winners announced:

Wednesday 6 November 2019

How to enter

Obtain your competition pack and entry form by emailing Neredith at 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 2019 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 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, not to scale



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