

Year 9 & 10 FLAVOUR FORECAST®
2020

STUDENT RECIPE CHALLENGE



Flavour
Forecast 2020

RECIPE
CHALLENGE

together with
heia
Home Economics Association of Australia



YEARS 9 & 10 FLAVOUR FORECAST®

Introduction

HEIA 2020 Flavour Forecast Recipe Challenge with a difference.

2020 has already been a year of challenge and this year the recipe challenge faces will continue with a difference. The difference is due to the pandemic of Covid19 and has been altered to reflect self the strict rules in place across Australia. This year students will be able to select one of the two identified flavour trends and work with parents at home to design one recipe from one trend. In participating, students will get to delve deep into one of the two flavour trends: Refresh, Replenish, Rehydrate OR Sauced & Spiced.

Designed for Year 9 and Year 10 home economics students in Australian schools, the challenge is for students, individually, to develop ONE original recipe to support the McCormick® Flavour Forecast®2020. There will be no team entry this year.

Design situation

Each year, McCormick identifies and reports on flavour trends that are expected to drive global innovation in food.

The challenge is for students to choose one of these key trends and develop ONE flavoursome, contemporary dish that can be made in the home economics or school kitchen. This dish is to promote a variety of fresh foods (in addition to the set ingredients) and reflect the current Australian Dietary Guidelines.

Parameters have been identified for how the chosen trend is to be represented. These parameters are identified in the design brief.

What has to be submitted?

For the 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

- The recipe must:
 - be original—please be aware of penalties related to breach of copyright laws
 - be suitable to be prepared in a typical home economics or home kitchen
 - be prepared and/or cooked within 55 minutes or less
 - serve two.
- The cost for ingredients for **THE** recipe must be no more than \$9 in total, excluding the set ingredients.
- No more than one of the ingredients 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 recipe 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 recipe and the presentation of the final food product stand out from the crowd
- Presentation of final food product i.e. attention to design elements such as colour, texture, placement, focal point etc.





Design brief 2020 One original recipe is required. It must reflect (or be based on) one of the Trends detailed below. The ingredients listed below, in **red**, for each trend are set ingredients and do not need to be included in the costings.

SAUCED & SPICED

In 2020, the McCormick Global Flavour Forecast will be exploring new sauces, condiments and spice blends appearing on menus around the globe. Get ready to enhance dishes by adding these new delicious flavours and textures to your next meal.

Recipe

Students are to create a dish using **one or more** of the following new sauces or spice blends that are appearing on menus around the world.

Set sauces and spice blends

1. XO Sauce
2. West African Suya Spice
3. West African Suya Sauce
4. Indian Gunpowder Spice

REFRESH, REPLENISH, REHYDRATE

Refresh. Replenish. Rehydrate. is all about exploring icy treats crafted with creative deliciousness. The Flavour Forecast team has been tracking icy treats crafted with creative deliciousness and bold, concentrated flavours from fresh fruit syrups, bitters, sours and spices that guarantee they won't get diluted as the ice melts.

Recipe

Students are to use **one or more** of the following set ingredients to create an icy treat crafted with deliciousness using bold, concentrated flavours from fresh syrups, bitters, sours and spices that guarantee they won't get diluted as the ice melts.

Set Ingredients

1. Cardamom
2. Cinnamon and/or ginger
3. Chilli and/or turmeric
4. Aniseed and/or basil
5. Fresh fruit syrups, bitters, sours, Ice



INFORMATION FOR TEACHERS

Important dates

Closing date for entries:

To arrive no later than last mail on
Friday 16 October 2020

Winners announced:

Friday 6 November 2020

How to enter

Obtain your competition pack and entry form by downloading the information from <http://www.heia.com.au> or emailing heia@heia.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:

HEIA Flavour Forecast 2020 Recipe Challenge
PO Box 3440, Rhodes NSW 2138

Your entry should include the following:

School details

- School name & address
- School contact person —name, phone, email

Individual details

- Name
- School year

The recipe

Please ensure you submit one recipe for the chosen trend.

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.

Prizes

State/territory individual prizes

The winning individual student entry from each state/territory (ACT/NSW, NT/SA, QLD, VIC/TAS, WA) will receive a \$50 gift card and a \$50 McCormick hamper.

Participation certificates will be sent to all students who enter.

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 the details on the heia.com.au website.

Please contact heia@heia.com.au if you require another copy or further clarification.

Schools/students must obtain written consent from the parent/guardian of each student prior to entry.

