



Flavour Forecast[®] 21st Edition RECIPE CHALLENGE



Information for teachers

Important dates

Closing date for entries:

To arrive no later than last mail on
Friday 22nd October 2021

Winners announced:

Wednesday 10th November 2021

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 USB stick, if submitting images as a multi-media presentation, to:

Flavour Forecast 2021 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 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.

Prizes

National school prize

The school with the national winning entry will receive a \$1000 gift voucher plus an HEIA one-year school membership (for up to 6 teachers at the school) valued at \$400. Visit heia.com.au for full membership benefits.

National student prize

The individual or team that submits the national winning entry will receive \$500 worth of gift cards. If a team wins, the \$500 will be distributed evenly amongst team members.

State/territory school prizes

The winning entry from each state/ territory (ACT/NSW, NT/ SA, QLD, VIC/TAS, WA) will receive a \$500 Gift for your school. In addition, each state/territory winner will receive a supply of McCormick herbs and spices for the classroom (valued at \$500).

State/territory student prize

Each team member or individual from the winning state/ territory will receive a McCormick gift bag of various items. Participation certificates will be sent to all students who enter.

Flavour Forecast[®] 21st Edition RECIPE CHALLENGE



1 x National School Prize

\$1,000 For your school

Plus an HEIA one-year school membership

GIFT VOUCHER

5 x State/Territory Prize

\$500 For your school

Plus a \$500 Supply of McCormick Herbs and Spices

GIFT VOUCHER

Every students receives a Participation Certificate

Any queries please email neredith@marketmaker.com.au

Years 9 & 10 Flavour Forecast 2021
Student recipe challenge



Introduction

The Years 9 & 10 Flavour Forecast® 2021 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® 21st Edition.

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.

McCormick Foods Australia is looking for three new recipes to support its Flavour Forecast 21st Edition 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.



Design brief

Three original recipes are required, one recipe each for three of the four McCormick flavour trends, as outlined below.

Plants Pushing Boundaries

Students are to develop ONE classic savoury/bistro meal* that replaces the key ingredient with a plant-based option that adds texture AND colour to the dish. Charring as a cooking technique must be used on at least one ingredient within the dish.

*By 'classic bistro meal' we mean a dish that would typically found on a bistro menu, e.g.

- pasta dish
- parmigiana
- steak
- hamburger
- pizza
- seafood basket

Humble Nosh

Using Pandan Kaya as a hero ingredient, students are to develop ONE comforting, sweet dish that is complemented by this condiment and is high in fibre and low in added sugar.

Underwater, Under Discovered

Students are to develop a sea-based charcuterie board with THREE bite-sized items that incorporates a minimum of THREE edible ingredients from the sea. At least one item must be vegetarian that includes a botanical plant from the sea, and at least one item must use a protein from the sea.

Physiological Eating

Students must create TWO high-fibre, low in saturated fat snacks to be enjoyed during a mindfulness break. The snacks could be a drink and a food item. These snacks must feature a cooling and a warming spice blend that uses at least THREE spices and/or herbs in each blend.



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.#

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 USB stick or online link that is accessible to the judges.
- 3) Costings breakdown for the recipe, excluding the set ingredients, and taking into account the ingredients are to only serve two people
- 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.

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.



McCormick flavour trends (select three from the four listed below)	Instructions	Set ingredients /techniques
Plants Pushing Boundaries Indulgent, satiating, sensational, playful Flavourful vegetables, fruit and botanicals are pushed beyond their healthy halo into sweet and savoury food and beverages. This is what's next in plant-based cuisine.	Students are to develop ONE classic savoury/bistro meal* that replaces the key ingredient with a plant-based option that adds texture AND colour to the dish. Charring as a cooking technique must be used on at least one ingredient within the dish. *By classic bistro meal we mean a dish that would typically found on a bistro menu, e.g. • pasta dish • parmigiana • steak • hamburger • pizza • seafood basket	Choose from ONE of the below: <ul style="list-style-type: none"> • Ube (or purple sweet potato) • Hearts of palm* • Edible cactus* • Lions mane mushrooms • Trumpet mushroom (Also known as King Brown) • Lobster mushroom *Available fresh, frozen or tinned Students must use the technique of charring on at least ONE ingredient within the dish.
Humble Nosh Approachable, nostalgic, global Drawing inspiration from the Yiddish word -nashn, meaning 'to nibble on', we combine rising global flavours with universal food & beverage formats to 'travel locally' and taste new flavours comfortably.	Using Pandan Kaya as a hero ingredient, students are to develop ONE comforting, sweet dish that is complemented by this condiment and is high in fibre and low in added sugar.	• Pandan Kaya* *You can choose to make your own or purchase a ready-made Pandan Kaya. If you choose to make your own, the cooking time is excluded from the 100 minute time requirement.
Underwater, Under Discovered Fresh, earthy, under discovered Bringing flavours from the coast to the kitchen, diving into the potential of the underwater world and its under discovered ingredients and textures.	Students are to develop a sea-based charcuterie board with THREE bite-sized items that incorporates a minimum of THREE edible ingredients from the sea. At least one item must be vegetarian that includes a botanical plant from the sea, and at least one item must use a protein from the sea.	Choose THREE edible ingredients from the sea. Below are examples: <ul style="list-style-type: none"> • Sea water • Botanical plants from the sea such as seaweed, kelp, sea celery, spirulina, etc. • Protein from the sea such as fish, prawns, scallops, oysters, etc.
Physiological Eating Balanced, intentional, delicious Mindful eating and intentional ingredients to achieve mind-body balance. A reemergence of this ancient philosophy is what's next in health & wellness.	Students must create TWO high-fibre, low in saturated fat snacks to be enjoyed during a mindfulness break. The snack could be a drink and/or a food item. These snacks must feature a cooling and a warming spice blend that uses at least THREE spices and/or herbs in each blend.	Choose at least THREE spices/herbs from the list below for each blend: <ul style="list-style-type: none"> • Warming spices: cardamom, ginger, cinnamon, clove, and nutmeg • Cooling spices/herbs: coriander, fennel, mint, and turmeric