



Flavour Forecast[®]

Looking back to look forward

RECIPE CHALLENGE



Flavour Forecast 2022 Tertiary Edition



Home Economics as a profession includes many career paths including secondary teaching, dietetics, food technologists and food science to name a few.

With a growing body of evidence showing a relationship between food skills and cooking confidence and an individual's diet quality as well as the importance of culinary nutrition it is the ideal time for this challenge to have a tertiary extension that allows preservice students in these professions an opportunity to participate in this culinary experience.

Being current with new flavour and food trends is important to remain relevant within these professions so we invite each of you to take up this challenge to create and experiment.

Select one flavour trend that inspires you and begin creating.

Best of luck to each participant.

Who can participate?

Individual entries or those who wish to work as a pair may apply. All participants must be tertiary students, over 18 who are currently enrolled in an undergraduate or postgraduate (honours or masters) degree of study in one of the following areas of Home economics:

1. Dietetics
2. Secondary education (only those within the learning areas of Technologies, Food Studies or Health and Physical Education)
3. Food Science.

*Proof of enrolment will be required with registration.



What's involved?

Create one original recipe. This means your entry will be a new recipe creation for one of the Flavour Trends.

Participants to submit

1. The recipe
One formatted original recipe that meets criteria (below) and flavour Trend requirements (table below)
Recipe format to include: title, preparation time, cooking time, total serves, ingredients, method, with the flavour trend you have selected to be clearly marked.

The recipe criteria

- The recipe must serve two people
- Fall within a budget of \$9 for the recipe (excluding the Trend ingredient costs)
- Be produced within a maximum of 60 minutes
- Be produced within a domestic kitchen using basic equipment
- Be nutritious, creative and reflect the national "Guide to Healthy Eating" advice

Trend Requirements

2. Photographs
At least one photographed image of the completed dish and two progress images
3. Costings breakdown
Costing breakdown of the recipe, excluding the set ingredients, considering the ingredients are to only serve two people
4. Justification criteria- Maximum word count, 300 words

Include brief comment on the below questions within your justification

- a. Explain your recipe design and production journey
- b. Identify the inspiration for the dish
- c. Explain how the dish/meal meets "The Australian Guide to Healthy Eating" criteria
- d. What you have learnt from this process
- e. What was the most challenging part
- f. What did you enjoy the most?

5. Subject specific statement criteria - Maximum word count, 200 words

Students are to pick the question that relates to their chosen field of study.

- a. Secondary education
(Technologies, Food Studies or Health and Physical Education)
Outline a brief lesson or assessment concept that incorporates the flavour trends recipe challenge with an identified year/stage group. Identify and reference the specific curriculum and/or area of state-based learning outcomes that would apply.
- b. Dietetics
Explain why the recipe you have created is nutritious and reflects the national "Guide to Healthy Eating" advice. Identify one diet disease relationship and describe how your recipe meets or addresses one important aspect.
- c. Food Science
Calculate the nutrient content per 100g and per serve for the dish you have created. Identify specific bioactive compounds that it contains and explain their identified health benefits.





McCormick flavour trends
(select three from the four listed below)

Instructions

Set ingredients /techniques

Global Finds

No travel? No problem. As the desire for hyper-local tastes increases, Flavour Forecast continues to deliver global flavour to you in the comfort of your own home. Over the years we've highlighted seasonings, sauces and ingredients that help you get a taste of the world.



Create a sweet or savoury dish that heroes a dukkah blend. The dish must use skewers and incorporate two root vegetables OR two tropical fruits OR a combination of one root vegetable and one tropical fruit. The dish must also incorporate home-made flat bread and use grilling and toasting as cooking techniques.

- A home-made dukkah which includes herbs, spices, nuts and/or seeds
- Home-made flat bread such as pita, naan, roti, chapati etc.
- Two root vegetables, two tropical fruits or a combination of each
 - root vegetable examples: sweet potatoes, beetroot, celeriac, tarro
 - tropical examples include: as mango, papaya, guava, passion fruit and pineapple
- Techniques: grilling and toasting

Sweet & Seasonal Satisfaction

The tongue-tingling effect of smoked spices and herbs is an easy way to dial up richness in meals and drinks. This build on familiar smoky flavours that have been hiding in plain sight for years - like smoked cinnamon and cardamom- is a natural progression in offering the next wave of smoke-forward flavour.



Create a breakfast dish that uses at least one smoked spice or herb (the smoking of the spice or herbs needs to be done by the students). The dish can be sweet or savoury but must be high in fibre, and use a dairy alternative.

- At least one smoked spice or herb
- At least one dairy alternative such as plant-based 'milks or cheeses'
- Technique: smoking

Spicy (r)evolution

Bring on the heat. When it comes to the history of Flavour Forecast, there's never been a shortage of bold and spicy profiles. Consumers crave it - from mild to knock your socks off heat. Buckle in as we explore the sensory experience and enjoyment that both heat and spice bring to the table.



Create a plant-based burger that contains one type of legume, with an accompanying colourful sauce/condiment/salsa. The accompanying sauce/condiment/salsa must use two types of chillies and one type of citrus fruit.

- A sauce/condiment/salsa that features:
 - two different types of chillies, such as Aji Amarillo, Guajillo, Tien Tsin, Chile de Arbol;
 - at least one citrus fruit, such as finger lime, grapefruit, lime, lemon, orange etc
- At least one type of legumes such as lentils, chickpeas, black beans to be used within the burger.

Empowered eating and drinking

In our consistent pursuit of what's next, health and wellness have always been top-of-mind in our Flavour Forecast. Lifestyle and food are more intertwined than ever before, and there's a great realisation that flavour doesn't need to be compromised to meet nutritional needs. In short, wellness has never tasted (or looked) so good.



Create a savoury dish that can be served as a main meal. It must contain flaxseed, one ancient grain and another ingredient high in protein. Charring must be featured as a cooking technique.

- Flaxseed
- At least one type of ancient grain such as chia seeds, quinoa, freekeh, oats, barley etc.
- Additional ingredient high in protein (can be from animal or plant)
- Technique: charring



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All participants must register an expression of interest to participate in the Tertiary Flavour Challenge and receive access to ongoing culinary hints and tips webinars or upcoming Q&A sessions.

Submission of final documents to be in one PDF file per submission and emailed to tertiaryflavourchallenge@gmail.com by 5pm on the 21st October 2022.

How are winners selected?

All submissions will be reviewed by our judging panel of representatives from HEIA and McCormick with a finalist entry for each state/territory to be selected. The 8 finalist entries will be prepared and tested to select the national winning entry.

Prizes

Finalists Entry

A winning entry for each state/territory will be selected to receive a McCormick Spice Pack, \$50 gift voucher from HEIA and one year's student membership for HEIA for the year 2023.

National Winning Entry

An overall national winning entry will be selected to receive a one on one virtual industry spotlight session with The McCormick Home Economist and/or Food Scientist/Food Technologist.

Certificates

All participants will receive a certificate of recognition and participation, ideal for inclusion in developing a professional CV.

Quality and Progress Feedback survey

This will be emailed to participants upon submission of their final recipe or sent out to individuals who registered but did not submit an entry, following the final date of submission, the 21.10.2022.

