



mc | Flavour
Forecast®
24th Edition

RECIPE CHALLENGE

together with
heia
Heineken Institute of Applied Food Science

Tertiary Edition



Culinary nutrition is not just for health professionals but is something we can all embrace for our individual health and wellbeing.

Being able to explore new flavours and food trends is a fun way to increase variety into our diets, and learn how to cook with new foods.

So, in 2024 we invite all Australian undergraduate, honours and masters' tertiary students to take up this challenge to create and experiment.

Select one flavour trend that inspires you and begin.

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 Australian Tertiary Institutions.

*Proof of enrolment will be required with registration (a screenshot of your enrolment page is sufficient).

All participants must register via this link.

<http://tinyurl.com/TertiaryFlavourChallenge>

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.
 - Your recipe must:
 - be original—please be aware of penalties related to breach of copyright laws
 - be suitable to be prepared in a typical home with regular kitchen equipment found in the home
 - be prepared and/or cooked within 80 minutes or less
 - serve two.
 - The cost for ingredients must be no more than \$12 in total, including the set ingredients (except the native ingredients in trend two and hero Ceviche ingredient in trend one).
 - The overall focus of the dish/meal should reflect the principles of Australian Dietary Guidelines, limited discretionary ingredients should be included.

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 is 300 words

Include brief comment on the following 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 follows the Australian Guide to Healthy Eating
 - d. What you have learnt from this process
 - e. Name at least one culinary challenge you experienced or and explain how you adjusted the recipe or techniques to improve the dish.





McCormick flavour trends

Instructions

Set ingredients/techniques

Sour Power



From tamarind to coconut vinegar, acidic flavours are driving interest and craveability around the world.

Students are to create a pescatarian or vegetarian dish that uses zesty ceviche (acidic marinade) as a technique. Please include a sour drink that complements your dish.

Set ingredients:
Tamarind - in any form*
Additional sour ingredient such as acidic dressing, vinegar, citrus
Hero ingredient for the ceviche base (e.g., fish, heart of palms, tofu, cassava)
At least three additional vegetables

Set Technique:
Ceviche at least one hero ingredient

*Tamarind is native to Africa, India, the Middle East and Australia. It can be used in sauces, marinades, chutneys, drinks, and desserts. It can come in the form of a paste, puree, pods, chutney, drink, leaf, pulp, or concentrate.

Thoughtfully Borrowed



Respectfully leveraging ingredients and techniques from different cultures, often experimenting with familiar platforms.

Create a tapas style meal with a small collection (two or more) of handheld sweet or savoury appetisers inspired by one or more of the cuisines listed below and borrow and combine ingredients that are native to Australia. At least one appetiser must also include a dipping sauce or complimentary condiment. All components must be made from scratch.

Set ingredients:
2 x Native Australian ingredient (inc. spices, fruits, vegetables)
2 x vegetables and/or fruits, plus a protein (the protein can be plant based)

Cuisines to choose from:
Korean
Japanese
Philippines
Spanish

Indulgence, redefined



Bold, nuanced flavours can come in all shapes and forms – and are craveable all the same. From Newstalgic foods to flavour Maximalism, it's all an extension of personal expression and unique experiences.

Create a dish influenced by your favourite nostalgic childhood breakfast and make it 'newstalgic' by giving it a contemporary, wellness inspired twist. The dish must include a fun, feelgood ritual at the table.

Set Ingredients:
2 x different coloured fruits, herbs OR vegetables
Inclusion of at least one of the following: a form of whole grain, nut or seed



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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 31st October 2024.

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. Up to 8 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 2025.

National winning entry

An overall national winning entry will be selected to receive a \$500 Gift Voucher.

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 of 31 October 2024.

Culinary Award

One entry will also be selected to win a one-on-one webinar with the McCormick Home Economist and/or Food Scientist/Food Technologist.

