



Eisteddfod

**EISTEDDFOD YR URDD MALDWYN**  
**INFORMATION PACK FOR COMPETITORS**

# **COGURDD**

# **2024**

**COGURDD YR.4 - 6**

**COGURDD YR.7 - 9**

**COGURDD YR.10 - 19YRS OLD**

**COGURDD 19 - 25YRS OLD**

**ADJUDICATORS:**

**YR 4, 5 & 6 – LLOYD HENRY (CEGIN MR HENRY)**

**YR 7 - 25YRS OLD – HUW CEFIN JONES**

## How to compete?

- Join the Urdd
- Register to compete in the correct age category online before the deadline. Region deadlines will vary from area to area except for competitors under the age of 25.

## Order of competition

- A School Round is organised independently for the Yr.4, 5 and 6 age category and Yr.7, 8 and 9 only in your schools or adran before the **24th of October 2023**. It is the responsibility of the school or department to arrange a location and judge for this round. School Round winners will compete in the regional round.
- The regional round is organised by your local community officer before the **1st of December 2023** for Yr 4, 5 and 6, Yr 7, 8 and 9. The closing date to hold a regional round for Yr 10-19 years old is the **19<sup>th</sup> of January 2024** (Please contact your local community officer to get the exact date of the regional round Yr 10 – 19 years old as some regions organize this round before the Christmas holidays)
- In regions where up to 5 schools compete, 2 competitors from each school are allowed to attend the regional round. When there are 6 or more schools, only 1 of each school is allowed. If there are more schools than workstations at the location, the Officer will need to hold two sessions.
- Winners of all Regional Rounds are invited to compete in the CogUrdd National Round during the Maldwyn Urdd Eisteddfod week between **May 27th and June 1st, 2024**.



Age Category	Round	What to cook?
Year 4 - 6	School	Salad
Year 4 - 6	Regional	Pasta Dish
Year 4 - 6	National	Pasta Dish
Year 7 - 9	School	A Healthy Lunchbox
Year 7 - 9	Regional	Street Food
Year 7 - 9	National	Street Food
Year 10 – 19 years old	Regional	A meal using local ingredients from your area
Year 10 – 19 years old	National	A meal using local ingredients from your area
19 – 25 years old	National	2 course meal using local ingredients from your area

## Safety Considerations for Teachers / Community Officers

- Cooking Site – Each school/centre hosting a CogUrdd round must complete a detailed Risk Assessment of the cooking site [A template of Risk Assessment is provided in this package.
- Equipment - An adult must supervise competitors as they use sharp or electrical equipment during cooking.
- Electrical equipment used in the CogUrdd School or Regional round does not have to receive a PAT certificate before competing.
- The guideline is that children use personal electrical equipment that is no older than **6 years old** and in good working condition.
- Accident – In accordance with guidance contained in the Risk Assessment it must be ensured that a standard First Aid box is on hand.
- Must give notification of any competitor allergy before cooking and follow appropriate instructions to reduce/eliminate the effects of any ingredient that causes a problem.
- Allergies – **Competitors will not be allowed to cook with any type of nuts. Also, competitors will need to fill in a medical form before cooking if they reach the Regional round.**

## The Recipes

- **It is the competitor's responsibility to provide ingredients and equipment for the CogUrdd competition.**
- 19-25 year old contestants must submit their recipes by the **6<sup>th</sup> of May** to [sianwilliams@urdd.org](mailto:sianwilliams@urdd.org)

## Competition Rules

- Time – Up to **45 minutes** are allowed to complete the cooking task for age category Ys. 4, 5 and 6, up to **60 minutes** for Yrs. 7, 8 and 9 and Yrs. 10 – 19 years. **120 minutes** will be given for age category 19 – 25 years. An additional **15 minutes** are allowed at the beginning of the task to set and measure ingredients and collect and check equipment.
- Preparation – No ingredient should be prepared in advance unless stated in the recipe. It can cause the competitor to lose marks
- Cleanliness - The cooking area must be washed and kept tidy for the duration of the competition
- Final Presentation – The judge will make his/her decision based solely on the quality and presentation of the food on the plate. There are no additional markings for accessories or table setting.

- The Urdd will provide a hob to cook ingredients in the Regional and National round.

### Instructions for competitors – 'Top Tips'

- Safety – Attention should be always be paid to food safety and sanitation. Be safe and be aware of others around you
- Sanitation – Wash your hands regularly, before and during food preparation
- Disorder – Do not compete if you feel unwell on competition day
- Cut/Slice – Always use correct cutting/slicing techniques
- Storage – Ensure care when storing raw and cooked ingredients and take purposeful steps of avoiding cross-infection by transferring harmful bacteria from meat or fish to other foods
- Help in cooking – Don't be afraid to ask for help at the judges or supervisor if you are not sure about anything when cooking.
- Apron – Must wear a clean apron or overalls when cooking. An apron is provided for the National round
- Waste – Food should not be wasted by over-trimming, peeling too thick or throwing away good food. Recycling should take place where appropriate.
- Medication – If any competitor requires medical treatment during the competition, it is the competitor's responsibility to make the relevant medication available. The contestant, or an assigned adult, should serve the medication.
- No electrical equipment should be touched with wet or slippery hands.
- Practise – Practising before the competition is important to ensure that you avoid difficulties or problems making the meals during the competition.
- Time Management – Time management should be ensured by planning a cooking routine and serving the meals in advance

## YEAR 4, 5 AND 6 COGURDD – School Round

### Salad

- The competitor will need to prepare a salad for **1 person**
- The salad can be simple with a few traditional ingredients or you can be more creative with the ingredients you use
- Ingredients – **You will need to bring your own ingredients for every round.** Do not use nuts in your recipes for any of the rounds
- You are NOT permitted to prepare anything before hand. **Competitors will lose marks if they have prepared anything before any of the rounds**

## YEAR 4, 5 AND 6 COGURDD – Regional and National Round

### Pasta Dish

Competitors will need to present the same recipe in the Regional AND the National Round

- Competitors will be expected to cook a pasta dish for **1 person**
- Competitors are welcome to make their own pasta, but this is not essential
- **Use any pasta, make any sauces and use any ingredients of your choice!**
- Be as creative as possible, the taste and the appearance is what's important

### Marking Scheme

- Preparation (using the 15 minutes before the competition to prep) = **5 marks**
- Food preparation / Cooking Skills and Techniques = **10 marks**
- Organizational skills and time management = **5 marks**
- Hygiene and Food Safety = **10 marks**
- Finished meal (Taste and Presentation of food on plate) = **20 marks**

*There will be no extra markings for table decorations and accessories*

### Tips

- Think how you will serve the dish; you can use fresh herbs to decorate if you wish.

## Year 7, 8 and 9 COGURDD – School Round

### Healthy Lunchbox

- Competitors will be expected to prepare a healthy lunchbox for **1 person**
- For example, the lunchbox can consist of a salad, wrap, pasta, fruit salad, sandwich and/or vegetables etc
- You are NOT permitted to prepare anything beforehand. **Competitors will lose marks if they have prepared anything before any round**
- Ingredients – **You will need to bring your own ingredients for every round.** Do not use nuts in your recipes for any of the rounds

## Year 7, 8 and 9 COGURDD – Regional and National Round

### A street food dish

Competitors will need to present the same recipe in the Regional AND the National Round

- Competitors will be expected to cook a street food dish (savoury or sweet) for **1 person**
- Street food is a range of dishes you will normally see served in festivals or markets where you can eat the dish on the go
- For example, it can be a burger, stir fry, crepe, kebab and many other dishes!

### Marking Scheme

- Preparation (using the 15 minutes before the competition to prep) = **5marks**
- Food preparation / Cooking Skills and Techniques = **10 marks**
- Organizational skills and time management = **5 marks**
- Hygiene and Food Safety = **10 marks**
- Finished meal(Taste and Presentation of food on plate)= **20 marks**

*There will be no extra markings for table decorations and accessories*

### Tips

- Think how you will present the dish, it's important that the food looks appealing
- You can use any combination of ingredients you want that is suitable for the dish. Be as creative as possible!

## YEAR 10 – 19 YEARS COGURDD – Regional and National Rounds

### A meal using local ingredients from your area

The same recipe must be submitted in the Regional Round and National Round.

- Competitors can choose to prepare a **main course or a pudding** using **local ingredients from their area**
- It doesn't need to be complicated but show an understanding of flavours and ingredients.
- Be bold and think outside the box!!

### Marking Scheme

- Preparation (using the 15 minutes before the competition to prep) = **5 marks**
- Food preparation / Cooking Skills and Techniques = **10 marks**
- Organizational skills and time management = **5 marks**
- Hygiene and Food Safety = **10 marks**
- Finished meal (Taste and Presentation of food on plate) = **20 marks**

*There will be no extra markings for table decorations and accessories*

### Tips

- This is an opportunity for you to showcase your skills by cooking a delicious meal that appeals to you. Take your time to research recipes and experiment. Make sure you are confident in what you present and be proud of what you serve.

## COGURDD 19 – 25 years old – National Round Only

### 2 course meal using local ingredients from your area

- Prepare a 2 course meal (**starter and main or main and pudding**) using local ingredients from your area

**COOKING TIME** – 120 minutes

**PREPARATION TIME** – 15 minutes

### Guidelines

- **Every competitor will need to bring their own ingredients.** Do not use nuts in your recipes for any of the rounds
- National Round is at the Maldwyn Urdd Eisteddfod on 27th May – June 1st 2024. Registration must be made to compete before 1 March 2024.
- This is an opportunity for the contestants to showcase their culinary and creative skills.
- **Competitors should cook the two course meal within the time given** without any preparation prior to the competition
- **Contestants will be required to write the recipes out in advance and present them via email to [sianwilliams@urdd.org](mailto:sianwilliams@urdd.org) by the 6<sup>th</sup> of May 2024.** Ingredients (along with the correct measurements), the equipment and finally the method of creating the recipe should be included. Professional chefs and food writers are required to write recipes for their meals. This means that the contestants understand how to write a recipe to allow another person to follow. **Please present two recipes, one for the starter or main and the other for the main or pudding.**
- An example of how a recipe should be presented can be found on the next page. The method can be stated as bullet points rather than long sentences and contestants should use simple words to describe the correct techniques to create the recipe.
- Recipes should be submitted in Welsh or Bilingually, please contact [eisteddfod@urdd.org](mailto:eisteddfod@urdd.org) if you would like assistance with this

### Marking Scheme

- Preparation (using the 15 minutes before the competition to prep) = **5 marks**
- Food preparation / Cooking Skills and Techniques = **10 marks**
- Organizational skills and time management = **5 marks**
- Hygiene and Food Safety = **10 marks**
- Finished meal (Taste and Presentation of food on plate) = **20 marks**

*There will be no extra markings for table decorations and accessories*



# COGURDD 19-25 YEARS OLD

## EXAMPLE OF HOW TO PRESENT A RECIPE

**Recipe Title:** Welsh cheesecake

**Contestant name:** Mistar Urdd

**Age:** Yr.13

**Mobile number:**

### Ingredients

225g self-rising flour

75g butter

25g lard

60g sugar

25g white chocolate

40g cranberries

1 egg

1-2 tablespoons of milk

### Equipment

- X3 large bowl
- X2 spatula
- X1 whisk
- X1 rolling pin
- X1 saucepan
- X2 frying pan
- X1 food processor
- X2 small bowls
- Knives and forks
- X 1 sieve

### Method

1. Pour the flour into a large bowl. Add the butter and lard. With your fingers work the ingredients until they are like breadcrumbs. Add the fine sugar, bits of white chocolate and cranberries.
2. Beat the eggs and add to the dry mixture. Mix with your hands until the mixture comes together. Add milk if not thickening.
3. Roll the mixture to a thickness of 6mm (1/4 inch). Cut with dough cutter rings using 5cm cutters
4. Fire the hob and put some butter in a frying pan. Place the dough rings in the pan and let them cook 1-2 minutes per side normally. Put on the side to cool.
5. Turn the oven to 180°C. Then place the biscuits in a pan and grind until crumbly. Melt the butter with the biscuits in the pan, mix and add the cinnamon. Place the biscuit in a cooking tin and bake for 4 minutes.
6. Mix the soft cheese, flour, vanilla, egg and savoury cream together.
7. Remove the oven tin and pour the mixture on top of the biscuit mixture. Then put back in the oven to cook for 12-15 minutes.
8. While the Cheesecake is baking, place the raspberries, icing sugar and lemon in a frying pan to cook for a short time. Transfer it to a food processor and mix until smooth. Place the mixture through a strainer to remove any seeds.
9. Remove the Cheesecake from the oven, let it cool before pouring the raspberry coulis over it.

# COGURDD 19 - 25 YEARS OLD

## Two course meal using local ingredients from your area

Recipe Title:

Name:

Age:

Mobile number:

**Recipes must be submitted to [sianwilliams@urdd.org](mailto:sianwilliams@urdd.org) before the 6th of May 2024.**

Ingredients

Equipment

Method