



Eisteddfod

NATIONAL URDD EISTEDDFOD CARMARTHENSHIRE

COMPETITORS INFORMATION PACK

COGURDD

2023

COGURDD YR.4 - 6

COGURDD YR.7 - 9

COGURDD YR.10 - 19 YEARS OLD

COGURDD 19 - 25 YEARS OLD

JUDGES:

YEAR 4 - 19 YEARS OLD , LISA FEARN (Y SIED)

19 - 25 YEARS OLD, HYWEL GRIFFITHS (BEACH HOUSE, OXWICH) ❁

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 28th of October 2022. It is the responsibility of the school or department to arrange a placement 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 23rd of December 2022.
- 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 Carmarthenshire Urdd Eisteddfod week between May 29th and June 3rd, 2023.

Age Category	Round	What to cook?
Year 4 - 6	School	Splendid Sandwich
Year 4 - 6	Regional	Splendid Sandwich
Year 4 - 6	National	Splendid Sandwich and a simple ingredients test
Year 7 - 9	School	'Super Duper' Salad
Year 7 - 9	Regional	'Super Duper' Salad
Year 7 - 9	National	'Super Duper' Salad and a simple ingredients test.
Year 10 – 19 years old	Regional	Burger
Year 10 – 19 years old	National	Burger
19 – 25 years old	National	A meal using local ingredients. Mystery Basket – create a meal using the ingredients provided

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. As per Health and Safety Executive Authority guidelines not all electrical items require mobile equipment test (PAT). In some cases, a simple check by the user will suffice, e.g. checking for loose cables or signs of fire damage and, if possible, checking the inside of the plug for internal damage, bare wiring and the right fuse.
<http://www.hse.gov.uk/pubns/welsh/indg236w.pdf>
- 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.

The Recipes

- It is the competitor's responsibility to provide ingredients and equipment for the CogUrdd competition. The Urdd will provide the core ingredients and tools of the recipes in the National Round to the Age category of Yr.4, 5 and 6 & Yr.7, 8 and 9 only.
- It is the responsibility of competitors in the Year 10 – 19 and 19 – 25 year-old age category to bring their recipe ingredients and tools for a National Round. Other than for the hidden basket for the ages 19 – 25 where the Urdd will provide ingredients.
- Contestants must submit all recipes listed in their age category in the respective rounds
- Finalist recipes will be specifically selected for each age category, and test cooking skills and the ability to read and complete the task.

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 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 round only. Contestants are allowed to prepare their ingredients off-site before the competition or cook their ingredients on-site in the regional round if desired. If any additional cooking equipment is required to the hob in the Regional round, it will be necessary to check with the Community Officer if the equipment is available before competition day, or bring the equipment yourself.

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
- Hair/Nails – Long hair must be tied back or a bespoke cap worn during cooking. Nail varnish should not be worn.
- Shoes – Suitable footwear should be worn.
- 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.
- Exercise – Practice should take place before the competition 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

Recipe Title: Splendid Sandwich

This recipe will need to be prepared in each round.

Enough for 2 people.

Ingredients

- Any bread of your choice.
- Any filling of your choice.
- Be resourceful. There are no boundaries – as long as it tastes good!!

Equipment

- Sharp Knife
- Chopping board
- Plate to serve

Tips

- Think how you will serve the sandwich; you can use fresh herbs to decorate if you wish.
- Why not use different breads. Be as creative as possible!
- Cut the ingredients carefully.

Secondary Recipes 7-9. 'Super-Duper' Salad

We ask the contestants to prepare a salad.

It can be simple with traditional ingredients or more inventive.

Enough for 2 - 4 people.

Equipment

- Sharp Knife
- Chopping board
- Plate / Bowl To serve.

Tips

- Think how you will present the salad and you can use fresh herbs to decorate if you wish.
- You can use any combination of ingredients you want that is suitable for a salad. Be as creative as possible!
- Cut the ingredients carefully.

YEAR 10 – 19 COGURDD

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

Competition requirements

- Create a delicious Burger to serve.
- It doesn't need to be complicated but show an understanding of flavours and ingredients.
- It can be a Pork, Beef, Lamb, or a vegetarian burger.
- Be bold and think outside the box!!

Marking Scheme

- Preparation = 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 the contestants to showcase their skills by cooking a burger that appeals to them. Take your time to research recipes, and experiment before choosing your final burger. Make sure you are confident in the meal to be proud of what you serve.

COGURDD 19 – 25 years old

A one course meal using local food.

National Round Only

Competition Requirements

National Round

Prepare a 1 course meal (savoury or sweet) using local ingredients.

Carmarthenshire has a range of great ingredients to offer. Research what's available!!

As a second round – a mystery basket of ingredients will be provided. It will be the same ingredients FOR everyone, but there will also be a store cupboard.

COOKING TIME – 120 minutes

PREPARATION TIME – 15 minutes

Guidelines

- Contestants will be asked to prepare a one-course meal of their choice using local ingredients. And one course using the mystery basket of ingredients.
- National Round at the Carmarthenshire Urdd Eisteddfod on Monday 29th May 2023. Registration must be made to compete before 1 March 2023.
- This is an opportunity for the contestants to showcase their culinary and creative skills.
- Contestants will be required to write the recipes out in advance. The ingredients (along with the correct measurements), the equipment, the cost of the ingredients 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.
- 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 prior to competition day.

Marking Scheme

- Preparation (use the 15 minutes efficiently) = 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 set (Taste and Presentation of food on plate) = 10 mark
There will be no extra marks for table decorations and accessories
- Mystery basket finished meal (Taste and Presentation of food on plate) = 10 marks

Tips

This is an opportunity for the contestants to showcase their skills by cooking a meal that appeals to them. Take your time to research recipes, and experiment before choosing your final meal. Make sure you are confident in the meal to be proud of what you serve.

COGURDD 19 – 25 years old.

EXAMPLE OF HOW TO PRESENT A RECIPE

Contestant name: Mistar Urdd

School/Department: Ysgol Glan-Ilyn

Age: Yr.13

Recipe Title: Welsh cheesecake

Serves: 2 persons

Ingredients and Price

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.

One course meal using local ingredients.

Recipe Title:

Name:

Age:

Mobile number:

Registration to enter and recipes must be submitted to owainapmyrddin@urdd.org before ***the 2nd of May 2023.***

Ingredients

Equipment

Method