

# IAPS District 10 'MasterCook' Cookery Competition

**Saturday 21 June 2025**

The Beacon School, Amersham, Buckinghamshire

## District 10 MasterCook Competition overview

### Entry requirement

- 1 individual pupil per school (12 places in total).
- Year 6 pupils only.
- Basic kitchen skills and understanding of kitchen health and safety.

### Eligibility

- All competitors must attend an IAPS School and only competitors who are part of the Prep School are eligible to take part.
- One accompanying adult to remain on site throughout the day. Unfortunately, we cannot accommodate more than one chaperone on the day.
- Pupils are required to bring their own snacks and food for the day. **No nuts to be brought onsite.**

### Schedule of the day

Time	Activity	Details
09:00	Meet and register	Participants check in, store ingredients in the fridge
09:30-10:00	Set-up	Participants prepare their cooking stations
10:00-11:00	Cooking	60 minutes of active cooking time
11:30-12:30	Cleardown & judging	Participants clean up while judges review the dishes
12:30	Leave	

### The MasterCook challenge details

- Cooking time
  - 1 hour of cooking time.
  - Dishes should be plated and presented no more than 5 minutes before the end of the competition to ensure the dish is served at its best.
- Dish:
  - One dish to be made, either Main Course or Dessert.

- Ingredients:
  - Pupils must bring all necessary ingredients.
  - No nuts (allergy form required).
  - Ingredients must be named and labelled upon arrival for fridge storage.
- Equipment:
  - Basic equipment (ovens, hobs, whisks, pans, baking trays) will be provided.
  - Pupils should bring essential equipment that is not provided (a list of available equipment will be shared).
  - Chefs' jackets will be supplied for the day.
- Safety and cleaning:
  - White chefs' jackets and aprons provided by the school.
  - Recommended pupils wear pull-on gloves, oven gloves, and aprons.
  - Long hair must be tied up.
  - Cleaning supplies will be provided in-house.

### Judging criteria

Each dish will be judged on the following, scored 1-3 (1: Good, 2: Excellent, 3: Outstanding):

Criteria	Points	Description
Skills Used	1-3	Variety and execution of cooking techniques
Taste, Flavour, and Texture	1-3	Balance and quality of flavours and textures
Presentation	1-3	Visual appeal of the dish
Organisation	1-3	Efficient time management and station cleanliness

### Prizes

- 1<sup>st</sup> place prize and 1<sup>st</sup>-3<sup>rd</sup> place certificate.
- Participation certificate.

### Selecting which pupil represents your school

Schools must submit their selected pupil within the deadline.

### Running an intra school competition to select your pupil

- Schools are encouraged to run their own internal 'MasterCook' competition to decide which pupil will present their school at the event on the 21<sup>st</sup> June.
- Schools running their own competition can determine the number of internal participants.
- Information on how to deliver your own intra school competition can be found [here](#).

### Entering a pupil without running an intra school competition

- Schools do not need to run a competition and can enter one chosen pupil from the school who is a keen cook.
- The schools should see evidence of that pupils' competency before entering them into the competition.
- Photos showing the dishes have been practiced and a work order breaking down the cooking process with timings will help ensure they are prepared for the competition.

### **Schools taking part accept the following responsibility:**

Schools agree to the following terms and conditions upon entering this competition:

- The Beacon Schools does not accept responsibility for any injury on site.
- All schools sending pupils confirm they have public and third-party insurance
- All pupils attending to have one responsible adult with them for the event
- Anyone attending the event is not allowed nuts on the school premises.
- Medication details if being brought onto site must be stated.
- All equipment brought on site is state on the form.
- All pupils are cleared for use of photography and video for the event.

### **Entering the competition**

#### Timeline

- Entries close – Friday 28 March
- Schools run inter school competition – Post Easter break until May
- Schools submit pupil and recipe information – by Wednesday 21 May
- Event day – Saturday 21 June

#### How to enter

To enter this competition, please visit the IAPS website [here](#) to enter your school.

First-come, first-served basis, subject to available spaces.

**Entries close on Friday 28 March at 12 noon.**

---

If you have any questions about the competition, please contact:

**Kim Rowland**, *Head of Cookery and Nutrition at The Beacon School & IAPS Cookery and Nutrition Subject Adviser*

[krowland@beaconschool.co.uk](mailto:krowland@beaconschool.co.uk)