

Young Chef of the Year: Thai Cuisine

Create a menu inspired by Thai cuisine to **WIN** the culinary experience of a lifetime in Thailand.



We are looking for the UK's top young chef in Thai cuisine...

Thai food has rapidly grown in popularity among casual diners and gourmets alike, earning it a status as one of the world's most popular cuisines. Thai cuisine takes pride of place in its natural heritage, practiced as an art and handed down from generation to generation.

Thai food not only tastes good but also looks beautiful. Herbs and spices are always at the heart of Thai dishes, for it is these ingredients which provide a dazzling array of delicious and exotic tastes that make Thai cuisine so distinct. Thais have used herbs and spices for centuries as essential remedies and medicines. Is it any wonder then that Thai food is considered so healthy?

What makes Thai food extra special is its intricate balance of spicy, sweet, and sour. It is the cultural heritage that contributes to so much variety.

The competition winner will be flown out to Thailand for a week to learn from the country's top restaurants and farms:

- Dusit Thani College - www.dtc.ac.th/en/
- Bolan - www.bolan.co.th
- Siam Wisdom - www.siamwisdomcuisine.com
- Sampran - www.samphranfarm.com/en
- Blue River Products Limited



Siam Wisdom, Bangkok

Bolan, Bangkok

To enter, you must be either a UK-based student or chef already working in industry, up to the age of 30.

The first stage requires you to submit (via email or post) a written three-course menu, using Thai rice in the main dish and other Thai ingredients throughout.

Examples of Thai rice are as follows: • Jasmine • Brown • Red • Riceberry

The meal must be for two covers and you must provide details of the ingredients used, the method you used to create the dishes and a colour image of each course. You must also aim to complete the three dishes in three hours as this will be your time allocation in the final cook-off.

The entry deadline is: 8th March 2019

A panel of chefs, food writers and the Thai Embassy will then judge all entries we receive in the first stage of the competition.

The top eight finalists will be contacted on **Wednesday 13th March 2019**, who will then take part in a cook-off which will take place on the 2nd April 2019.

Please send your completed entry form, and a colour image of your three dishes via post or email, to:

Young Chef of the Year: Thai Cuisine

Office of Commercial Affairs,
Royal Thai Embassy,
11 Hertford Street, Mayfair,
London, W1J 7RN

Email: info@thaitradelondon.com

All entries must arrive by the closing date of 8th March 2019.

For more information visit:

www.thaitradelondon.com

Young Chef of the Year: **Thai Cuisine**

Your details

Name:

Date of Birth:

College (if applicable):

Course studied (if applicable):

Place of work (if applicable):

Home address:

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Contact telephone number:

Email address:

Thai ingredients to inspire your menu creation:

FRESH

Thai mango / lemongrass / galangal / bird eye chillies / kaffir lime leaf / coriander
limes / Thai basil / Holy basil / mint / Thai red shallots / morning glory / Thai coconuts
Thai apple or pea / aubergines / green papaya / pumpkin / snake (long) beans
betel leaf / turmeric / Young jack fruit

SAUCES & PASTES

Fish sauce / Shrimp paste / Soy sauce / Yellow bean sauce / Oyster sauce
Green, yellow and red curry paste

DRIED

Palm sugar / White and black peppercorns / Dried long red chillies
Dried small hot chillies





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Starter

Title of Dish:

Description:

Which Thai ingredients did you use?

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.....

Main

Title of Dish:

Description:

Which Thai rice and other Thai ingredients did you use?

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.....
.....

Dessert

Title of Dish:

Description:

Which Thai ingredients did you use?

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Terms & Conditions

1. The competition is open to all UK residents aged 30 or under who are students or already working in the catering/hospitality industry other than employees of the Promoter, their immediate families, agencies or any person connected with this competition.
2. Only one entry per person
3. First round entries must include details of how to design a three-course meal for two covers, using Thai rice in the main dish and other Thai ingredients throughout the menu. You must include details of ingredients, method, and a colour image of each dish. Entries must be received by 8th March 2019.
4. No responsibility will be accepted for lost or damaged entries. Proof of postage will not be accepted as proof of receipt.
5. First round entries will be judged by a panel of chefs and food critics on the 11th March 2019.

Short-listed finalists will be notified by telephone and email on the 13th March 2019 and invited to a cook-off final - to take place on 2nd April 2019. There will be eight finalists chosen. If a short-listed finalist cannot attend the cook-off then a replacement finalist can be chosen to take their place.

6. The Cook-Off final will require the finalists to prepare their menu under the supervision of a small panel of judges and have a maximum of three hours to cook all three dishes for two covers. One winner will be chosen on the day. To obtain details of the winner send a SAE to **Young Chef of the Year: Thai Cuisine 2019** Winner, Office of Commercial Affairs, Royal Thai Embassy, 11 Hertford Street, Mayfair, London, W1J 7RN,

The winner must be available to travel to Thailand before the end of August 2019.

7. There is **one first prize of a trip to Thailand including one week (5-6 working days) work experience** in the kitchens of top Thai restaurants in Bangkok. The prize will consist of 7 nights B&B accommodation for one person, return economy flights from the UK to Thailand, transfers and a member of staff to look after you throughout your time in beautiful Thailand. The winner will be notified of the specific hotel, departure and arrival airports etc after the competition but dates of travel will be between April 2019 and end of August 2019.

The two runners up will be rewarded with vouchers for a top Thai SELECT restaurant in the UK.

8. The prize must be accepted as offered. There is no cash alternative. Work experience is strictly subject to availability and the winner must also agree to abide by the terms of temporary unpaid employment set out by the restaurant. Full details will be made known to the winner once chosen.

The promoter reserves the right to substitute the prize with one of an equivalent or greater value.

9. Entrants agree to be bound by all entry instructions of which these terms and conditions form a part.
10. The Promoter's decision is final and no correspondence will be entered into.
11. Your personal details will be used only for the purposes of this competition and destroyed thereafter.
12. The winner and other finalists must agree to take part in advertising and any relevant public relations exercise undertaken by the promoter.

Promoter: The Office of Commercial Affairs, Royal Thai Embassy
11 Hertford St, Mayfair, London W1J 7RN

DO NOT SEND ENTRIES TO THIS ADDRESS





 @ThailandKitchenoftheWorldUK

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www.thaitradelondon.com