

Healthy and Tasty Challenge 2009 Recipe Competition Mechanics

1. Background

The NSW Multicultural Health Communication Service (MHCS), a state-wide service funded by NSW Health to provide health and the Australian Better Health Initiative (ABHI) are holding a recipe competition to encourage people to cook easy to prepare, affordable, tasty and nutritious food with a particular emphasis on the use of fruit and vegetables.

2. Who can enter?

The contest is open to any member of the Sinhalese-speaking community in New South Wales aged 18 years and over who are residents of Australia.

3. Recipe guidelines

- a. For 2009, the contest is open to main dish entries only.
- b. Recipe must be submitted in English and in your language (optional)
- c. Please attach a photo of your dish if possible
- d. Recipes must use vegetables and/or fruit.
- e. Recipes can be a salad, stew, casserole, stir fry, baked dish or any other style of cooking.

A panel of judges will take the following into account when judging your recipe:

- Nutritious (see specific guidelines below)
- Originality and creativity: Is this a new recipe with a new healthy twist on an old favourite or a traditional or family recipe passed down through the generations?
- Taste: Does it taste delicious? Will it have wide appeal for both young and old?
- Practicality: Can you get the ingredients easily? Is it easy to make?
- Cost: Is it reasonably-priced for the average family? Are the ingredients expensive?
- Time: Is it quick and easy to prepare
- Cooking skills: Can anyone cook this recipe?

4. Nutrition guidelines

Your recipe needs to be nutritious and fit in with healthy eating guidelines. Here are some guidelines to help you achieve this:

- Include lots of vegetables – the more the better
- Use grains such as pasta, rice, couscous, buckwheat, semolina, barley, oats and polenta.
- Legumes (beans, chickpeas, lentils etc) are a great addition to many recipes.
- If you include protein foods in the recipe, choose from lean cuts of meat or skinless chicken, seafood, fish or legumes
- Keep added fats to a minimum and use healthy fats such as margarine, canola, olive, sunflower oil, avocado, nuts and seeds. Use spray oil if it suits the style of cooking.
- Use healthy cooking methods eg. steaming, casseroles, pan frying, dry baking, stir frying, barbequing, ground oven (Umu) etc.
- Limit use of salt and added sugar in recipes - use herbs, spices, vinegar and lemon to add flavour instead
- Use reduced fat versions of dairy products such as milk, cheese, sour cream and yoghurt.
- Use very small quantities of cream or butter, coconut cream, lard, ghee or any other animal fats

5. Levels of Competition

First Round

Entries will be reviewed by a panel of judges, who will select the top 5 recipe entries received from the community.

Second Round

The top 5 recipe entries will move on to the 2nd round of the competition. The five finalists will then be requested to bring a copy of the recipe together with a sample of the dish (good for 10 individuals) for judging. Entry recipes must be prepared at home and brought to judging venue in June 2009 (TBA).

All five finalists will receive a \$50 shopping voucher to reimburse costs for ingredients.

Only one winner will be selected from the 5 entries and be awarded a \$500 shopping voucher. The other four finalists will receive \$100 shopping voucher each.

The following establishes the criteria for the second round:

Palatability
Nutritional Value
Visual appeal
Creativity/Originality
Ease of preparation

Final Stage – Showcase of Winning Recipe & Awarding

The final stage of the recipe competition will be held on Saturday, July 4th, 2009 at the Roselea Community Centre located at 645 Pennant Hills Road in Carlingford.

The top winner will be requested to do an actual cooking demo of their recipes.

The other top winners from the other community groups will also showcase their winning recipes on the day.

The awarding of prizes will be presented after the showcase of recipes (Saturday July 4th, 2009 – Roselea Community Centre)

Showcase of recipes:

- All entries and ingredients must be prepared on site except for food requiring baking which must be prepared beforehand and brought to the venue
- Maximum of 1 hour to prepare their dish.
- A designated area will be provided consisting of 2-4' long tables & gas stove.
- Contestants are encouraged to wear clothing consistent with professional and safe food handling practices
- All the entries and materials submitted become the property of the NSW Multicultural Health Communication Service (MHCS). Recipes associated with accepted contestants may be used in future MHCS endeavors such as publications, cookbook, etc.

6. Judges

Entries will be judged by the following:

1st Stage Judges

- Dietician
- Chef / Cook
- Community Partner Representative

2nd Stage Judges

- Dietician
- Chef / Cook
- 5 Community members

All decisions of the judges are final.

7. Awards

All prizes will be awarded for first place and 4 runner ups.

First Prize \$500 Shopping Voucher

Runner Up x 4 \$100 Shopping Voucher

8. Submission of Entries

- Please submit completed entry form, recipe in English and in your language (optional) with an attached photo if possible **on or before 30th May 2009**. Send the recipe entry and all requirements in the return envelope. All you need to do is add a 55 cent stamp.
- All participants who will qualify for the second round will be informed via phone call or email.

For further information, please contact:

- **NSW Multicultural Health Communication Service (MHCS)**
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GPO Box 3120
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Additional Resources

What is a serve? Here are some examples

Carbohydrate foods (Cereals, breads, rice, pasta, noodles etc)

2 slices of bread	1 medium bread roll	1 cup cooked rice, pasta, noodles
1 cup porridge	1 cup breakfast cereal flakes	Or ½ cup muesli

Meat, poultry, fish, eggs, nuts

65-100g cooked meat or chicken (1/2 cup lean mince, 2 small chops, 2 slices of roast meat)

80-120g cooked fish fillet, *or as an alternative try:*

1/3 cup cooked (dried) beans, lentils, chick peas, split peas or canned beans

2 small eggs	1/3 cup peanuts or almonds	¼ cup sunflower or sesame seeds
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Vegetables and legumes (choose a variety)

Starchy vegetables

1 medium potato or yam	½ medium sweet potato	1 medium parsnip
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Dark green leafy vegetables

½ cup cabbage, spinach, silverbeet, broccoli, cauliflower or brussels sprouts

Legumes and other vegetables

1 cup lettuce or salad vegetables	½ cup broad beans, lentils, peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweetcorn, turnips swede, sprouts, celery, boc choy, kangkong, celery, eggplant etc.	
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Fruit

1 piece medium sized fruit eg apple, orange, mango, mandarin, banana, ear, peach etc

2 pieces of smaller fruit eg apricots, kiwi fruit, plums, figs	About 8 strawberries
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1 cup diced pieces or canned fruit	½ cup fruit juice	¼ medium melon (rockmelon, honeydew)
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Dried fruit eg 4 dried apricots	1½ tablespoons sultanas	About 20 grapes or cherries
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Milk, yoghurt, cheese and alternatives

250 ml glass or one cup of milk (can be fresh, long life or reconstituted milk)

½ cup evaporated milk	40g (2 slices) of cheese	250 ml (1 cup custard)
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200g (1 small carton) of yoghurt, plain or fruit, *or as an alternative try:*

a cup of calcium-fortified soy milk	1 cup almonds	½ cup pink salmon with bones
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Fat and oils

Saturated fats <i>LIMIT THESE</i>	Mono unsaturated fats <i>SMALL amounts</i>	Poly unsaturated fats <i>SMALL amounts</i>
Fatty meats	Canola oil	Fish and seafood (omega oils)
Full cream milk (and butter and cream)	Olive oil	Sunflower oil
Full fat cheese	Avocados	Soybean oil
Take away and fast foods	Olives	Corn oil
Cakes	Mono unsaturated margarine	Poly unsaturated margarine
Biscuits	Most nuts	
Chocolate		
Palm oil		
Coconut oil		
Coconut milk - <i>as an alternative try:</i>		
Skim milk / Light coconut milk		