



## Stroud and Tetbury Scout District

District Commissioner: Anna L King

To: Scouts

Date: 11 December 2009

From: Kevin R Brewer, Assistant District Commissioner (Activities)

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### District Scout Ready Steady Cook, 27 February 2009

One of the events requested by Patrol Leaders at the District Scout Leaders' / Patrol Leaders' meeting back in September was a ready steady cook 'competition'. This was first run as a District event in 2009, and was very successful. The 2010 event has been organised and Troops are invited to enter a team made up of approximately four Scouts. This is intended to be a light hearted event where the participants will be challenged to cook (and eat) something tasty with a bag of common ingredients that will be provided. If you would like to be part of your troop's team, note the details below and **return the form at the foot of this page to your Scout Leader no later than 29 January 2010.**

**Date:** 27 February 2010

**Time:** 10.00am start; finish at approximately 2:30pm

**Venue:** Leonard Stanley Scout HQ

**Wear:** Scout Uniform – with apron

**Certificates:** Certificates will be awarded to all who take part.

**Bring:** Each team will need to bring their cooking equipment with them, your Scout Leader will help you organise this. **(PTO for additional information)**

**Cost:** £10 per team (£2.50 per Scout if there are four Scouts in the team) to cover the cost of food, venue and other costs associated with the event.

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### District Scout Ready Steady Cook Entry Form

Name (of Scout) .....

From the Cranham Scout Troop would like to take part in the District Scout Ready Steady Cook event on 27 February 2010 at Leonard Stanley Scout HQ

Please note the following disability or condition which might be affected by this activity and / or details of any medical treatment (s)he is having at the moment.

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Please note any special dietary need (e.g. vegetarian) or allergy .....

I can be contacted during the event on Telephone number: .....

Mobile number: .....

Signed: ..... Date: .....

Parent / Guardian (print name) .....

## Cooking Equipment

Tables will be provided for each team – but each team will need to bring with them the following items ....

- Gas cooker with two rings and a gas bottle. No oven! No other heat sources.
- 1 set of billies (large, medium and small)
- 2 mixing bowls
- 2 washing up bowls and tea towels
- Cutlery and crockery
- 1 frying pan
- 1 small water container
- Cooking utensils (peeler, knives, grater, whisk, etc).
- Chopping boards
- No electrical equipment to be used!

### Additional info:

As you will only be using a Gas cooker with two rings, 1 set of billies (large, medium and small) and a frying pan (**No oven! No other heat sources**) you may wish to research and practice the following over the Christmas period:

1. Making sauces and what to use them with - such as Roux, Mornay, apple, curry, tomato, mustard, parsley, chocolate, custard etc.
2. Flavours
  - What goes well together
3. Methods of cooking – Steaming, Boiling, (boil in the bag – Fish, sponge puddings!)
4. Presentation – This is important as last year Cranham won due to presentation of the food.  
Think about
  - setting out food,
  - when preparing food - cut items to the same size (i.e. all potatoes cubed to the same size)
  - Colours