

Seniors

MASTERCHEF



GET CREATIVE



1 HOUR +



PREPARATION
NEEDED



AIM

Can you handle the heat of the kitchen? Plan a two-course meal on a budget and then get in the kitchen to bring that menu to reality. Who will succeed and be crowned your 'MasterChef'?

WHAT YOU'LL NEED

- MasterChef – My Menu Sheet
- Cooking Equipment
- Ingredients for the Chosen Menu
- £15 Shopping Budget

GET CREATIVE: MASTERCHEF

THEME: IN THE KITCHEN



LEADER PREPARATION

Young people will be creating a menu and cooking it. Leaders will need to work with young people to ensure they have everything they need. You may also need to provide some inspiration and ideas for their menu choices.



GETTING INTO THE ACTIVITY

Take on the MasterChef challenge, creating a menu from scratch before cooking it and then having that menu tested by your judging panel.

- 1** For this MasterChef challenge you could work individually or in pairs. Your challenge is to create a two-course menu that you will then cook in the kitchen. This challenge should be split across two weeks. Week one should be the planning stage, and week two used for cooking.
- 2 Planning The Menu (Week One):** Sit down and work out which two courses you would like to take on. Then think about what dishes you will make for both of those courses. We suggest setting a budget of £15 to work within. Use our MasterChef – My Menu sheet to help you plan out your menu, what you'll need and any instructions you'll need the following week when making the courses.
- 3 Ingredient Shopping:** Between week one and two the ingredients will need to be bought. These could either be purchased by the young people in the week, or a leader may be happy to take on ingredient shopping, based on the lists provided from the planning session.
- 4 Cooking (Week Two):** Week two is then your chance to put your preparation and planning into action. Below are some of the things you'll need to consider as part of the challenge:
 - If working in pairs, who will take on responsibility for which part of the meal?
 - Timings: have you planned out time for all the preparation and cooking to be done within the overall time limit?
 - You will have 1 hour overall to get the meal from raw ingredients to ready to eat.
 - Do you have all the cooking equipment that you need, including pots & pans as well as cooking space? (i.e. oven space & hobs)
- 5 Judging:** Finally you will be judged on your completed meal by your leaders. They will consider skill of making the dish, presentation, taste, time to complete and clearing up afterwards!



IDEAS TO TAKE THIS FURTHER...

Consider inviting in some other age groups, leaders or parents/carers to sample the meals with a mini 'pop up restaurant'.



KEEPING EVERYONE SAFE

Leaders should ensure food preparation and cooking is done safely and hygienically. Young people should be given some guidance on this before starting the challenge.

MASTERCHEF - MY MENU

My Cooking Instructions:



What I'm Making:



Ingredients & Equipment:



Notes:

