



21<sup>st</sup> May 2013

## YOUNG CHEF OF THE YEAR COMPETITION 2013



This year's competition took place at Westminster Kingsway College on Monday, 20<sup>th</sup> May and saw the six young chefs short-listed for the final cook a three course meal for two. The menu had to include a starter using a flat fish so that competitors could show the key skills of filleting and de-boning, the main course required a whole chicken to be prepared for a classic sauté dish whilst the dessert was each individual chef's choice.

In a very tight fought competition, Ruth Hansom from Westminster Kingsway College was announced as the winner with Connor Godfrey from Wilton's Restaurant second and Daniela Seitz also of WKC third with Blair Baxter (Rudding Park), Shonagh Stark (South Lanarkshire College) and Rory Welch (Broad Chare) close behind.

Ruth, pictured here with Nick Green from sponsors Villeroy & Boch, cooked:

Plaice Paupiette, Brown Crab and Cognac mousse, asparagus spears, cauliflower purée, toasted almonds

Coq au Vin, turned glazed carrots and swede, pomme fondant

Chilled rhubarb soufflé, ginger streusel and caramelized orange

The judges were Bill Bryce of Bryce's Seafood Restaurant, John McGeever from St Edmunds Hall in Oxford and Alan Whatley, Chairman of the Association of Pastry Chefs.



Chairman Clive Roberts commented, "Our thanks go to Westminster Kingsway College for hosting the competition – it has been a great day and truly reflects the MCGB's ethos of providing great training opportunities for young chefs. Our congratulations go in particular to Ruth Hansom and Sophie Bamford

(William Curley's Patisserie) this year's winner of The David Lyell Scholarship, our competition for young pastry chefs. Fingers crossed, they will get the opportunity to be part of WorldSkills as, indeed, have past winners of the MCGB Young Chef of the Year Louisa Matthews (Eton College - 2102) and Danny Hoang (Westminster Kingsway College – 2011) and Annabel Wilson who took The David Lyell Scholarship title in 2012.”



Press release ends.

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### **The Master Chefs of Great Britain**

The Institute of Master Chefs was formed in 1980 with branches in America, Holland and Great Britain. The British section of this organisation became The Master Chefs of Great Britain in 1982 with the aim of providing a forum for the exchange of culinary ideas and to further the profession through training and guidance to young chefs. The association is passionate about the use of British produce and currently runs four competitions a year for young chefs and college students as well as providing training opportunities for young chefs and working with colleges and supporting industry initiatives such as Skills for Chefs and the Scottish Chefs Conference. Next up is the Finn Crisp Challenge and the Junior Asian Chefs Challenge.

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