



100
1922 - 2022

EISTEDDFOD YR URDD SIR DDINBYCH

**PECYN GWYBODAETH I GYSTADLEUWYR
COMPETITORS INFORMATION PACK**

COGURDD 2022

**COGURDD BL.4 - 6
COGURDD BL.7 - 9
COGURDD BL.10 - 19 OED
COGURDD 19 - 25 OED**

NODDIR COGURDD 2022 GAN



How to compete

- All competitors must be current members of Urdd Gobaith Cymru. You can register to compete through our website www.urdd.cymru
- Closing dates vary by region. Contact your local Community Officer to confirm the closing date for your region. Contact details can be found on our website www.urdd.cymru under 'Your Area'.

Competition Schedule

- **Round 1 (School)** must be held independently in your school/branch **before 14 February 2022**. All arrangements for Round 1 are the responsibility of the school/branch including choosing judges and following health and safety regulations of the school/site. The winners of Round 1 will proceed to:
 - Your local Community Officer will organise **Round 2 (Regional)**. The Local Round before **the end of April 2022**. The winners of Round 2 proceed to: **Round 3 (National Round)** will be held on the Eisteddfod Maes between **30 May – 4 June 2022**. You will receive further information regarding subsequent rounds from the Eisteddfod Office.

AGE CATEGORY	ROUND	WHAT TO COOK?
Year 4 – 6	Round 1 (School)	Recipe 1
Year 4 – 6	Round 2 (Regional)	Recipe 2
Year 4 – 6	Round 3 (National)	Recipe 1 and 2
Year 7 – 9	Round 1 (School)	Recipe 1 & 2 or 1 & 3 or 2 & 3
Year 7 – 9	Round 2 (Regional)	Recipe 1 & 2 or 1 & 3 or 2 & 3
Year 7 – 9	Round 3 (National)	Recipe 1 & 2 or 1 & 3 or 2 & 3
Year 10 – 19 years	Round 2 (Regional)	One course meal based on the theme: Celebration
Year 10 – 19 years	Round 3 (National)	One course meal based on the theme: Celebration
19 – 25 years	Round 3 (National)	Two course meals based on the theme: Celebration

Health and Safety Consideration for Teachers and Urdd Community Officers

- **Kitchen / Cooking area** – A thorough Risk Assessment must be undertaken prior to cooking at each venue. [A Risk Assessment template for CogUrdd is provided in the pack]
- **Equipment** – It is not advisable to permit competitors to carry sharp knives or dangerous equipment to the competition site without adult supervision. In these instances, the adult should transfer the equipment to a staff member at the beginning of the competition and be transferred back to the adult post competition.
- **Electrical:** any electrical equipment used in CogUrdd School or Regional round does not need to be PAT verified prior to competition. We recommend that all new equipment should be supplied in a safe condition and not require a formal portable appliance inspection or test. However, a simple visual check is recommended to verify the item is not damaged. These guidelines are provided by the HSE (Health and Safety Executive) <http://www.hse.gov.uk/electricity/faq-portable-appliance-testing.htm>
- Our guideline recommend that any personal electrical equipment used isn't older than

6 years old and in good condition

- **Accidents:** All venues must be equipped with a comprehensive First Aid Kit
- **Allergies:** Follow standard protocol for any competitors who suffers from food allergies. All recipes' ingredients list is included in the information pack

The Recipes

- It's the competitor's responsibility to bring ingredients and equipment to the competition. The Urdd will only provide core ingredients and equipment for Year 4 -6 and Year 7 - 9 during Round 3 at the National Finals.
- For age category Year 10 - 19 years and 19 - 25 years it will be their responsibility to provide all ingredients and equipment for each round.
- Each competitor must prepare same recipe for each of the competition rounds
- The recipes for the Final Round are age specific and will test the competitors on their cooking skills and ability to read and complete a recipe.

Competition Rules

- Competitors in the Year 4-6 have up to **60 minutes**, Year 7-8 and Year 10-19 years old categories have up to **90 minutes** in each round to prepare and present their dish. 19-25 years old category will be allowed up to 120 minutes. In addition, there will be 15 minutes at the start of each round to set out their ingredients, weigh them and to collect and check equipment.
- Competitors will need to **provide all ingredients and equipment**. The exception will be basic ingredients and equipment for Year 4 - 6 and Year 7 - 9 age category National Heats are provided by the Urdd
- Do not prepare any ingredients in advance unless stated in the recipe or you may lose marks.
- Do not alter the recipes or the quantities specified. However, some 'on the spot' minor changes might need to be made, including adding or reducing liquid in the mixing of dough or adjusting the consistency of soup.
- The full quantity of the recipe should be made in all the competitions. For practise purposes some recipe quantities may be halved for economy.
- **Hygiene** - The cooking area must be kept clean and tidy throughout the competition.
- **Final Presentation** - The adjudicator will base his/her result on the quality and presentation of the dish prepared by the competitor. No additional marks will be given for any table accessories and decorations.

Competitors Guideline 'Beca's Top Tips!'

1. You should pay attention to food safety and hygiene and to your own and others' personal safety.
2. Frequent hand washing is essential, before and during food preparation.
3. When cutting, slicing, or dicing, use safe cutting techniques.
4. Do not leave sharp items in washing up bowls or where they may cause injury to others.
5. Store raw and cooked perishable ingredients at 5°C and take steps to avoid cross contamination by accidentally transferring harmful bacteria from raw meat or fish on to other foods.
6. Do not attend the competition if you feel unwell, feel sick or have an upset stomach, a heavy cold or cough.

7. If you experience any difficulty during the competitions (eg. an accident, faulty equipment or feeling unwell), please inform the judge immediately.
8. Wear a clean apron or overall. Aprons will be provided in the Final Round.
9. Please tie your hair back if it is long and secure any wisps or long fringes away from the face. Do not wear nail polish.
10. Wear appropriate footwear.
11. Do not waste food by excess trimming, thick peeling or discarding good food. Recycle cans and bottles/jars and use the compost bins (if available).
12. If any competitor should need essential medication during the competition, it is their responsibility to ensure it is available and administered by themselves or an appropriate designated adult.
13. Do not touch electrical equipment with wet or greasy (slippery) hands and operate the equipment with due care and under judges' supervision.
14. You will probably find it helpful to rehearse your recipes before the competitions to ensure that you avoid difficulty or problems when you are making the dishes during the competition.
15. Good time management is essential. To help you with this you may want to prepare a short time plan outlining your order of work which you can refer to during the competition

Beth am goginio gyda chig coch o Gymru?

Ewch i gael golwg ar ein gwefan i chwilio am ysbrydoliaeth a syniadau di-ri!

Cig Eidion Cymru

Cig Oen Cymru

WELSH BEEF
CIG EIDION CYMRU

WELSH LAMB
CIG OEN CYMRU

Mae Hybu Cig Cymru yn falch i gefnogi cystadleuaeth Cogurdd.

Mae cannoedd o rysetiau ar ein gwefan:
eatwelshlambandwelshbeef.com

COGURDD YEAR 4 - 6 [RECIPE 1]

Recipe Title: Rainbow Fruit Kebabs with Yogurt Dip

To be prepared only in Round 1 – (School) and Round 3 – (National Heats)

Ingredients

- Variety of fresh fruit or tinned fruit (or a combination of both)
- 80ml of Natural Yogurt
- 25g of crushed Strawberries (or similar fruit)
- Fresh Herbs (for decoration)

Prepare 8 kebab

Equipment

- Sharp knife
- Chopping board
- Bamboo skewers
- Measuring jug
- General cutlery
- Presentation plate/board and bowl for dip

Method

1. Choose a selection of fruit to create a colourful fruit kebab.
2. You can use fresh fruit or tinned fruit (in natural juices) or a mixture of both. Try and have at least 3 different types of fruit on the kebabs and think about the size the fruit needs to be and what order to arrange them on the skewer.
3. Serve the kebabs with a simple yogurt dip using 80ml natural yogurt and 25g of crushed strawberries.
4. Feel free to use a different fruit flavour for your yogurt dip if you'd like.
5. Present the fruit kebab on a serving plate and the yoghurt dip in an accompanying bowl.

To constructing your kebab use, for example, 8 strawberries, 8 pieces of tinned pineapple, 1 kiwi fruit cut into 8 pieces

Beca's Tips

- Neat and careful chopping/preparing of the ingredients
- Think about how you will present the kebabs, will you use any fresh herbs to decorate? How about using an alternative yogurt like a coconut flavour to add a tropical touch to your dish?
- Be as creative as you can be!

COGURDD YEAR 4 - 6 [RECIPE 2]

Recipe Title: Meat or Tofu Stir-Fry

To be prepared in Round 2 - (Regional) and Round 3 - (National Heats)

Ingredients

- 1 tbsp vegetable oil
- 175g lean pork/beef or turkey mince - or tofu [V]
- 175g egg noodles
- thumb-sized piece ginger, peeled and chopped
- 2 garlic cloves, crushed
- 200g stir-fry veg - use any vegetables you like
- 2 tbsp soy sauce
- 1 tsp cornflour
- 2 tbsp sweet chilli sauce

Serves 2 people

Equipment

- Chopping board
- Sharp knife
- Wooden spoon/spatula
- Measuring spoons
- Frying pan/wok
- Grater/Garlic crusher
- Small bowl/jug to mix cornflour
- Kettle
- Medium bowl for noodles
- Serving plate/bowl

Method

1. Heat the oil in a wok or frying pan. Add the mince, break it up with a spoon and fry over a high heat for about 6-8 mins until browning.
2. While the meat cooks, boil a kettle, then pour the hot water over the noodles. Set aside for 5-10 mins to soften.
3. Add the ginger, garlic and veg to the pan and stir-fry for 2-3 mins.
4. Mix 1tbsp soy sauce with the cornflour to make a paste.
5. Add the remaining soy sauce, the chilli sauce and 2 tbsp water.
6. Drain the noodles and add to the pan with the sauce.
7. Cook until the sauce coats the noodles, adding a splash of water if needed, then serve.

Beca's Tips

- Accurate weighing and measuring of the ingredients.
- Taste and Presentation - overall taste and balance of flavours as well as how the dish has been presented.
- Use any combination of vegetables for the Stir-Fry

COGURDD YEAR 7, 8 & 9

Instructions

1. Competitors are required to cook 3 tapas dishes.
2. There are 3 recipes in this pack and the competitors need to **choose 2 out of the 3 recipes**. These recipes are: Tortilla, Albondigas (meatballs in a tomato sauce) and Patatas Bravas (potatoes in a tomato sauce).
3. The competitors will also need to create and present a **3rd tapas dish** to complement the 2 that they choose from the pack. The dish that they create should either be a salad or a vegetable tapas dish. The competitors should research Spanish style dishes and tapas dishes in order to create something authentic
4. The same tomato sauce is used for both the Albondigas and the Patatas Bravas, and the recipe in this pack is the correct amount to use for both recipes.
5. If the competitor chooses to make the Tortilla and one of the other dishes, then only HALF of the tomato sauce recipe needs to be made.
6. However, if the competitor chooses to make the Albondigas and the Patatas Bravas then they would need to follow the recipe as written.

COGURDD YEAR 7, 8 a 9 [RECIPE 1]

Recipe Title: Patatas Bravas and Tomato Sauce

To be prepared for the School Round, Regional Round and National Heats Round

Ingredients

Patatas Bravas

- Olive Oil
- 250g Potatoes

Tomato Sauce

- 2 tablespoons of Olive Oil
- 1 small onion finely chopped
- 2 cloves of garlic grated
- 1 tin tomatoes
- 1 tablespoon tomato puree
- 2 teaspoons smoked paprika
- A pinch of chili powder
- A pinch of sugar
- A good pinch of salt
- Fresh Parsley to serve

Equipment for

Patatas Bravas & Tomato Sauce

- Roasting Tin
- Oven Gloves
- Chopping Board
- Sharp Knife
- Potato Peeler
- Medium Size Saucepan for Tomato Sauce
- Serving bowl or serving plate

Method

Tomato Sauce

1. Heat 2 tablespoons of olive oil in a medium saucepan, add the onions and fry lightly for 5 minutes.
2. Add the tomatoes, puree, garlic, paprika, chili, sugar, and salt and bring to the boil. Turn down the heat and cook the sauce for about 10 minutes until it thickens.
3. $\frac{1}{2}$ the sauce is for the Albondigas and the other $\frac{1}{2}$ for the Patatas Bravas

Patatas Bravas

1. Heat the oven to 200c.
2. Put 2 tablespoons of olive oil in a roasting tin and heat in the oven for 5 minutes.
3. Peel the potatoes and cut into cubes about 2cm in size. Once the oil has heated, carefully place the potatoes in the roasting tin and cover with the oil.
4. Roast in the oven for about 40 minutes until they are golden and crisp.
5. Turn the potatoes about halfway through cooking.
6. Serve with the sauce and fresh parsley

COGURDD YEAR 7, 8 a 9 [RECIPE 2]

Recipe Title: Albondigas (Spanish Meatballs) & Tomato Sauce

In addition, each competitor must create and prepare either a salad or a vegetable side dish to accompany the two their Tapas dishes.

This is an opportunity for the competitors to investigate traditional Spanish food and create a balanced colourful and tasty meal.

Perhaps some green vegetables simply cooked or a crunchy salad – be creative and prepare a Spanish feast to please the eye as well as the stomach!

To be prepared for the School Round, Regional Round and National Heats Round

Ingredients

Albondigas

- 1 piece of bread without crust
- 1 ½ tablespoons milk
- 100g minced beef
- 100g minced pork
- 1 clove of garlic
- 1 table spoon fresh chopped parsley
- ½ egg
- ¼ teaspoon smoked paprika
- Olive Oil

Equipment

Albondigas

- Chopping Board
- Sharp Knife
- Mixing Bowl for the meatballs
- Frying Pan
- Serving Bowl or adequate Serving Plate

Additional equipment may be required to prepare and serve your accompanying side of Salad or Veg

Method

Albondigas

To make the meat balls:

1. Cut the bread into small pieces and place in a bowl with the milk
2. Mix until the bread has absorbed all the milk.
3. Add the minced beef, pork, grated garlic, parsley, ½ the egg, smoked paprika and salt and pepper.
4. Mix well and roll into 12 small balls.
5. In a frying pan heat 2 tablespoons of olive oil and cook the meatballs for 6 – 8 minutes turning often to ensure they are browned all over.
6. Take the meatballs out and add the sauce to the pan to heat for a few minutes before adding the meatballs
7. Cook the meatballs in the sauce for a further 8 minutes.
8. To serve place the meatballs in a small dish with the sauce and fresh parsley

Serve the Albondigas with your additional side dish of salad or vegetables

COGURDD YEAR 7, 8 a 9 [RECIPE 3]

Recipe Title: Tortilla

In addition, each competitor must create and prepare either a salad or a vegetable side dish to accompany the two their Tapas dishes.

This is an opportunity for the competitors to investigate traditional Spanish food and create a balanced colourful and tasty meal.

Perhaps some green vegetables simply cooked or a crunchy salad – be creative and prepare a Spanish feast to please the eye as well as the stomach!

To be prepared for the School Round, Regional Round and National Heats Round

Ingredients

Tortilla

- 1½ tablespoons olive oil
- 1 Small Onion finely sliced
- 1 potato (100g – 150g)
- 1 clove of garlic
- 1 red pepper
- 3 large eggs
- 1 tablespoon of chopped fresh parsley

Equipment

Tortilla

- Chopping board
- Sharp knife
- Potato peeler
- Garlic crusher/grater
- Measuring spoons
- Small-medium frying pan – suitable to go into the oven.
- Presentation plate

Additional equipment may be required to prepare and serve your accompanying side of Salad or Veg

Method

Tortilla

1. Turn Oven to 200c
2. Peel and thinly slice the potato
3. In a small frying pan heat the oil and fry the onions and potato carefully for 15 minutes turning often.
4. Grate the garlic and thinly slice the pepper before adding to the saucepan for the last 5 minutes before removing from the heat.
5. Break and beat the eggs and add to the pan with the freshly chopped parsley. Leave for 3 – 5 minutes.
6. Place in the oven for 15 – 20 minutes until the centre is set and just cooked.
7. Leave to stand for 5 minutes and turn out on to a plate before slicing into small pieces to eat.

Serve the Tortilla with your additional side dish of salad or

COGURDD YEAR 10 – 19 YEARS OLD

Theme: 'Celebration'

To be prepared in Round 2 – (Regional) and Round 3 – (National Heats)

Competition Objective

Regional Round and National Round

Prepare 1 course meal (either sweet or savoury) inspired by the theme **Celebration** with ingredients sourced from Wales.

COOKING TIME – 90 minutes

PREPERATION TIME – 15 minutes

Competitors are responsible for providing their own ingredients and equipment for Regional and National rounds.

Instructions

Competitors can make a **main meal** or a **dessert**.

The level of the dishes shouldn't be too easy nor too over-ambitious and should be completed within the time frame with no prior preparation of ingredients allowed ahead of the competition.

Competitors are also asked to write out the recipe in advance. It should include the ingredients list along with the correct measurements, an equipment list, making note of any unusual items needed, breakdown costs of ingredients and finally the method of the recipe.

An example of how a recipe should be written can be found in this document. The method can be simply written through bullet points rather than long sentences and competitors should use simple words to describe the techniques needed to make the dish. Recipes should be written in Welsh or bilingually and presented before the day of competition.

Marks are awarded as follows

- Preparation = 5 marks
- Food preparation / Cooking Technique. = 10 marks
- Time Management = 5 marks
- Food Hygiene and Cleanliness = 10 marks
- Final Presentation = 20 marks

No additional marks for table decorations

Beca's Tips

This is an opportunity for the competitors to show off their skills by cooking something that they really like to cook. Take your time to research recipes and test things before choosing your final dish. Make sure you're confident in the dish and take care and pride when it comes to writing the recipe and, of course, presenting the recipe.

COGURDD 19 – 25 YEARS

Theme: 'Celebration'

National Round only

Competition Objective

National Round

Prepare 2 course meal (either sweet or savoury) based on the theme 'Celebration' with ingredients sourced from Wales.

COOKING TIME – 120 minutes

PREPERATION TIME – 15 minutes

Competitors are responsible for providing their own ingredients and equipment for National round.

Instructions

Competitors must prepare 2 course meals inspired by the theme 'Celebration' at the National Eisteddfod's final heats on Thursday 2nd May 2022. Each competitor must register to compete before the closing date: 1st March 2022. Recipes must be sent in advance to competition date.

Competitors can make a **main meal** and either **starter** or **dessert**.

The level of the dishes shouldn't be too easy nor too over-ambitious and should be completed within the time frame with no prior preparation of ingredients allowed ahead of the competition.

Competitors are also asked to write out the recipe in advance. It should include the ingredients list along with the correct measurements, an equipment list, making note of any unusual items needed, breakdown costs of ingredients and finally the method of the recipe.

An example of how a recipe should be written can be found in the document. The method can be simply written through bullet points rather than long sentences and competitors should use simple words to describe the techniques needed to make the dish. Recipes should be written in Welsh or bilingually and presented before the day of the competition.

Marks are awarded as follows

- Preparation = 5 marks
- Food preparation / Cooking Technique = 10 marks
- Time Management = 5 marks
- Food Hygiene and Cleanliness = 10 marks
- Final Presentation = 20 marks

No additional marks for table decorations

Beca's Tips

This is an opportunity for the competitors to show off their skills by cooking something that they really like to cook. Take your time to research Recipes and test things before choosing your final dish. Make sure you're confident in the dish and take care and pride when it comes to writing the recipe and, of course, presenting the recipe.

COGURDD YEAR 10 – 19 YEARS & 19 – 25 YEARS

EXAMPLE OF HOW TO PRESENT RECIPE

Name of competitor: Mistar Urdd

School/Collage: Ysgol Glan-Ilyn

Age:

Recipe Title: Welsh Cheese cake

Serves: 2 people

Ingredients & costs

225g raising flour	75g butter	£0.44
25g Lard	60g caster sugar	£0.15
25g o white chocolate	40g cranberry	£0.90
1 egg	1-2 tbs of milk	£0.02
Cheese cake base		
6-7 digestive biscuit	15g butter	£0.09
cinnamon	200g cream cheese	£0.89
Drop of vanilla	1 egg	£0.25
45g soured cream	Homemade raspberry coulis	£0.00
250g raspberry	1 tbs of sugar icing	£0.06
½ lemon		

Ingredients

- X3 large mixing bowl
- X2 spatula
- X1 Wisk
- X1 rolling pin
- X1 saucepan
- X2 frying pan
- X1 food processor
- X2 small mixing bowls
- Knives and Forks
- X1 sieve

Method

1. Pour the flour into a large mixing bowl and add the butter and lard. With your fingers, kneed until like bread crumbs. Add the caster sugar, chunks of white chocolate and cranberries.
2. Wisk the eggs and add to the dry ingredients. Mix well with your hands until the mixture comes together. Add milk if consistency is not wet enough.
3. Roll the mixture to a depth of 6mm (1/4inch). Cut out circular shapes using 5mm dough cutter
4. Turn on hob and place butter in a frying pan. Place the dough in the pan to cook until light brown colour. This usually takes 1-2 minutes each side. Place on one side to cool.
5. Turn oven to 180oc. Place biscuits into a saucepan and beat until crumbled. Melt butter and pour onto the crushed biscuits, then mix in the saucepan and add the cinnamon. Place the biscuit mix in a baking tin and cook in the oven for 4 minutes
6. Mix the cream cheese, flour and vanilla, the eggs and sour cream together in a bowl
7. Take the tin out of the oven and pour the wet ingredients on top of the biscuit base. Cook for a further 12-15 minutes.
8. Whilst the Welsh Cheesecake is cooking in the oven, place the raspberry, icing sugar and lemon into the frying pan and start to cook. After a while pour into a food processor for blitzing until smooth. Pour mixture through a sieve to weed out any pips
9. Take the cheesecake out of the oven to cool. Once room temperature pours the raspberry coulis on top and serve with cream.

COGURDD YEAR 10 – 19 OED

Theme: 1 course meal:

'Celebration'

Title:

Name:

Age:

Mobile phone number:

To be prepared in Round 2 – (Regional) and Round 3 – (National Heats)

Recipes must be presented and submitted to steffanprys@urdd.org before 7 May 2022

Ingredients

Equipment

Method

COGURDD 19 – 25 YEARS

Theme: 2 course meals based on:

‘Celebration’

Recipe 1 Title:

Name:

Age:

Mobile phone number:

To be prepared in the national round

Register before 24th April 2020. Recipes must be presented and submitted to steffanprys@urdd.org before 7th May 2022

Ingredients

Equipment

Method

COGURDD 19 – 25 YEARS

Theme: 2 course meals based on:

‘Celebration’

Recipe 2 Title:

Name:

Age:

Mobile phone number:

To be prepared in the national round

Register before 1st March 2022 Recipes must be presented and submitted to stefanprys@urdd.org before 7th May 2022

Ingredients and Costs

Equipment

Method