

2025 NSSCC Online Regional Judging Criteria

This is what the judges will be using to judge all online entries. Please have a good read so that you know exactly what they are looking for.

| Criteria | | How it impacts judging |
|---|-------------|---|
| All Sponsorship Criteria fulfilled. | Y / N | Use of Lamb, Kumara & GREEN veg, plus other veg. Rescued Kitchen product included. Anchor™ product/s included |
| Recipe submitted with Kumara/Lamb as the principal ingredient. Rescued or Recovered ingredients and diary product included. | Y / N | Really important to ensure everything is written down, get someone to check. This is where we find flavour & balance Eg We can identify your list of ingredients and see where they have been used in the method. I.e you wrote 2 Tb of chilli chopped, but then said to put in ½ ts of dried chilli. |
| Description card submitted | Y / N | |
| 3 Food photos from the requested angles of above and at 45° | Y / N | We are imagining what the smells and flavours are like, as we are looking at your photos. So your recipe and methods of cookery help us to understand your dish. Make sure you capture the best angle that shows off your food. |
| 2 students & 1 teacher/Tutor photos | Y / N | An ironed jacket and apron is a good place to start. |
| Questionnaire completed | Y / N | We are looking for the passion behind your story. What made you enter this competition? What helped you choose ingredients etc. |
| Compliant Entry (Y/N) | Y / N | This will not disqualify you from the competition. We may be able to check in with you if something is easily rectified. |
| DISH DESCRIPTION | | |
| Describes dish accurately | 2 | Succinctly too, read a menu from a restaurant, this will help you. |
| Suitable for a menu | 2 | Café-restaurant- special family meal |
| Hero ingredient focus | 2 | Hero must be Kumara & Lamb, everything else is bling, glitz, glamour..... That will increase the eating experience |
| Main ingredients included | 2 | Dish is built around & upon your lamb & Kumara, & other contributing flavours. Indicate chilli, spice & other strong flavour that might surprise diners. |
| Correct spelling | 2 | Make sure to spell check and get someone else to read through it. |
| SUB TOTAL | / 10 | |

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| RECIPES | | | |
| Use of Kumara/Lamb | 6 | Must be clearly seen, it may be used more than once, twice even more, but change texture, cookery, may become part of a final garnish. | |
| All vegetables must be NZ grown. Sponsors requirements are met. | 5 | Nothing imported may be used. Make sure you are using NZ grown. That you have something GREEN on your plate. Grown produce, if it's out of season here then it's likely imported, so check seasonal availability. Yes, Australia is another country. | |
| Correct methods of preparation | 5 | Obvious preparation methods. Suitable for the ingredient being used. I.e peeling, dicing, slicing, marinating etc. Sauces are smooth and not runny. Sprouts and herbs are vibrant and not wilted. | |
| Correct methods of cookery | 5 | Uses correct methods to boil, steam, roast, puree etc. Colours are vibrant not washed or bleached out, soggy limp or over/under cooked. | |
| Food safety considered | 5 | No smears, fingerprints or dribbles over the plate. | |
| Recipe can be made in 45 mins | 5 | Is it obvious from method and timings that it can be made in 45 minutes? | |
| Nutritional and Flavoursome dish | 5 | Does this excite our taste buds? Remember we are not actually eating this so make sure your description, photos & recipe helps us to virtually enjoy your dish in our minds. Use oils over saturated fats, salt alternatives, and avoid over processed foods. | |
| SUB TOTAL | / 36 | | |
| PHOTOGRAPHS | | | |
| Good eye appeal, looks appetising | 3 | You have to sell it here to make us hungry and want to eat the page!!! | |
| Originality | 3 | Not a simple copy from a recipe book or internet, you can base it on a recipe but put your twists, take or influence here & make it yours. | |
| Clean arrangement on the plate | 3 | Neat and tidy, simple, cleanly placed. No smears or falling over towers or stacks, no dribbles and NO smudges of sauce. Not placed on the rim or to one side of centre, try to look from above to centre of plate and build up or around from there. | |
| Flair | 3 | Have you put your personality on this plate, have you been creative or confused, 'Kiss' principle applies - Keep it simple stupid. Sometimes less is more. Don't forget the Kumara/Lamb/vegetables and dairy. | |
| Highlights Kumara/Lamb | 3 | Kumara/Lamb must be prominent, it's the meat on the plate, approx 60% combined (eg 30+30%) of the total meal on the plate. | |

| | | |
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| Technical skills evident | 3 | Cookery techniques are sound ie. steaming, sautéing, roasting. We're looking at colour. Your knife skills are showing even slices, dices and strips. Sauces are not a lake or river but there to enhance the eating experience and not too strong in colour to distract from the main hero item. When taking your dish photographs, make sure the surroundings are clean. |
| Balance of textures | 3 | Texture is crunch versus soft, raw Kumara versus kumara puree, roasted versus grilled. The dish needs a balance of soft and crunch until the last mouthful. Sauce is also important, it adds an element of softness and moisture. |
| Portion size suitable | 3 | Imagine serving a 3 course meal, your entrée dish, a main and a dessert for an average person, not a competitive sumo wrestler. Remember we are embracing 'world chefs portion sizes' which are very small like a tasting portion. |
| SUB TOTAL | / 24 | |
| Questionnaire | | |
| Questions 1 through 5 | 4 each | Tell us your story. How you came to love food. Include anyone who inspires you, who you follow, people you look up to and why. We want to understand what drives and inspires you. Tell us how you trained, how it evolved. Tell us about the mistakes and changes you made. Read the questions and put some time and thought collectively into your answers. Remember you are a team. |
| Sub Total | / 20 | |
| Overall | | |
| Consider all elements of the dish | 5 | Elements are the components/parts. How you used required ingredients to enhance Kumara/Lamb. Different textures are obvious. Use of garnishes are suitable. Sauces used to add moisture and softness. Remember any additional flavouring or crunchy garnish should be a minor addition. |
| Personal presentation of team | 5 | Here you get to dress up in a nicely ironed clean jacket or t/shirt and hat worn if in professional attire, no nail varnish, hair tied back etc. School uniform & apron if no chef jackets. |
| Sub Total | /10 | |
| TOTAL | /100 | |
| Kumara, Lamb, Rescued, Sustainable, Vegetables, Dairy Bonus Points Questionnaire (2), recipe ingredients(2) on the plate(1) | 5 | For explaining, indicating where use of required product has been incorporated, provenance or sources. Explained and detailed in essay answers, recipes and menu descriptions. |