



## GMIT to turn up heat

The **Knorr** Student Chef of the Year competition has turned up the heat on its competitors, with a challenge to reinvent age-old traditional Irish recipes.

Competitors are being asked to recreate old family favourites, such as bacon and cabbage, coddle and Irish stew, with a fresh twist of creative seasoning to produce modern, 21st Century Irish recipes that bear the distinguished hallmark of traditional Irish cuisine that Ireland has become famous for.

The competition, launched this week in the GMIT catering college in Galway, is open to all student chefs in catering colleges across Ireland. The high-calibre judging panel includes Stefan Matz, the award-winning Head Chef at the five star Ashford Castle hotel and Galway's g Hotel, Willie Somers, Unilever Food Solutions Executive Head Chef and Robert Dagger, Head of Dept Hospitality and Culinary Arts Hotel School at GMIT.

To enter, students must create an innovative Irish recipe for both a starter and main course, using a minimum of two **Knorr** catering products. Each entry will be evaluated on creativity, technique, workmanship, composition, presentation and the use of local Irish seasonal produce.

Closing dates for applications is Friday 22 January 2010. The cooking showdown will take place in GMIT on Thursday, 11 February 2010.

Students can get more details about the competition on [www.unileverfood-solutions.ie](http://www.unileverfood-solutions.ie).



At the launch in the GMIT catering college in Galway were Stefan Matz, Ashford Castle, (centre) with GMIT students, Sam Mulholland and Mathew Doherty. **Photo: Aengus McMahon**