

Deben District Cub Cooking Competition

Sunday 16 November 2025

10:00 – 14:00

**1st Kesgrave HQ, Twelve Acre Approach,
Kesgrave, Ipswich IP5 1JF**

On the day, the teams of 3 or 4 Cubs will be expected to cook a meal on gas stoves. Please bring a range of equipment, e.g. pans, frying pans, chopping boards, knives, plates, cutlery, measuring spoons, measuring jugs, mixing bowls etc.

THEME: Let's Get Cooking

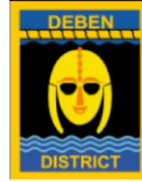
Points will be given for Teamwork, Hygiene, Presentation and Taste etc.

The cost will be £20 for each team entered. (Food is included)

Interested?

To sign up, please use this Microsoft Form located [here](#). Please complete the following details per team by no later than **Friday, 24 October 2025**.

Any issues, then contact emma.pitcher@suffolkscouts.org.uk



District Cooking Competition Rules and Information for the Day

- This has been designed to meet the Cub Chef activity badge requirements.
- Payment can be made on the day - cash or via BACS to Deben District Scout Council Sort Code: 20-16-12 Account Num: 33426408
- Teams must consist of either 3 or 4 Cubs.
- Every Team **must** provide an adult/leader **per team**.
- Teams will be expected to prepare a 2-course meal. The main course must be served hot - the dessert may be served either hot or cold and will require some preparation.
- Teams must provide a small portion for the judges. Cubs are expected to eat their meals and feed their adult! Please consider any dietary, cultural and religious requirements of your group.
- Recipe menus will be provided before the event.
- Food will be provided. No food items should be brought with you.

Each team must provide the following:

- Cooking equipment for preparing food
- Pots & pans that can be used on gas stoves.
- Stoves and Gas bottles
- Table covering and any decorations
- Tea towels and washing up kit
- Eating kit for eating the meal and presenting a portion for the judges
- Fire Blanket
- Supply a list of dietary/allergies/religious needs before the event.

Teams will be supplied with the following:

- Food
- Hot water for washing up
- One (6-foot) table for preparation
- One (3-foot) table to present the meal.

Each team is responsible for cleaning up its area and equipment.

The following breakdown will be used for marking the competition:

- Hygiene (including clearing & washing up!): 10 marks
- Teamwork: 10 marks
- Presentation: 10 marks
- Taste: 10 marks
- Judge's personal score: 10



Timeline: (Subject to change)

09:45: Hall open for setup of equipment
10:00: Cubs Arrive
10:15: Welcome
10:30: Start Cooking
11:30 – 12:15: Judging
12:15 – 13:15: Pack Away and Clear Up
13:15 – 13:45: Quiz
13:45 – 14:00: Presentation
14:00 – Pickup Time

Leaders

Teams must be accompanied by **at least one adult** per team prepared to take responsibility for their team's welfare and remain on-site during the competition. Adults are permitted to assist the teams during the competition but the expectation is that the Cubs are primarily producing the meal themselves.

Health Forms

We don't need copies of health or emergency contact forms for your Cubs, but please make sure that the adults supporting the teams on the day have this information with them in case it is needed.

However we will require knowledge of allergies, dietary and religious requirements at least **one week before**.

Menus

Teams need to select a main course and dessert from this list. By **Friday 24 October** we will need to know which menus and recipes you want to cook so we can prepare the food/ingredients in advance.

Recipes are located on the OSM Event.

Main Courses:

- Chicken Katsu Curry
- Sausage Hotpot
- Bolognese / Meatballs with Pasta
- Stir Fry Noodles
- Spicy Wraps

Desserts:

- Bread Pudding
- Fruit Sticks with Chocolate Orange Dip
- Tiramisu
- Trifle
- Fruity Apple Muffins

All of these meals can be made vegetarian or vegan if require.