

Keyword: Saint Paul's restaurant

Raymond Blanc unveils winners of Gluten-free Chef of the Year competition

The winners of the Coeliac UK's Gluten-free Chef of the Year competition have been announced.

The two Michelin starred chef Raymond Blanc OBE FIH unveiled the winners of the challenge during a special presentation yesterday (26 November) at his award winning restaurant and hotel, Le Manoir aux Quat' Saisons in Oxfordshire.

This year's competition, which was run in association with the Institute of Hospitality, had two categories; Gluten-free Chef of the Year, for professional chefs and Up-and-Coming Gluten-free Chef of the Year, for catering students.

The competition, to design a three course gluten-free meal, was launched earlier this year to raise awareness and highlight the need for increased provision of gluten-free menu options for the 1 in 100 people in the UK with coeliac disease.

The standard of entry was high and following much debate by the judges taking into consideration a range of criteria including innovative use of gluten-free ingredients, seasonality and balance of flavours across the three course meal, it was decided that Peter McKenzie from Scotland was chosen as the Gluten-free Chef of the Year and student Shanice Parris as the Up-and-Coming Gluten-free Chef of the Year.

Mr McKenzie, head chef for South Lanarkshire Council, works over three kitchens at the council headquarters catering for everything from breakfasts to buffets and banquets. He impressed the judges with three course menu comprising of pan seared fillet of red mullet, breast of pheasant with wild mushroom polenta and vanilla and basil panacotta with balsamic roasted strawberries. He wins a one week placement at Gleneagles with twice Michelin Star chef, Andrew Fairlie.

Meanwhile Shanice Parris, from Southampton is in her first year studying catering at Westminster Kingsway College. She comprised pan seared scallops, roasted lamb cutlets and dark chocolate teardrop mousse incorporating modern twists on traditional recipes. She wins a one week placement at The Vineyard, Stockcross.

Runners up in the competition were Candice Webber, the head chef at St. Paul's Cathedral Restaurant for the Gluten-free Chef of the Year and Daniel Beech who has just completed his NVQ2 and apprenticeship at the Chester Grosvenor in the Up-and-Coming Gluten-free Chef of the Year category.

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Blanc said: 'I was really impressed by the quality and attention to detail displayed in the entries for this competition and congratulations to all the winners! With a little thought and innovative use of gluten-free ingredients, a wide range of both sweet and savoury recipes can be created by anyone, which are not only delicious but also suitable for people with coeliac disease to eat.'

Coeliac disease is not a food allergy; it is an autoimmune disease caused by intolerance to gluten. Without a gluten-free diet, the disease can lead to other conditions, such as malnutrition, osteoporosis, infertility problems and also can cause bowel cancer.

<http://www.craftguildofchefs.org/news-item/raymond-blanc-unveils-winners-of-gluten-free-chef-of-the-year-competition/9568>