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Press Release

‘MASTERCHEF’ STEPHEN WINS FIRST SOUTHDOWN LAMB CHALLENGE

Young chef Stephen May proved he was in the ‘Masterchef’ class when he won the inaugural Southdown Lamb Challenge at Cambridge Regional College.

The 17 year-old wowed the judges with his creation of pan-fried lamb cutlets served with potato and watercress puree and finished with a lamb jus.



Winner Stephen May with judge Lindsay Dane



Finalists Katie Fuller, Stephen May, Daniel Johnson, Chris Henderson and Tarrow Loke with sponsor Patrick Goldsworthy and CRC lecturer Graham Taylor

His five-star main course beat off strong opposition from four other student chefs in the final of a competition involving 60 young competitors, all second year Professional Chef students at CRC.

The competition was organised to help promote the tastiness of Southdown lamb – a native breed undergoing a big revival – and sponsored by Southdown breeder Patrick Goldsworthy, through his Grafham-based business Goldsworthy Associates Limited.

The students were each given a particular cut of lamb to cook, and had to create their own recipes for a delicious main course dish.

Patrick Goldsworthy who judged the final along with fellow breeder Lindsay Dane, chairman of the Southdown Sheep Society, said the standard of cooking and presentation had been extremely high.

“All five finalists produced superb dishes using cuts from one of our lambs. Just a few marks separated the finalists, but Stephen was a very worthy winner,” he said.

“I was keen to develop The Southdown Lamb Challenge with the College as it helps connect farming and food production with young chefs and consumers, and highlights the supreme eating quality of the Southdown.”

Runner-up was Tarrow Loke, for her beautifully presented herb-crusted rosette of lamb, while in third place was Chris Henderson, who cooked a delicious lamb loin on fondant potatoes. The top three chefs all received vouchers and all five finalists were awarded medals.

Graham Taylor, the students’ lecturer, said he was immensely proud of the work all of them had put into the competition.

“The cooking in the final was definitely five-star,” he said. “All 60 of the competitors proved they were very talented chefs and I am very proud of them.”

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MEDIA ENQUIRIES:

For more information, please contact Lynn O’Shea, Communications & PR Manager, on 01223 418773 or email loshea@camre.ac.uk

NOTES TO EDITORS

Cambridge Regional College is the second largest provider of full-time education for 16 to 19 year-olds in the eastern region. The College has around 3,500 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire, and has one of the largest work-based learning contracts in the Eastern Region.

Goldsworthy Associates Limited is an agricultural and project management consultancy based at Grafham outside Huntingdon. Managing Director Patrick Goldsworthy was awarded an MBE in 2007 for services to the environment for his work on The Voluntary Initiative which promotes responsible pesticide use. Patrick also runs the Webbellis flock of Southdown sheep. Patrick can be contacted on 07711 416312 or patrick@goldsworthyassociates.com

The Southdown sheep was once the most important downland breed in the UK and was used as foundation stock for the Australia and New Zealand sheep industries. No longer classified as a rare breed, the Southdown is undergoing a revival as a versatile breed which is popular amongst smallholders as they are docile and easy to handle, whilst discerning commercial flocks use Southdown rams to produce early finished lambs with outstanding conformation and great taste. Pictures of Southdown sheep are available from The Southdown Sheep Society www.southdownsheepsociety.co.uk or Patrick Goldsworthy (above).