



COMPETITION GUIDELINES:

Who can enter?

The competition is open to years 8 and 9 (young cooks aged 12-14) working in teams of two.

How do I enter?

Follow the competition journey steps 1-4 on the website and complete the entry form.

Deadline for entries is Friday 29th March 2019.

What are the design criteria for the menu?

- the menu must include at least 2 local ingredients, more if possible.
- the menu must be 2 courses – starter and main course or main course and pudding. Please make 2 portions of each course.
- the menu must include a salad element (a plant based dish with dressing) either sweet or savoury, main dish or a side dish, hot or cold – time to be creative!
- the menu must be made in 1 hour 30 minutes.
- the menu should have an summer theme as the finals will be held in June. Think about the produce that will be in season in June.
- the budget is £25 for ingredients. All finalists will be given money for their ingredients.

When will the final be held?

Four pairs of young cooks will be chosen to cook in the Southern final which will be held in June. The judges will choose one winner. There will be publicity attached and photo/video permission forms will be given to parents/guardians. The judges' decision will be final.

What are the prizes?

All finalists will win a cooking goody bag and their competition apron. The winners will have their recipes professionally photographed to appear on the website and in magazines. The winner's schools will win a cash prize of £200 for their school food technology department to buy equipment. Good Luck!