



## **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 we enter?**

See the website for details and inspiration. Start by researching your local ingredients. Then create a two course menu using these ingredients. You'll then need to fill in the entry form ready to send in. Your food teacher will guide you.

### **Deadline for entries is Friday 26<sup>th</sup> March 2021**

### **What are the design criteria for the menu?**

- the menu must include at least 2 local ingredients and one from the Best of our Counties lists (found on the website).
- the menu should be 2 courses – starter and main course or main course and pudding. Please plan for 2 portions of each course in your recipes.
- the menu should be able to be cooked in 1 hour 30 minutes.
- the menu should have an early summer theme as we hope to hold cook offs in May/June. So think about seasonality and the produce that will be in season then.
- plan for £25 ingredients budgets. For the cook offs we give you money for ingredients.

### **Cook offs/finals for 2021**

We hope to be able to run cook offs for each county as well as a regional final in the summer term as we have in past years. This will obviously depend on social distancing measures in force at the time. Fingers crossed as do want young cooks to be able to take part in some competitive cooking judged by top local chefs!

### **Prizes for best entries?**

The best entries in each county will win cookery books and a competition apron. There will be other prizes for those who take part in our cook offs. Have fun exploring your local food landscape. Good Luck!