



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 help you.

Deadline for entries is Friday 26th March 2021

What are the design criteria for the menu?

- the menu must include at least 2 local ingredients
- 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 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 should be able to be cooked in 1 hour 30 minutes.
- the menu should have an early summer theme as we hope to hold a cook off in June/July. 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/final for 2021

We hope to be able to run a regional final cook off in the summer term. 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 off final. Have fun exploring your local food landscape. Good Luck!