



'Bake or Burn' Competition

May 1 & 3, 2015

A cooking competition to showcase and promote regional produce and to bring out the budding chef in us all!



Slow Food®
HUNTER VALLEY

Name of School (if applicable)

Name of participants

Name of Teacher or accompanying parent

Address

Postcode

Phone

Mobile contact on the day

Email address

Please tick which category you are entering



SECTION A

High School /Hospitality/ Commercial Cooking Students



SECTION B

Kids (Aged 7 – 12 years)



SECTION C

OPEN Category

Date	Category	Key Ingredient
Fri May 1	SECTION A (Maximum 3 in a group)	Free range pork / Honey
Sun May 3	SECTION B (Maximum 3 in a group)	Free range pork / Honey
Sun May 3	SECTION C (Maximum 3 in a group)	Free range pork / Honey

Cooking utensils & equipment we provide	Food & ingredients we provide	You must provide
<ul style="list-style-type: none"> • Cooktop • Cooking utensils • Mixing bowls • Cutting board • Plates for serving 	<ul style="list-style-type: none"> • Flour • Sugar • Salt / Pepper • Free range pork • Honey 	<ul style="list-style-type: none"> • Knives • Ingredients or equipment specific to your dish

Guidelines

1. Each competitor will have a total of 20 minutes to complete their dish, this includes time 'on microphone' to prepare and demonstrate
2. The competitor must ensure the work station is clean and tidy (including all utensils) and ready for the next competitor.
3. There will be a series of heats. The two competitors in the final will be the two best from the heats as determined by the judges. They will be given a surprise basket and they will have some planning time with parents or teachers to design their next dish. A winner and a runner up will then be announced
4. There will be 3 judges and each contestant must provide a sample to each of the judges. Remaining food will be distributed to spectators.
5. The judges decision is final
6. Basic ingredients will be supplied. Please bring any additional ingredients which may be specific to or will enhance your dish
7. Basic Equipment such as an electric cook top will be supplied – note that there is no oven. Please bring any specialised equipment you may need – keeping in mind there is a limited power supply.

5 I have read and understand the guidelines

Sign _____ Print Name _____ Date _____
* Fax (02)49398807 *Post Tocal Field Days Assoc, Tocal Rd, Paterson 2421 * Email fielddays@tocal.com

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