



# ENTRY FORM 'Bake or Burn' Competition



Your students are invited to take part in a cooking competition to promote seasonal & local produce in the Good Food & Wine Hall at the 2020 Tocal Field Days.



Friday 1st May 2020

## Hospitality & High School Cookery Students



Name of School/Registered Training organisation

Name of students - Maximum 3 students in a team

1.

2.

3.

Name of Teacher (s)

Email Address

1.

2.

Address of school/RTO

Please give a brief description of the dishes you are planning;

.....

.....

.....

I have read and understand the guidelines following;

Sign

Print Name

Date

# ‘Bake or Burn’ Competition GUIDELINES

## IMPORTANT NOTE

**2020 competitors must feature plant-based ingredients in one dish and demonstrate minimisation of food waste in a second dish.**

### Guidelines -

1. Teams will need to cook two dishes for their heat.
2. The first dish must feature plant-based ingredients and the second dish must feature some “rescued” plant-based ingredients (e.g. potato skins, carrot tops, broccoli stems etc.).
3. The two top teams from the heats will need to cook a third dish showcasing plant-based ingredients and food waste minimisation.
4. Competitors will have a total of 30 minutes to complete their dishes (this includes time 'on microphone' to describe how your dishes meet the guidelines). You will have a further 10 minutes to clean up.
5. The competitors in the final will be the two highest scoring teams from the heats as determined by the judges.
6. There will be 3 judges and each team must provide a plated presentation of the food for the judges. Remaining food will be distributed to spectators.
7. The judges' decision is final. The winning team will receive a cash prize plus a trophy and the runner up will receive a smaller cash prize.
8. Competitors should bring any additional ingredients which may be specific to or will enhance their dishes.
9. Basic equipment such as a gas 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.

Cooking utensils & equipment we provide	Food & ingredients we provide	You must provide
<ul style="list-style-type: none"> <li>• Cooktop</li> <li>• Cooking utensils</li> <li>• Mixing bowls</li> <li>• Cutting boards</li> <li>• Cutlery for serving judges</li> </ul>	<ul style="list-style-type: none"> <li>• Salt / Pepper</li> <li>• Olive Oil</li> <li>• Fresh herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Knives</li> <li>• Ingredients or equipment specific to your dishes</li> <li>• Plates or platters to present your dishes</li> </ul>

**FILL IN THE ENTRY FORM, SIGN AND RETURN IMMEDIATELY TO:**

**Fax 02 4939 8807**

**Post Tocal Field Days Assoc, 815 Tocal Rd, Paterson 2421**

**Email [fielddays@tocal.com](mailto:fielddays@tocal.com)**

**Phone for more information 4939 8820**