



## ***COOKERY COMPETITION 2010 CREATE A DREAM MEAL FOR YOU AND YOUR FRIENDS***

If you love cooking, this is your chance to show us your skills in the kitchen in the Guild of Food Writers' fantastic cookery competition.

We are asking 10–14 year olds to let their imaginations run wild as they create a delicious two-course meal designed to enchant and delight their friends. Their challenge is to create two dishes – a main meal that shows their imagination and originality and a scrummy dessert, ideally incorporating some milk.

Six lucky finalists will be invited to London on **Thursday 10 June 2010** to prepare their meals at BBC Good Food magazine's test kitchens. BBC Good Food magazine will also publish a feature about the day. A full list of fantastic prizes will be announced shortly.

### **How To Enter**

- You must be aged between 10 and 14 on Monday 31 August 2009.
- Your entry should include two original recipes – a main course and pudding – and serve 2–4 people.
- Your recipes must take no longer than 1 hour 30 minutes to prepare and cook in total.
- Your entry must be typed or handwritten and sent in with the entry form.
- Your recipes must list all the ingredients in the order they are used in the method and should be in metric. Make sure you include the quantity of each ingredient and oven temperatures (gas and electric).
- Finalists will be invited to prepare their meals in front a panel of judges.

**Please send your entry and form to: Debbie Hearn, c/o The Guild of Food Writers,  
34 Greenacres, Woolton Hill, Newbury, Berkshire RG20 9TA.**

**Closing date: Thursday 30 April 2010.**

**THE GUILD OF FOOD WRITERS**

In association with

   
**GoodFood**

# COOKERY COMPETITION 2010

## Entry Form

Please complete in block capitals.

Full name: .....

Age: ..... Date of Birth: .....

Address: .....

..... Postcode: .....

Telephone: ..... Email: .....

Name and address of your school/college: .....

..... Postcode: .....

How did you hear about this competition? .....

Name of LOCAL radio station: .....

Name of LOCAL newspaper: .....

Title of Main Course: .....

Title of Pudding: .....

Please make sure that your parent or guardian has signed this form.

Name of parent or guardian: .....

Signature of parent or guardian: .....

Please send your recipes on a separate sheet of paper.

# ***COOKERY COMPETITION 2010***

## **Rules**

1. You must provide the Guild of Food Writers ('the Guild') with the required details if you wish to enter this competition. The Guild will only ever use your personal details for the purposes of administering this competition, and will not pass them on to anyone without your permission.
2. Only one entry will be accepted per person.
3. Entries must be submitted using the correct form and sent to the correct postal address. Entries submitted by any other method will only be accepted when clearly specified.
4. The competition is only open to UK residents aged between 10 and 14 on Monday 31 August 2009. The Guild reserves the right to request proof of age.
5. Entrants must obtain permission from their parent or guardian before entering the competition.
6. Your entry must be entirely your own work and its originality will be taken into account by the judges. By contributing your work to the Guild you agree to grant us the right to publish and use the material in all media for all purposes in connection with the competition. Please note that entries cannot be returned.
7. The competition finalists will be contacted personally. In the event of there being no reply from the telephone number or address supplied the Guild reserves the right to offer the place in the final to a runner up.
8. Expenses will be paid by the Guild for the six finalists and an accompanying adult to attend the final.
9. Prizes must be taken as stated and cannot be deferred. There will be no cash alternatives.
10. The Guild does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt.
11. Entrants must comply with all rules to be eligible for the prizes. Ineligible entries or entries made fraudulently will be automatically disqualified.
12. This competition is not open to any person directly involved in the organisation or running of the competition, or their direct family members.
13. The Guild's decision is final and no correspondence will be entered into.
14. The Guild reserves the right to cancel the competition at any stage, if deemed necessary in its opinion, and if circumstances arise outside of its control.
15. Entrants will be deemed to have accepted these rules and to agree to be bound by them when entering this competition. Entrants may be asked to take part in post competition publicity.
16. This agreement is governed by the laws of England and Wales.
17. This competition is administered by the Guild.