



## **NORTHLAND REGIONAL COOKOFF GUIDELINES & FREQUENTLY ASKED QUESTIONS**

### **OBJECTIVE:**

We believe that “Kiwi Kids Can Cook”! In fact, over the years of this competition, we have realised that kids can cook THE MOST amazing dishes! It is our aim to get our kids “hooked on cooking” at a primary school age to help nurture those that have natural talent and promote healthy eating.

### **THE COMPETITION:**

This is a fun competition where the emphasis is solely on the kids. The young chef (student) is the only entrant cooking and they must be a pupil in Year 1 to Year 8, at a school in New Zealand. (Parents and caregivers are there purely for moral support and guidance). Entrants are asked to submit two of their favourite dishes, which can easily be cooked on a gas top (portable gas cooker) or in a microwave (provided and shared). Please Note: no oven will be available.

The regional final will be held at the **176<sup>th</sup> Bay of Islands P & I Show on the 10<sup>th</sup> of November 2018**. The winners of the “first cook off” will then cook their second dish in the finals. Entrants are competing for the New Zealand National Title “Kiwi Kids Can Cook Champion” and receive the prestigious “Kids Can Cook” Trophy, which their school / home gets to hold for one year, as well as an amazing prize package.

Each entrant who makes it through will represent their school/region at the national final at NZ Hospitality Championships, Logan Campbell Centre, ASB Showgrounds, Greenlane, Auckland in July 2018 and will compete against other entrants live on stage, cooking one of their dishes.

**ON THE DAY:** The ‘Kiwi Kids Can Cook’ stage will be set up with individual cooking stations. Each station will have a bench top, cold water, 2 gas hobs, power and the use of a shared microwave. Each entrant will be responsible for any other cooking equipment and any ingredients that they will need. Chef Hughie Blues and special guest Chef Judges will be on hand to spur the kids along and help fill in the gaps entertaining and educating the audience as the competition goes on.

## **FAQ's**

### **What time should I arrive at the venue?**

You will need to be present at the venue 30 minutes prior to the start of your heat to allow for enough time to set-up. I always suggest, if possible, arriving to watch the earlier heats to give you time to settle in and to view what's required, especially if it is your first competition.

### **Can my parent/caregiver help at any stage of the competition?**

Parents/caregivers may help with set-up and pack-up. Once the clock has started yes your parents/caregivers can help, but the more you do under your own steam the more the judges will favour you. You will have a cooking time of 30 minutes.

### **What cooking sources and utensils are available?**

At this stage, each contestant will have two gas burners, power supply for gadgets, cold water and access to a microwave. All contestants must supply all other equipment and utensils required.

### **How much food do I need to cook?**

The judges just require one portion of your chosen creation, which they will take to the judging table to look at the presentation and taste the dish.

### **Do I need to bring ingredients for both of the recipes I have entered?**

Yes. If you win the first round, or are picked as the 'wild card', you will cook your second recipe in the finals.

### **Can I bring everything pre-chopped?**

Sure, but remember that the Judges will be watching you in action and they are keen to see knife skills as well as great cooking.

### **Is there a place to wash down my cooking utensils afterwards?**

It all depends on the venue, there may not be hot water available but there will be access to cold water. This is something to keep in mind if you make it into the finals and you need a clean pan.