

Frequently asked questions...

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 you must do everything on your own. 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 and access to a microwave. All contestants must supply their own pots, pans, knives etc.

How much food do I need to cook?

The Judges expect you to plate-up your marvelous creation on one plate, 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.