

Rules

- The family should participate as a whole.
- Participants will have 1 hour to prepare dish, ingredients will be provided.
- Dish must be prepared on site, participants are able to bring non edible food items for presentation only.
- Competition is open to amateurs only, no professionals or trained cooks/chefs please.
- Please also note that you will be required to prepare enough for the judges and the audience to taste.
- Participants should bring all necessary kitchen utensils, and implements needed to prepare the dish with them.