

“Apprentice turns Master” Competition

(Junior Masterchef)

This competition is opened to 12 – 15 year olds. Three Finalists will be chosen to cook their dishes live at the festival kitchen.

Competition Rules and Conditions

1. Entrants must submit their recipe via e-mail to juniormusselcomp@gmail.com
2. Entrants must write a short paragraph about their dish, telling the story as to why they chose the dish and where the ingredients were sourced.
3. Dishes must be inspired by the **Wild Atlantic Way** and use locally sourced ingredients.
4. Entrants must be accompanied by a parent or guardian on the day.
5. Entrants must supply their own ingredients, sufficient for one plate of food, but store cupboard items such as herbs, oils & seasonings will be supplied.
6. Entrants may bring their own utensils, but utensils will also be supplied.
7. Entrants have 30 minutes to cook their dish with 10 minutes to prepare before the clock starts.
8. Some assistance & guidance will be given by trained professionals on the day.
9. Closing date for receipt of entries is 19th April, finalists will be notified on 21st April.
10. All ingredients and utensils must be dropped off to the festival marquee on the morning of the event for storage.
11. Entrants must be on site 30 minutes prior to competition time.