



Calling all young cooks

Young people are invited to take part in Kent and Medway's Annual master chef – style event by preparing a dish they would consider to be healthy and nutritious whilst being locally sourced.



Any child or young person aged from 6 to 19 may enter KM Kent Cooks. Finalists will be invited to cook their dish for our VIP panel. Numerous prizes and certificates are awarded to every finalist and there is also a cash prize of £500 which is shared between our 3 category winners and overall champion.

Representatives of Kent Scouts and Girl Guiding Kent receive a specially commissioned occasional badge when entering. Entering also earns credits with Kent Children's University.

All completed entries are published as online recipe cards on the Kent Cooks website.

The aim is to develop the confidence and abilities of young people to prepare meals to a fixed budget, as well as to increase awareness of healthy options and locally grown Kentish produce. The finalists will not only have to cook their dish, they will also have to spend a few minutes explaining to the judges how and why they created it, so confident presentational skills are also needed.

Category – Primary

Primary school pupils are asked to create one dish using a budget of no more than £2.5 and to prepare the dish in up to 90 minutes. The category finalists who are invited to the final will have the support of a trained mentor. A photo of the dish and preferably the child holding the dish must be submitted with the entry.

Category – Family

Any child aged 6 to 19 can team up with an adult to cook two dishes using a budget of £5 and to prepare the dish in up to 120 minutes of preparation and cooking time. A photo of the dish and preferably the child holding the dish must be submitted with the entry.

Category – Secondary

Create two complimentary dishes using a £5 budget. Prepare the dishes in 120min. A photo of the dish and preferably the child holding the dish must be submitted with the entry.

Note: Extra credit will be given for dishes that are healthy, use locally sourced seasonal Kentish produce and dietary allergens can also be a consideration, however this is not critical to competition success. At the event final, 2 portions of each dish will be prepared, one for tasting and one for presentation. The charity will reimburse £5 for the Primary category and £10 for the Family and Secondary categories towards the cost of ingredients.

Category – video

A prize will be awarded to the best cooking video. Video must relate to one of the above competition categories but may involve adult support behind the camera. Videos should demonstrate a step by step approach to preparation of a dish and be no longer than 10min in length.

How to take part

Parents or teachers should complete the simple online entry form at www.kentcooks.co.uk on the child's behalf by Tuesday 7th November. The final will take place at East Kent College on Thursday 30th November. View the website for additional information. Quantities of promotional leaflets can be requested via the website.

Got a question? Call Maxine Tarquini-Event and Fundraising manager at The KM Charity Team on 0844 264 0291 (lo-call)