

# Kent is Delicious

## HOW TO ENTER

### What do you have to do to enter?

You need to submit **one** breakfast recipe. It should include at least **three** ingredients that are sourced, grown or produced in Kent. As Kent is Delicious is meant to be a learning experience, as well as the recipe and method for how to make your dish, you must also include within your entry the following:

- **Details of** the Kentish ingredients used – where geographically within Kent they have come from and/or, the name of the producer – for example: eggs from grandad's chickens!
- **An explanation of what you found out about the following** (500 to 800 words)
  - Locality – what food is grown and produced in your area?
  - Seasonality – why did you choose the ingredients you did?
  - Process – how did you research and test out your dish?
  - Understanding - what have you gained from this experience?
- **Contact details** for the responsible adult entering on behalf of the child/children

[• **2 Photos:** One of the children preparing the dish and one of the finished dish.]

### Who can enter?

A parent/guardian or other responsible adult should enter on behalf of the child or group. You can enter as a whole year group, class or group, however if you are successful in making it through to the final, then only four children can participate in the cookery demonstration at the Kent County Show.

Up to four schools will be selected to present and cook their recipes during a live cookery competition on show Friday at the Kent County Agricultural Show at Detling Showground in July, 2019.

### Do you have to be connected to the Church to enter?

No! This competition is open to all primary-school aged children in Kent, whether they attend a church affiliated school/group or not.

### How can we enter?

You can enter by email at [kentisdelicious@diocant.org](mailto:kentisdelicious@diocant.org), or you send your entry in by post to: Kent is Delicious, Diocese of Canterbury, Diocesan House, Lady Wootton's Green, Canterbury, CT1 1NQ

### What is closing date?

Friday 24 May, 2019

### What happens once you have entered?

Once we have received your entry you will receive a confirmation email. Shortlisting will then take

place and up to three entries will be chosen to cook and present their dish at the final at the Kent Show on Friday 5 July, 2019

**We're not sure how to begin!**

To help you develop your entry, you can sign up to receive our regular e-bulletin which includes tips, resources and ideas for local producers. [The Produced in Kent](#) website and the [Kent Farmers' Market Association](#) website have lots of links to local producers and ideas about local, seasonal produce.

**What happens at the final?**

At the final, the child/children will be expected to prepare and cook their dish within the Why Farming Matters demonstration kitchen in front of a small audience. They must be prepared to talk about their dish to the compere and answer any questions the judges may have about the dish. Further details about the practicalities of the day will be sent to finalists ahead of the event.

If you have any further questions or queries, please contact The Communities and Partnerships Team at the Diocese of Canterbury via [kentisdelicious@diocant.org](mailto:kentisdelicious@diocant.org) or by phone 01227 459401

