

**Lakes Entrance Festival of St Nicholas 2009
Amateur Seafood Cooking Competition
Saturday 5th December 2009
On the Foreshore at Lakes Entrance**

There will be 2 Categories:

12 – 17 Years

18 Years & Over

- 8 Finalists in each category will be selected from all entries received, with the Cook-off being judged by a panel of 6 Experts.
- First Prizes in the Cook-off will be awarded in both Categories.
- Judges' decisions are final.

Conditions of Entry:

- Seafood must be local.
- Time limit is one hour from commencement to plate.
- Food preparation prior to cook-off is not permitted.
- Contestants to provide all food products, utensils and presentation plates.

Cook-off Contestants on the day will be provided with:

- 2 x propane cook tops
 - 1 X Trestle
- 2 x Buckets of water (one soapy)
 - 1 x Tea towel
 - 1 X Apron

To Enter Cook-off:

- Please send the recipe and a photo of your dish by 1st November 2009 with your name, address, age and telephone number to:
Lakes Entrance Festival of St Nicholas 2009
PO Box 1039
Lakes Entrance 3909