Welcome to our first Laurentian Valley Fall Flavours Festival Food Preserving, Baking and Cooking Competitions

We invite you to show off your skills and enjoy a friendly competition with neighbours, family and friends.

**Food Preserving and Baking Competitions**

All exhibits in the Food Preserving and Baking Competitions will be compared against expectations of perfection as well as against other entries in the individual category. This is a closed judging with the First, Second and Third place winners in each division within the category announced at 3pm.

Winners will receive bragging rights, a ribbon and cash prize

- First Place – Blue Ribbon & $15.00
- Second Place – Red Ribbon & $10.00
- Third Place – White Ribbon & $5.00

**ENTRY GUIDELINES – CANNING & PRESERVING**

- All items must be dropped off at Alice and Fraser Recreation Centre Thursday September 19th or Friday September 20th from 6pm – 8pm
- $5.00 fee for each entry
- Entries will not be returned
- Preserved within this growing season
- Unsealed products will not be judged
- Labelled correctly
  - ✓ Name of Category
  - ✓ Name of Food
  - ✓ Date Prepared
  - ✓ Your Name

**CATEGORY 1 – 250 ml PRESERVED FRUIT**

1-1 Peaches
1-2 Miscellaneous Fruit
1-3 Apples Sauce

**CATEGORY 2 – 250 ml JAM & JELLY**

2-1 Raspberry Jam
2-2 Freezer Strawberry Jam
2-3 Red Pepper Jelly
ENTRY GUIDELINES – BAKING

• All items must be dropped off at the Alice & Fraser Recreation Centre on Friday September 20th from 6pm – 8pm or Saturday September 21st from 8am – 10am
• $5.00 fee for each entry
• Display on a white disposable tray or plate wrapped neatly and securely for freshness. Entrees or containers will not be returned
• Entire baked product must be entered unless otherwise stated
• Must not use any prepackaged items
• Labelled correctly
  ✓ Name of Category
  ✓ Name of Food
  ✓ Date Prepared
  ✓ Your Name
CATEGORY 9 – COOKIES & CANDY

9-1 Healthy Cookie - 6
9-2 Decorated Sugar Cookie - 6
9-3 Candied Caramel Corn – 2 cups

CATEGORY 10 – YOUTH – Under 14 and under

10-1 Harvest Cookie -6
10-2 Cake decorated with Harvest Theme – 9” round or square can be more than one layer
10-3 Design a Healthy Lunchbox – appx. 8”X8”X4”

Each category will have a sponsor donating the cash prizes. After the judging announcement all entries will become the property of the sponsor to be picked up between 4:30pm and 6pm ON Saturday September 21st

SAVOUR THE FLAVOUR COOKING COMPETITION

This cooking competition is not only about food but going head to head against other local foodies. The challenge is to design an entree that draws on our past and reflects our future. Start by taking a traditional family recipe using fall ingredients and update it with current trends in flavour and/or cooking methods.

All entrees will be prepared on site and will be judged on preparation (open judging) and final product (closed judging). As well, the public watching the competition will vote on a People’s Choice Award.

Winners will receive bragging rights, a ribbon and cash prize
First Place – Blue Ribbon & $100.00
Second Place – Red Ribbon & $50.00
Third Place – White Ribbon & $25.00
(based on 8 teams entered)

ENTRY GUIDELINES

• 4 people per team with a maximum of 8 teams registered and paid
• All teams must have an adult 19 or over
• Competition takes place Saturday September 21st from 4 pm – 6:30 pm
• $25 entry fee per team
• Competitors supply all food, preparation and cooking equipment needed to produce 4 servings
• All food must be fully prepared on site – no preparation work, premade or packaged foods
• A mystery ingredient will be presented at the beginning of the competition – points are added if used
• Committee provides tables, running water, electricity

QUESTIONS ABOUT ANY COMPETITION OR
TO REGISTER FOR THE “Savour the Flavour Cooking Competition”
PM Wanda Hilts on Facebook or call 613-735-4240 (leave message)