

ECKINGTON MANOR COOKERY SCHOOL

COOK OF THE YEAR 2008



Calling all amateur cooks!

Can you wow them in the kitchen? Keep your cool when the heat rises? Eckington Manor Cookery School (as appeared on The Apprentice 2008) are opening their kitchen door to find the Cook of the Year 2008

1st Prize

Luxury 2 night stay for 2 people at Eckington Manor, in a 13th Century historic farmhouse with original features **plus** a 1 day practical cookery course **plus** an overnight stay and dinner for 2 at the Michelin starred, Simpson's Restaurant, Birmingham

2nd Prize

A day cooking with a chef in the professional kitchens of Peach Pubs
"I really admire these guys, they've done it, in the way I would have done it" Raymond Blanc

Runner up Prizes (2 prizes)

Meal for 2 at the Bib Gourmand Restaurant Oscars, Leamington Spa

All entrants will receive 20% off a 1 day cookery course at Eckington Manor Cookery School and a £20 meat voucher towards your 1st mail order with Aubrey Allen Direct (minimum £50 spend)

Sponsored by:



AubreyAllen

the chef's butcher

Eat the meat Rick Stein, Raymond Blanc and others enjoy, delivered to your door from the award winning chef's butcher.

'www.aubreyallen.co.uk/cooko8'



HOW TO ENTER

1. All entrants must complete and return this entry form together with a paper entry using no more than 3 pages of A4 paper typed not hand-written to present the following:
 - **Page 1:** Your 3 course menu for 2. The main course **must** include English Rump of Beef
 - **Page 2:** A brief explanation of the cookery method used for each course
 - **Page 3:** A brief explanation of why you have chosen and where you have sourced your ingredients and produce
2. Entries must be submitted by 31st July 2008
3. All entrants must be over 18 and available on the 17th & 24th September 2008 for the semi final and final at Eckington Manor Cookery School
4. All entrants must be amateur with no professional training
5. Entrants will be notified in writing if they have been successful and short listed for the semi final and then the final
6. The semi final and final will involve entrants taking part in a cook off at Eckington Manor Cookery School, where they will cook their complete meal in front of a panel of judges. An awards lunch will take place after the judging at the final
7. At the cook offs, all preparation must be done on site at the Cookery School and the time allowed will be 2hrs 15 minutes. Entrants must bring all of their own ingredients and only one piece of chosen equipment, all other equipment will be provided
8. The judges will look for flair, taste, presentation and consideration given to using British, local and seasonal produce
9. For full terms and conditions applicable to this competition and the prizes please go to 'www.eckingtonmanor.co.uk'

*Please either **post** this form and your typed application to Eckington Manor Cookery School or scan and **email** (details overleaf)*

NAME:

ADDRESS:

TEL NO:

EMAIL:

If you consent to be contacted by email from time to time with relevant foody information for marketing purposes from the sponsors, please tick this box.