**Junior Master Fish (under 16) and Cornish Master Fish (over 16) 2016 Recipe Competition OFFICIAL Application form**

**Rules of the competition;**

· You can **only use Cornish seafood recommended by Cornwall Good Seafood Guide** www.cornwallgoodseafoodguide.org.uk

· You must try to use local produce where possible (and tell us where you get it! )

· You must fill in the form and send us at least one photo with each entry – photos need to be in focus and at least 1MB in size. By sending them in you authorise the use of your images and recipe for promotion and publicity use by Cornwall Good Seafood Guide, on internet and printed materials, we will credit photographer.

· Your recipe should be your own! You can get ideas from other chefs etc. but your recipe must be original!

**Top tip: Seafood recipes don’t have to be complicated! Points will be awarded for taste, ease of preparation and originality.**

|  |  |
| --- | --- |
| Name |  |
| Age |  |
| Email address  |  |
| Address  |  |
| Phone Number |  |
| School (If applicable) |  |
| Title of dish  |  |
| Short description ( max 40 words) |  |
| Ingredients list  |  |
| Method (Max 200 words) |  |

You must send in at least one high resolution ( min 1MB) clear photo of the dish, nicely presented with this form – or you can send the image via facebook to Cornwall Good Seafood Guide

Email your completed form and Photo to; seafood@cornwallwildlifetrust.org.uk