



To All budding home cooks & wannabe chefs,

Want to have fun, win some great prizes and be the Ultimate WINNER of the Manjimup Cherry Harmony Festival 2025 KIK Comp?

It's **EASY**:

Create your own special dish focused on Southern Forests produce

This easy dish could be a bite sized canapé, a savoury dish or a sweet dessert.

RULES are easy

1. Use as much local produce as possible
2. Dish must be able to be cooked and served within 30 minutes
3. You can compete by yourself or team up with a friend
4. You must be aged 10 to 16 years old

WHAT WE SUPPLY: There are 5 cooking stations, each set up with cooking utensils, pots, pans etc

INGREDIENTS: Competitors to supply and bring ALL their own ingredients, enough for 2 portions

ARE YOU INTERESTED in being a part of this fun filled comp?

Email your recipe to Chef and WA Food Ambassador Don Hancey don@donhancey.com.au. Don encourages you to ask questions and is also available for an informal chat 0418 931 770.

Information on past KIK competitions on the Manjimup Cherry Harmony Festival's website www.cherryfestival.com.au and check out "what's in season" from the Southern Forests Food Council www.southernforestsfood.com

Presented by



Kids in the Kitchen (KIK) Mission Statement:

Kids in the Kitchen is a hands-on, food education initiative designed to empower youth by teaching practical cooking skills, exploring food origins, and creating pathways to careers in hospitality, tourism, agriculture and fisheries.

The program engages communities through food and fosters a deeper connection between youth and the broader food industry.



Scan to visit the KIK website!

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