

Trinity Market, Hull: Wednesday 29 May

Are you an aspiring Masterchef? Do you never suffer from kitchen nightmares? Can you rustle up a banquet quicker than you can say ready, steady, cook?.. then the five veg challenge is for you.

The cooking competition is open to anyone in the city, professional or amateur of any age and will take place in Trinity Market during half term week on Wednesday 29 May. The key element is that every dish must contain five different vegetables – alongside the other ingredients. For example, it could be a delicious veg curry or perhaps several smaller items such as veg rolls, presented together on one plate.

Veg Cities Hull co-ordinator John Pickles said: “Anyone who fancies themselves as a chef is invited to cook up a dish and bring it along to compete for the trophy. This is a great opportunity for amateurs to show off their cooking skills or professionals to display their talents. We also want to show the wider public what wonderful dishes can be created using vegetables.”

Finished dishes should be dropped off at the mezzanine floor at Trinity between 7am and 2:30pm (look out for signage). Entries can even be collected from your home or business by prior arrangement. Dishes will be marked on presentation, taste and creativity. A winner will be announced by the panel of three judges (Roxanna from Flour & Feast, David from Tickton Grange and Sue from Chak & Sue Greengrocers) at around 3:30 pm.

The event is organised by the Hull Food Partnership as part of their Veg Cities Hull campaign, a 12-month programme which aims to increase the growing, cooking and eating of vegetables in Hull through promotions, competitions and community events.

The winner will take home the 5 VEG challenge trophy. Pre-register your interest with Hull Food Partnership, to guarantee your place.

www.hullfoodpartnership.org.uk/5-veg-challenge

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