



## AppleQuest Cooking Challenge

### Who has the best apple recipe in NSW?

AppleQuest in conjunction with Your Weekly Menu is looking for the best recipes featuring apples in the following categories:

1. The best recipe for a school canteen
2. The best sweet recipe using apples
3. The best savoury recipe using apples

Your Weekly Menu is proud to be part of AppleQuest 2009 and is offering a 12 month gold member subscription to Your Weekly Menu for each of the 3 category winners. Here's what you need to do to submit a recipe to the AppleQuest Schools Competition (Note: In order to submit a recipe, you first need to register as a member (which is free) – see step 2).

Your Weekly Menu takes the hassle out of thinking "what's for dinner tonight!"

It's free to become a general member and you'll be able to:

- find & store great recipes in your own private box that can be accessed from any online computer
- plan your weekly menu using our online planner, and
- automatically generate a shopping list so you'll never miss those vital ingredients again.

You can also make your life even easier by subscribing to our gold member service, where we'll give you 5 suggested dinner recipes each week by email or SMS, as well as add them to your online planner. At Your Weekly Menu, it's all about having beautiful food at your fingertips.

## How to Enter the Cooking Challenge

Step 1. Go to [www.yourweeklymenu.com.au](http://www.yourweeklymenu.com.au)

Step 2. Click on 'join here' on top right hand side and fill in your details.

There is NO cost involved in becoming a general member (red tab),

Step 3. Log in as a member, and then click on the 'submit a recipe' button on the left hand navigation bar.

Step 4. Enter your recipe.

- A) In the SOURCE field, you must put the FULL name of your school (& preferably your name as well). This allows us to confirm your school is registered for AppleQuest 2009.
- B) Do NOT tick the box to make this recipe private (as a private recipe cannot be seen by the public and therefore is not part of the public competition).

Step 5. Hit submit & your recipe will go into the competition. You can immediately view your recipe in the recipe section of the website.



#### GUIDELINES FOR ENTRY:

1. The AppleQuest 2009 recipe competition is looking for
  - i the best recipe for a school canteen AND
  - ii the best sweet recipe using apples AND
  - iii the best savoury recipe using apples.
2. One winner will be announced for each category.
3. To be eligible for the competition, your school must be registered for the AppleQuest program 2009.
4. All recipes must be original and contain apples as an ingredient.
5. A judging panel, comprising chef Michael Manners, representatives of the NSW Schools Canteen Association, NSW Apple Growers & Your Weekly Menu will select the winner of each category. In evaluating the recipes, the judging panel will consider the taste of the dish, how easy it is to make, the NSW Schools Canteen Guidelines and will look for innovative ways of using apples.
6. All recipes must be submitted online at [www.yourweeklymenu.com.au](http://www.yourweeklymenu.com.au) using the 'submit a recipe' form. To participate in the competition, you must first sign up as general member of Your Weekly Menu. This is a free membership.
7. You must include your school's name, preferably your name too, in the "source" field.
8. Recipes can be submitted from 9am on 9th November 2009 until 5pm on 20th November 2009. Recipes submitted after this date will not be included in the competition.
9. There is no limit to the number of entries by an individual or school, but each recipe must be submitted separately.
10. Any recipes submitted as part of the AppleQuest competition will be deemed a public recipe and will be added to the public database on the Your Weekly Menu website.
11. The judges' decision will be final and no further correspondence will be entered into.
12. AppleQuest reserves the right to exclude recipes from the competition if they fail to meet the above guidelines.
13. AppleQuest will announce the winners on Monday 7th December 2009.

