

Cavan Federation ICA and Taste of Cavan

Chef of Cavan Competition

Our ICA Federation has been chosen as the group/organisation to cook and promote locally sourced produce at the 2013 Taste of Cavan event.

It is the first time any ICA group has been recognised in this way so it is a unique opportunity to promote and showcase ourselves and our Guilds. Please get this information to all members as soon as possible and encourage at least one from your Guild to participate.

Cavan County Council invites ICA members to compete in The Chef of Cavan Competition on Sunday 11th August (pm) 2013 in Cavan Institute. The purpose of this event is to promote ICA and showcase our skills. While you are cooking, there will be informal interactive conversation and encouragement from Brian, when you have a chance to showcase ICA.

Competition details are as follows:

- 1) Prepare and cook a meal (Main Course) for 2 adults costing less than €10, using locally sourced produce and your own recipe.
- 2) Time allowed is 30 minutes therefore some preparation in advance is advisable.
- 3) Bring your own favourite utensils and serving dish etc.
- 4) Ovens, hobs and power points are provided
- 5) It is most important to let Federation Secretary know **name of entrant and Guild** on or before **19th June**, 2013, night of Federation Meeting in Clifferna.
- 6) .Please forward copy of recipe to Federation Secretary on or before 1st August

The winner's prize is A Day's Cooking in Nevin Maguire's kitchen in the famous MacNean Restaurant in Blacklion, Co. Cavan

In addition on 11th August in Cavan Institute there will be 2 further competitions sponsored by Taste of Cavan.

(1) Best Pot of Homemade Jam, any variety.

(2) Best Summer Berry Pie.

Prizes and Certificates will be presented on the day.

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