



HIRSCH'S

Junior Super Chef

DEFY

IF YOU ARE AGED BETWEEN 8 AND 13 AND LOVE COOKING
THEN THIS IS FOR YOU!

We are looking for the top Junior Super Chef
in KZN, Gauteng and Capetown.

IT COULD BE YOU!

The **HIRSCH'S** **DEFY** Junior Super Chef competition will
run from May to July 2015 in all Hirsch Branches.

Enter Now!!

Name: _____

Age: _____

School: _____

Tell: _____ email : _____

Parental or Guardians signature: _____

Answer the following culinary questionnaire:

1. NAME 3 ROOT VEGETABLES: _____

2. NAME 5 SPICES: _____

3. NAME 5 HERBS: _____

4. WHAT ARE TWO INGREDIENTS YOU WOULD FIND IN PESTO?

5. WHAT IS THE MAIN ADVANTAGE OF COOKING IN A MICROWAVE OVEN?

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Competition details

- Competitors must be between the ages of 8 and 13 years.
- Competitors need to be available to take part in an evening cook-off event between 17.30 and 18.45 at their closest Hirsch Branch. (details of the dates are available from the Branch PR and Marketing Officer)
- If they are selected, competitors will be using a Defy Microwave Air Oven to cook on. A brief lesson will be given on the ovens at Hirsch's
- If they win the Branch Level competition, contestants will be entered into the finals and must be prepared to take part in the cook-off at one of the following venues:
- KZN Contestants – East Coast Radio House and Garden Show - 5.30 p.m. on July 3
- Gauteng Contestants – Hirsch's Fourways Branch 5.30 p.m. on July 10
- Cape Town Contestants – Hirsch's Milnerton Branch - 5:30 on July 16



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East Coast
HOUSE &
GARDEN
SHOW